Getting Published on the Clinical and MEST Tracks

- For clinical track, need approximately 20 peer reviewed papers to be promoted to the rank of Associate Professor and 40+ to be promoted to the rank of Professor
- For MEST track, you need clear demonstration of active engagement in research/scholarship
- Write about things you are interested in/passionate about
- Collaborate and get other people involved
  - Collaborations are key and can be mutually beneficial
  - Have meetings
  - Be clear about authorship order up front
    - If the 1st author doesn’t do the job, then may revisit
  - Give each person a specific task, like a section to write
  - Make sure one person pulls article together and puts it in one voice
  - Attend conferences and put on shared symposium
- Work with a mentor and may have multiple mentors
  - Find good mentors who look out for you
  - It may take persistence to get mentors
  - Ask people who publish to be your mentor
  - Accept responsibilities to co-author with your mentor
  - Mentor can help you get involved nationally, which can lead to publications
  - Get mentors for different areas of your work – content, process
  - Peer mentoring
- Do a self-assessment
  - Know your strengths and weaknesses
  - Strengthen some of your areas of weakness (e.g., take courses on biostatics, attend Faculty Development Seminars)
  - Build a team that has different strengths
  - Use resources to help make your work successful
- Plan
  - Have an annual plan
  - Have a short-term plan
  - Have a long-term plan
  - Have accountability related to the plan
- Develop an organizational system
  - Spread sheet about conferences, presentations, papers
  - Determine publication plan based on other responsibilities
- Plan ahead for meetings
  - Think about whether you need concrete evidence that you are prepared
- Get feedback on your work before you send it in
- Get involved locally
  - Can learn about the IRB and become a member
  - At VA, get involved in Research and Development Committee
• Get involved in national organizations
  o Get involved in national organizations and groups that publish
  o Become a member of national task forces (e.g., NNDC)
  o When involved nationally or internationally and are engaged with others, can get invited to do different types of publication
• Find the time to do the work
  o Major challenge
  o May have to work nights or weekends, which can be a challenge for many people
  o Take some time off to get big projects done
  o Block out times to work if realistic
  o Buy out time to be protected
    ▪ R01 – on other people’s grants but need to be sure that you get some protected time
    ▪ Foundation money
    ▪ Teaching jobs
• Publish related to things you are doing and with people you interact
  o Helps to have a team
  o Collect data on the work that you are actually doing
  o Get IRB approval
• Case reports
  o Attending offers residents opportunity to write a detailed case study and then publish case reports and give resident 1st authorship if they take the lead
  o Need to find appropriate journal (e.g., Psychosomatics)
  o Be clear about the teaching points
  o Network with editors
• Book chapters
  o Some book chapters are helpful even if don’t count a lot
  o They get your name out
• Special sections
  o Respond to calls for special sections if your work fits
• Review articles
  o Review articles often are well cited
• Empirical papers
  o Connect with others to use their data
    ▪ Many people in the department have data sets
    ▪ Other parts of institution have data available (e.g., Predictive Health Institute)
  o Reach out to hands on people to get information about the data
  o Collect your own data
• Books
  o Writing books can definitely get your name out and give you more credibility