Wilderness Medicine Research: Approaches to Involving Students, Residents, and Fellows

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Disclosures

- None.
Objectives

- Risks and Benefits of incorporating learners in research
  - Faculty
  - Learners (Students, Residents, Fellows)
- Funding opportunities
- Connecting
  - Findings learners for faculty
  - Finding projects for learners
- Networking
Faculty perspective: Risks & benefits of incorporating learners into your research

N. Stuart Harris MD MFA FRCP Edin.

Director, Wilderness Medicine Fellowship
Chief, Division of Wilderness Medicine, Massachusetts General Hospital
Associate Professor of Emergency Medicine, Harvard Medical School
Why Wilderness? Why Research?

“Go out and do weird and wonderful things – and people will love you.”

Warren Zapol

“To those devoid of imagination a blank place on the map is a useless waste; to others, the most valuable part.”

Aldo Leopold
The Goal of WM Research:

To advance patient care by:

- Producing physician-scientists with active research careers.
- Training clinician leaders.
- Creating passionate medical educators.
- Shifting the curve of medicine.
Risks for Faculty

- Huge investment of time, energy, attention
- Potential for frustration/diversion from other ‘more productive’ endeavors.
- Personal risk – like a marriage . . .
- Reputational risk
- Financial burdens
- Administrative burdens
- Physical risk to fellows.
Benefits for Faculty
(A bit altruistic)

- Offers critical support/mentorship.
- Gives others the tools to follow their passions.
- Sketches in blank portions of the maps.
Benefits for Faculty

- It can be academically productive
- Creates doctors that you want taking care of you and your family
- Creates durable change
Benefits for Faculty

- Creates new blank spaces for others to explore
- Expands the influence of your ideas and passions
- It’s fun.
Thank you!
Learner perspective: Risks & benefits of research while in training

Sanjey Gupta, MD FACEP

Chairperson, Emergency Medicine
Southside Hospital Northwell Health

Associate Professor
Zucker School of Medicine at Hofstra/Northwell
Fundamental Characteristics of Training

- New Materials & Skills
- Rigorous Schedules
- Competing Interests
- Inherent Conflicts
Risks for Learners

- Passion vs. Pragmatism
- Impair Educational Goals
- Time Consuming Projects
- Poor Mentoring
- Lack of Payoff
Benefits for Learners

- Promote Curiosity
- Research Methodology Skills
- Refine Specialty Interests
- Collaborations
- Mentors
Funding opportunities specifically available to learners and their mentors

- WM Specific Research Grants
- Other Funding Opportunities
WM Specific Research Grants

- Charles S. Houston Grant is for medical students: $5000
- Research-in-Training Grant is for residents and fellows or doctoral candidates: $5000
- Herbert N. Hultgren Grant is for WMS members: $10,000
- Peter Hackett-Paul Auerbach Young Investigator Grant: career development grant in support of research that improves wilderness medicine practice: $10,000
- WMS Adventure Travel Research Grant: in support of field research associated with the WMS Adventure Travel Experiences $5000
Other Funding Opportunities

- Private grants
- Industry sponsorship
- Hospital/health system foundation
- Medical school
- Department of Defense/Govt.
- “Med-Hacks”
- Other “not for profits”
Faculty perspective: Finding learners and getting them involved

Henderson McGinnis, MD

Associate Professor
Department of Emergency Medicine
Wake Forest Baptist Health
Faculty: Finding learners

- Advertise your project and research needs
- Make it enticing
  - Travel, course credit, CV, abstracts, authorship
- Get the word out
  - Student interest groups
  - EMRA
  - Posting on National Organization (SAEM, ACEP, WMS, etc) boards and listserves
- Screen respondents for a good fit
Learner perspective: Finding research projects and how to get involved

Hillary R. Irons, MD PhD
Assistant Professor of Emergency Medicine
University of Massachusetts
Learners: Getting involved

- Define your goals for research
  - Trial to determine long-term interest
  - Pursue a specific question
  - Preliminary data for another project or program
    - Degree program
    - Grant application
  - Fulfill a requirement
    - Class, residency program, etc
Learners: Getting involved

- Finding the right project
  - Basic science vs Clinical
  - Travel vs Home
  - Domestic vs International
- Dedicated Rotations
  - Know the restraints
  - Paperwork required
Learners: Ask questions before committing

- Living conditions
  - Food and clean water
  - Type of travel (hike, bike, boat)
- Timing of travel
  - How long will you be gone
  - Is the timing flexible
- Costs
  - Gear you need to provide
  - Travel costs
Learners: Make yourself marketable

- Skills
  - Computer/iOS programming
  - Ultrasound
  - Venipuncture
  - Project-dependent

- Time
  - Dedicated rotations
  - Summer projects (some funded)
Learners: Finding projects

- Make your interest known
- Ask around
  - and keep asking
- National organizations
  - SAEM IG
  - ACEP Section
  - WMS
- Student/Resident groups
  - EMRA
- National Meetings
Questions?
Networking