6 Steps to Build a Career During Residency

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Disclosure

• The views expressed in this podcast are those of the presenter and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense or the United States Government.

Why Should You Listen to Me?

- Chief Resident
- •33 publications
 - •1 textbook
 - •4 textbook chapters
 - •6 peer-reviewed articles
 - •6 on-line articles
 - 16 national newsletter articles
- •Peer-reviewer for 3 EM journals
- Multiple national boards of directors

- President of AAEM-RSA
- •AAEM BOD
- Resident Rep of USAAEM
- 11 national EM committees & task forces
- ABC News Medical Unit
- •NMCSD Research Achievement Award
- 2006 CORD-EM Resident
 Academic Achievement Award

Step 1 - Assess Your Career Aspirations

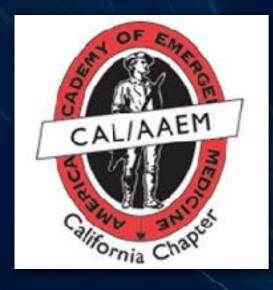


Step 2 - Be Different

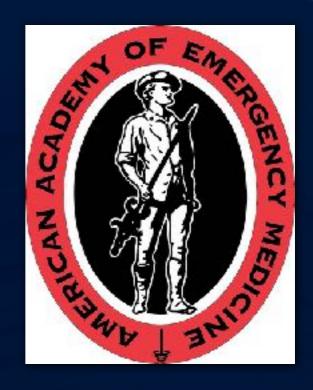


Organizational Involvement













Committees & Boards - The Truth



Elections - The Truth

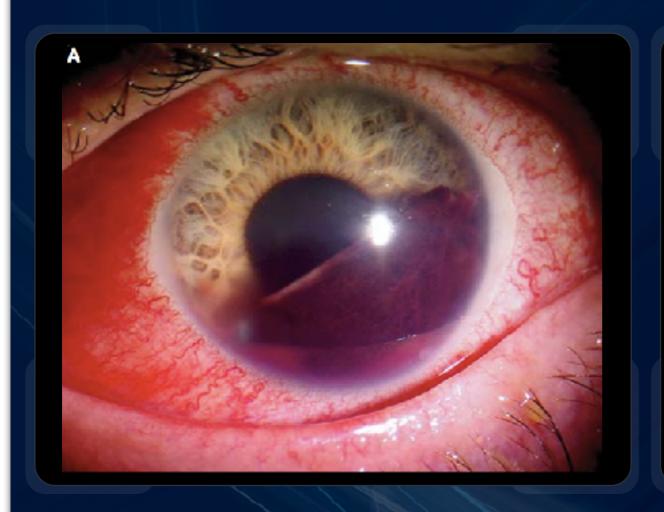


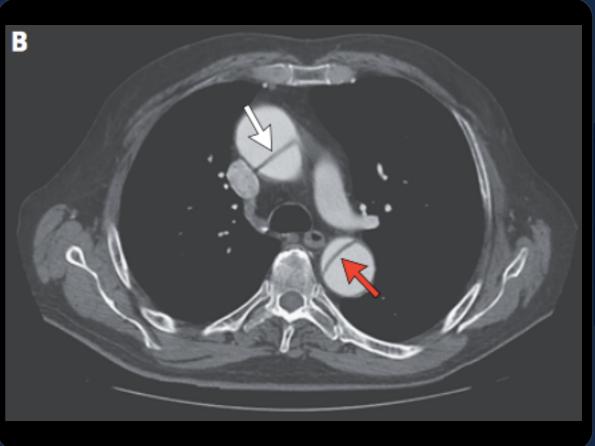
Medical Publishing - Misconceptions

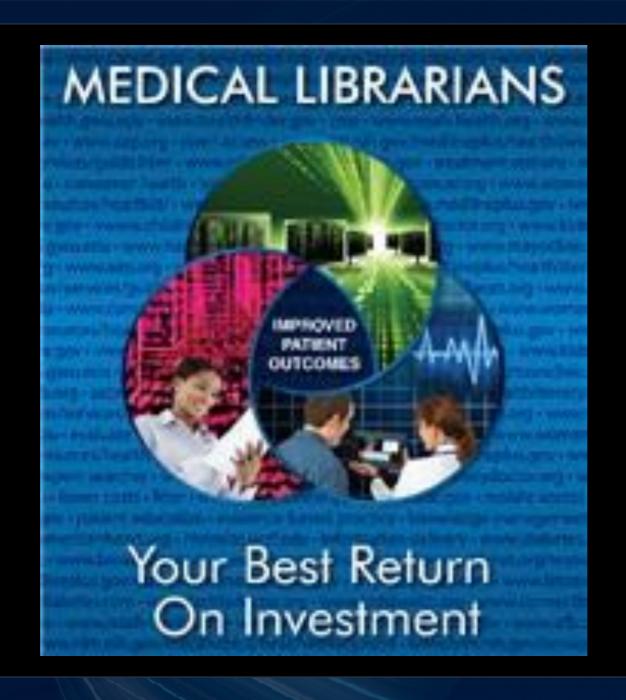
- Too difficult
- Takes too long
- Me no rite good 'nuff













Publications Asking for Submissions

- ACEP Ultrasound SectionNewsletter
- Common Sense (AAEM newsletter)
- EMedHome.com
- •EM News
- •EM Resident (EMRA magazine)
- •EP Monthly

- Modern Resident (AAEM/ RSA newsletter)
- SAEM Newsletter

Tips For Medical Publishing

- Always involve the attending who saw the patient with you
- •Know how to LEGALLY get a medical photo taken
- Write about one topic consistently
- •If you've never heard of it, others haven't either...publish it!
- Always publish something after creating a lecture
- Look for opportunities for others to do the work
 - Junior colleagues
 - Medical students

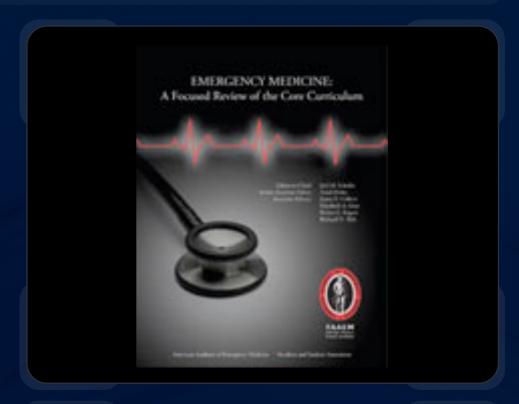
Impact Factors of EM Journals

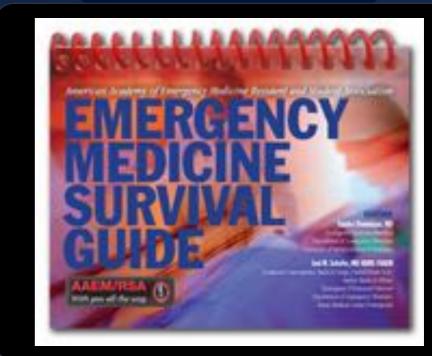
- Tier 1
 - Journal of the American Medical Association - 30
 - Lancet 38
 - New England Journal of Medicine53
- Tier 2
 - Annals of Emergency Medicine -
- Tier 3
 - Academic Emergency Medicine -

- American Journal of Emergency Medicine - 2
- EM Clinics of North America 1
- Emergency Medicine Journal 1
- Journal of Emergency Medicine -1
- Journal of Trauma Injury,Infection, and Critical Care 2
- Prehospital Emergency Care 2
- Western Journal of Emergency Medicine - 1

Publishing Books & Chapters

- •Not a money generator
- •If you're an "expert" opportunities will come your way
- •If you have an idea...
 - Try an EM organization
 - Self-publish
 - Approach a publisher
 - Sample chapter typically required





Who Is This?



Judith Tintinalli



Who Is This?



Scott Weingart



Blogs, Podcasts, and Websites





ercast

ercast.ord







The Skeptics' Guide to EM

Becoming a Peer Reviewer

- Mechanism varies depending on the journal
 - High end journals invitation only
 - Mid-lower end advertise in journals
- Ticket to editorial positions

A Guaranteed Niche - Fellowships

- Critical Care
- Emergency Medical Services
- Hospital & Palliative Medicine
- Medical Toxicology
- Pain Medicine
- Pediatric EM
- Sports Medicine
- •Undersea & Hyperbaric Medicine

Fellowships: Other Options

- Administration
- Cardiovascular Emergencies
- Clinical Forensic Medicine
- Clinical Pharmacology
- Clinical Research
- Disaster Medicine
- Education
- Environmental Health
- Faculty Development
- Geriatric EM
- Global International EM
- Health Policy

- Injury Control
- •Legal Medicine
- Medical Informatics
- •Neurologic/Neurovascular
- Research
- Simulation
- Telemedicine
- Transport Medicine
- Trauma/Critical Care
- Ultrasound
- Wilderness Medicine

Becoming a Regional/National Speaker

- Be seen as an "expert" in something
- Help organize a medical meeting
 - Regional meeting
 - Education Committee
- Open Microphone or New Speaker Sessions at regional/national conferences

Summary of Opportunities to Be Different

- •EM organizations
- Hospital/ED involvement
- Publishing
- Peer review
- Fellowships
- Speaking



Step 3 - Track Your Achievements

- Create a CV now
- •Update it regularly
- SIZE MATTERS
- Academics need to start a teaching portfolio

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> jeckefor@gmail.com 202.624-4411 (cvl.)

EDUCATION AND TRAINING

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	Var Cellege, Newport, Thode Island
32312 to 32314	Executive Master of Business Administration, graduated "wisi
	Ababardos," Bern Signa Gaercae, Starol Portgroduste School,
	Monterey, California
\$2011 to 3/2012	Teaching Fallowship, American Cellings of Hanergeney Physicians
5/2008 to 5/2009	Emergency Ultrasound Fellowship, Department of Emergency
	Medicine, Christian: Care Health System, Newark, Delaware
\$12005 to 712006	Academic Crief Recident, Department of Emergency Medicine.
	Mireal Medical Center San Diego, San Diego, California
72000 to 72000	Emergency Medicine Besidency, Department of Entergency
	Medicine, Novel Medical Center Son Diego, Son Diego, California
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	Diago, California
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PROFESSIONAL EXPERIENCE.

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programies of 15 A Parest officers and physicians

https://mccareer.org/2017/07/26/cv-military-bio-and-letter-of-intent-templates/

Step 4 - Build a Financial Career



Get Insured

- Insurance you need:
 - Auto
 - Renters/homeowners
 - **OUMBRELLA**
 - ODISABILITY



Build an Emergency Fund



Manage Debt Smartly

- NEVER carry creditcard debt
- Consider
 consolidating/
 refinancing your
 student loans



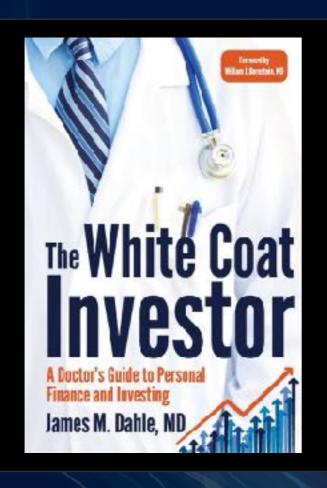


Maximize Your Retirement Accounts

- •20% toward retirement
 - Heavily weighted toward stocks
- Thrift Savings Plan
- **OIRAs**
 - "Backdoor" Roth IRA



Two Powerful Actions





Step 5 - Find a Mentor



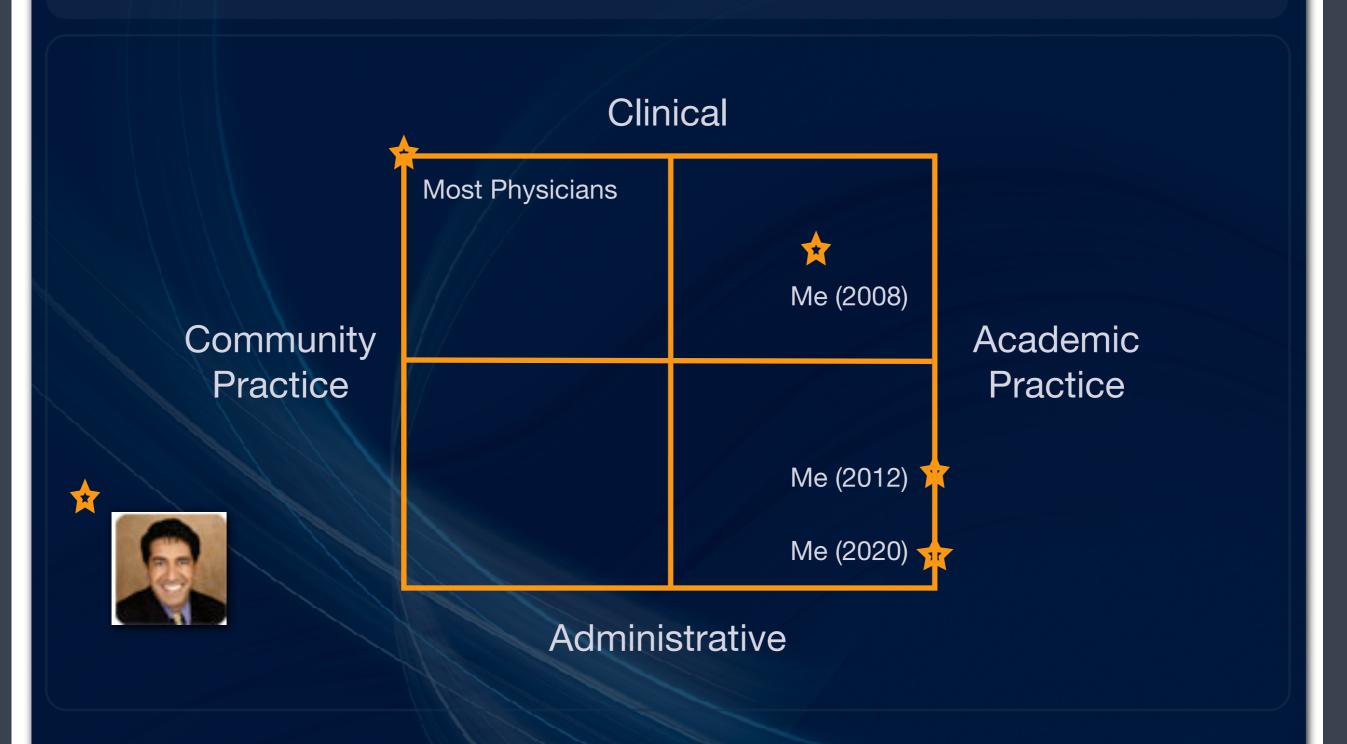
Step 6 - Maintain Work/Life Balance



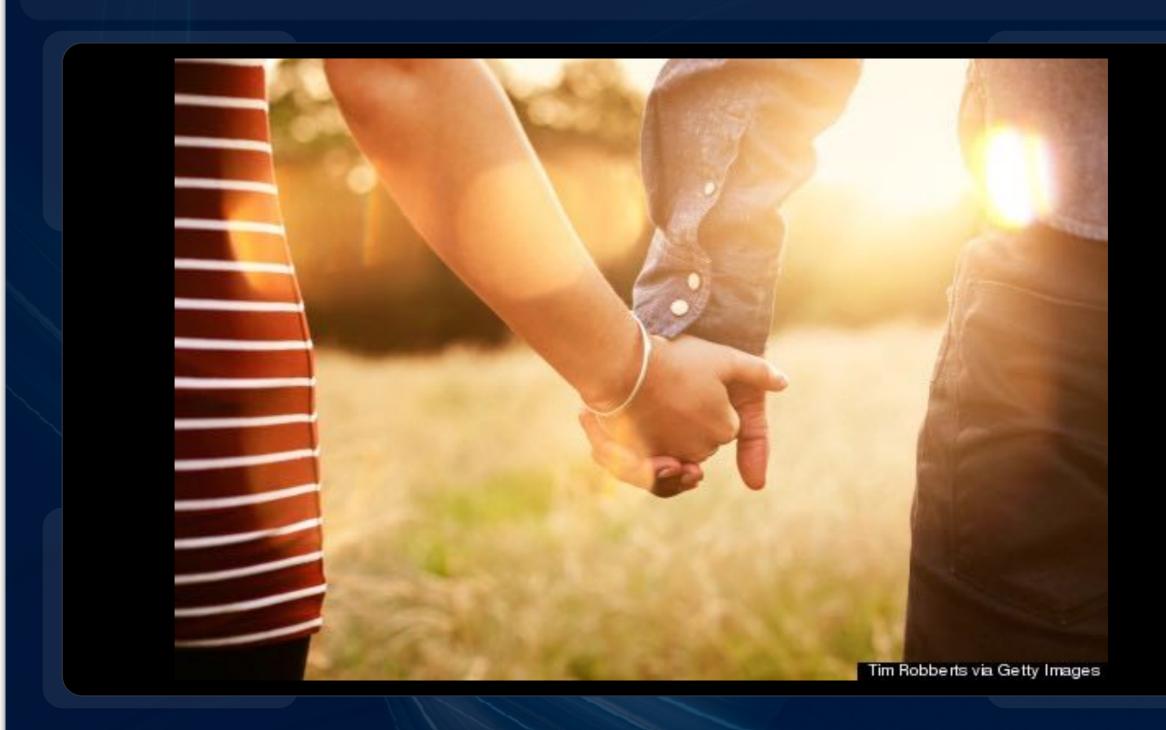
Learn to Say "No"



Step 1 - Assess Your Career Aspirations



Significant Others Have Veto Power



Summary

- 1. Make an honest assessment of your career aspirations.
- 2. Pursue opportunities to be different.
- 3. Create a CV now.
- 4. Get smart about money.
- 5. Get a mentor(s).
- 6. Maintain work/life balance.

Questions?

