

6 Steps to Build a Career During Residency

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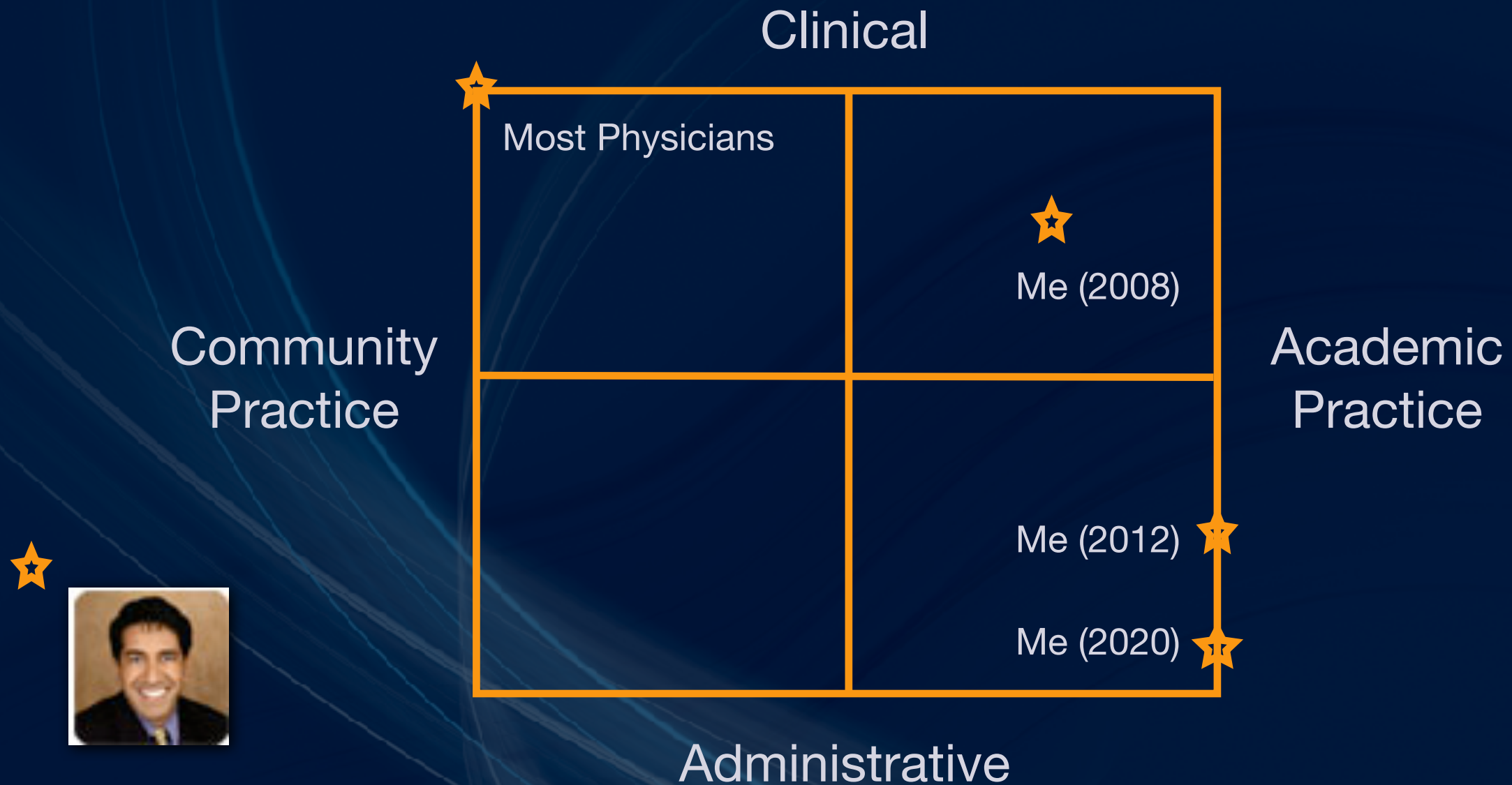
Disclosure

- 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

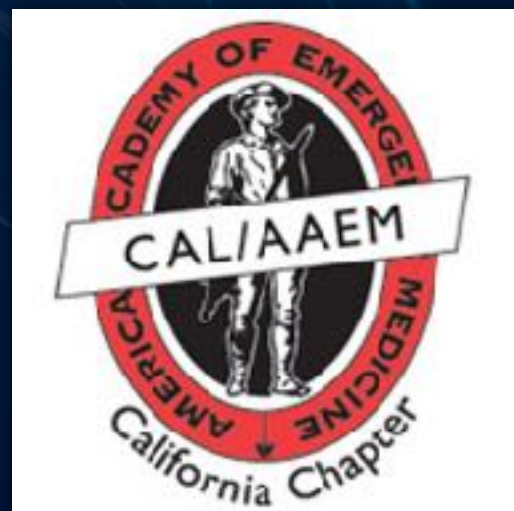
Step 1 - Assess Your Career Aspirations



Step 2 - Be Different



Organizational Involvement



Committees & Boards - The Truth



Elections - The Truth



Medical Publishing - Misconceptions

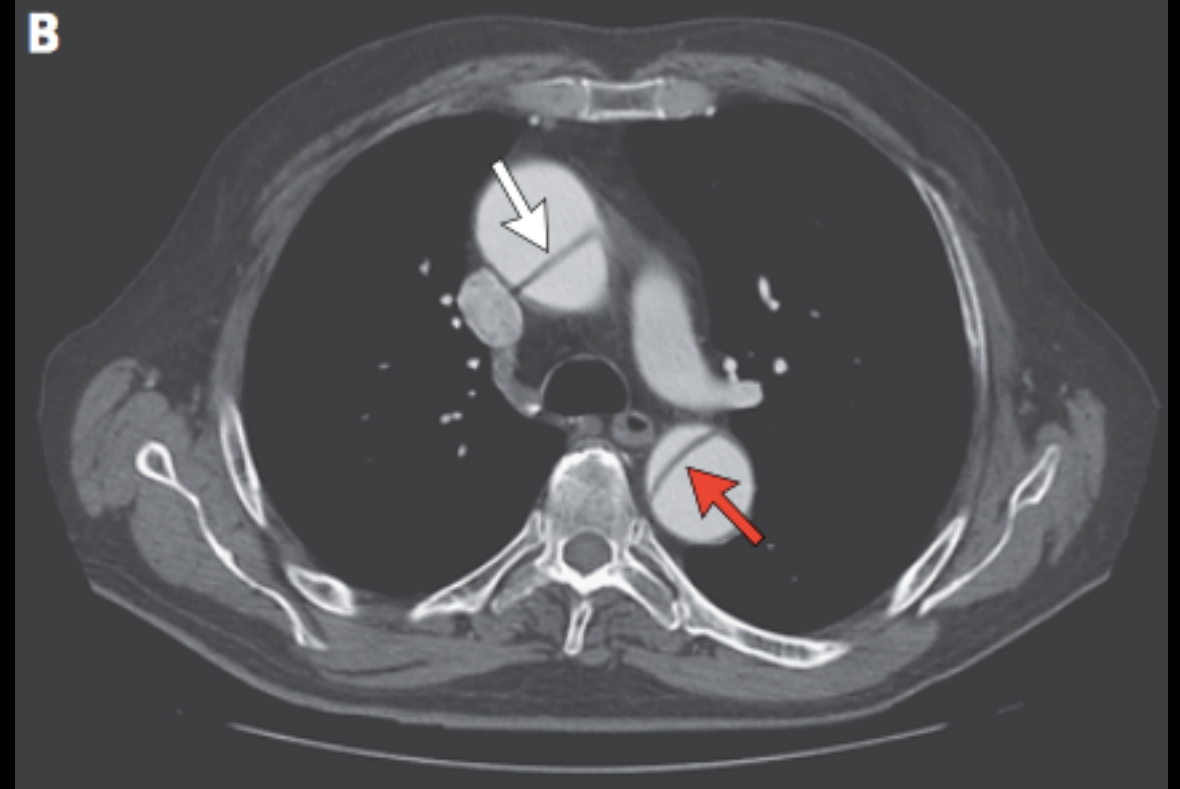
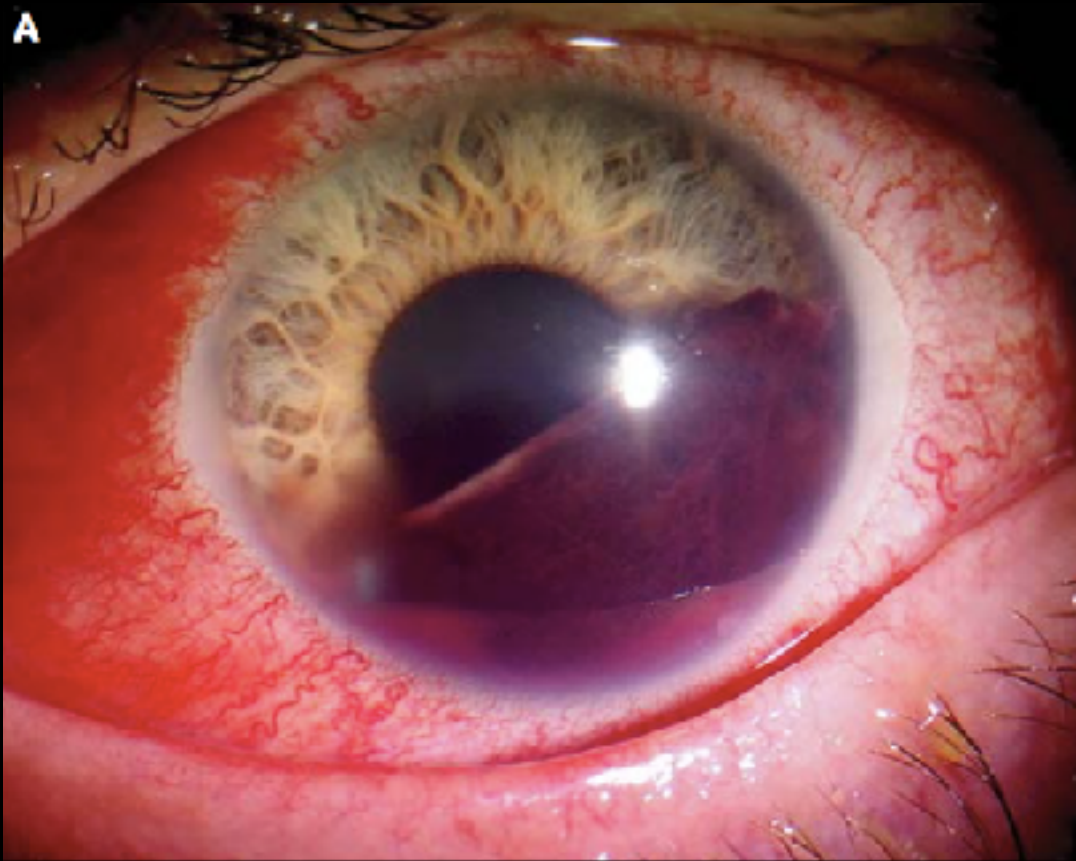
- Too difficult
- Takes too long
- Me no rite good 'nuff



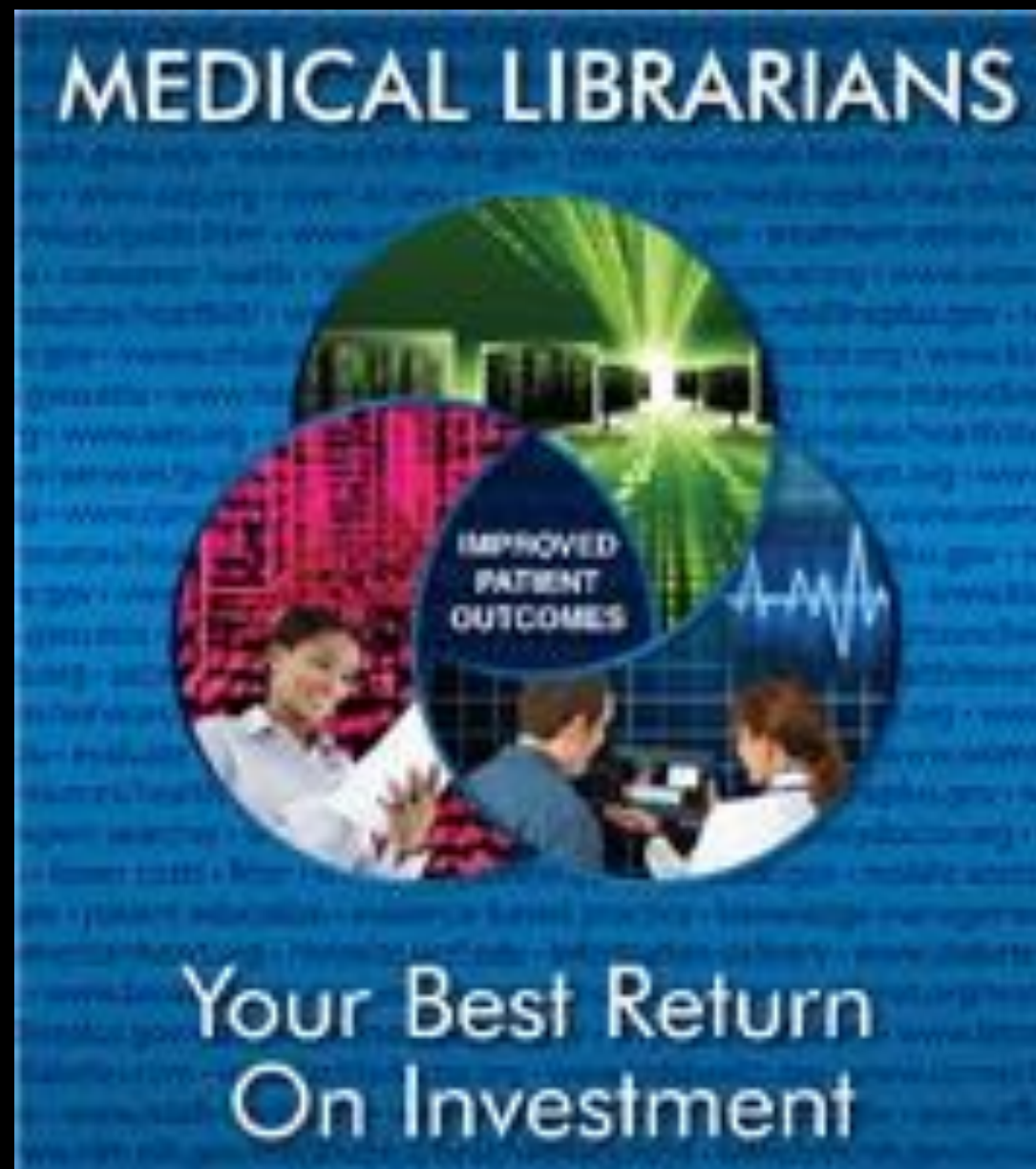
Medical Publishing - The Truth



Medical Publishing - The Truth



Medical Publishing - The Truth



Medical Publishing - The Truth



Publications Asking for Submissions

- ACEP Ultrasound Section Newsletter
- 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 Medicine - 53

●Tier 2

- Annals of Emergency Medicine - 4

●Tier 3

- Academic Emergency Medicine - 2

- American Journal of Emergency Medicine - 2

- EM Clinics of North America - 1

- Emergency Medicine Journal - 1

- Journal of Emergency Medicine - 1

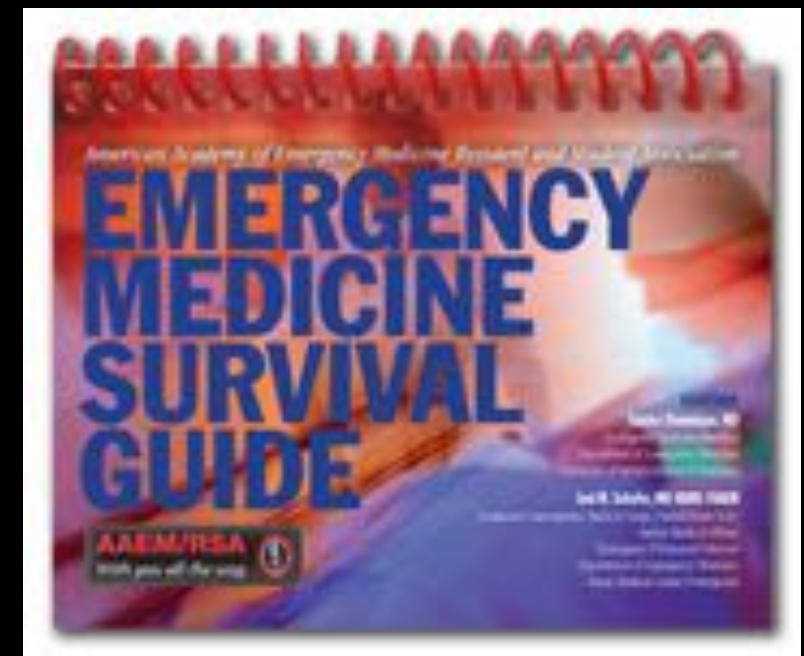
- Journal of Trauma - Injury, Infection, and Critical Care - 2

- 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



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

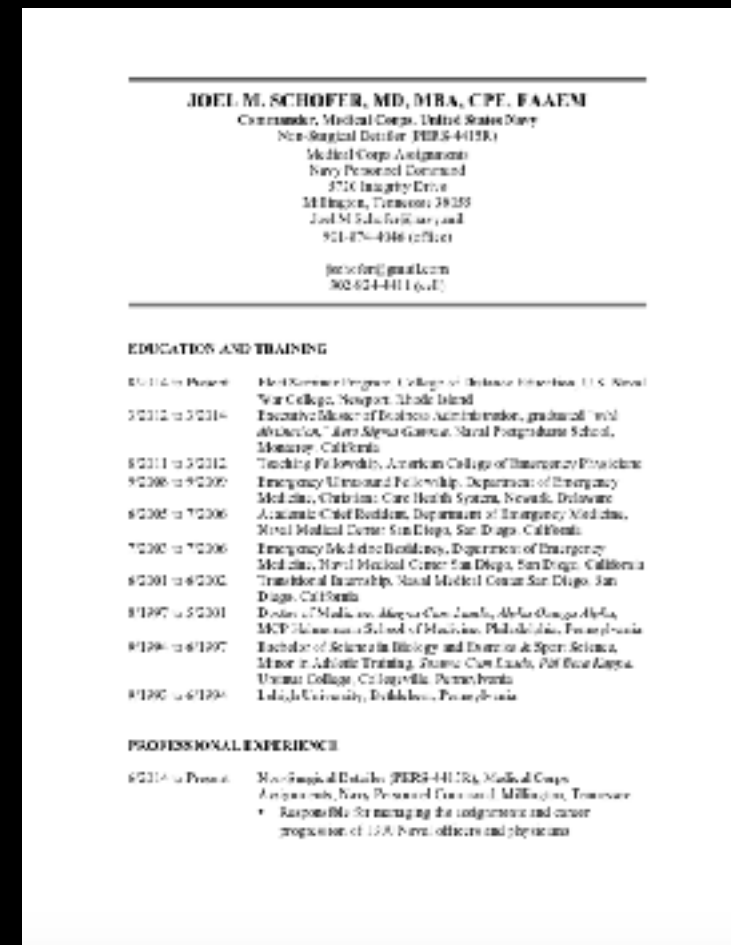
Summary of Opportunities to Be Different

- 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



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

Step 4 - Build a Financial Career

GET \$MART ABOUT
MONEY

A cartoon illustration of a man with blonde hair, wearing a white shirt and a green vest, peeking out from behind the letter 'M' in the word 'MONEY'. He has his arms raised and a surprised expression. The word 'MONEY' is in a large, bold, serif font, and the phrase 'GET \$MART ABOUT' is in a smaller, sans-serif font above it.

Get Insured

- Insurance you need:
 - Auto
 - Renters/homeowners
 - **UMBRELLA**
 - **DISABILITY**



Build an Emergency Fund



Manage Debt Smartly

- NEVER carry credit card debt
- Consider consolidating/refinancing your student loans



THE WHITE COAT INVESTOR

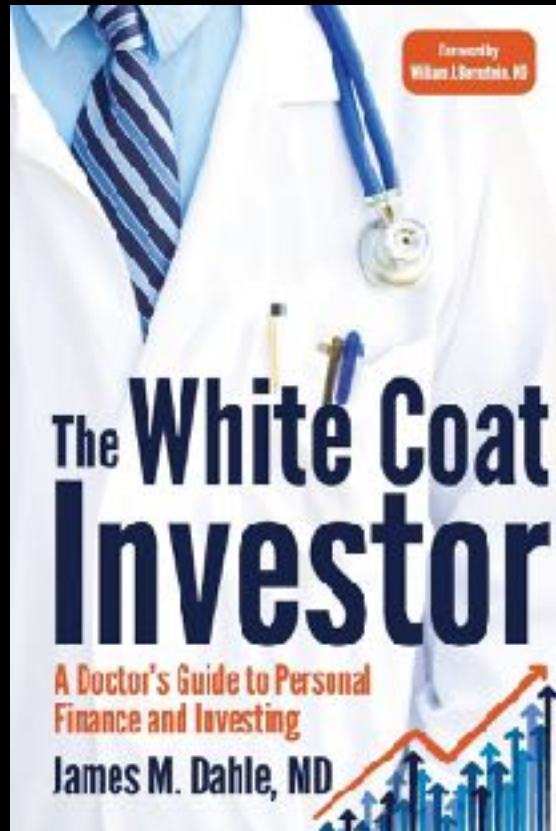
HELPING THOSE WHO WEAR THE WHITE COAT GET A "FAIR SHAKE" ON WALL STREET

Maximize Your Retirement Accounts

- 20% toward retirement
 - Heavily weighted toward stocks
- Thrift Savings Plan
- IRAs
 - “Backdoor” Roth IRA



Two Powerful Actions



Step 5 - Find a Mentor



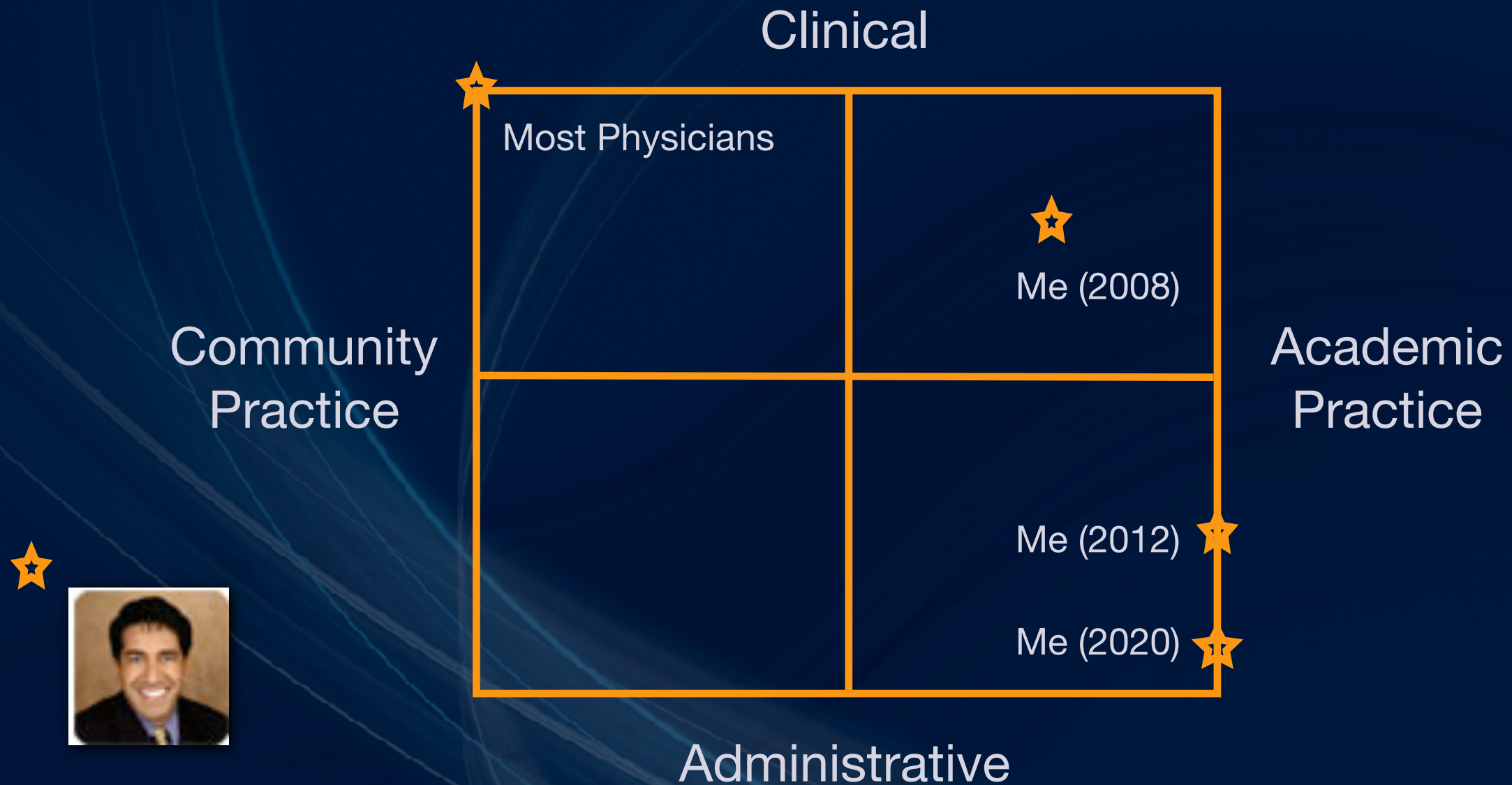
Step 6 - Maintain Work/Life Balance



Learn to Say “No”



Step 1 - Assess Your Career Aspirations



Significant Others Have Veto Power



Tim Robbets via Getty Images

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?

