



CONDUCTING QUALITY RESEARCH as a JMO

Early Career Doctors need research on their CV's more than ever. This resource supports you to action our "Top Tip" for junior doctors considering if and when to do research, which is to "JUMP IN NOW, THE WATER'S FINE" : the key to getting into research is to... just make a start! Somewhere! Anywhere! Research is a classic case of learning by doing. You've got to do it to understand it. And, as you make that first leap, make a commitment to yourself to do it 'right' from the get-go, as best you can. You won't regret it.

- 1. Start with an idea** To help seed ideas and get clear on your thoughts and shape a focus, consider the following:
 - Read up on current papers (go through journals; big and small)
 - Do your own research (go down rabbit holes, click on authors, where they work, their methods, populations they study)
 - Be curious as to what other people in your area of interest are interested in
 - Pursue research for a practical reason (don't do research for the sake of research...think about how you can most benefit and support your community) - and know that by doing it in a regional area you have more chance of seeing the direct effect of your efforts - you can be closer to your team and your patients. It's okay to start small and simple
- 2. Find your team** Collaboration, collaboration, collaboration - the broader the range of experience and knowledge you have at your disposal, the more informed and nuanced your project will be. Finding your team may include strategies where you:
 - Look into your colleagues' research profiles e.g. LinkedIn - read bios
 - Ask around to see who is 'good' with Early Career Researchers - talk to people who have published with them before
 - Consider projects advertised vs approaching with your own ideas. Send email introductions and see what might unfold
 - Look for a team that combines both academics and clinicians because you get a good mix of experiences/knowledge
 - Remember that when you're starting out the chances are that your research colleagues are going to be helping you out a bit more than you're helping them
- 3. Ensure you're good to go:** Get clear on your governance obligations. Research governance refers to the processes used by institutions to ensure that they are accountable for the research conducted under their auspices. To be properly governed, research must be conducted according to established ethical principles, guidelines for responsible research conduct, relevant legislation and regulations and institutional policy. Research governance is also about the credentialing and training of researchers and managing risk. Consider doing some research training - it will be beneficial! Once you've set up ethics approval, research method/s and started collecting data, the fun really starts. Remember: Get ethics first, collect data second - definitely don't try to do it the other way around!
- 4. Getting to work**
 - Create a timeline and stick to it (visualise how the project might play out)
 - Ask for help ...and accept the feedback you are given. Informed feedback can strengthen your project
 - Take initiative - if you get stuck, think outside the box, consider options and present your team with potential solutions
 - Academic writing is a new skill and you may not be great at it to begin with! Keep on practising
 - Stay motivated and accountable (again, keep an eye on your timeline)
 - But be patient, because it does take time (12 months could be a good best-case scenario, depending on your project)
- 5. Top Tips for early career research**
 - Learn from any mistakes. Accept and act on feedback
 - Try all areas - data cleaning, collecting, write-up etc
 - Like any skill, you get better with practice. Start now.
 - Finish what you start, don't just let it sit on your laptop
 - Poster, presentation, publication - get your work out there - something, anything, anywhere!
 - Consider targeted research training, from a short course to a degree. It could save time in the long run.

- 6. Promotion** For the most part, no one else is going to do your promotion for you - you have to be proactive. If you're passionate about the research you've done, use this drive to direct energy into sharing your results and learnings with others: with colleagues, at conferences, online (e.g. Twitter). Be proud of your work!
- 7. Presenting your work** This is where you stick your head up, take a breath, and share the results of your hard labour. Do not let this step be your downfall - you've put in all of that effort - if you don't let people know what you've done, what's the point? And also, are you honouring the commitment made to research participants that your work contributes towards positive change? In embracing this part of the research journey, keep the following in mind:
- There are different presentation formats and venues: if possible, consider conference presentations above a hospital presentation, as you have an opportunity to expose your work to a much wider variety of people
 - Windows for submission are often quite narrow - set up your alerts and if you see an opportunity, jump quickly!
 - There are three main types of presentation at conferences and symposiums. These forms of presentations are 'ranked' because in some circumstances they represent different amounts of points scored on a CV:
 1. podium presentation (highly regarded) where you have the opportunity to stand up to talk (approx. 15 minutes)
 2. poster presentation where you showcase a poster and have a small opportunity to present (approx. 5 minutes)
 3. poster on its own (a printed poster without the opportunity to speak)
- 8. Publication** This process can feel unforgiving! Don't give up! Having your research printed and published either in hard copy and/or online can help in several ways, including a) giving stature to your work and strengthening your CV, b) ensuring that wider audiences hear what you've done, c) inviting future opportunities, as well as widening collegiate connections, d) provoking debate, and e) changing practices. To help you in your publishing quest, consider the following:
- Model your submission's format based on key journals. Decide where you'll submit it and write to their requirements
 - A good rule of thumb is to hope for acceptance but expect rejection. This helps keep expectations in check
 - Perhaps aim for a highly-ranked journal (e.g. MJA), get feedback, then try for a smaller journal based on the feedback
 - Revisions are a normal part of the process, don't be demoralised if told to revise your submission
 - There are publication costs - and they can vary quite a bit - Discuss with your team how costs might be covered
 - Remember to log-in to the journal's submission portal and follow up on progress
- 9. Consider saying Yes! to a research opportunity**
- When it's something that you're interested in
 - When there is a clear plan and an end goal
 - Team is receptive, responsive and take responsibility
 - When someone you know has worked with the people involved and they've had a good experience
 - When junior researchers are involved. They are often good to know - you can learn a lot directly from them
- When you might consider saying 'No'**
- Pipe dreams and big ideas with no concrete plan
 - When ethics approval hasn't come through yet
 - When the criteria for authorship is unclear
 - Heads of department are very busy people - investigate who else is on the team
 - When you're further along and more experienced and there is more opportunity to pick and choose

And finally... Research is almost essential for your CV across most specialties. If in doubt, find a friend who is doing something at a hospital and see if you can join in. Even if the focus of the research is general - just do something! For more information & advice look at the following resources:

- Guides to **referencing**, including APA, Vancouver and Harvard style monashhealth.libguides.com/referencing/
- Codes of conduct and guides nhmrc.gov.au/about-us/publications/australian-code-responsible-conduct-research-2018 nhmrc.gov.au/about-us/publications/national-statement-ethical-conduct-human-research-2007-updated-2018
- RMH's privacy in medical research guide- thermh.org.au/research/researchers/ethics/privacy-medical-research
- Tips on getting **published** ama-assn.org/residents-students/residency/9-top-tips-getting-published-medical-journal and bmj.com/about-bmj/resources-authors/article-submission/guidance-newly-qualified-doctors-get-published
- **Research training** and support at Monash: <https://www.monash.edu/medicine/research/grad-research/support>
- Look at the **PMCV's Junior Medical Officers' Basic Guide to Research** assets-au-01.kc-usercontent.com/be714ec0-113f-0276-424b-e066b80a7dc2/a5d4f0f5-bd23-4c79-888f-f844164aea57/JMO_Research_Guide.pdf
- From **'On the Wards'** - an online community supporting Junior Doctors onthewards.org/getting-involved-research-2/
- The **'Career Doctor'** YouTube channel's videos on 'research on doctor resumes' youtube.com/watch?v=O9T2NaJWaVw and 'research skill questions at job interviews' youtube.com/watch?v=jMJ-2XCshq8

This fact sheet is developed from a series of Career Ready Doctor Webinars held in 2022 by the Monash Regional Training Hubs. The research webinar was hosted by Monash Rural Health A/P Cathy Haigh, Director Gippsland MRH, with presentations from Ms Mardi O'Keefe, Career Management & Professional Development Director AMA Victoria & Dr Laura Panozzo, BPT1, Alfred Health, with support and input from A/P Janelle Brennan Director, NWV Regional Training Hub. The other webinars, and fact sheets cover: Resume Writing & Applications, Creating Impact & Interviewing Well and Professionalism. Together these elements help you to start building your brand, enhance your resume & cover letters to demonstrate your experience on paper, positioning you to promote your strengths, reach your potential & achieve your career goals.