Midcareer Technical Workshop

Path to a Sustained Program of Research

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Module I: Establish & Sustain POR

- Definition
- Hallmarks
- **Guideposts (Benchmarks)**
- Strategies to maintain POR momentum
- Value of Program Director guidance
- Competing application decision
- Interview with senior scientist
Guideposts to Track POR Progress

• Proof of Concept

• Feasibility: Is it safe? Will people use it?

• Efficacy: Does it work under ideal conditions? i.e., Randomized Controlled Trial (RCT)
Guideposts to Track POR Progress

• Effectiveness: Does it work in real life? i.e., Practical (Pragmatic) Clinical Trial (PCT)

• Can it be scaled up to benefit larger population?
  • Implementation
  • Sustainability

ULTIMATE GOAL: TRANSLATION, i.e., WIDESPREAD ADOPTION
COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, Nutrition)

Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FAAN

- NINR-supported program
- based on cognitive behavioral therapy
- combines with nutrition lessons and physical activities
- participants had lower BMI and depression
Module I: Establish & Sustain POR

- Definition
- Hallmarks
- Guideposts (Benchmarks)
- **Strategies to maintain POR momentum**
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Strategies to Maintain POR Momentum

- Keep cost in mind as ideas unfold
  - Simple intervention to maximize scale-up
  - Include investigation of cost effectiveness

- Standardize to enhance fidelity & reproducibility

- Incorporate elements that may demonstrate sustainability

- Consider population intended to benefit
Project Logo Examples

The PERL Project

the Tulip Project

Gladiolus
Strategies to Maintain POR Momentum

• Use logic model and timeline to drive progress

• Conceptual model: alternative to move project

• Logic/conceptual model helps keep big picture in mind
  o Evidence needed to fill in model components
  o Can specify short, medium, and long term outcomes
  o Can pinpoint active (essential) ingredients
Strategies to Maintain Project Momentum

EXAMPLE OF LOGIC MODEL

Inputs
Outputs
Activities Participation

Outcomes
Short Medium Long

Assumptions
External Factors

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Strategies to Maintain Project Momentum

• Timeline should drive week to week project activities
• Timeline can identify when efforts are falling short, e.g. recruitment goals
  o Recognize that timeline may have to be adjusted
  o Plan sufficient time to accomplish each element of project
### TULIP Project Timeline Example

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<td>Start-up Interview Component</td>
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<td>FINAL REPORT</td>
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#### Clinic Visits Per Year in each site

- **YEAR 1**
  - T1 = 100
  - T2 = 70
  - Total: 170

- **YEAR 2**
  - T1 = 120
  - T2 = 120
  - T3 = 100
  - Total: 340

- **YEAR 3**
  - T1 = 80
  - T2 = 120
  - T3 = 80
  - Total: 410

- **YEAR 4**
  - T3 = 80
  - T4 = 120
  - Total: 80

- **YEAR 5**
  - T4 = 80
  - Total: 80

- Interviews = 40
Maximize Rate and Quality of Publications

- Build publications into project timeline
- Use each publication to focus research
- Try to time so that publication can be included in annual report
- Contact Program Officer when publication is accepted
Maximize Rate and Quality of Publications

• Rule of Thumb: One presentation = one publication
• Aim to contribute to the research narrative with each publication
  • Each publication should make a substantive contribution to the science
  • Avoid tangential reports that don’t add to the research story
Maximize Rate and Quality of Publications

- Consider one major publication for each specific aim
- Aim for a mix of nursing and interdisciplinary journals
- Publish in highest impact journals possible
  - Initial submission to highest impact option
  - If not accepted move to next tier down
Make Best Use of Authorship

- Use authorship to showcase interdisciplinarity
- Include junior scientists and students as authors, as appropriate
- Discuss EARLY with research team
  - Order of authorship
  - Role on respective papers
Promoting Your POR

- Engage with relevant research societies
- Plan to meet with Program Director and journal editors at scientific meetings
- Attend presentations of scientists with like research interests and get to know them
Promoting Your POR

- Volunteer to serve on proposal review panel
- Ask current member of review panel to recommend you as a replacement when they go off panel