

# Sealing the Deal:

## *Getting your Work Successfully Published*



Kelsey Hart, DVM PhD DACVIM (LAIM)

University of Georgia

Seeing cases  
in the clinic

Organizing  
courses &  
syllabi

Writing  
lectures

Teaching

Records  
and  
clinic  
paperwork

Grading

Talking to  
clients &  
rDVMs

Mentoring  
students and  
house officers



AND  
PUBLISH  
PAPERS???

Being a good  
departmental  
citizen

Teaching  
clinical  
students

&#^%\$&@

Email

Get  
Grants

Do  
research

Analyze  
Data

Meetings &  
committee  
stuff

# Objectives

- A little about me
- Publishing research is hard!
  - Defining the problem
  - Some strategies that work for me (and my mentors!)
- Questions/Discussion

**SO,  
WHAT'S  
THE  
PLAN?**

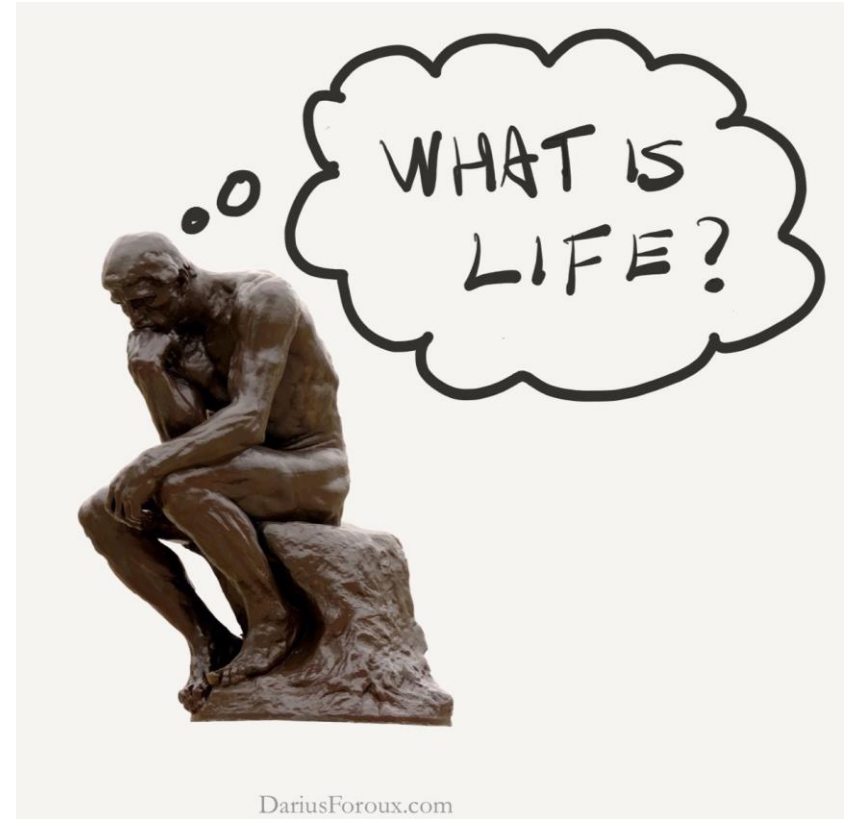


# My Research Program

- Evolved & expanded from my doctoral research
- Immuno-endocrine interactions in horses
  - In sepsis & other bacterial infections
  - In aging
  - In endocrine disease
- And a smattering of other clinically-related studies...
  - Pharmacokinetics in LA species
  - Novel diagnostics & therapy for common LA diseases
  - Weird cases...

# What is (was) my academic life like?

- Research = 25%
  - 2 papers/year, 1 first/primary author
  - Intermittent → consistent extramural funding
  - MS and PhD students
- Clinics
  - 35%-50% clinic time (18-24 weeks/year)
  - Not much ER duty but 24/7 for inpatients when on
- Teaching
  - All four years of the DVM curriculum, core & elective courses
  - Evening seminar course for DVM-PhD students
- Manage the UGA CVM equine research/teaching farm
  - 30+ horses, 15 foals, 2 facilities, 2 farm employees
- Direct UGA's DVM-PhD program
- Committees, etc...

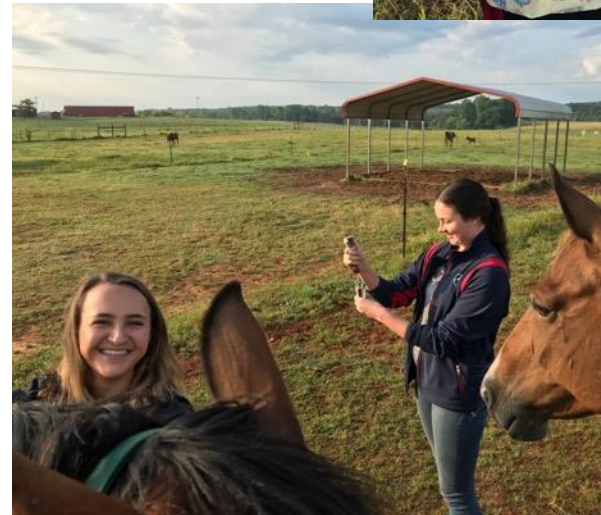


# In the past few years...

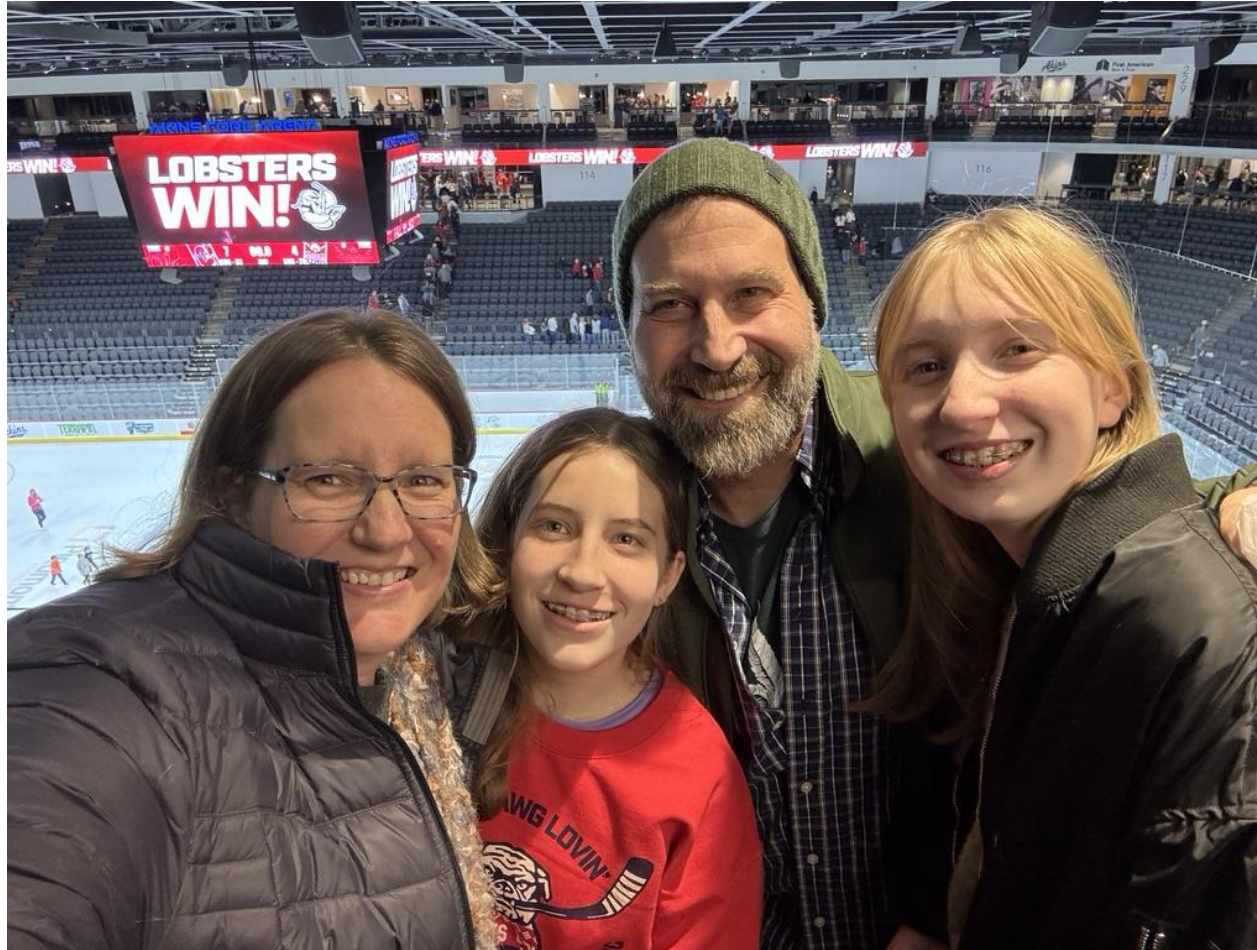
- ↑ to 50% research, ↓ to 9-10 weeks per year on clinics
- Departmental research administration position
- Collaborative departmental lab (newly renovated...)
- Work with 2 other research faculty, 4 lab managers, 2 farm managers, and many students to:
  - Get funding
  - Do our own research
  - Support all the department's research endeavors

# My Current Research Team

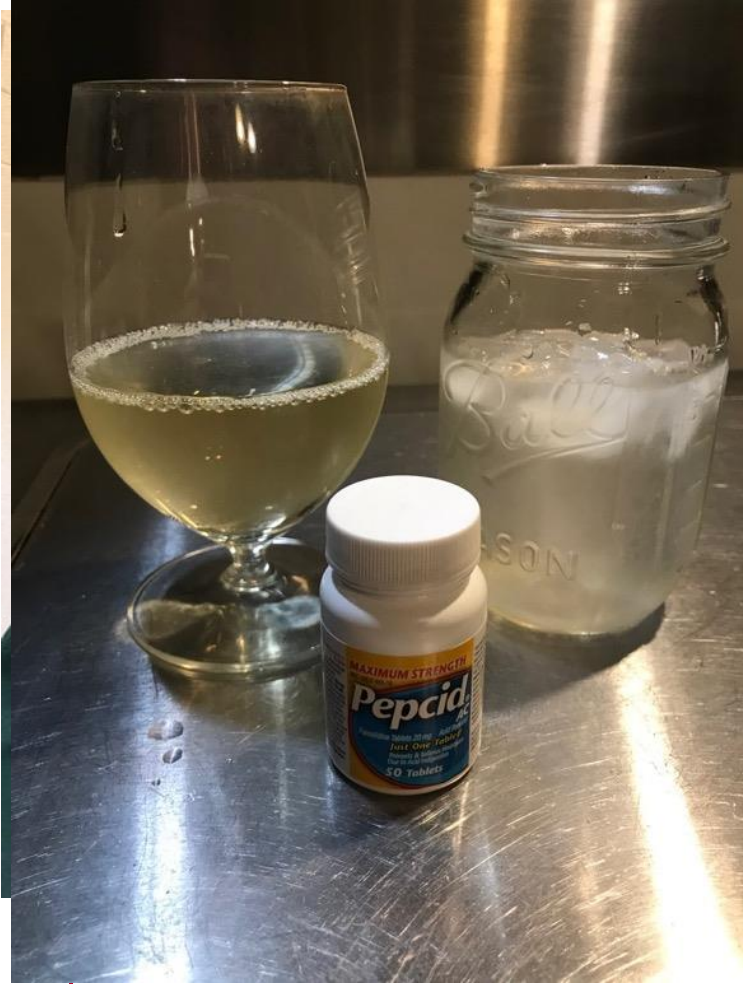
- Personnel
  - 3 PhD students
  - 1+ lab manager/tech
  - DVM + pre-vet students
  - Collaborators @UGA & beyond
- Funding
  - Foundation
  - Intramural
  - Industry
  - Donor



# The MOST Important Parts of My Life



# I really like my job, but...





# Set Yourself Up for Success in Research

- 1) Know where you are headed
- 2) Figure out the best route to get there!
- 3) Maximize your functionality in the process



# Step 1 = Know where you are headed

- Professional fulfillment
- Promotion &/or tenure, right?
- Publish or perish
  - Publish = proving you did research
- Steps to publish
  - Funding for the research
  - Carrying out the actual data collection
  - Data analysis
  - Manuscript preparation and submission
  - Revision and publication
  - CELEBRATE!!!
    - and add 2 more lines to your CV...



# To Get Your Research Published...

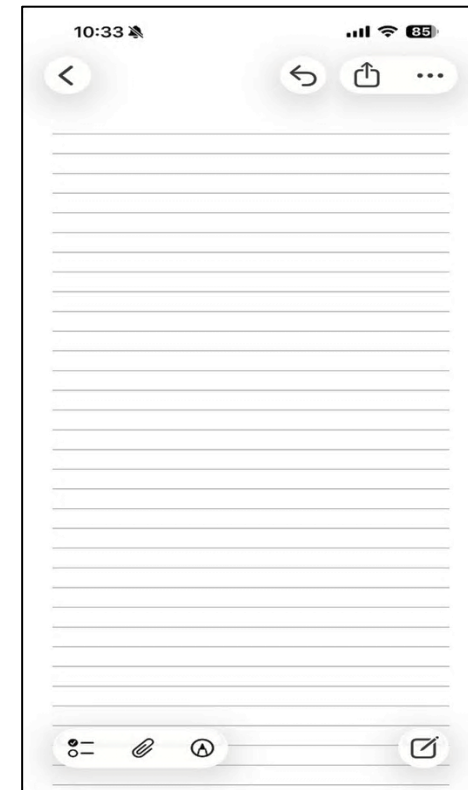
Project  Publication requires:

- *[A good research question and funding for it!]*
- Appropriate analyzed data
- Well written manuscript, with:
  - Clear justification for your study (introduction)
  - Clearly explained and reproducible approach (methods)
  - Clearly presented data (results, tables, figures) with appropriate conclusions (stats)
  - Clear explanation of relevance/importance of findings, related to the the larger body of literature in that area (discussion, references)
- Happy editors and reviewers!

**You can do a lot about this too!**

# Question #1 for You

- What is YOUR current biggest challenge in publishing your research?
  - Or what do you imagine in will be in your next job?



# Step 2 = Figure out the best route to get there

## 6 steps to publishing success:

1. Have a master plan and clear expectations
2. Pick the right projects and collaborators
3. Pick the right journal
4. Get it written!
  - Schedule backwards
  - set deadlines
5. Write well!
6. Survive the writing process!



# 1) Master Plan & Clear Expectations

- Defined by you & others
- 1) Central theme for your research
    - YOU
  - 2) Department & college expectations
    - THEM
  - 3) Personal and professional hopes and dreams
    - YOU



## 2) Pick the Right Projects & Collaborators

- Lofty goals and difficult projects are awesome, but...
- Make sure you will have something both doable and publishable!
  - Novel idea with straightforward design
  - Build on what you know how to do
  - Maximize use of archived samples or already collected data
  - Will negative results still be publishable?
- Focus on building your knowledge base, not changing the world or doing all completely new things in year 1

## 2) Pick the Right Projects & Collaborators

- Collaboration is essential and important
- Find the most productive people and work with them
  - Formal co-investigator, informal advice giver, or both
  - Get help with the hard parts
    - Grant-writing
    - New assays/techniques
    - Data analysis
    - DEADLINES!
- If you don't like to write, collaborate with people who do!

# Other kinds of collaborators?

- Technicians – absolutely critical!
  - Negotiate for this and be creative
  - Be specific about what you need
  - Spend time building this relationship
  - They can & usually should be co-authors!
- Post-docs – can be helpful.
  - If it's the right person at the right time...
- Students/trainees – be careful early on...
  - Mentoring well takes a LOT of time
  - Maybe wait until you have solid footing with your research



### 3) Pick the Right Journal

- More of an art than a science
  - Impact, publication cost, readership, speed to publication, acceptance rate, etc.
- Know the key journals in your field
- What is your target audience:
  - General practitioners
  - Specialists
  - Researchers
- Read the journal!
  - And their website/instructions for authors!
- Avoid “predatory” journals whenever possible

<https://academic.oup.com/jvim/pages/about>

## 4) Get it Written – Schedule Backwards

- Start with the deadline for your manuscript submission and schedule the work moving back in time from this goal
  - BUT, there are no deadlines for publishing your own work.... 
  - Some helpful end goals:
    - P&T dossier submission deadlines
    - Grant progress-report deadlines
    - Residency program end / student graduation
- Then, look at you calendar & clinics/teaching schedule
  - How much time is needed for each step
    - Data collection, analysis, writing, revising with co-authors
  - **Then add 30-50% to how long you THINK things will take!!!**

## 4) Get it Written - Set SPECIFIC Deadlines

- Open, empty days for research and writing...
  - Are ideal...
  - Are not really a thing anymore...



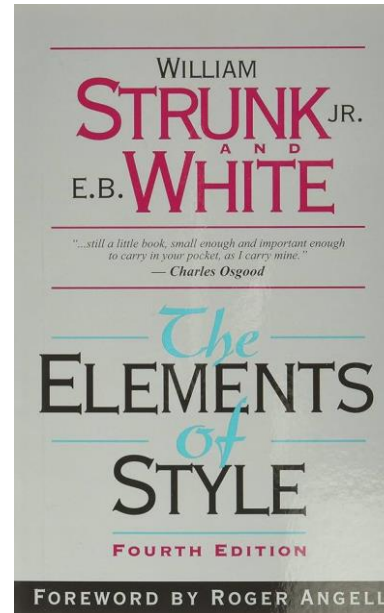
# So, how do you write without a deadline?

- Break each manuscript into smaller pieces
- Set your own deadlines for each piece
- Be accountable to someone (ANYONE!) for those deadline!
  - Collaborators
  - Students
  - Colleagues/friends
  - Your parents, etc, etc!
- Put those deadlines on your calendar
  - Goal is data collection → analysis → manuscript → submit ASAP
  - "Don't let the sun set on data."
- Plan ahead
  - Do the dumb "busy work" during busy times!
- Do a little bit EVERY DAY/WEEK



# 5) Write Well!

- THIS IS THE HARDEST PART!
- Follow the journal guidelines
- “Dissect” and “mimic” good papers
- Outline/bullet points first
- Utilize local resources
  - Colleagues
  - University Writing Center
  - Family/Friends
- GET IT ON PAPER FIRST!
  - Then polish!



**JVIM**  
Journal of Veterinary Internal Medicine

Issues More Content ▾ Submit ▾ Alerts About ▾ Journal of Veterinar ▾

**Contents**

- Scope of the journal
- How we publish
- Submitting
  - ▶ Manuscript submission guide
  - ▶ Preparing your manuscript
  - ▶ Peer review process
  - ▶ Publication and research ethics
  - ▶ Availability of data and materials
- Digital preservation
- Self-archiving
- ▶ Publishing agreement and charges

**Author guidelines**

**Scope of the journal**

The mission of the *Journal of Veterinary Internal Medicine* is to advance veterinary medical knowledge and improve the lives of animals by publication of authoritative scientific articles of diseases of domestic animals.

The *Journal of Veterinary Internal Medicine*, the official publication of the American College of Veterinary Internal Medicine (ACVIM) and affiliates the European College of Equine Internal Medicine (ECEIM), the European College of Veterinary Neurology (ECVN), and the European College of Veterinary Internal Medicine - Companion Animals (ECVIM-CA) provide an international forum for

Quick?



The only way I can get anything written at all is to write really, really shitty first drafts.

ANNE LAMOTT

## Set Yourself Up for Success in Research

- 1) Know where you are headed
- 2) Figure out the best route to get there!
- 3) Maximize your functionality in the process



## 6 steps to publishing success:

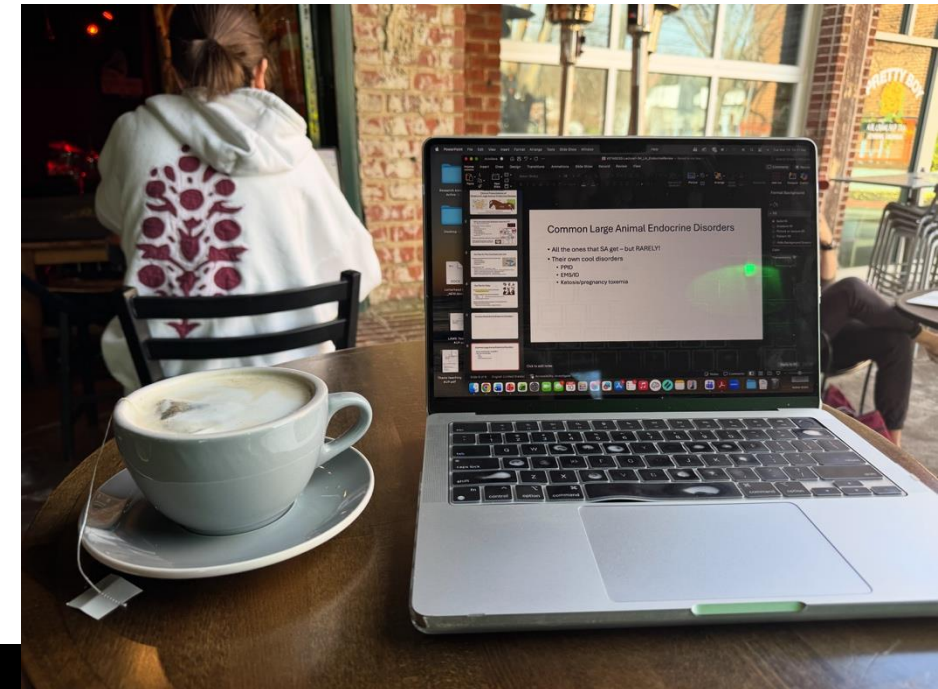
1. Have a master plan and clear expectations
2. Pick the right projects and collaborators
3. Pick the right journal
4. Get it written!
  - Schedule backwards
  - set deadlines
5. Write well!
6. Survive the process!



# Step 3: Maximize your functionality

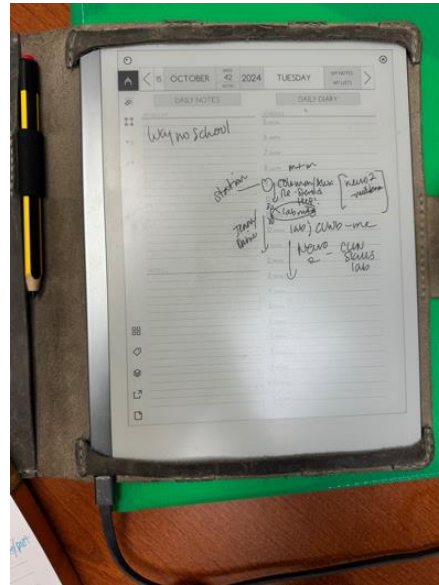
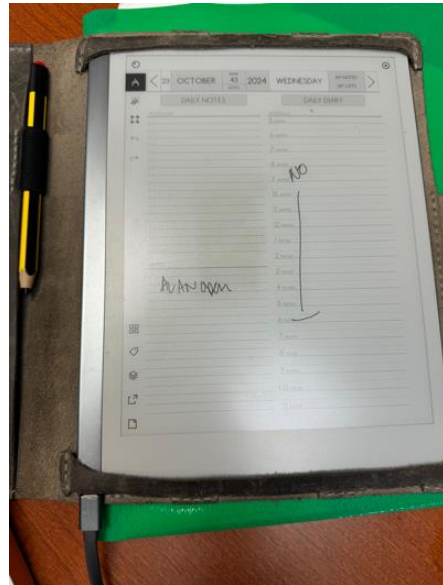
(a.k.a. how to write most effectively)

- Schedule in some “cushions”
- What we are trying to do sometimes isn’t actually possible – you’re not failing!
- Sometimes just STARTING something helps a lot
- If < 5 min, just do it NOW
- Deal with emails AM & PM, not constantly or as a distraction
  - Specific time for all the “little crap”
- FOCUS when you are focusing
  - Where & when do you work best?





- 

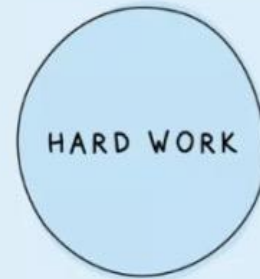


Try to schedule writing and personal/family time first...

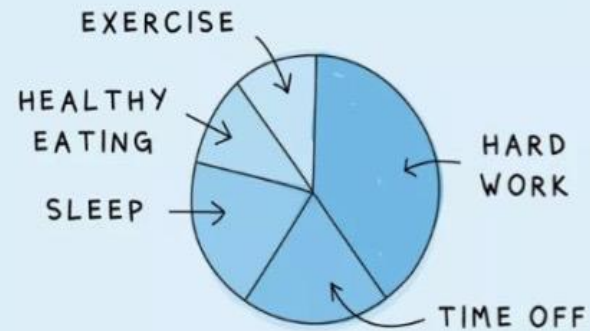
## 6) Survive the Writing Process – Take Breaks!



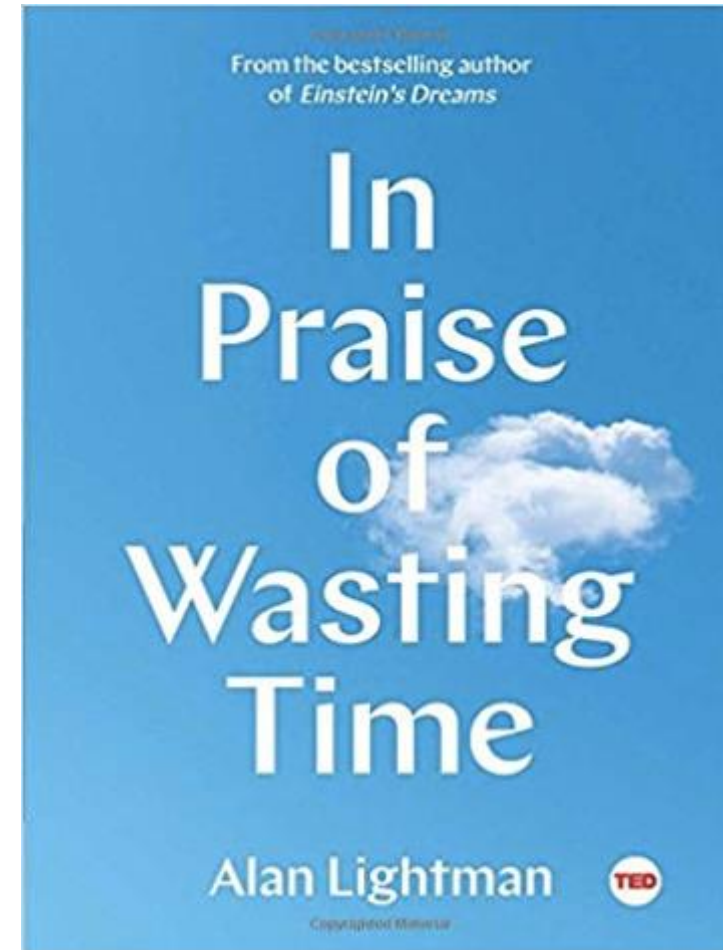
WHAT I THOUGHT WOULD  
MAKE ME PRODUCTIVE



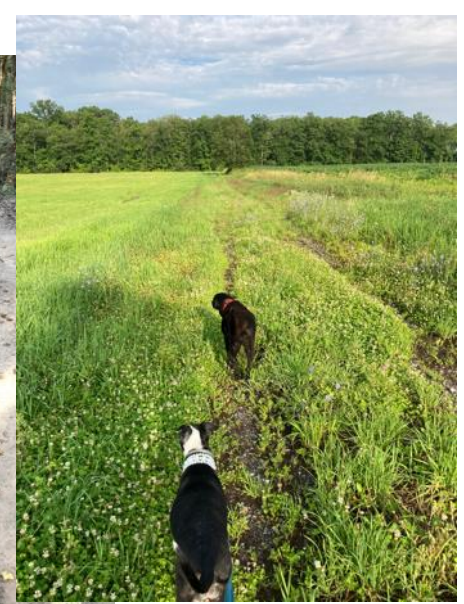
WHAT ACTUALLY DOES



@LIZANDMOLLIE



# Things I Do to Stay Grounded

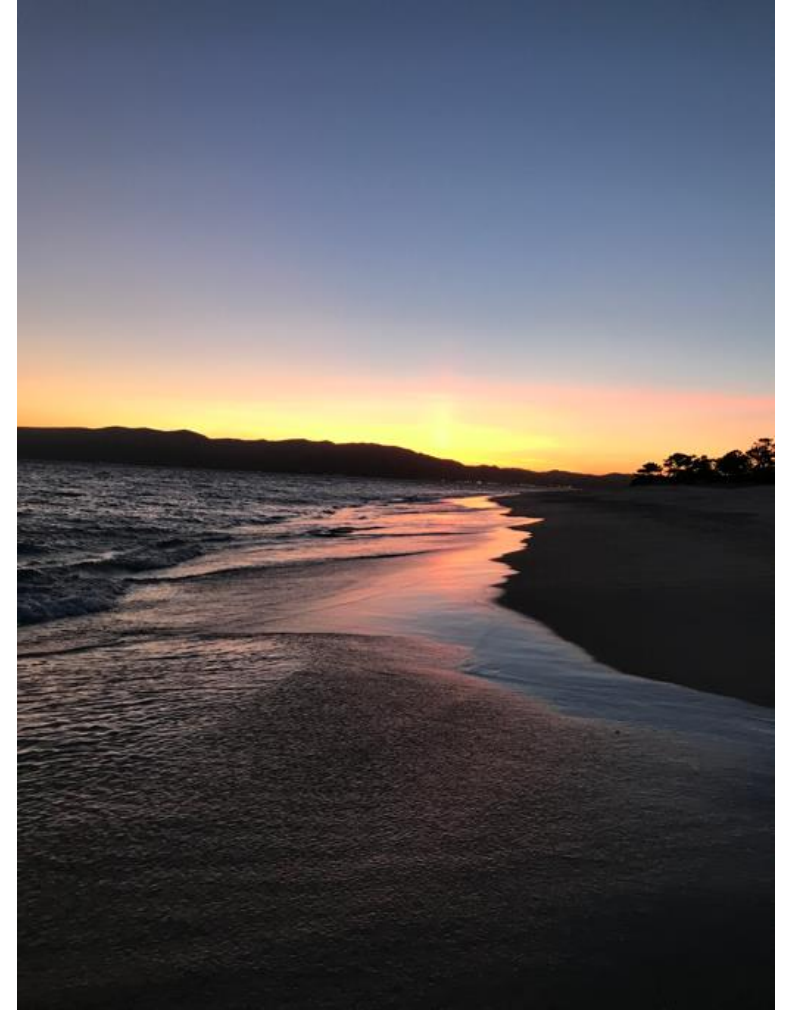


# Take Home Message

- Fitting in the creativity and open-time you need for writing requires forethought and planning
  - But writing well can require less time than you think!
- Divide and conquer big manuscripts into pieces and SET DEADLINES
- Find successful, fulfilled colleagues and ask them how they do it, and try those ideas on for size!
- Don't be afraid of – and actually create – down-time!
  - Doing LESS really does allow you to accomplish MORE
- Be aware of, and address, burnout

# Acknowledgements

- My family
- Dr. Michelle Barton
- Dr. Jim Moore
- Dr. Steeve Giguère
- My amazing research team
- My amazing colleagues
- My amazing students



khart4@uga.edu

# Questions and Discussion

- Questions about what I talked about?
- Share your biggest challenge or fear related to your research/writing?
- Offer an idea to help someone else overcome their research/writing (or other!) challenges?

