



Making Writing a Habit in Academic Medicine

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February 17, 2021



Objectives

By the end of the session, participants will be able to:

- Identify common barriers to writing

- List personalized reasons to make academic writing a habit

- Describe 1 strategy to test out in the next month

My first publication

The American Journal of Medicine (2006) 119, 71.e17-71.e24



ELSEVIER

THE AMERICAN
JOURNAL *of*
MEDICINE ®

CLINICAL RESEARCH STUDY

Beyond the Comfort Zone: Residents Assess Their Comfort Performing Inpatient Medical Procedures

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ABSTRACT

PURPOSE: Resident physicians learn to perform inpatient bedside procedures in a manner that is neither standardized nor rigorous. As a result, residents may be unskilled and uncomfortable performing procedures. This study

Words

I said that I would take care of you.
When I first saw you,
 your arms riddled with homemade tattoos
 your lips pursed by years of holding cigarettes
 your barrel chest
 your heaving and your wheezing
I thought you were like all the others.

I said that I would be there for you.
When the mass appeared on the films
 growing, encasing, engulfing
 threatening to plug your breath
 wanting to explore new horizons
 was at your blopsy.

I said that I would pray for you.
When we held hands and bowed heads,
 and I asked the Lord for understanding
 and acceptance
 and healing
I doubted.

You wanted my picture.
You wanted my phone number.
You wanted my prayers.

I said that I would call.
I didn't and you aren't.

Fear erases my words.

My actual
first publication

Your
Comfort
Zone



Where the
magic happens



Barriers to writing



Idea!



WRITING



Fear

Human
civilization



Single faculty
member
encouraged to
write



Advancement!!!

Illumination!!

SHAME

Avoidance



Albatrosses...

The paper that has gone to 8 journals

The manuscript that is 90% done but 2000 words too long

The co-author who drags his feet

The cruel words of reviewer #2





Writing skills have deteriorated

A close-up, slightly blurred photograph of a desk. In the foreground, a black pen lies diagonally across an open notebook with lined pages. To the right, a portion of a white smartphone is visible. In the background, another notebook or document is open, showing some faint text and a small image. The overall lighting is soft and even, creating a professional and organized atmosphere.

Tip #1: Create structure

pomodoro

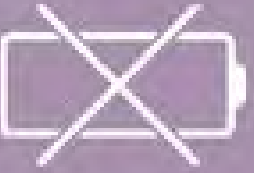


Accountability





Tip #2: Find your flow



Manage energy not time

Time management is energy management



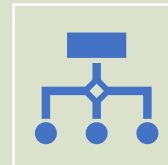
What is your chronotype?



What impact do meetings have on your creativity?



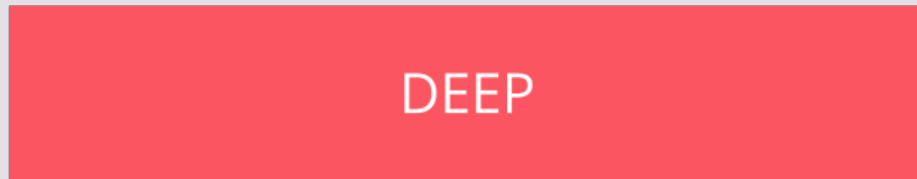
How do you respond to deadlines?



When are you "in the zone"?

Deep work patterns

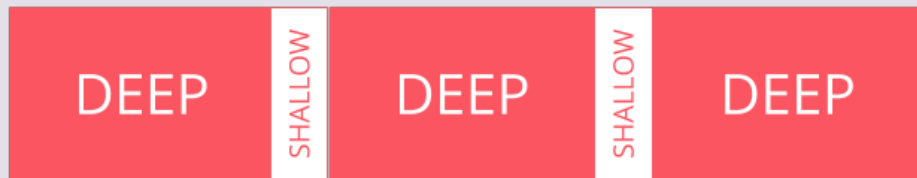
Monastic



Bimodal



Rhythmic



Journalistic



Create an Idea board

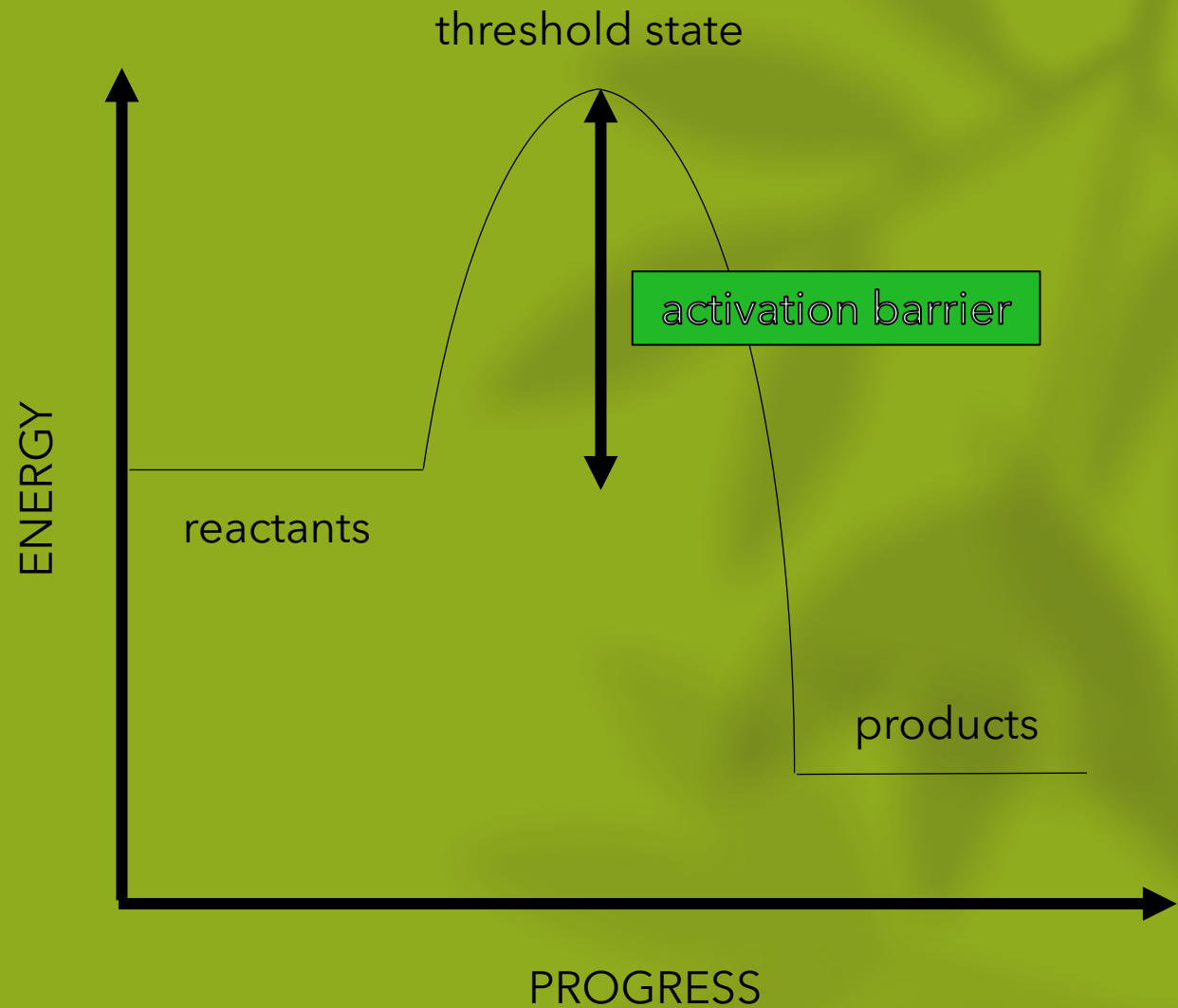


Tip #3: Confront the barriers



THE
ACTIVATION
BARRIER IS THE
ENEMY...

NOT YOUR
SKILLS





External

Social media
Emails
Texts
Streaming video
Family
Physical environment
Pager
Pets
Mobile apps

Focus thieves



Internal

Hunger
Boredom
Guilt
Anxiety
Procrastination
Fatigue
Imposter syndrome
Fear
Burnout

Why it matters





“Be ready. Be seated. See what courage sounds like. See how brave it is to reveal yourself in this way. But above all, see what it is to still live, to profoundly influence the lives of others after you are gone, by your words.”



Paul Kalanithi, When Breath Becomes Air

START NOW.
START WHERE YOU ARE.
START WITH FEAR.
START WITH PAIN.
START WITH DOUBT.
START WITH HANDS
SHAKING. START WITH
VOICE TREMBLING.
START AND DON'T STOP.
START WHERE YOU ARE
WITH WHAT YOU HAVE.
JUST...START.