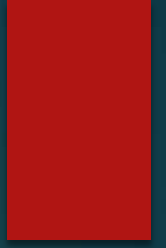


Bloom



Outline

- ▶ A story of two researchers
- ▶ 10 reasons why
- ▶ Take home points

A story of two researchers

Researcher A



- ▶ Biology major
 - ▶ Started research in a lab sophomore year in microbiology
- ▶ Medical school
 - ▶ Took a year off to do a Howard Hughes Fellowship in microbiology research
 - ▶ Published first papers in science journals
- ▶ Pediatric residency
 - ▶ Identified mentor and continued lab-based research in viral diseases
- ▶ Fellowship
 - ▶ Continued research, focused on HPV
- ▶ K award
- ▶ Now: Grants, publications, mentees

Researcher B



- ▶ Political science major
- ▶ Medical school
 - ▶ Took a summer off to develop a youth program to learn about health careers
 - ▶ Published policy pieces in university journal
- ▶ Pediatric residency
 - ▶ MSEd
 - ▶ Got involved in a group creating advocacy rotation
- ▶ Fellowship
 - ▶ MPH in Epidemiology
- ▶ K award
- ▶ Now: Grants, publications, mentees (and a summer program for youth to learn about research)

Reflections of a late bloomer





Common themes among varied activities

- Wanting to understand HOW and WHETHER things work
- Wanting to share what is learned through writing
- Wanting policy and practice to reflect evidence

**Development of an Advocacy Curriculum
in a Pediatric Residency Program**

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Original Articles

Intakes Conference: Understanding the Impact of Resident Autonomy on a Morning Report Conference

Megan A. Moreno & David Williamson Shaffer

Pages 297-303 | Published online: 15 Jun 2010

Download citation https://doi.org/10.1207/s15328015tlm1804_4



POLICY STATEMENT

Organizational Principles to Guide and Define the Child Health
Care System and/or Improve the Health of all Children

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

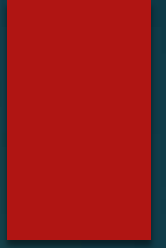
Media Use in School-Aged Children and Adolescents

COUNCIL ON COMMUNICATIONS AND MEDIA

This policy statement focuses on children and adolescents 5 through 18.

[abstract](#)

Imposter syndrome



Imposter syndrome



"Your fear of being publicly exposed as a fraud is a stress-related disorder called 'Imposter Syndrome.' It's common among people in high-profile authority positions, and, of course, in actual phonies, like you."



A walk with a colleague

Why it is important to have clinician involvement in research

- ▶ **You'll like this:** Studies suggest that academic physicians have lower rates of burnout and stagnation in their careers
- ▶ **You're good at it:** You can allow your research ideas to flow from your clinical experience, and bring your research findings back to your clinic
- ▶ **It is important work:** Research provides a path to **improve patient care for patients you will never meet**

10 reasons why your skills in clinic prepare you to do research



1. Both rely on being passionate about asking a question and finding an answer

Clinical

- ▶ What condition does this patient have?

Research

- ▶ How many other patients have this condition?

2. Both require you to be comfortable with uncertainty

Clinical

- ▶ I'm not sure but.....I think this patient has a thyroid disorder, I'll run some tests to find out for sure.

Research

- ▶ I'm not sure but.....I think that more of my rural patients get thyroid disorder compared to urban patients, I'll study this to find out for sure.

3. Both require you to acknowledge that you sometimes make mistakes

Clinical

- ▶ Darn....I did the wrong test

Research

- ▶ Darn....I did the wrong test

4. Both involve using a fancy name for “best guess”

Clinical

▶ Look at my

*differential
diagnosis!*

Research

▶ Check out my

hypothesis!

5. In both scenarios, if you don't document what you did for others to use, **it never happened**

5. In both scenarios, if you don't document what you did for others to use, **it never happened**



5. In both scenarios, if you don't document what you did for others to use, it never happened



6. Both require you to bring your thickest skin



Clinical



Research



A Pilot Evaluation of Older Adolescents' Sexual Reference Displays on Facebook[®]

Megan A. Moreno

Department of Pediatrics, University of Wisconsin-Madison

Libby N. Brockman

Seattle Children's Research Institute

Judith N. Wasserheit

Department of Global Health, University of Washington

Dimitri A. Christakis

Seattle Children's Research Institute; and Department of Pediatrics, University of Washington

Many older adolescents display sexual references on their social networking site profiles; this study investigated whether these references were associated with self-reported sexual intention, sexual experience, or risky sexual behavior. Public Facebook[®] profiles of undergraduate freshmen were identified within 1 large U.S. university Facebook network. Profile owners who displayed sexual references (Displayers) and did not display references

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ADOLESCENT
HEALTH

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Adolescent health brief

“Facebook Depression?” Social Networking Site Use and Depression in Older Adolescents

Lauren A. Jelenchick, M.P.H.^{a,b,*}, Jens C. Eickhoff, Ph.D.^c, and Megan A. Moreno, M.D., M.S.Ed., M.P.H.^a

^a Department of Pediatrics, University of Wisconsin–Madison, Madison, Wisconsin

^b Department of Population Health Sciences, University of Wisconsin–Madison, Madison, Wisconsin

^c Department of Biostatistics and Medical Informatics, University of Wisconsin–Madison, Madison, Wisconsin

Article history: Received January 13, 2012; Accepted May 23, 2012

Keywords: Depression; Internet use; Media; Mental health; Social networking sites

ABSTRACT

Purpose: To evaluate the association between social networking site (SNS) use and depression in older adolescents using an experience sample method (ESM) approach.

IMPLICATIONS AND CONTRIBUTION

A Pilot Evaluation of Older Adolescents' Sexual Reference Displays on Facebook^(B)

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JAH on ScienceDirect

Top 10 Articles in 2016 (All Cover Date Years)

Full-Text Requests	Article Title	Author(s)	Article Type	Issue	Cites
14,520	Adolescent Pregnancy, Birth, and Abortion Rates Across Countries: Levels and Recent Trends	Gilda Sedgh, Lawrence B. Finer, Akinrinola Bankole, et al.	Original Article	Vol. 56, Iss. 2, February 2015	51
13,472	Sleep Patterns and Predictors of Disturbed Sleep in a Large Population of College Students	Hannah G. Lund, Brian D. Reidler, Annie B. Whiting, et al.	Original Article	Vol. 46, Iss. 2, February 2010	271
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Downloaded At: 11:52 11 January 2012



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7. Both involve an expectation to share what you have learned to benefit others

Clinical

- ▶ Morning report
- ▶ Grand rounds
- ▶ Case reports
- ▶ Conferences

Research

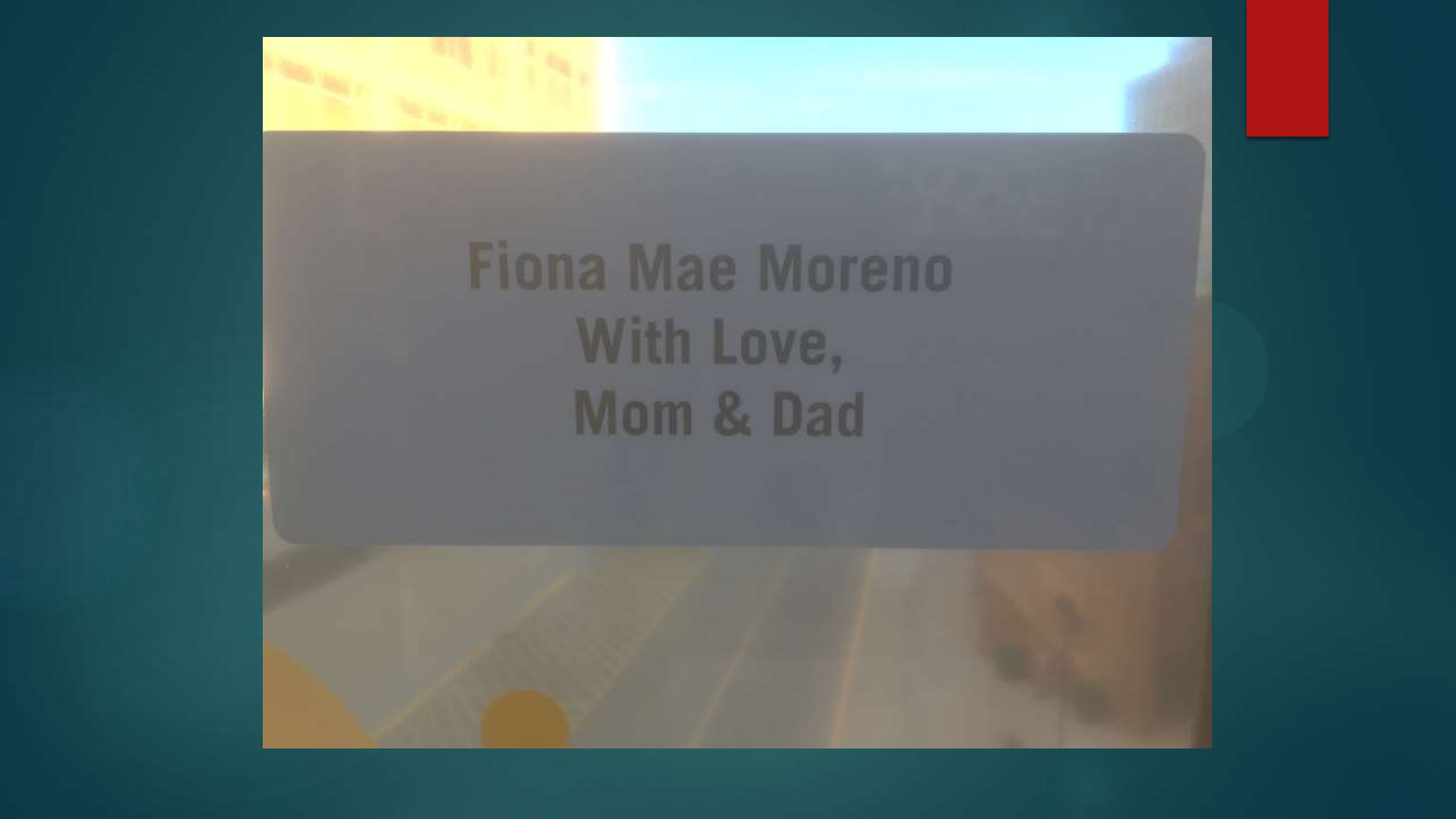
- ▶ Abstracts
- ▶ Presentations
- ▶ Papers
- ▶ Conferences

8. Both challenge you to find what motivates you and return to it as needed

- ▶ A role model
- ▶ A sentinel experience
- ▶ A core value



- ▶ You've already accomplished what you set out to do
- ▶ You already know what is needed to manage this

An aerial photograph of a city street with a semi-transparent grey box overlaid in the center. The box contains the text 'Fiona Mae Moreno With Love, Mom & Dad'. The background shows a street with a yellow curb and a building in the distance. There are also some decorative elements on the right side of the image, including a red rectangle and a teal circle.

Fiona Mae Moreno
With Love,
Mom & Dad

Fiona

MOTHERHOOD AND HOPE: WHAT IS THE nature of their entwined relationship? When I first learned I was pregnant, I never anticipated how much cause I would have to ponder this question—and how my answer would shape me—after the birth of my daughter.

Fiona was born at 35 weeks following a pregnancy complicated by multiple uncertain and strange findings: polyhydramnios, a single umbilical artery, a possible atrial septal defect, and a stomach bubble seen on some studies but not others—all of these were part of her *ultrasound collage*. My husband, Peter, and I were told

the neonatal intensive care unit that day and realizing that the baby with 6 drips running into a central line, whose body had doubled in size from anasarca, was actually my own child.

As days passed and she did not get better, Peter and I began to understand that if improvement did not come soon, we would likely lose Fiona. We decided to make use of the time we had and offer her all that we could. We read her some of our most beloved books and played her our favorite music. Since the presidential elections were approaching, we told her about the political system and explained our own views on it. My parents asked whether they could tell Fiona about their political own-

9. In both types of work you get to spend time with other passionate, fun and smart people



10. In both types of work, you can get scared that you are not enough

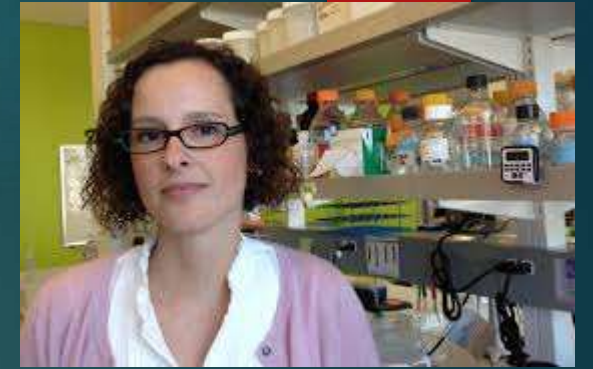
Clinical

▶ You got this

Research

▶ You got this

Take home points



- ▶ Whatever pace you bloom.....You. Got. This



- ▶ It may be time to admit that you like this work, that you are good at it, and that it is important.