

# Clinician Scientist Symposium

## Priorities and time management

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# Bridging the gap



Can be challenging.....

# Outline

- **Priorities**
  - People and succession
  - Work environment
  - Funding
- **Time management**



# Priorities



- Successful clinician-scientists (C-S) ideally have a strong foot in both camps
  - although clinic/ research split can vary
  - Clinical leadership enables and facilitates research activities
  - Research output needs to be competitive in order to gain sustained research funding

# People- you and your team



- Clinician-Scientist
  - Passion for clinical practice and research
  - Adequately trained in both science and medicine
  - Good management and time-management skills
  - Team player
  - Ability to translate knowledge
  - Ability to secure funding
- Strong teams in the clinic and in the lab
- Mentors
- Understanding partner/ family!

# Succession



- Training the next generation of clinician - scientists
- Nurturing the careers of your team



## 2. Work environment



- Ideally working in a centre of excellence that attracts excellent clinicians and researchers
- A supportive Chair/ Clinic/University
- Adequate facilities for conducting research
  - Clinics: Appropriate patients, data bases, Biobanks,
  - Laboratory: space, infrastructure, PhDs
  - Ability to collaborate within and outside of the eye
- Access to students to train the next generation

# 3. Funding



- Know your funding environment
  - Nationally competitive, institutional and philanthropic grants
- Learn about grants and grant writing early on
  - If possible sit on a grant review panel to gain experience of what good and poor grants look like
  - What is valued in gaining a competitive track record
- Being a clinician can be a major asset with respect to generating funds for research
  - Many patients want to help out

# Time management



- Protect research and clinic time
  - Lab meetings
  - Strategic planning/ retreats
  - “day is for people, night is for reviewing and writing”
- Need to remain accessible
- People to delegate to
  - Experienced researchers
  - Back up for clinical duties to permit travel, lectures etc

# Prioritize and develop a convincing “NO”



- Prioritization -requests for your time will increase
  - Reviews, grant panels, lectures, advisory boards
  - ethics committees, other committees...and yet more committees....
- Learn to say “NO”
  - Practice your “NO”
  - The Cambridge NO
- Think about your work-life balance



# Work-life balance



- Work hard play hard and try to maintain:
  - Happy family
  - Good health
    - Exercise is a great way to plan, talk , and switch off



# Thank you

