



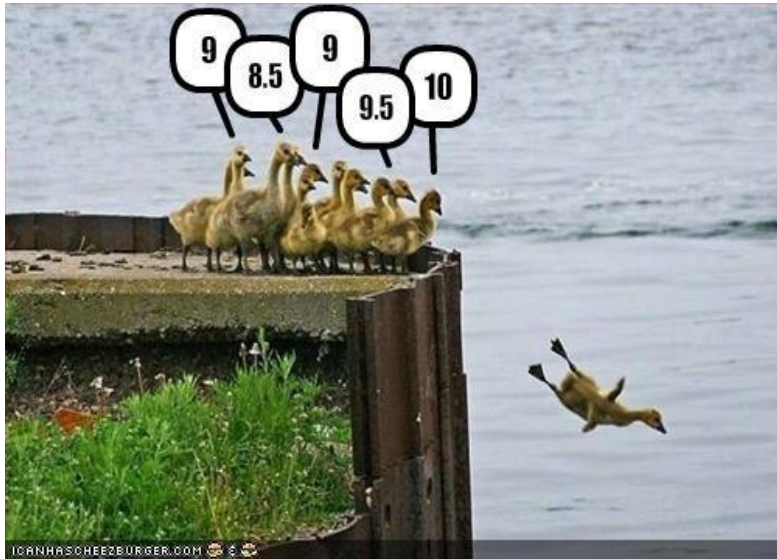
Why publishing in science is like diving: tips for overcoming degrees of difficulty

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About me

- Registered Nutritionist
- PhD (2006): clinical nutrition (preterm babies)
- Postdoc training: healthy term babies (population health)
- Fellowship: Epidemiology & Population Health unit, Sansom Institute, UniSA
- Impact of publication on your career

Degree of difficulty?



Getting rigorous research published may be more straightforward if:

- First time ever done
- Truly novel approach to old problem
- Particularly difficult

Looked upon less favourably if:

- Direct replication previous work
- Salami slicing (taking one study, breaking it into lots of smaller segments to prepare lots of publications, at the risk of less impact)

Population Health Perspective

- Same pressures to publish
- Same scrutiny (peer-review) of publications
- Some unique aspects:
 - Translating/integrating research with health policy
look for opportunities to link with policy groups
 - Often requires collaborative effort outside of own
look for opportunities to get involved/network with other groups or value-add to existing studies

Why publish



- Establish your track record
- Demonstrates productivity
- Employers demand productive researchers
- Publications say something about you
 - Research experience
 - Who you work with (one group, collaborations)
 - Type of publication (original research, translational)
 - Quality of journal
- You *will* be judged by your publications

Develop a Publishing Plan

- What will you publish this year?
 - First author
 - Co-author
 - How many publications? (What is realistic)
 - Talk to your supervisor (get them on board with plans & timeline)
- Consider next year? What research data will you have ready?
- Start with the most feasible – need a sense of achievement

Maximise your publishing opportunities

Have you recently written a grant?

You may have already done the bulk of the work for a critical review

Have you recently been successful with a grant?

Publish a protocol (BMC Public Health becoming a bit of a repository for trial protocols)

Moved to a new position with different focus?

Going to take some time to get up to speed in a new area?
Write a systematic review

Discuss publishing opportunities with colleagues

Can they write some sections? They will be wanting to publish too!

Strategies for Productive Writing

PROTECT YOUR WRITING TIME – IT'S IMPORTANT!

- Johnson SR. Becoming a productive academic writer. Academic Physician & Scientist. 2004 Nov/Dec; 1-3.
- Find a comfortable place to write
 - Minimise distractions (office noise, phone, email)
 - Have everything ready (references, data output, correspondence, files) - including drinks/food
 - Be comfortable (seating, temperature)



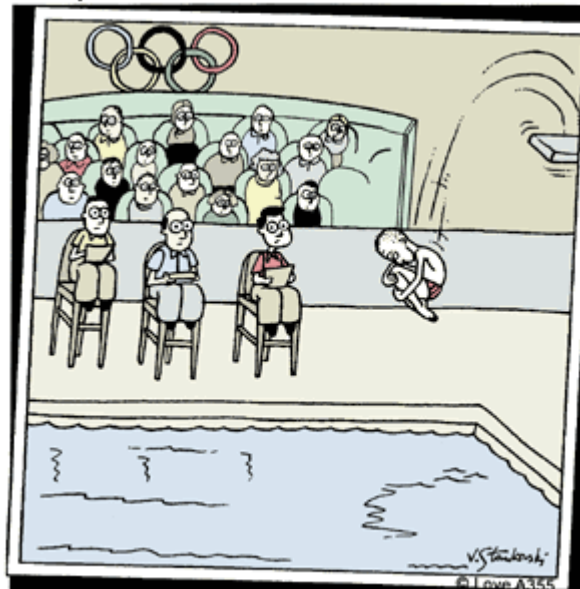
Strategies for Productive Writing

- Write regularly (akin to training)
 - Set aside 3-5 writing sessions per week
 - Each session between 30-60 min
 - No binge writing (don't exceed 2 h/d unless deadline)
 - When do you do your best writing??
- Monitor your output
 - Set yourself a goal (eg page, section, time)
 - Record when you write
 - Look back regularly to see your progress (motivating)

Dive in...

Make a splash

Snapshots at jasonlove.com



Hopelessly behind in the score,
Jack decides to soak the judges.