

# WRHR Graduate Presentation

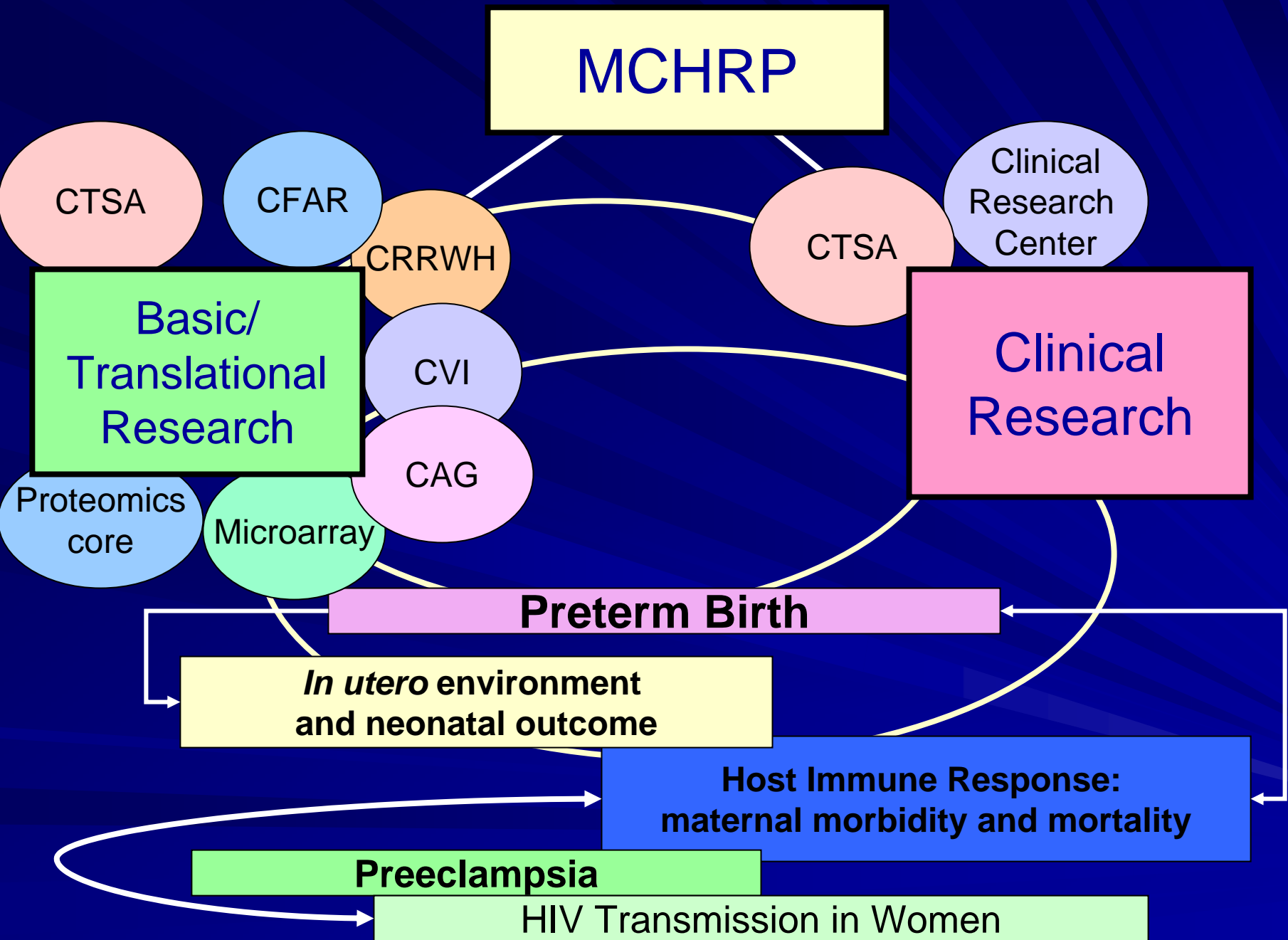
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Research Program  
Director, MFM Fellowship

# Objectives

- Describe current research and academic activities as well as grant support
- Describe what the WRHR experience has been
- Describe how it has helped in providing for the graduate's career development and current activities.
- Provide recommendations for the scholars both for during the WRHR time and beyond.
- Give an in-depth complete presentation in 13-15 minutes with an additional 5-7 minutes for discussion.

# Where I am now....

- Physician-scientist in Maternal Fetal Medicine
- Fellowship Director
- Mentor for fellows, residents and students in basic, translational and clinical research
- 25-30% clinical time
- Director of recently established Maternal-Child Health Research Program (MCHRP) at PENN



# Current Support

- RO1: Intrauterine inflammation and adverse neurological outcomes
- March of Dimes: Elucidating the mechanisms by which progestational agents prevent preterm birth
- ITMAT: Neuronal dysfunction in inflammation-induced preterm birth
- Departmental Funds: Maternal-Child Health Research Program

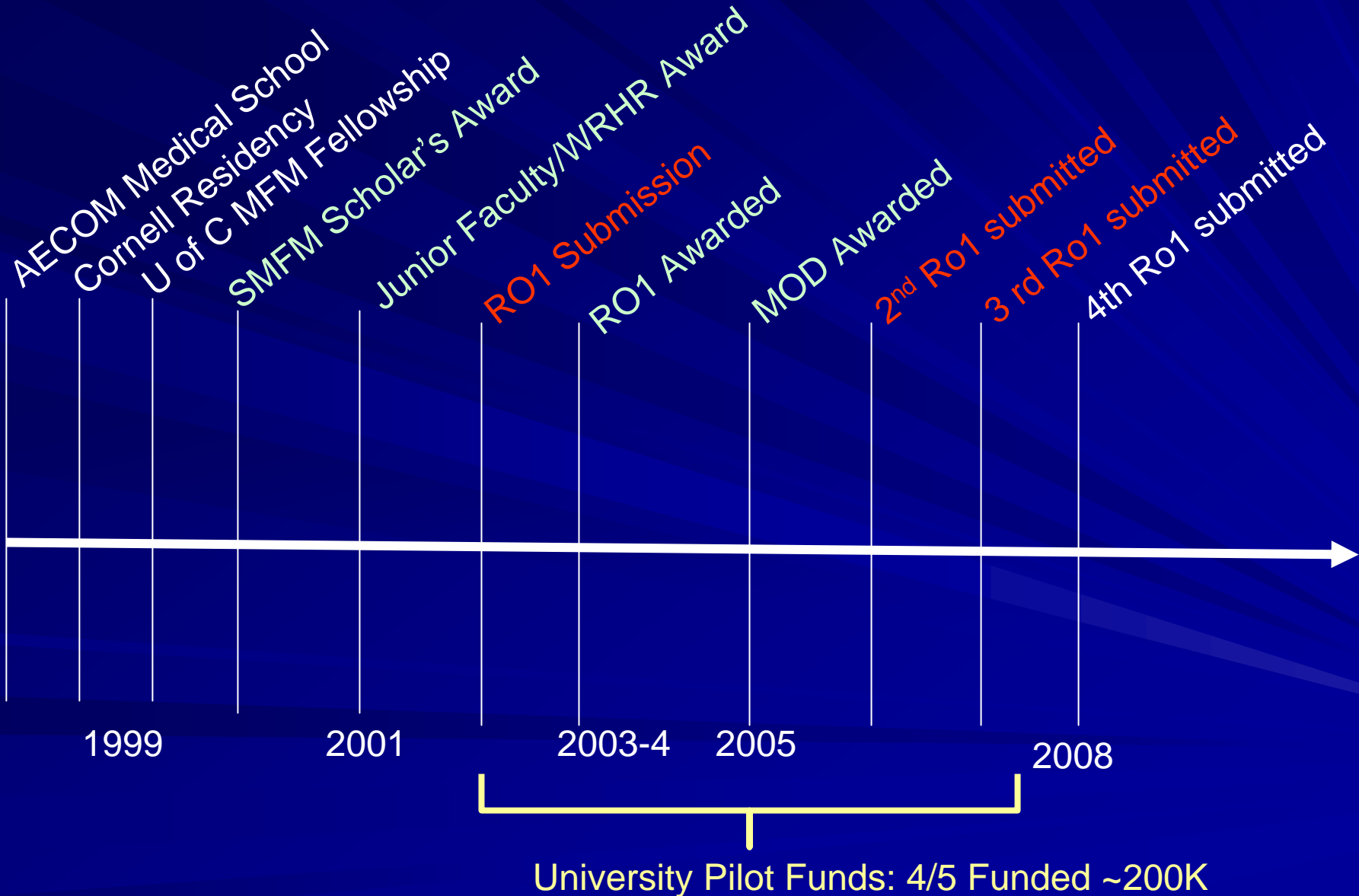
# Pending Support

- RO1: Cognitive and Neurobehavioral Function after exposure to prenatal inflammation (PI)
- BWF: Clinical Scientist Award in Translational Research (PI)
- GATES Foundation grant (co-PI)
- MOD renewal (PI)
- MOD RFA on Prematurity (PI)

# My Path

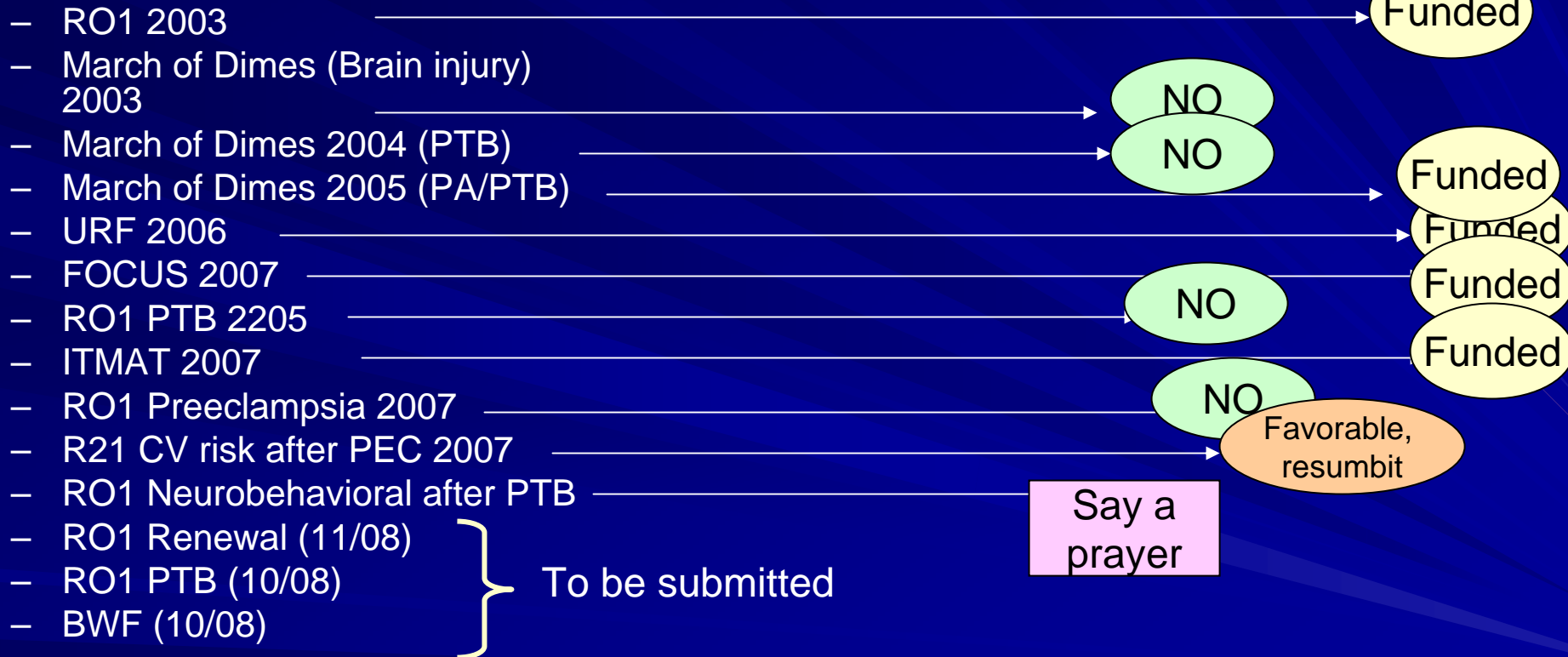
Focusing on Novel and "Hot" Research Topics

Fostering of Diverse (and supportive/interested) Collaborators



# FUNDING

## Submitted



# WRHR-Time

- Focus on most 'novel' project → fetal brain injury in preterm birth
  - As that project expanded, included work on signal transduction pathways in PTB
  - Did not expand past work on PTB till after WRHR
- Capitalized on the development of an animal model
- Created data for RO1 submission
- Published and presented
  - Inter-relation b/t clinical and research
- Wrote reviews only on topics that directly related to me as 'expert' (e.g. Animal models of PTB)
- Provided the protected time to do all above

# Recommendations: WRHR Period

- Focus, focus, focus, focus, focus, focus
  - Find a niche
  - Become an ‘expert’
- Research—a dichotomy
  - Focused approach
  - Yet, broad enough so if one area “fail”, still more to do, explore
- Mentoring/collaborators
  - Will support you through research, promotion
  - Invaluable
- Time Management
  - Learn to say NO
    - Realize what really will make a difference for career
  - Separate clinical from research
  - Organize your days
    - Make time to come up with ideas, write papers and grants
    - Don’t expect that you will just get it done. SET GOALS/DATES

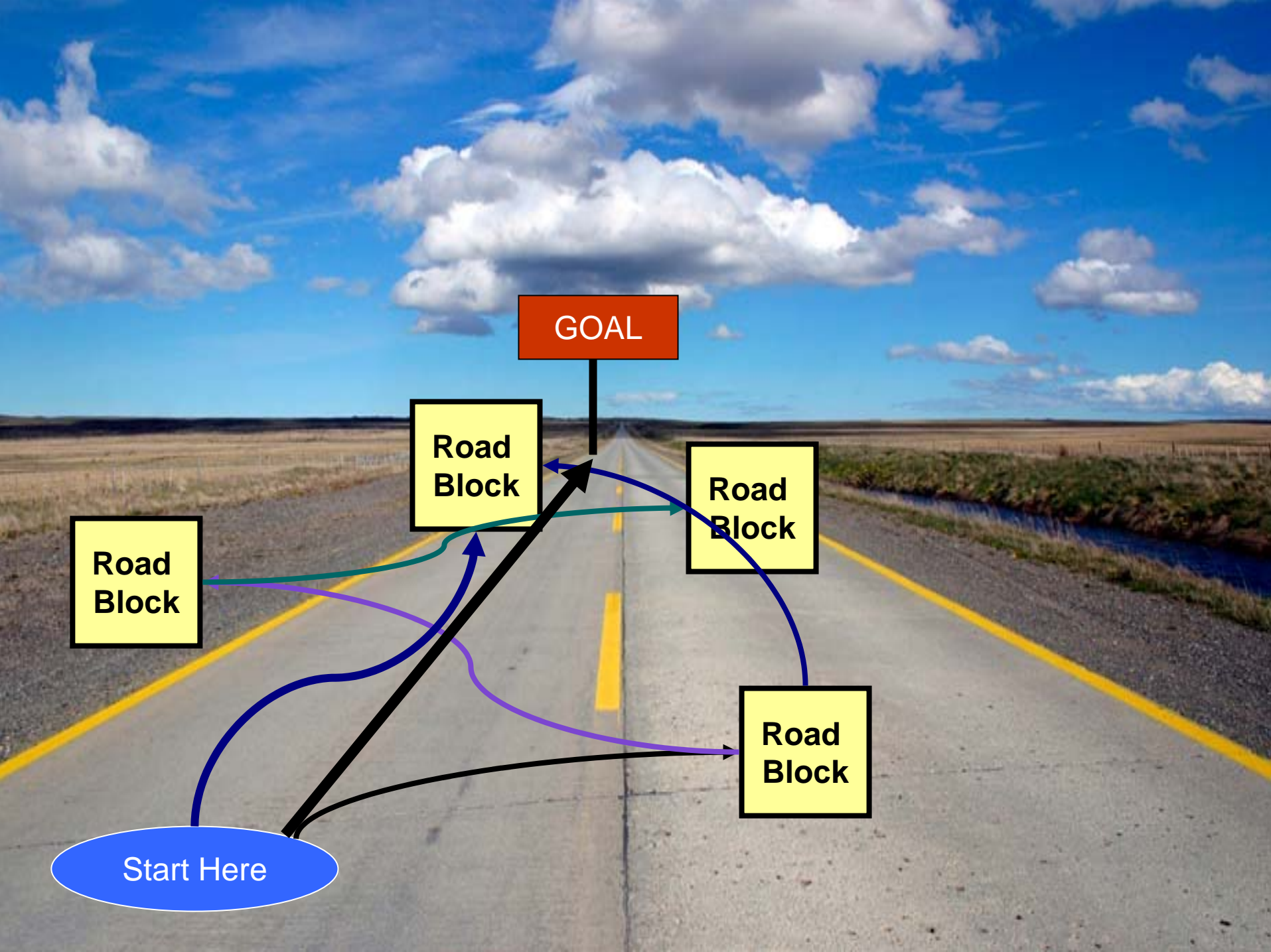
# ROAD TO SUCCESS

GOAL

Successful Physician-Scientists with many NIH grants, endowments, Highly productive research program

Start Here





GOAL

Road Block

Road Block

Road Block

Road Block

Start Here

Make sure you pick the path that is  
RIGHT FOR YOU!



# YOUR DEFINITION Of Success

## Commitment Passion

Collaborators

mentoring

Well-defined goals

Clear Objectives

mentoring

Financial Support

Self-Confidence

mentoring

mentoring

mentoring

The Road to Success

# Recommendations: Post-WRHR

- What is your role?
- What is really expected from you?
- Do you have the resources and time to meet those expectations?
- Is there an interest in your success?
- Have others succeed at this institution/department?

# Research/Funding

- Do something that you feel passionate about
- Don't be too broad OR too narrow in your focus
- Don't 'dabble' in the lab. Pick your path.
- Find and cultivate collaborators (department, school, institution and outside)
- Take advantage of any pilot funds at your institution
- Apply (and apply, and apply) for funding from 'interested' sources
  - March of Dimes
  - Preeclampsia Foundation
- Keep your eye open to RFAs and PAs from other institutes outside of NICHD (e.g. NIMH, NIA, etc)
- Know your options from NIH ("kangaroo grants"); minority supplement

# Building blocks to your future....

- Know your strengths, emphasize them, foster them
- Know your weaknesses
  - Acknowledge them
  - Work with others who have these strengths
- Be SURE of what you want and then focus
- Understand what means 'success' to you
- Understand that ultimately—you are responsible for achieving your goals—you must be motivated
- Foster and utilize mentors and collaborators
- FOCUS again!
- Secure time and funds



# Final Thoughts

- WRHR program provides a great opportunity
- Take advantage of this time
- Foster collaborations—this is *active* process
- Decide what you want from your career
- Be committed
- Be passionate and enjoy what you do

# Acknowledgements

- WRHR Program
- WRHR Program at PENN
- Michael Mennuti; George Macones, Jerome Strauss
- Deborah Driscoll, Sam Parry
- NIH-RO1
- MOD
- CTSA/ITMAT-PENN
- Members of Elovitz Lab

## ■ Collaborators

- Fetal brain
  - Brodtkin
  - Abel
  - Reyes
  - Yudkoff
  - Golden
  - Grinspan
  - Cohen
  - Posenchag
  - Lorch
- PTB
  - Yellon
  - Mahendroo
  - Muglia

## ■ Collaborators

- Preeclampsia
  - Reilly
  - Rader
  - Baldwin
  - Cappola
  - Teff
- HIV
  - Parry
  - Hoxie
  - Barnhart
  - Marx
- Epidemiology /biostatistics
  - Sammel
  - PUtt