Writing and Publishing Your Delirium Research: Practical Tips From An Editor

Donna Marie Fick, RN, GCNS-BC, PhD, FAAN
Penn State College of Nursing

(DO NOT REPRODUCE WITHOUT PERMISSION)
WHY BOTHER TO Write or Disseminate your work?

“THE FUTURE BELongs TO THE BEST WRITERS!”

• Is An Essential Skill In Science-for Grants And Publishing
• Writing Is The Best Way To Disseminate/Advance The Science (or is it?)
• Publishing Is Your Primary Currency For Getting Grants
WHY PUBLISH?

• To exchange ideas
• Advance the Science
• To build reputation
• To disseminate work globally

Have you got:
• Something new to say?
• A solution to a current or difficult problem?
• A new development on a ‘hot’ topic in your field?
What are your Publishing goals this year?

Submitting a systematic review, trying to write, just submitted to IRB, hard to get started and get focused, working on 3 SR and a pilot, first time submitting and trying not to procrastinate...
What Can You Publish?

• Clinical Article
• Reviews-systematic, integrative
• Meta-analysis
• Data based research paper with prospective data
• Secondary data analysis or large data sets
• Brief reports or Research Briefs
• Other Editorials, letters, special issues
Delirium Publications—reviews, meta-analysis, qualitative, mixed secondary data, briefs, RCT’s, epidemiological, editorials, guidelines...
KNOW YOUR DELIRIUM AUDIENCE

You are joining a conversation with other Delirium Researchers. Research the journals in your field:

• Visit your university library
• Look at publisher and journal websites—iDelirium, NIDUS, HELP citation list
• Talk to your peers in NIDUS, ADS, EDA, Surgery, Pediatrics, Nursing
• Pick your type: generalist or niche, international or region specific?
• Read (and understand) the journal’s Aims and Scope
KNOW YOUR AUDIENCE

Ask the right questions and know the right answers: who, or what, is the journal’s:

- Editor?
- Editorial board?
- Publisher?
- Authors?
- Readership?
- Online/print?
- Impact Factor?
- Peer review?
- Submission process?
- Open Access policy?

Build up a picture of the journal and understand the stages your paper will go through before it is published.
THE STAGES TO GO THROUGH *BEFORE* SUBMITTING

<table>
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<tr>
<th>01</th>
<th>02</th>
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<th>07</th>
<th>08</th>
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<tbody>
<tr>
<td>Idea</td>
<td>Choose and read Journal</td>
<td>Letter or email query</td>
<td>Write first draft (see tips for large study or dissertation)</td>
<td>Use critical Friend OR Editor</td>
<td>Refine further drafts</td>
<td>Revise and revise, cut back and get critical feedback and approval</td>
<td>ALL authors</td>
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STEPS TO SUCCESSFULLY SUBMIT AN ARTICLE FOR PUBLICATION

• Step 1: Identify 2-3 target journals

• Step 2: Tailor to journal—frame for the readership, write to specifications, format to submission, specifications, English Check

• Step 3a: Submit short cover letter, all documents

• Step 3b: If rejected, go to next journal, make important/easy changes, resubmit

• Step 4: Response to reviews—draft the response letter first to develop revision strategy, re-write as needed, highlight changes, cross-check revisions and letter, submit within deadline

Source: Dr. Mike Fetters, University of Michigan/ Dr. John Creswell
CHOOSE AT LEAST 3 JOURNALS IN THE BEGINNING

“Stretch Journal”  Top tier journal, hard to get acceptance (probability 10-30%)

“Good Fit Journal”  Good journal, less hard to get in, feel you have a good chance (probability 40-60%)

“Safety Journal”  Lower rank, least hard to acceptance, feel you have very good chance (probability 70+%)
# PLANNING CHART FOR MULTIPLE TEAM PUBLICATIONS

<table>
<thead>
<tr>
<th>Article Type/Title</th>
<th>Content</th>
<th>Lead Author &amp; co-authors</th>
<th>STATUS/DEADLINE</th>
<th>Issues/follow-up</th>
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<tbody>
<tr>
<td>Qualitative</td>
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<td>Systematic review</td>
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<td>Data-based</td>
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<td>Mixed Methods</td>
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<td>Personal or case study</td>
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<td>Other Methodology</td>
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<tr>
<td>Other</td>
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Publishing Your Dissertation

• Put away your dissertation
• Work from an outline
• Follow the journal scientific writing not your chapters
• Watch duplicate publications and plagiarism and cite if is in a dissertation public repository
YOUR SUBMISSION CHECKLIST

• A **title page** file with the names of all authors and co-authors
• Main document file with **abstract**, **keywords**, **main text** and all **references**
• **Figure**, **image** or **table** files (with permission cleared)
• Any extra files, such as your **supplemental** material
• **Biographical** notes
• Your **cover letter**
EDITING IS ALSO AN ESSENTIAL SKILL!

• “The Future Belongs To The Best Editors”
• Write, Let It Sit, Revise, Cut, Simplify
• Each Step Ask—”what’s Really Important?”
• Ask Others To Suggest Cuts
Sample QUERY email

• I am writing to you in your capacity as Associate Editor of JAMA-Internal Medicine. My colleagues and I have prepared a manuscript in which we examine single items and pairs of items as ultra-brief screening tools for delirium in hospitalized older adults. We feel the findings will be an important contribution to geriatrics and hospital care, and we wanted to gauge your interest in reviewing the manuscript at JAMA-IM.

• At this stage, we aren't expecting any promises regarding the eventual editorial decision, but just whether it would be of sufficient interest to submit for consideration at JAMA-IM.

• Title: What are the Best Screening Items for Delirium Detection at the Bedside? Authors: Donna M Fick, PhD; Sharon K. Inouye, MD MPH, ; Jamey Guess, MS; Long H Ngo, PhD; Richard N Jones, ScD; Jane S. Saczynski, PhD, Edward R. Marcantonio MD SM.
I have also attached the abstract for your review.

We look forward to hearing your thoughts.
SAMPLE Cover Letter

• Give a brief explanation, STUDY PURPOSE and title
• Explain why you think it would be of interest to their readers—"WE BELIEVE DELIRIUM SCREENING IS A TIMELY TOPIC FOR HOSPITAL MEDICINE CLINICIANS THAT ADDRESSES A GAP IN THE CARE OF HOSPITALIZED OLDER ADULTS"
• “This work is important as very few studies have...”
• Sometimes cover letters ask for acknowledgement information, conflicts, or author contribution information—follow the AUTHOR INSTRUCTIONS
RESOURCES You Should Know

- Uniform Requirements ICMJE
- COPE (Committee on Publication Ethics) https://publicationethics.org/
- PRISM or other review protocol
- Quality Grading Scales
- Editor help-professional or ESL
- Writing and citation formats—APA and AMA most common
- Citation organizers-endnote
<table>
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<tr>
<th>Detrimental authorship practice</th>
<th>Definition</th>
<th>Proposed solutions</th>
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<tr>
<td>Ghost authorship (7)</td>
<td>Authors who contributed to the work but are not listed, generally to hide a conflict of interest from editors, reviewers, and readers.</td>
<td>Corresponding author must confirm that all who deserve authorship are listed; conflict of interest declarations; ethics training in collaboration with universities/research institutions.</td>
</tr>
<tr>
<td>Guest/gift/honorific authorship (8)</td>
<td>Individuals given authorship credit who have not contributed in any substantive way to the research but are added to the author list by virtue of their stature in the organization.</td>
<td>Journals require each author have a transparent, identified, legitimate role in the research.</td>
</tr>
<tr>
<td>Orphan authorship</td>
<td>Authors who contributed materially to the work but are omitted from the author list unfairly by the drafting team.</td>
<td>Corresponding author must confirm that all who deserve authorship are listed; ethics training in collaboration with universities/research institutions.</td>
</tr>
<tr>
<td>Forged authorship</td>
<td>Unwitting authors who had no part in the work but whose names are appended to the paper without their knowledge to increase the likelihood of publication.</td>
<td>Journal contacts all authors to confirm they acknowledge their contribution to the work.</td>
</tr>
</tbody>
</table>

Table 1. Recommendations for journals

From NAS members Schekman et al., Suggestions for author transparency
OK, I need to write.

C'mon, I can do this!

I can do this!

I can do this...

...later today.

I'll surf the web first.

surf surf...
Barriers to writing (Oman et al., 2016)

• Lack of time

• Lack of confidence

• Fear of rejection

• Not knowing how to get started

• Not knowing how to develop a thesis into a paper
A FEW TIPS TO BECOME A BETTER WRITER

• Read—Pay Attention To Form & Content
• Write
• Read And Write
• Be A Reviewer
• Join Writing Groups Or Team Publishing
CHANGING WRITING BEHAVIOR

• Snack Writing/Micro Goals-30-90 minutes, section per week/day
• Make Firm Deadlines/Take Course To Prepare A Paper

• Do Necessary But Less Creative Stuff First
• Read Writing Books
• Learn To Embrace Criticism
USEFUL WRITING HABITS
(from Writing Tools: 50 Essential Strategies by Roy Peter Clark)

- Adopt a daily routine
- Keep a log or daybook of your notes and ideas
- Break long papers into short parts
- Remember that good work takes time—and not just for you—leave time for others to give strong feedback
“The deadline is the greatest invention of western civilization”

- A firm cutoff date is a surprisingly powerful motivator

- You will have a daily struggle between the things on your to do list with deadlines and the ones without

- A group or mentor can help set deadlines

- Have to give it both time and power—“the self can interrupt the self—the internal distractions.” (Mary Oliver, 2016)
WHAT ARE SOME BARRIERS TO WRITING?
Your story is shaped by what you are saying ‘yes’ and ‘no’ to. Every single person on the planet knows the challenge of boundary setting. But being clear about what you will, and will not, allow into your life can help you to live a happier and simpler existence.
BREAK LONG PROJECTS INTO SHORT (BIRD BY BIRD)
Creative work needs solitude. It needs concentration, without interruptions. It needs the whole sky to fly in, and no eye watching until it comes to that certainty which it aspires to, but does not necessarily have at once. Privacy, then. A place apart—to pace, to chew pencils, to scribble and erase and scribble again.

Mary Oliver from Upstream 2016
EXERCISE #1—FIRST do this alone then Share with your group or colleague—at least 1 barriers to your own writing,

--1-2 facilitators,

--WRITE ONE MICRO-GOAL for DISSEMINATION in the next week to reach your longer term goal
REVISIONS: WHAT DOES THIS MEAN?

• Be Happy—It Means You’re On The Base/In The Game!
• Don’t Get Discouraged
• Make An Outline Of Comments To Address (Divide If Co-authors)
• Decide If Addressable
• Follow Polite Letter Example
Authors Response to Decision Letter for Manuscript Number JHM-13-0056

EDITOR and REVIEWER RESPONSE LETTER JOURNAL OF HOSPITAL MEDICINE

May 25, 2013

Dear Drs. Auerbach & Fang:

Thank you for the review of our manuscript, “Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults” (ID JHM-13-0056). We have revised this manuscript for resubmission based on the reviewer and Editor suggestions and have addressed their comments point by point below in the order they appeared, beginning with the Editor and followed by Reviewer 1. We have given in italics the reviewer suggestions followed by our detailed and full response.

All of the referees comments and concerns have been addressed, and we have indicated where changes have been made in the body of the manuscript. We have made extensive revisions to address the comments. When possible we have provided direct quotations of specific changes made in the body of the manuscript and have indicated where changes have been made. We appreciate the thoughtful comments of the reviewers and believe our manuscript has been strengthened considerably after incorporation of their suggestions. We feel this work is important and timely and are delighted by the potential to have this paper published by the Journal of Hospital Medicine and welcome your next review and any further suggestions.

Editors Comments:

1. Abstract: please provide a structured abstract as per JHM guidelines.

RESPONSE: We have provided a new abstract according to the JHM outline and have addressed all of the areas listed above.

2. Discussion, page 9, paragraph 3: for context, it would be helpful to provide some actual numbers from the references you cite. Related to this, can you comment on what the outcomes of delirium + dementia might compare to delirium in patients without dementia? (understanding that you do not have such a comparison group in your study, so will need to cite numbers from other references).

RESPONSE: We have added a study citation with numbers by our group from a 2005 published in Jnl of Gerontology: Medical Sciences that compared these two groups and found higher costs and utilization for persons with DSD compared to dementia and delirium alone in the sentence “annual costs for DSD were $9566 compared to $7557 for dementia alone” on Pg., 2, lines 19-20.

3. Your data presentation is very confusing. Please address the following issues:

It is unclear what the difference(s) are between Table 1 and 2? Please provide only one table that presents unadjusted results and descriptive data for your patient cohort. This means combining and/or streamlining Tables 1-3 in your current paper. Please see example attached. Please provide bivariantal comparisons for your descriptive variables, covariates, and outcomes as suggested below.

1. BE POLITE/GRATEFUL
2. MAKE IT EASY TO FIND CHANGES-QUOTES & LINES OR USE A TABLE
3. MAKE CHANGES!
4. IF YOU CAN’T OR DO NOT AGREE THEN GIVE RATIONALE
5. DO NOT BE DISCOURAGED WITH A LOT OF COMMENTS-MANY ARE OVERLAPPING
The Journal of Gerontological Nursing is a monthly, peer-reviewed journal publishing clinically relevant original articles on the practice of gerontological nursing across the continuum of care in a variety of health care settings, for more than 40 years.
Research in Gerontological Nursing is a bimonthly, peer-reviewed publication offering cutting-edge, interdisciplinary gerontological nursing research to educators, academicians, clinicians, and policymakers involved with older adults in all health care settings.
Promoting Your Work

Search Engine Optimization
• Use top keywords throughout your article

Press Releases
• Write a press release and distribute it to online and print academic sources relevant to your field

Institutional newsletters
• Write an article on your research or announce a new publication and submit to your institution’s newsletter

Presentations at conferences
• Face-to-face networking at conferences can bring awareness to your work.

• OTHER—BLOG about it and create a link to the article from your BLOG and your University page
Facebook and SOCIAL MEDIA—see work by Alex Smith
https://www.google.com/search?q=Alex+Smith+of+GeriPal+the+power+of+social+media&ie=utf-8&oe=utf-8&client=firefox-b-1
• Create a professional page where you can share updates and links about your work with your Facebook “friends.” Seek out groups in your field and connect with other professionals.

Twitter—POSE a question. Can delirium screening be quick and sensitive?
• Tweet about your current work, publications, and/or links to new blog posts with your followers. Follow other professionals and grow your network. Copy other tweeters when you post.

Google+
• Google+ enables varying layers of interaction with different users, for example colleagues and friends. It can be very useful for interacting with professionals around the globe.

LinkedIn
• Maintain a detailed profile, post your latest accomplishments, and link to your articles. You can also join groups that interest you.
DELIRIUM
2-ITEM QUESTION: **36 SECONDS**

IT HAS 93% SENSITIVITY TO DETECT DELIRIUM
96% SENSITIVITY TO DETECT DSD

01 What is the day of the week?

02 Please Tell Me The Months of the Year Backwards

Society of Hospital Medicine March 2016 Annual Meeting
Named, “Most newsworthy JHM article published in 2015”

Fick et al., Journal of Hospital Medicine, September, 2015
OTHER? — Concerns I did not address

• OPEN ACCESS-BEALL’S CRITERIA
• BE AWARE OF PREDATORY JOURNALS—check boards, review, etc
• Ethics, plagiarism issues and resources
• SQUIRE-STANDARDS FOR QUALITY IMPROVEMENT REPORTING
• LOTS OF MATERIALS ONLINE TO ACCESS AFTERWARDS
• SOURCES available on request-Roy Peter Clark, Mary Oliver, Kathleen Oman et al., Shirley Smoyak, ICMJE...

• IF YOU WANT A COPY OF THE SLIDES EMAIL ME AT dmf21@psu.edu
References and Sources

• Great WEBSITES—INANE (has resources for student writing and DNP & PhD papers), COPE (ethics), ICMJE (ethics and publishing)
• Many of the publishers have useful websites

• Roy Peter Clark—Writing Short and Essential Strategies
• Shirley Smoyak—Writing Well (2015)
• Kathleen Oman et al., 2016-AJN, Mentoring Clinical Nurses To Write For Publication: Strategies for Success
• Writing Collaborative Publications During Your PhD by K Budgie
• Some slide content on publishing adapted from Taylor & Francis
It’s not about you—it’s about the cow