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

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

Updating the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults

Results of a US Consensus Panel of Experts

Donna M. Fick, PhD, RN; James W. Cooper, PhD, RPh; William E. Wade, PharmD, FASHP, FCCP; Jennifer L. Waller, PhD, J. Ross Maroon, MD; Mark H. Beers, MD

Background: Medication toxic effects and drug-related problems can have profound medical and safety consequences for older adults and economically affect the health care system. The purpose of this initiative was to revise and update the Beers criteria for potentially inappropriate medication use in adults over age 65 and older.

Results: This study identified 48 individual medications or classes of medications to avoid in older adults and their potential concerns and 20 diseases/conditions and medications to be avoided in older adults with these conditions. Of these potentially inappropriate drugs, 86 were considered by the panel to have adverse outcomes.

The Power of Words
What Can We Learn From the Disabilities Movement?

“As names have power, words have power. Words can light fires in the minds of men. Words can wring tears from the hardest hearts.” (Rothfuss, 2007, Chapter 86)

I have always enjoyed the power and beauty of words, hiding fiction books under my text books so I could read during school hours. But it wasn’t until I became a nurse and mother that I really understood the power of words we use in health care and the importance of language in health care that puts the person first.

It was 1998. I had been a nurse for 12 years, board certified in gerontology since 1990, and had just begun my career researching ways to improve the care of older individuals in long-term care. I realized that complexity of the older patient required a heightened understanding of how the nurse uses language in communicating with patients, families, and others in health care.
What Are Your Publishing Goals This Year?

2018 member bootcamp-goals to publish, older adults in community alone in COVID, What to do when prospective data is on hold-What should we publish, Goals junior delirium research in country of and how to get out word and translate international research and challenges of international research. Marcus institute learn new ways from others, new to delirium/HIV, post-doc, theoretical papers, target journal, Asst Prof-publishing with students
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...

Delirium in Hospitalized Children with Cancer: Incidence and Associated Risk Factors
Chani Traube, MD; Sydney Ariagno, BA; Francesca Thau, RN; Lynn Rosenberg, BA; Elizabeth A. Mauer, MS; Linda M. Gerber, PhD; David Pritchard, DO, PharmD; Julia Kearney, MD; Bruce M. Greenwald, MD; and Gabrielle Silver, MD

Objective: To assess the incidence of delirium and its risk factors in hospitalized children with cancer.
Study design: In this cohort study, all consecutive admissions to a pediatric cancer service over a 3-month period were prospectively screened for delirium twice daily throughout their hospitalization. Demographic and treatment-related data were collected from the medical record after discharge.
Results: A total of 319 consecutive admissions, including 186 patients and 2731 hospital days, were included. Delirium was diagnosed in 35 patients, for an incidence of 18.8%. Risk factors independently associated with the development of delirium included age <5 years (OR = 2.6, P = .026), brain tumor (OR = 4.7, P = .026); postoperative status (OR = 3.3, P = .014), and receipt of benzodiazepines (OR = 3.7, P < .001). Delirium was associated with increased hospital length of stay, with median length of stay for delirious patients of 10 days compared with 5 days for patients who were not delirious during their hospitalization (P < .001).

Conclusions: In this cohort, delirium was a frequent complication during admissions for childhood cancer, and was associated with increased hospital length of stay. Multi-institutional prospective studies are warranted to further elucidate the risk factors associated with delirium in pediatric cancer patients.

ORIGINAL RESEARCH
Delirium Superimposed on Dementia is Associated With Prolonged Length of Stay and Poor Outcomes in Hospitalized Older Adults
Donna M. Fick, RN, PhD; FAAN;1 Melinda R. Stais, RN, PhD; Jennifer L. Waller, PhD; Sharon K. Inouye, MD, MPH

Background: Current literature does not identify the significance of underlying cognitive impairment and delirium in older adults during days 30 after discharge. Co-occurring conditions with delirium may also be associated with increased acute care hospitalization.

OBJECTIVE: To describe the incidence, risk factors, and outcomes associated with incident delirium superimposed on dementia.

METHODS: We examined Medicare beneficiaries age 66 years and older, with a hospital encounter within 1 year, for evidence of incident delirium and dementia. We examined the incidence of delirium, dementia, and delirium superimposed on dementia in our cohort, and used logistic regression to identify factors associated with delirium superimposed on dementia.

RESULTS: In our cohort, 1.5% of patients had delirium, 0.5% had dementia, and 0.09% had delirium superimposed on dementia. Delirium superimposed on dementia was associated with a longer hospitalization and increased out-of-pocket costs. Delirium superimposed on dementia was associated with a longer hospitalization and increased out-of-pocket costs.

CONCLUSION: Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults.

1School of Nursing, The Pennsylvania State University, University Park, Pennsylvania; 2Department of Psychiatry, Penn State College of Medicine; 3York-Ortense Veterans Affairs Medical Center, York, Pennsylvania; 4Department of Biostatistics and Epidemiology, Georgia Regents University, Augusta, Georgia; 5Department of Medicine, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, Massachusetts; 6Institute for Aging Research, Hebrew SeniorLife, Boston, Massachusetts.

Journal of Psychosomatic Research

Eldrino in Older Persons
Advances in Diagnosis and Treatment

Delirium superimposed on dementia: A quantitative and qualitative evaluation of patient experience

Alessandro Monti, MD, PhD; Elena Lucchi, MD; Renato Turco, MD; Sandra Moghetti, MD; Fabio Guerini, MD; Rosana Santi, MD; Silvia Gentile, MD; David Meagher, MD; Philippe Voyet, MD; Donna Fick, MD; Iva Schmitt, MD; Sharon K. Inouye, MD; Marco Travaglini, MD; Giuseppe Belloti, MD

1Department of Geriatrics, Rehabilitation and Aging of the Innsbruck Hospital, Innsbruck, Austria; 2Department of Research, Innsbruck Medical University, Innsbruck, Austria; 3Department of Neurology, Medical University of Innsbruck, Austria; 4Department of Psychology, Medical University of Innsbruck, Austria; 5Institute for Aging Research, Hebrew SeniorLife, Boston, Massachusetts; 6Department of Psychology, Medical University of Innsbruck, Austria; 7Department of Preventive Medicine, University of Innsbruck, Austria; 8Department of Neurology, Medical University of Innsbruck, Austria; 9Department of Neurology, Medical University of Innsbruck, Austria; 10Department of Neurology, Medical University of Innsbruck, Austria; 11Department of Neurology, Medical University of Innsbruck, Austria; 12Department of Neurology, Medical University of Innsbruck, Austria; 13Department of Neurology, Medical University of Innsbruck, Austria; 14Department of Neurology, Medical University of Innsbruck, Austria; 15Department of Neurology, Medical University of Innsbruck, Austria; 16Department of Neurology, Medical University of Innsbruck, Austria; 17Department of Neurology, Medical University of Innsbruck, Austria.

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CONCLUSION: Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults.
Know Your Delirium Audience
You are joining a conversation with other Delirium Researchers

- Visit your university library
- Look at publisher and journal websites—iDelirium, NIDUS, HELP citation list

RESEARCH THE JOURNALS IN YOUR FIELD

- Talk to your peers in NIDUS, ADS, EDA, Surgery, Pediatrics, Nursing
- Pick your type: generalist or niche, international or region specific?
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.
<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>IDEA or data</td>
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<td></td>
<td>MAKE a deadline and timeline</td>
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<tr>
<td>2</td>
<td>Choose and read Journal</td>
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<td>3</td>
<td>Letter OR email query</td>
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<tr>
<td>4</td>
<td>Write first draft (see tips for large study or dissertation)</td>
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<tr>
<td>5</td>
<td>Use critical Friend OR Editor</td>
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<tr>
<td>6</td>
<td>Refine further drafts</td>
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<tr>
<td>7</td>
<td>Revise and revise, cut back and get critical feedback and approval ALL authors</td>
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<tr>
<td>8</td>
<td>Proofread and submit</td>
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# Steps to Successfully Submit an Article for Publication

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
<th>Step 3a</th>
<th>Step 3b</th>
<th>Step 4</th>
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<tbody>
<tr>
<td>Identify 2-3 target journals</td>
<td>Tailor to journal—frame for the readership, write to specifications, format to submission, specifications, English Check</td>
<td>Submit-short cover letter, all documents</td>
<td>If rejected, go to next journal, make important/easy changes, resubmit</td>
<td>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</td>
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Choose at Least 3 Journals in the Beginning

<table>
<thead>
<tr>
<th>Journal Type</th>
<th>Description</th>
<th>Acceptance Probability</th>
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<tbody>
<tr>
<td>“Stretch Journal”</td>
<td>Top tier journal, hard to get acceptance</td>
<td>10-30%</td>
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<tr>
<td>“Good Fit Journal”</td>
<td>Good journal, less hard to get in, feel you have a good chance</td>
<td>40-60%</td>
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<tr>
<td>“Safety Journal”</td>
<td>Lower rank, least hard to acceptance, feel you have very good chance</td>
<td>70+%</td>
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Knowing where to go next helps minimize the emotions of rejection, and gives you clear plan for next step

*Source: Dr. Mike Fetters, University of Michigan/ Dr. John Creswell*
### 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>
</tr>
</thead>
<tbody>
<tr>
<td>Qualitative</td>
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<td>Systematic review</td>
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<tr>
<td>Data-based</td>
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<tr>
<td>Mixed Methods</td>
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<tr>
<td>Personal or case study</td>
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<tr>
<td>Other Methodology</td>
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<tr>
<td>Other</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
• https://deliriumnetwork.org/bibliography/ NIDUS bibliography
## From NAS members Schekman et al. Suggestions for author transparency

<table>
<thead>
<tr>
<th>Detrimental authorship practice</th>
<th>Definition</th>
<th>Proposed solutions</th>
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<tbody>
<tr>
<td><strong>Ghost authorship</strong>&lt;br&gt;(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><strong>Guest/gift/honorific authorship</strong>&lt;br&gt;(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>
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<tr>
<td><strong>Orphan authorship</strong>&lt;br&gt;</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><strong>Forged authorship</strong>&lt;br&gt;</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>
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 or study 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
- Block off a day every week
- 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)
EXERCISE #1
FIRST do this alone then Share with your group—

• 1-2 barriers to your own writing
• 1-3 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
Be Polite/Grateful

Make It Easy to Find Changes-quotes & Lines or Use a Table

Make Changes!

If You Can’t or Do Not Agree Then Give Rationale

Do Not Be Discouraged with a Lot of Comments—many Are Overlapping
The Journal of Gerontological Nursing:

Monthly Peer-reviewed journal publishing clinically relevant original articles on the practice of gerontological care in a variety of health care settings, for more than 40 years.

- Website: http://www.Healio.com/jgn
- Twitter: @JGNJournal
- Facebook: Slack Nursing Journals
Research in Gerontological Nursing:

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.
What is the day of the week?

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
• Ethics, plagiarism issues and resources
• SQUIRE-STANDARDS FOR QUALITY IMPROVEMENT REPORTING
• LOTS OF MATERIALS ONLINE TO ACCESS AFTERWARDS
• Ethics in detail-ICMJE, COPE, and others

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)
• INANE Nursing journal list [https://nursingeditors.com/journals-directory/](https://nursingeditors.com/journals-directory/)
• 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
“The only way to do great work is to love what you do.” - Steve Jobs