

Partnering with Family in Delirium Research: Lessons Learned from a Boot Camp Alumni

Presenter: Kirsten Fiest, PhD

Time	Section
02:59	<u>Kirsten's Research Journey</u>
04:00	<u>Keys to Success—Outline for her Talk</u> <ul style="list-style-type: none"> • Team • Mentors • Network • Peers • Students • Projects • Funding • Focus • Writing • Balance
04:19	<u>Team</u> <ul style="list-style-type: none"> • Trust • Varied skill set • Communication & Collaboration • Patient partners <ul style="list-style-type: none"> ○ Make research more accessible, decrease selection bias, way to give back, valuable perspective, faster recruitment, increased response rate, families feel less overwhelmed, engage other patient partners • Have fun together • Don't be afraid to delegate
09:20	<u>Mentors</u> <ul style="list-style-type: none"> • Importance cannot be overstated! • Be engaged and energized • Make it a win-win relationship • Give back!
10:57	<u>Network</u> <ul style="list-style-type: none"> • Build a strong local network • Say yes to opportunities (NIDUS Boot Camp) • Collaborate • Media & Social Media
18:23	<u>Peers</u> <ul style="list-style-type: none"> • Similar stage peer group • Foster engagement • Inspire with a purpose • Articulate a clear purpose • Set expectations high • Go big on meaning • Pillars to Collaboration (infographic)
20:41	<u>Students</u> <ul style="list-style-type: none"> • Choose the right students • To grow your research, you've got to know your students • Get rid of the traditional performance review • Favor a fluid "real-time" system that fosters more frequent one-on-one interaction

	<ul style="list-style-type: none"> • Harnessing the power of student performance
23:21	<p><u>Projects</u></p> <ul style="list-style-type: none"> • Different stages of development • Build on each other • Lessons learned • Engage your network! • Fiest Research Program (current projects: FIDDS, iFAM-ED, ACTIVATE)
32:25	<p><u>Funding</u></p> <ul style="list-style-type: none"> • Start small and build projects into bigger competitions • Finish what you start • Strategically build your grant team
35:52	<p><u>Focus</u></p> <ul style="list-style-type: none"> • Set your goals (personal approach—1 year, 5 year, 10 year goals) • Likes & Dislikes (frequently review what you like & dislike about your day/work) • Selective approach to yes- don't let yourself be flattered into yes • Meetings (choose a meeting day- try to schedule all meetings on that day; selective yes to meetings, action-oriented meetings)
39:29	<p><u>Writing</u></p> <ul style="list-style-type: none"> • Manuscripts • Grant • Balancing the two
40:39	<p><u>Balance</u></p> <ul style="list-style-type: none"> • Work-life balance is key • Celebrate the small wins • “Me” days are important
42:10	<u>Reviewing Keys to Success (outline infographic again)</u>
42:28	<u>Questions/Comments & Answers</u>