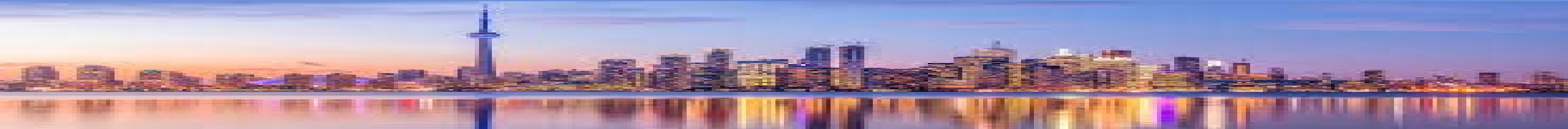




Achieving Success in Clinical Research

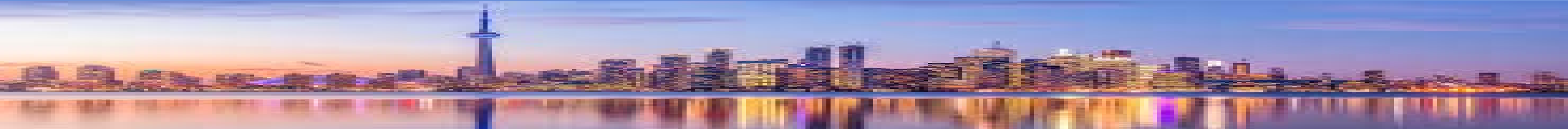
Laura Targownik, MS, MSHS, FRCPC
University of Toronto, Mount Sinai Hospital
February 28th, 2020
Montreal QC





How to make all of the mistakes you can make as an academic researcher, and still have it turn out kind of ok, sort of.....

Laura Targownik, MS, MSHS, FRCPC
University of Toronto, Mount Sinai Hospital
February 28th, 2020
Montreal QC





2003

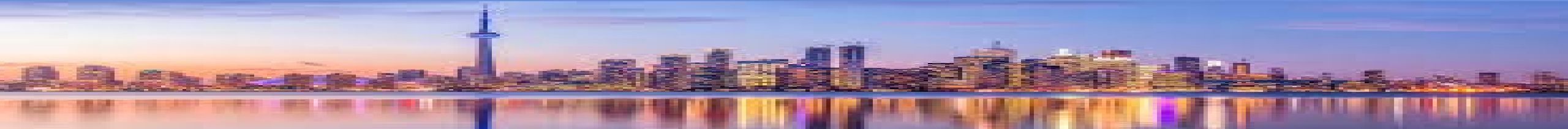
- Completed a 3 year GI fellowship at UCLA
- M.Sc in Health Services Research at UCLA
- Staff appointment to University of Manitoba as 50% researcher

2011

- Walked into my Division Directors office, and told him I was quitting academic medicine and looking to move into community practice

2020

- Division Director for Gastroenterology at and Associate Professor at University of Toronto
- Clinician Scientist
- 140 peer reviewed publications





2003

- Started my academic career
- 3 publications (including AJG, and co-1st authored in Annals of Internal Medicine)

2005

- 11 publications
- Awarded U of M Medicine New Investigator Salary Award
- Invited to First National Advisory Board

2008

- ~35 publications (including 1st authored Gastro paper)
- Bruce P Squires Award for CMAJ Most Significant paper of 2008
- On CAG guideline panel for prevention of UGIB

2009

- ~40 publications
- Promoted to Associate Professor
- CIHR New Investigator Funding for evaluating bone disease and PPIs

2010



A close-up photograph of a baby with a determined, slightly grumpy expression. The baby has light brown hair and is wearing a white t-shirt with green sleeves. They are holding a small, round, light-colored object in their hand. The background is a blurred outdoor setting.

SUCCESS



2003

- Academic position at small university centre
 - only one other GI scientist in an unrelated area

2005

2008

- Research focus was in methodology
 - health economics
 - clinical epidemiology

2009

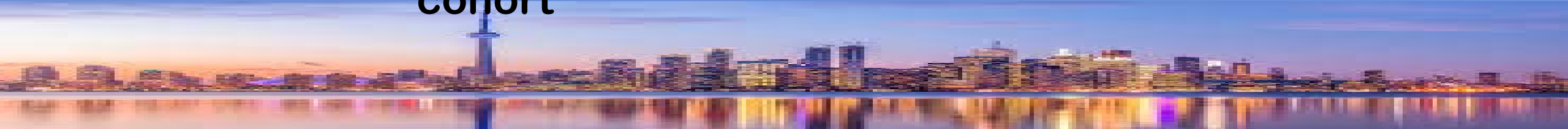
- Did not develop a specific clinical focus during fellowship

2010

- Could not develop a patient cohort

MISTAKE #1

Not developing a clinical area of focus





2003

- 10 other experts on the national panel
 - All men, at least 10 years older than me

2005

- Ride from YYZ to Ad Board was in a limo with a dancer's pole in the middle

2008

- (dancer not included)

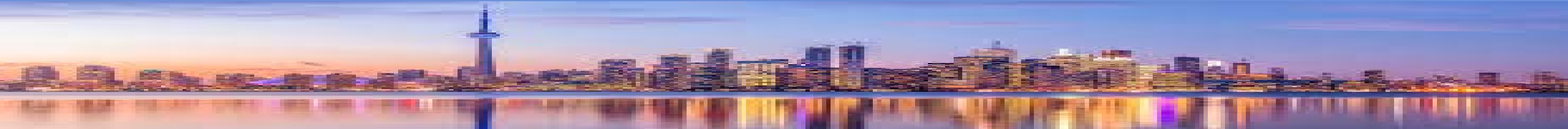
2009

- Assertive forthright style
 - Probably not the best fit for the company

2010

MISTAKE #2

Not being able to
establish a
sponsor-protégé
relationship





2003

- Rebuffed offers of closer mentorship with my local GI leader (Dr. Bernstein)

2005

- Afraid of his shadow
- Felt I wouldn't be recognized for my own achievements

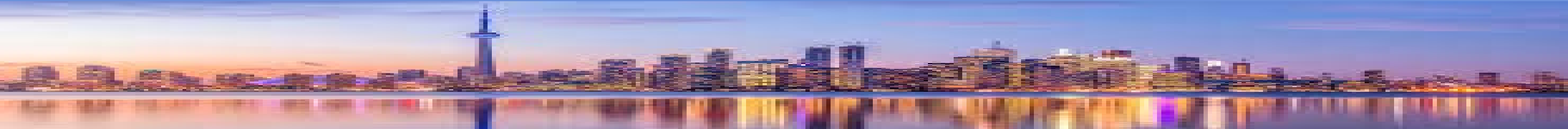
2008

- Was left working solo on many projects

2009

2010

MISTAKE #3
**Not taking
advantages of
opportunities for
mentorship**





2003

- Was left off a major guideline panel

2005

- Reached out to the CPG chair
 - Hard to work with
 - Argumentative, uncompromising

2008

- Low motivation with declining productivity

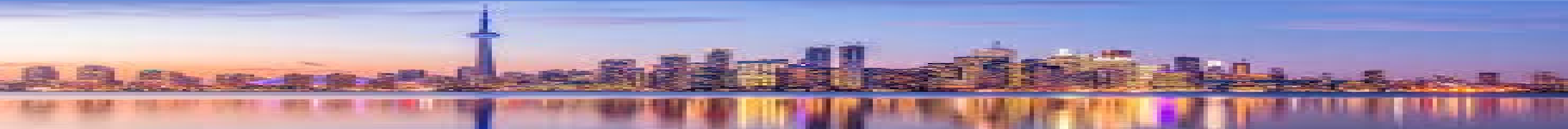
2009

- No opportunity for advancement and recognition in my area of research

2010

MISTAKE #4

Not recognizing my personal faults, or getting help to work on them





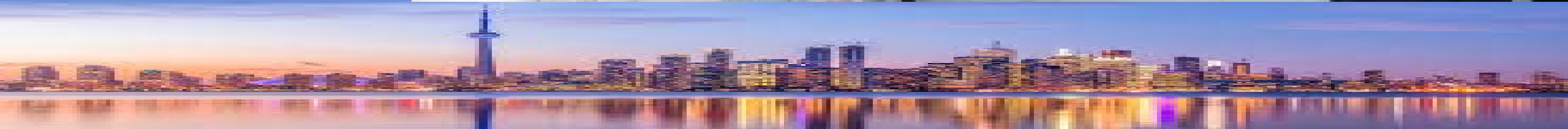
2003

2005

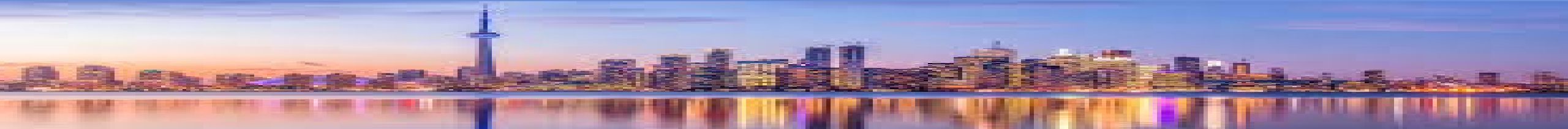
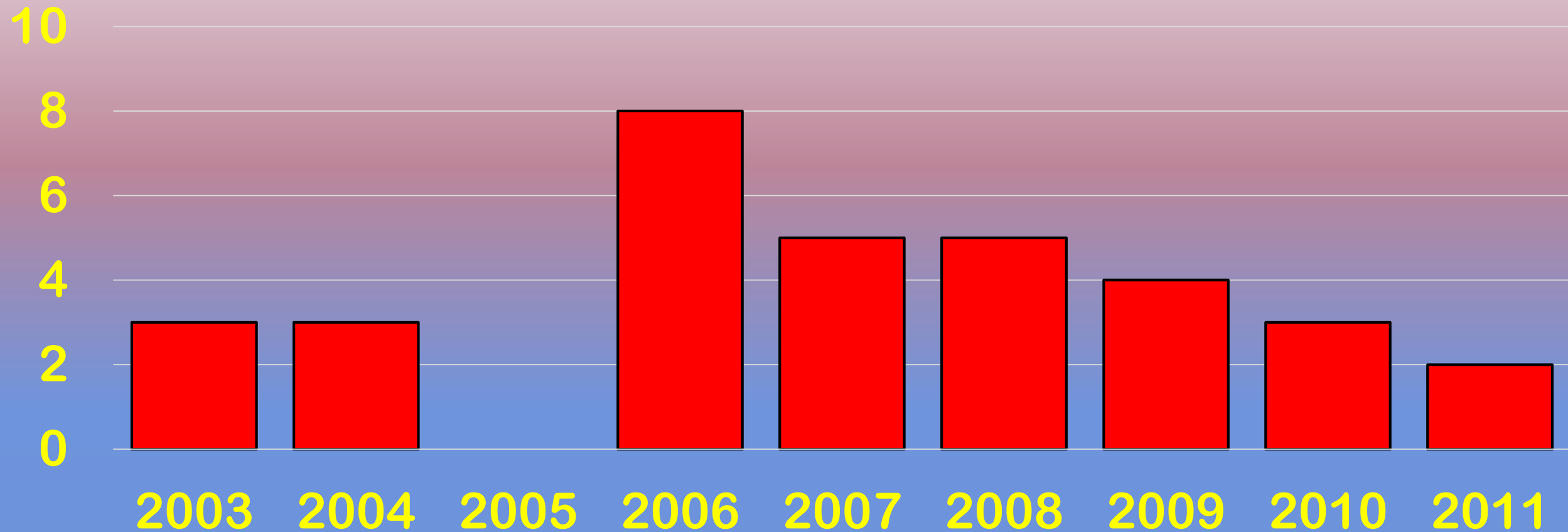
2008

2009

2010



Publications



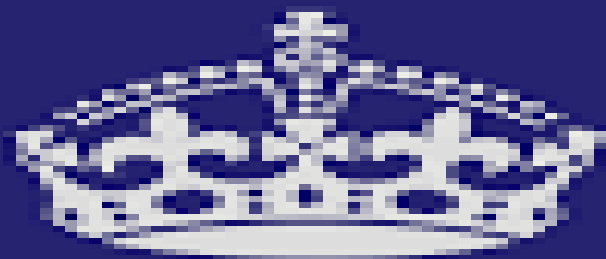
A yellow and green budgie is standing on a desk. To its right is a stack of papers. The budgie is looking towards the camera. The text 'MY ACADEMIC CAREER' is written in blue, bold, outlined letters in the upper right. The text 'ME' is written in blue, bold, outlined letters on the budgie's chest. The text '4GIFs.com' is in the bottom left corner.

**MY ACADEMIC
CAREER**

ME

2011





KEEP
CALM
AND

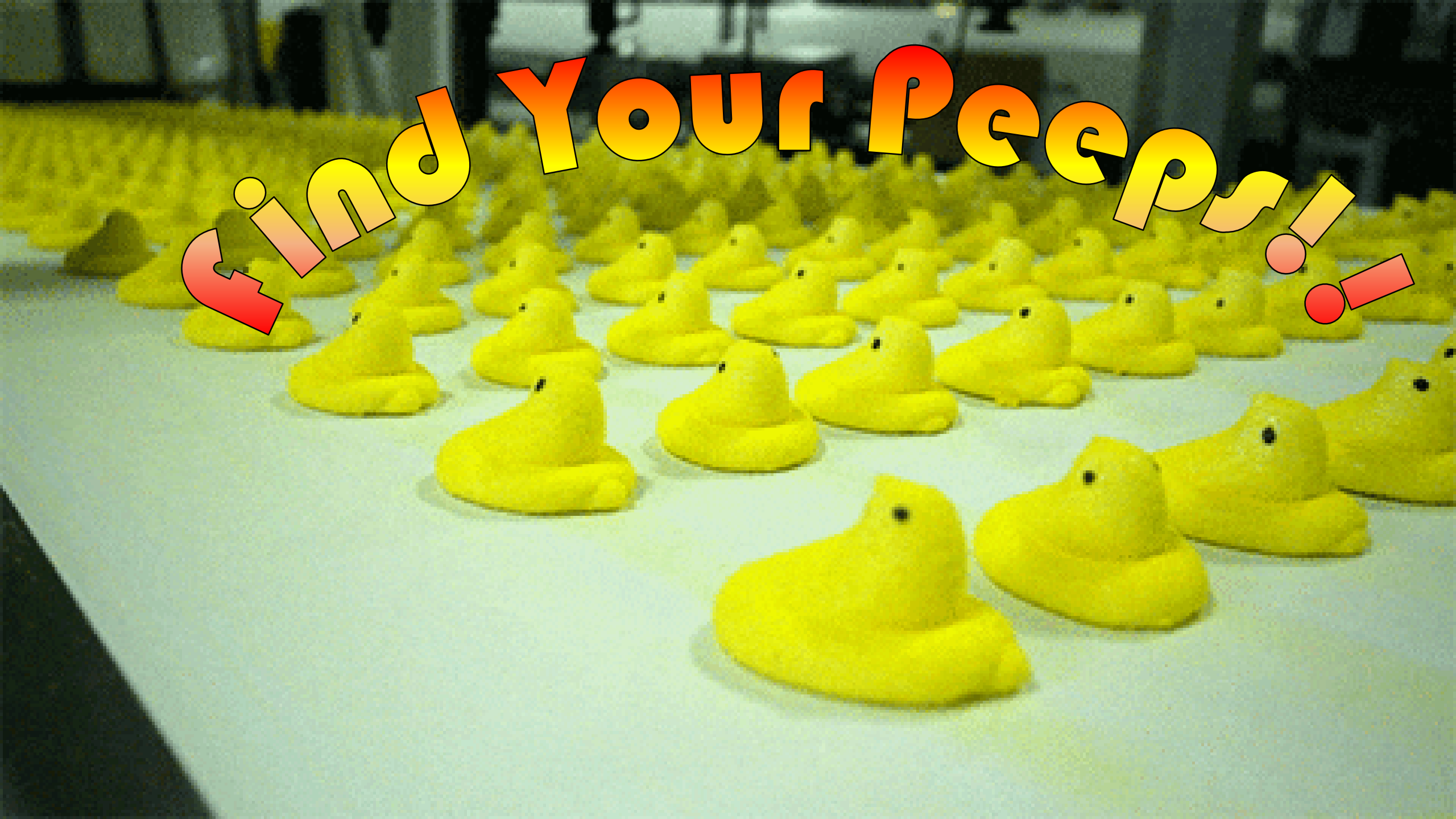
CHILL THE
F * * K OUT



2011



Find Your Peeps!





2013

- Started my academic career
- 3 publications (including AJG, and co-1st authored in Annals of Internal Medicine)

2015

- Became member of Canadian Gastrointestinal Epidemiologic Consortium

2016

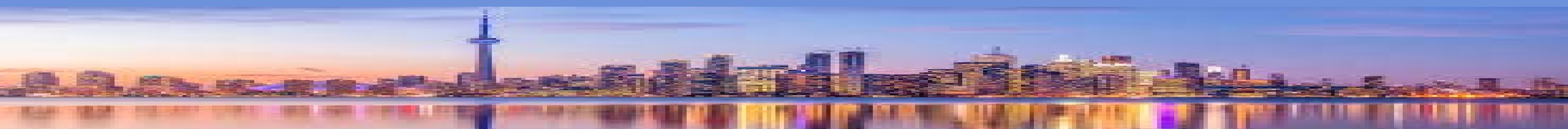
- CCC and Industry Funded Grant to Look at Population Based Use of Anti-TNFs
- Sex and Gender Champion for IMAGINE-SPOR

2017

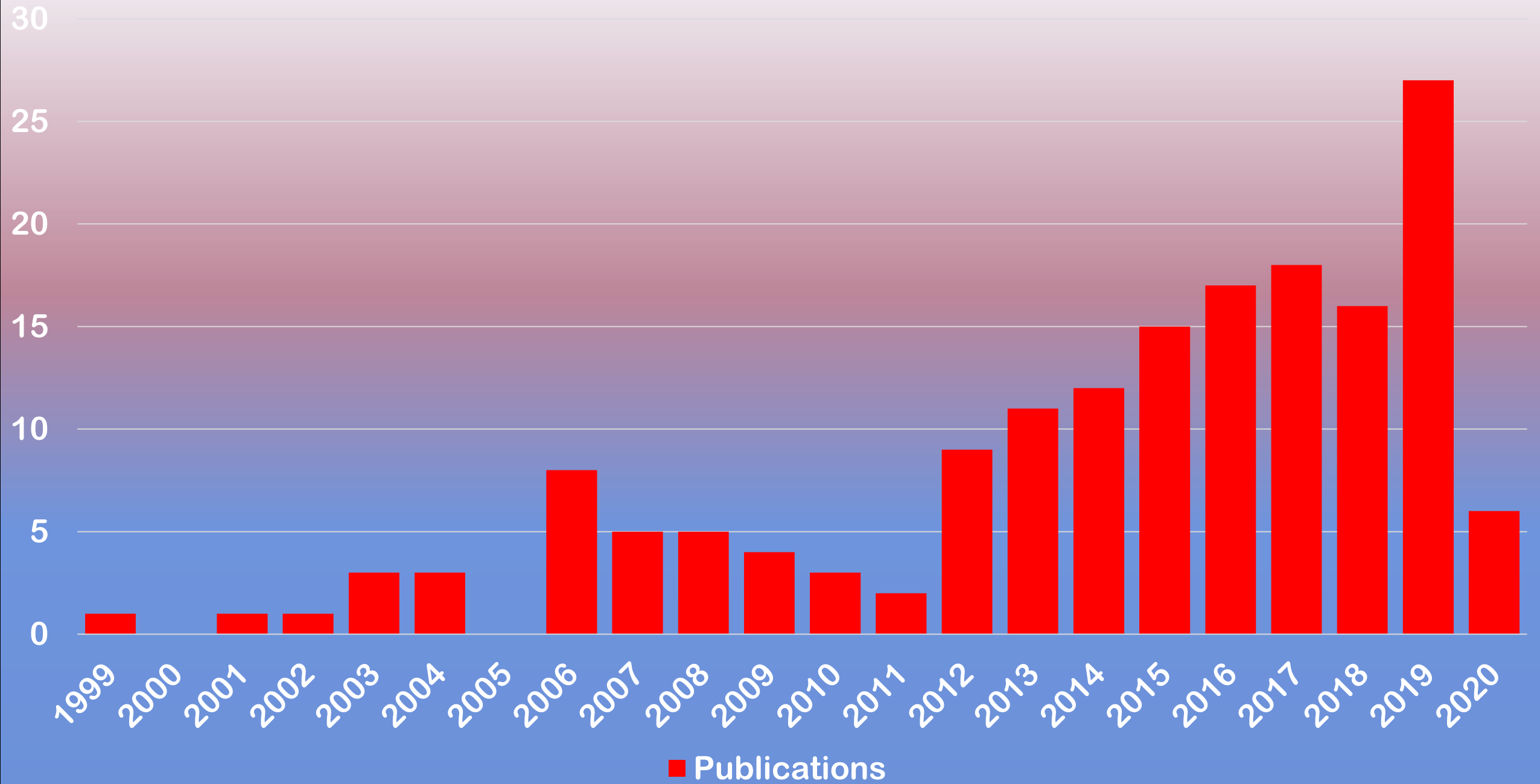
- Appointed Section Head for Gastroenterology at University of Manitoba
- Co-Section Lead on CAG Guidelines Panel for Medical Management of Crohn's Disease
- Editorial Board for American College of Gastroenterology

2019

- Division Director of Gastroenterology at University of Toronto

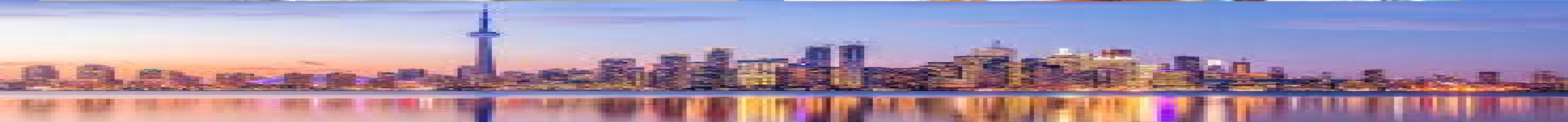


Publications





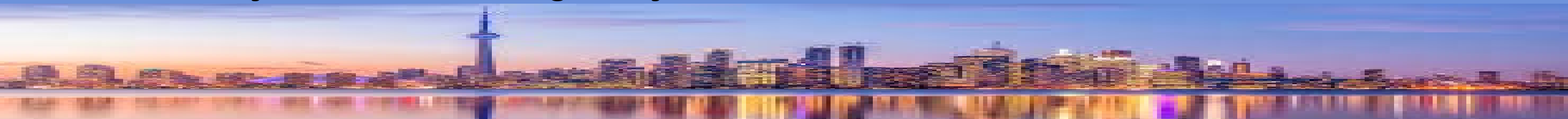
OF






Life Lessons

- Gain recognition as an expert in a specific clinical area
- Take advantage of opportunities for mentorship
 - You can't do it yourself, and you won't enjoy it, even if you do
- Seek out people who will promote your career
- Recognize you have weakness, and get coaching
- If you enjoy what you do, you'll be more motivated to keep doing it
- Share your mistakes along with your failures!



A black and white portrait of Dr. Albert Schweitzer, an elderly man with white hair, wearing a white shirt and a dark bow tie. He is looking slightly to the right of the camera with a gentle expression. The background is dark and out of focus.

*Success is not the
key to happiness.
Happiness is the key
to success. If you
love what you are
doing, you will be
successful.*

- Dr. Albert

Schweitzer