

# Purpose, Academics, & Writing

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**Burn Center**



**Stanford**  
M E D I C I N E

| Surgery



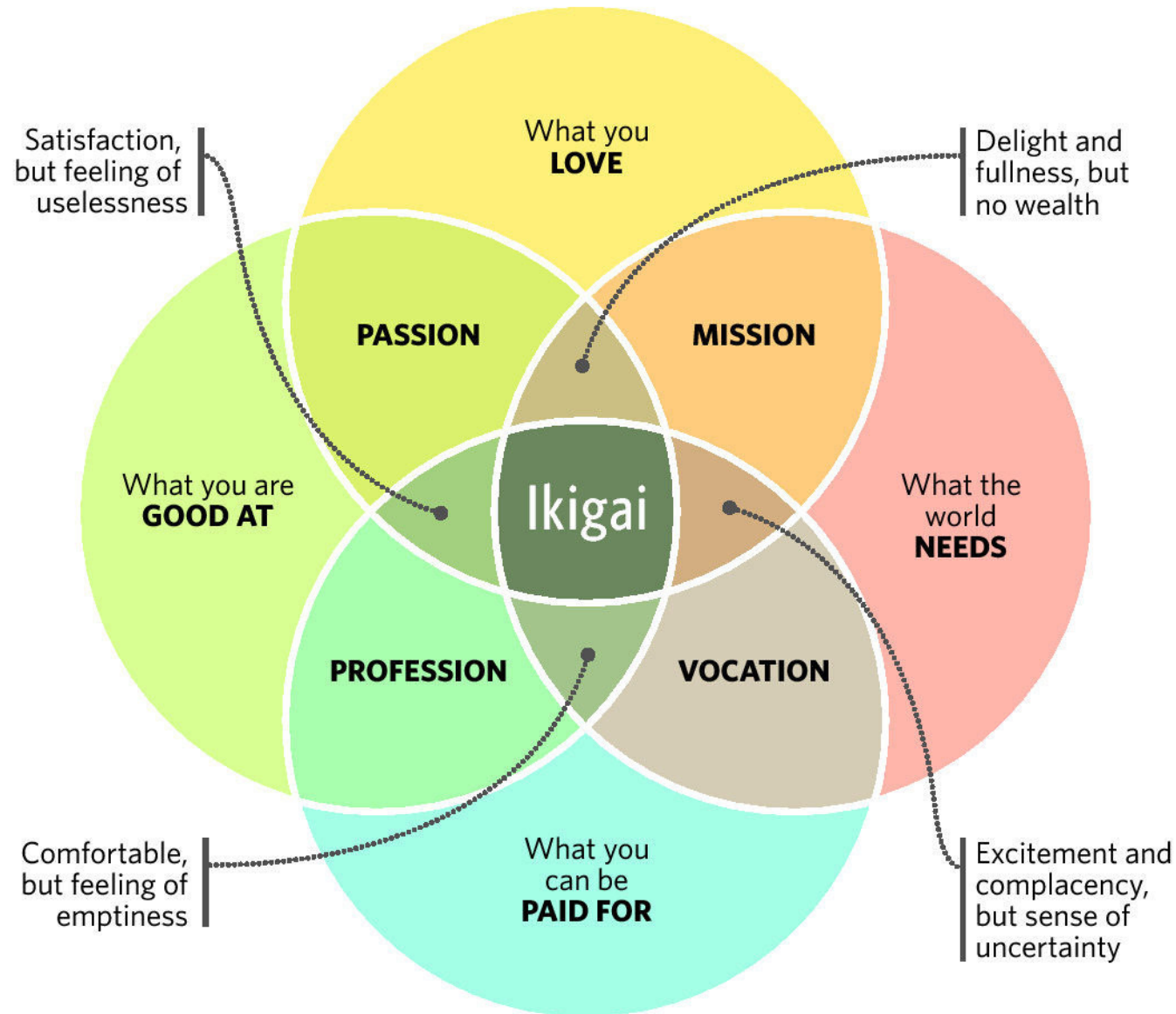
**SANTA CLARA  
VALLEY MEDICAL CENTER**

No disclosures



# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"





What does it mean to be an  
academic?







 KAISER PERMANENTE

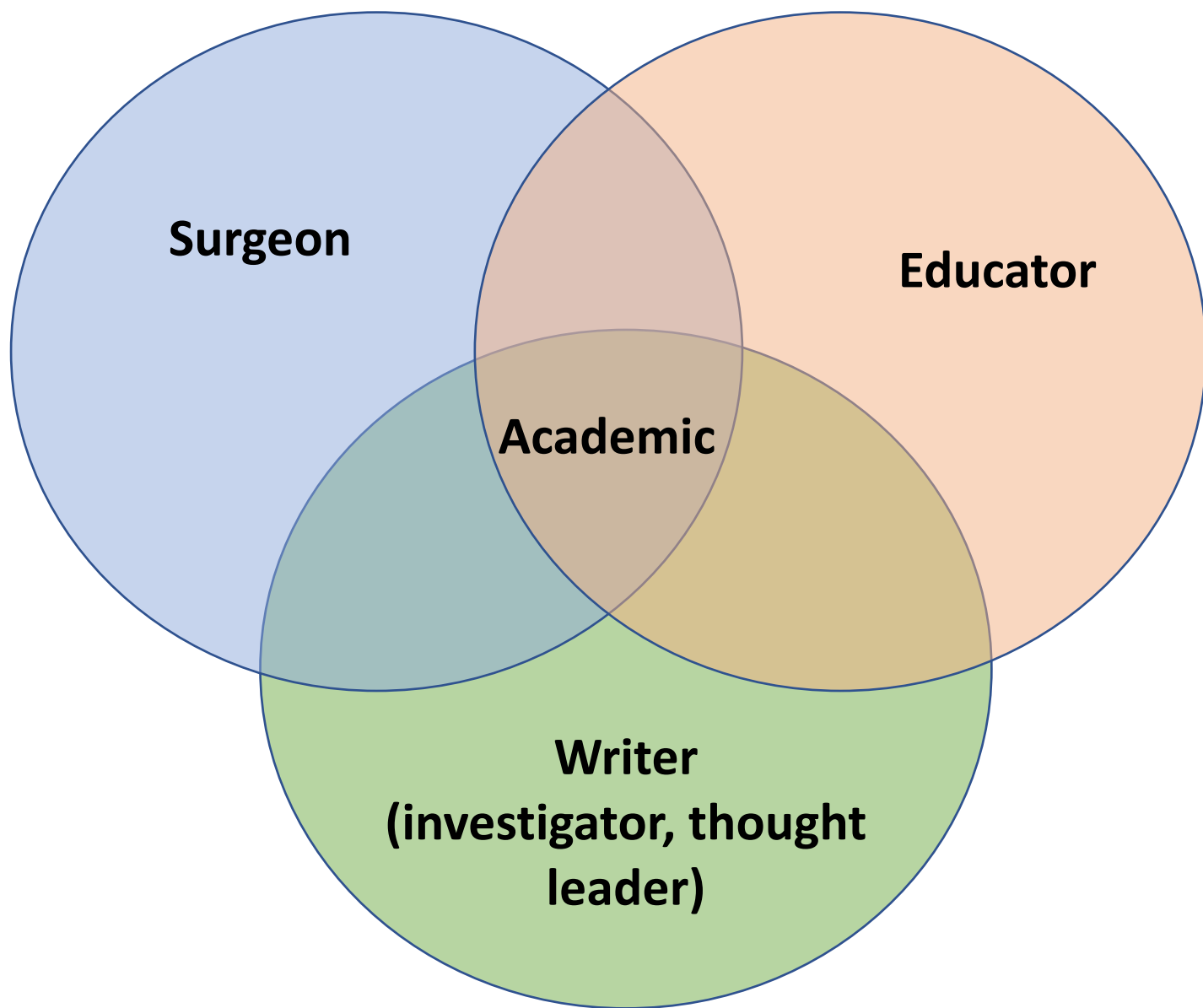
1  
MEDICAL OFFICES

welcome

← EXIT  
No Right  
Turn

STOP

NO RIGHT  
TURN  
FORWARD ONLY  
NO RIGHT  
TURN





*There is no  
cure for  
agraphia  
-MTL*



# Outline

- Strategies for writing
  - Deliberate writing
  - Writer's block
  - Power of iteration
  - Best practices for academic writing
- Anatomy of a manuscript
- Strategies in publishing

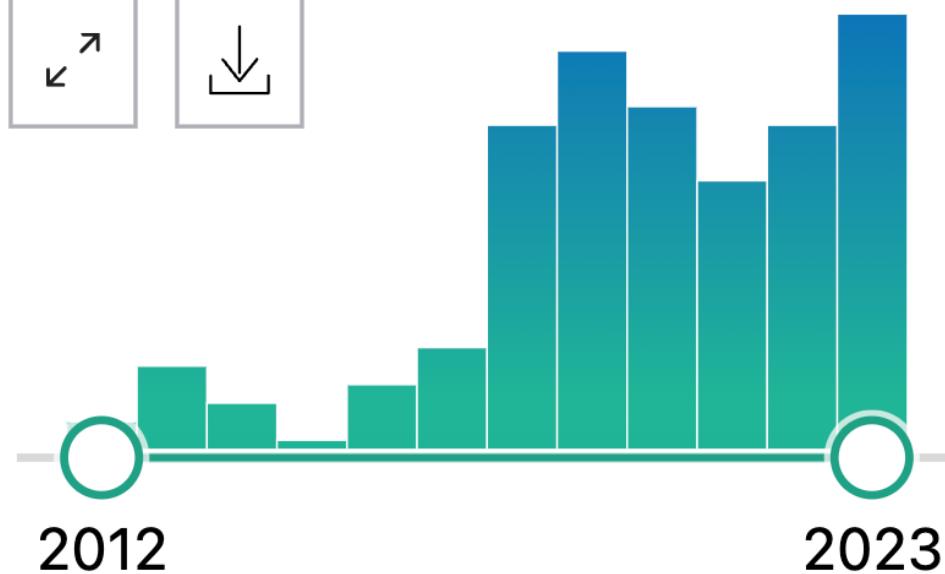
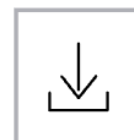
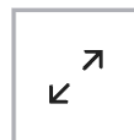






# *Write deliberately*

RESULTS BY YEAR



# Do the references last

## Breast Reconstruction After Mastectomy

Clifford C Sheckter, Gordon K Lee

### **Breast Reconstruction as Right**

Breast reconstruction following mastectomy was legislated as a right in the United States following Passage of the Women's Health and Cancer Rights Act (WHRCA) in 1998(\*\*\*). Since that time, the evolution of breast cancer treatment and surgical innovations have led to significant advancements the effectiveness and safety of reconstructive breast surgery. A growing body of literature supports improvements in patient-reported outcomes and well being after mastectomy (\*\*\*), and nearly 40%(\*\*) of women will undergo reconstruction following mastectomy. Today, there are few—if any—contraindications to reconstruction (\*\*\*), as even women with advanced disease are eligible for restorative surgery following mastectomy.



# Rapid Outline Generation for Your Trainee

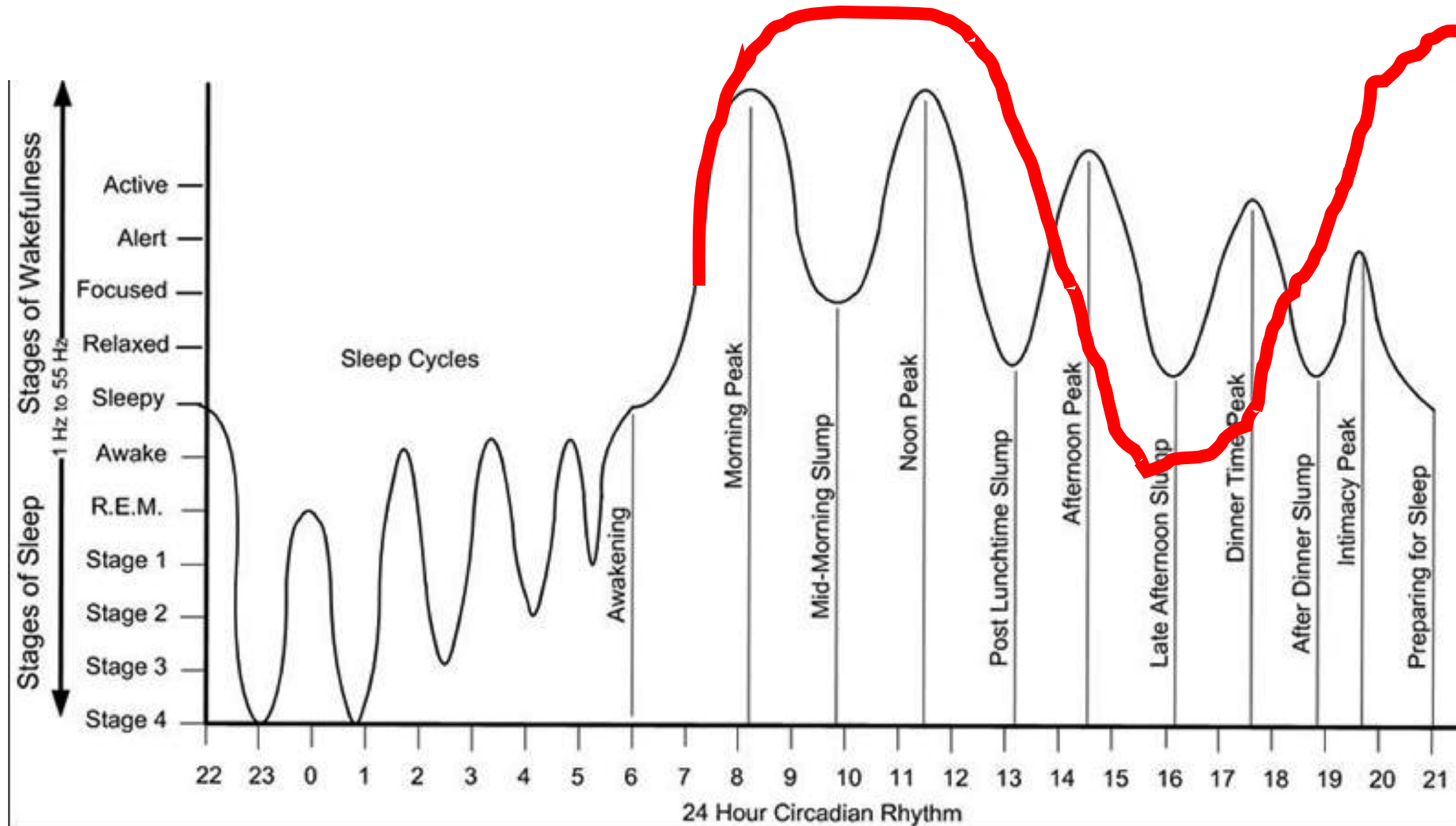
## **Introduction** (3-4 paragraphs, no more than 1-1.5 pages)

- Burn patients get cold easier and being cold is a problem. Single institution data on cold is bad in burn
- Burn mortality remains problem despite modern critical care and early burn excision.
- Cant change TBSA and age. BUT, Modifiable risks factors are of interest because these can be intervened.
- Temperature is possible modifiable risk factor. Temp can be altered with various means including heat shield, bair hugger, zoll catheter, etc.
- Need to better characterize the effects of temp on mortality and hospital course using national data.

# Writer's Block



# Know Your Circadian Rhythm



Work expands to fill the  
time allotted for its  
completion  
–Cyril Parkinson





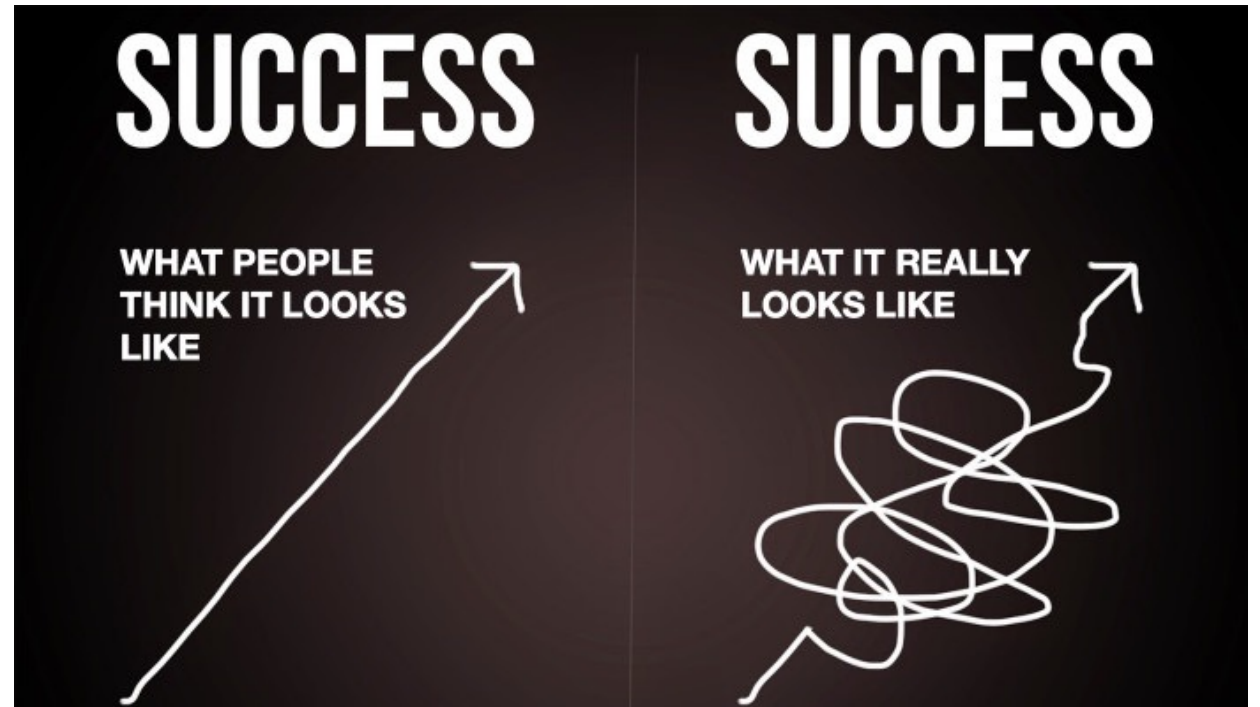
# Maybe you don't actually know what to write?

- Take a walk, run, ride
- Talk in the shower
- Drink a glass of wine (or whiskey → Nicole Gibran)
  - I condemn substance abuse and alcohol misuse
- Talk with mentor
- Talk with friends, family, non-medical person
- **Dictate your first draft (car, bathroom, etc.)**
- **Chat GPT (must disclose in paper if you used)**
- Read
  - Don't write, read, write, read



# Strategies for Writing

- Fail fast. Fail often. Fail forward
  - John Maxwell
- The power of iteration
- Don't get out of your chair without a draft



# Best Practices

- Active Voice
  - The association between VTE and COVID was uncovered by our investigation...
- Verbs!!!
  - Avoid helping verbs
- Avoid gratuitous adjectives
  - Very, extremely, really, large
- Avoid long sentences
- Vary sentences
- Use –

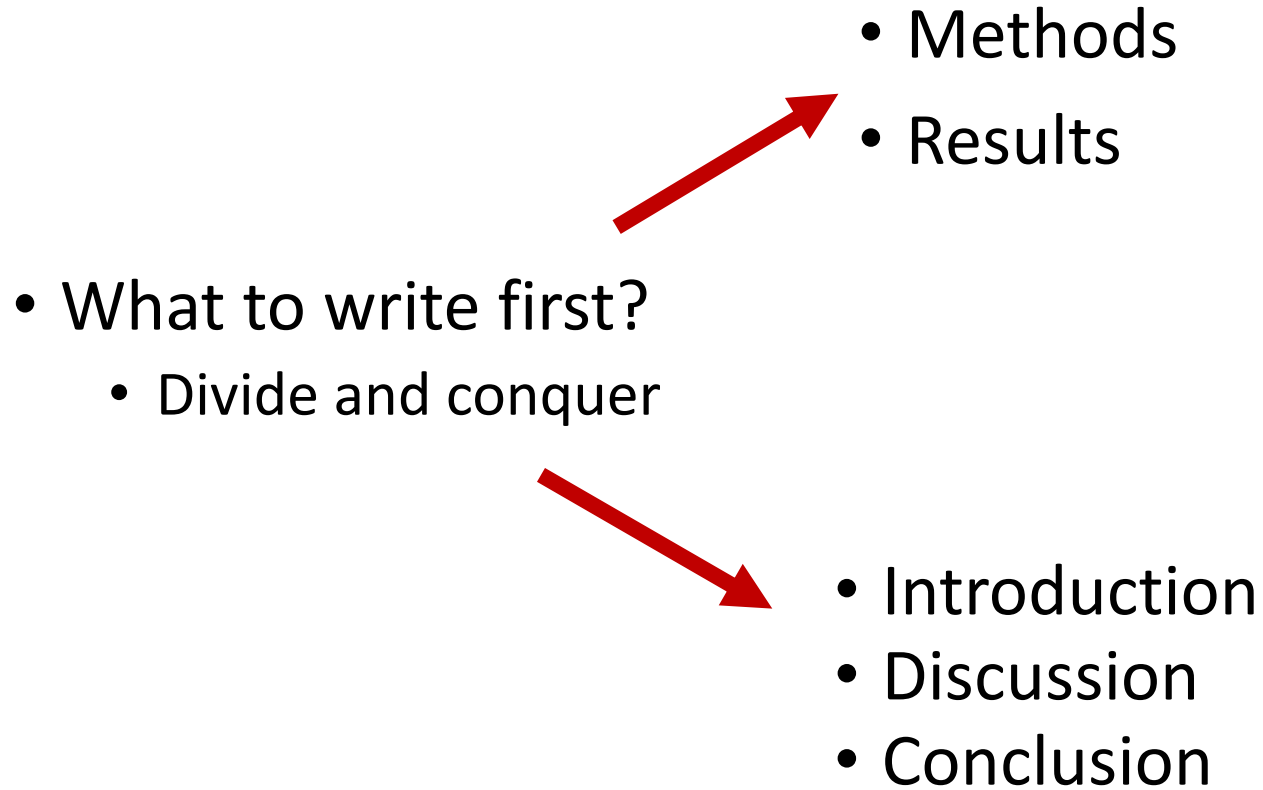
# Outline

- Strategies for writing
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  - Writer's block
  - Power of iteration
  - Best practices for academic writing
- Anatomy of a manuscript
- Strategies in publishing





# Anatomy of Manuscript



NOTE: Abstract, Tables/Figures are the most important parts of an article

# Anatomy of a Manuscript—Methods

- Database
- Outcomes
- Covariates
- Model
- Sensitivity analysis

NOTE: reproducibility key. How did you do it?

# Anatomy of a Manuscript—Results

- - Keep your answer specific and relevant to research hypotheses
- - Other relevant information about study sample
- - Data resulting from study should be presented from broad to specific
- - Tables and figures should be discussed but not repeated in text
- - An ideal paper's results could be distilled into one table or figure and discussed in one page.

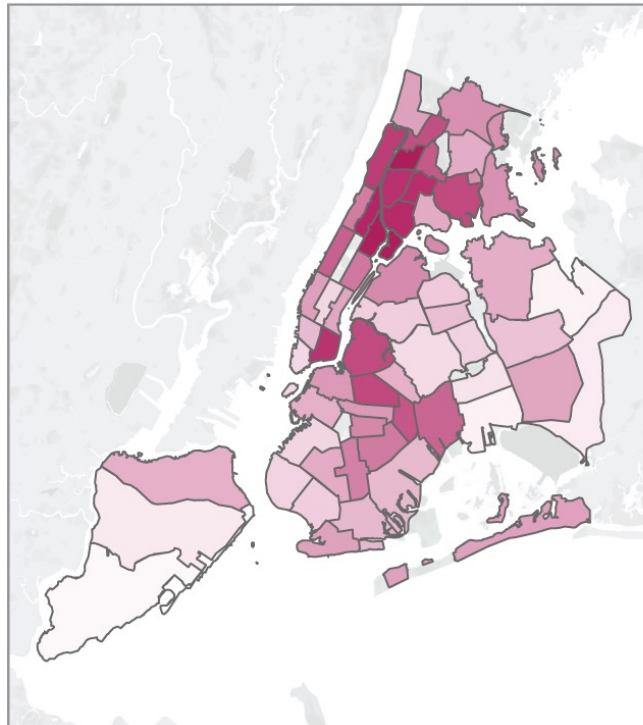
NOTHING MATTERS MORE THAN YOUR  
FIGURES

From: **Association of Structural Fires in New York City With Inequities in Safe Heating for Immigrant Communities**

JAMA Netw Open. 2023;6(3):e231575. doi:10.1001/jamanetworkopen.2023.1575

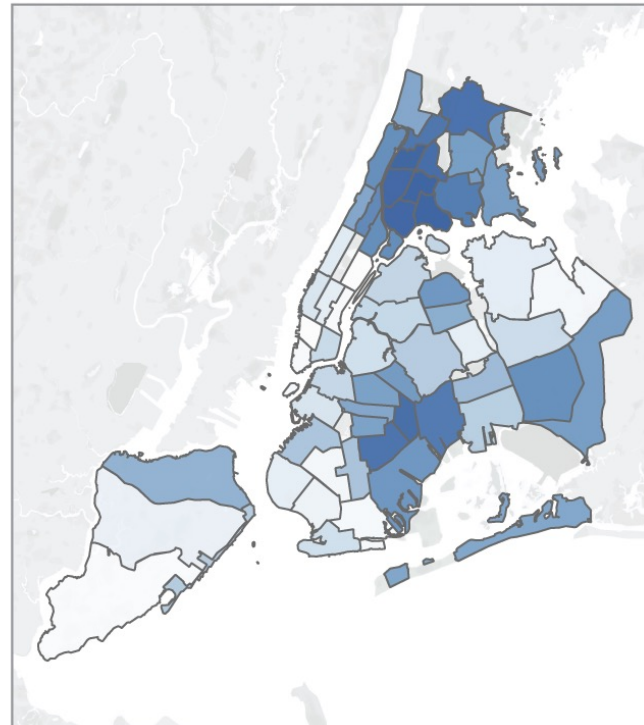
**A** Multiunit fires

Total fires  
3 1964



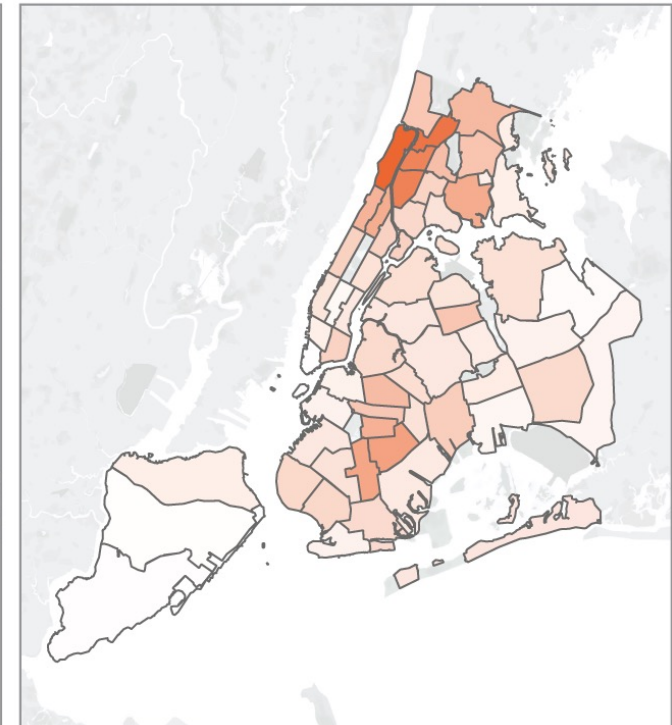
**B** Black and Latinx residents

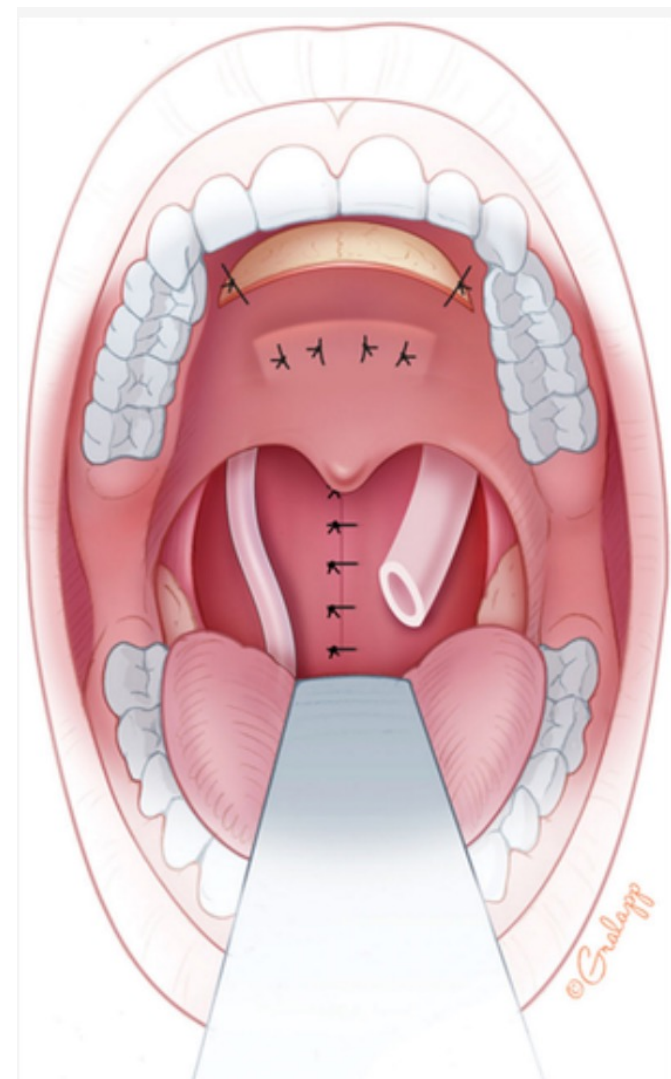
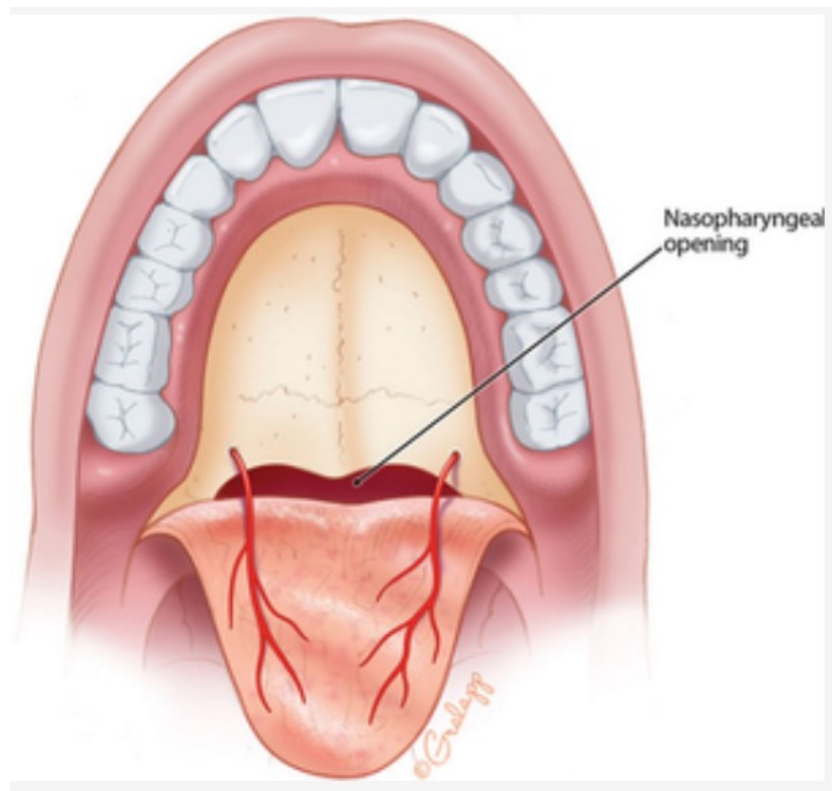
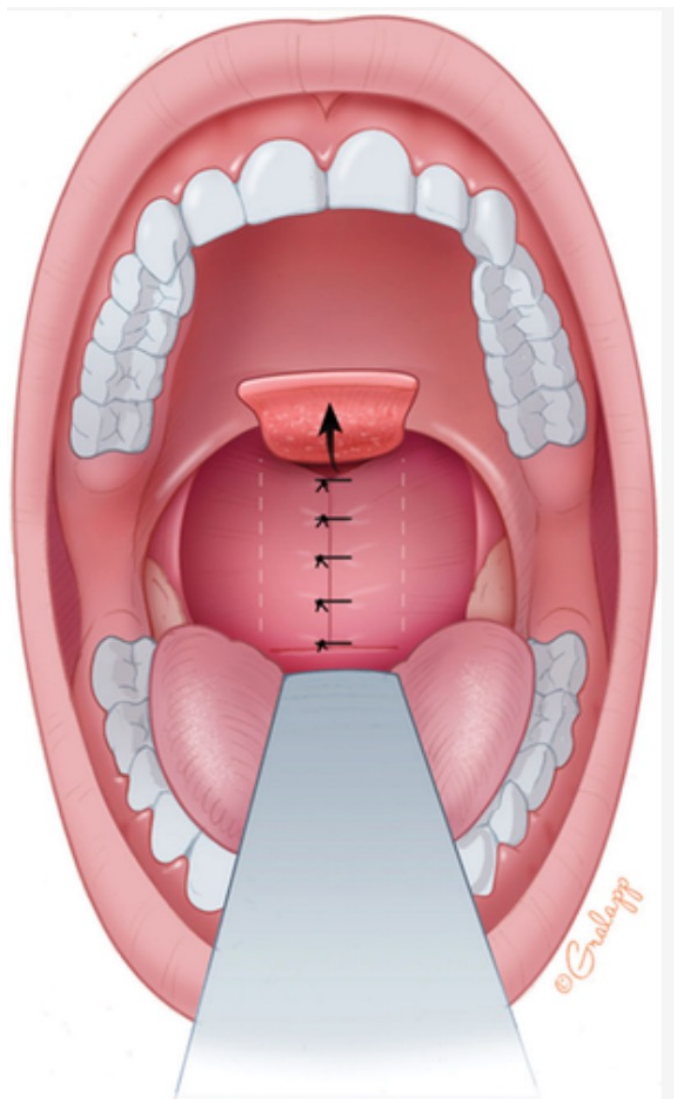
Residents, %  
10.4 95.3



**C** Heat complaints

Total complaints  
1 47 147







# Anatomy of a Manuscript–Introduction

- Introduction (1-1.5 pages, MAX)
  - 3 Paragraphs
    - Introduction to topic-avoid a summary of what everyone already knows
      - 1<sup>st</sup> sentence or 2-will keep or lose the readers interest
    - What specific aspect of the clinical problem you will address
    - Explicit statement of a study **hypothesis**

# Anatomy of a Manuscript—Discussion

- The most difficult piece to write and least reproducible
- Do NOT redo the introduction
- DO jump straight to your biggest finding in the first paragraph, which should address your primary hypothesis
- Remaining paragraphs are each unique insights about your findings vis-à-vis existing literature
- Limitations and future studies
- Brief conclusion

# Abstract

- Varies by journal
- 2 sentence max intro
- Clean methods with primary outcome/hypothesis
- Results are meat of abstract. Focus on primary outcome
- Conclusion is what most people will read. Keep it honest. Keep it within the context of your study

# Revising a Manuscript

**Be respectful but not over the top in response letter**

**Treat the cover letter as literature and not just a list of comments and questions to be addressed**

**Answer every question**

**Submit rejections ASAP**



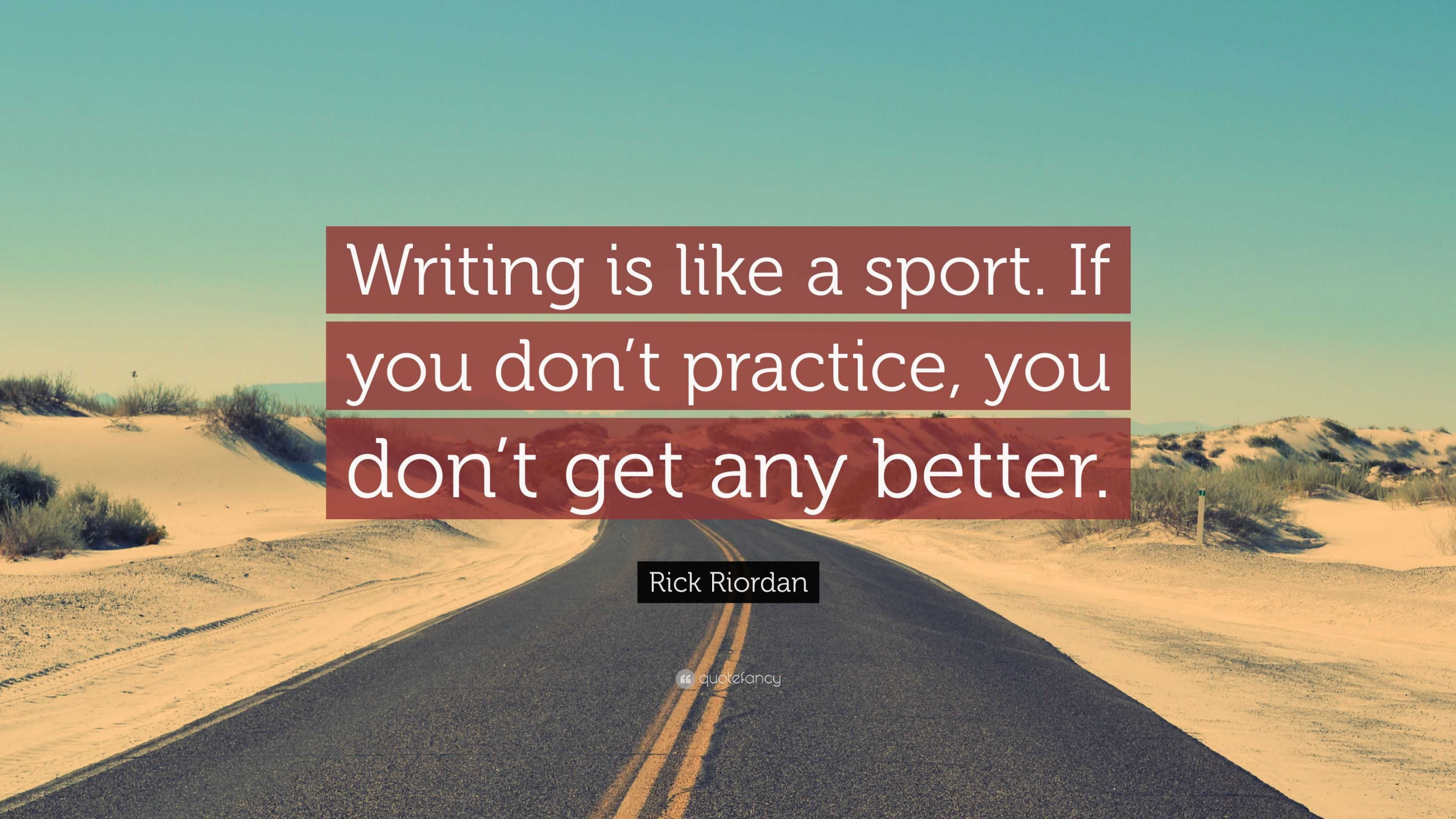


# Continued

**Do not repeatedly thank everyone for great suggestions.**

**Avoid too many “respectfully disagrees”**

**OK to disagree with reviewer but need to explain why- back up with references, preferably from the journal you are submitting to.**



Writing is like a sport. If  
you don't practice, you  
don't get any better.

Rick Riordan