

# PROTECTING TIME FOR ACADEMIC ACTIVITIES

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John Barnard, M.D.

*Professor of Pediatrics*

*Vice President for Scientific Affairs*

*Division of Molecular Medicine and Gastroenterology*

*Columbus Children's Hospital, Inc. and*

*The Ohio State University*



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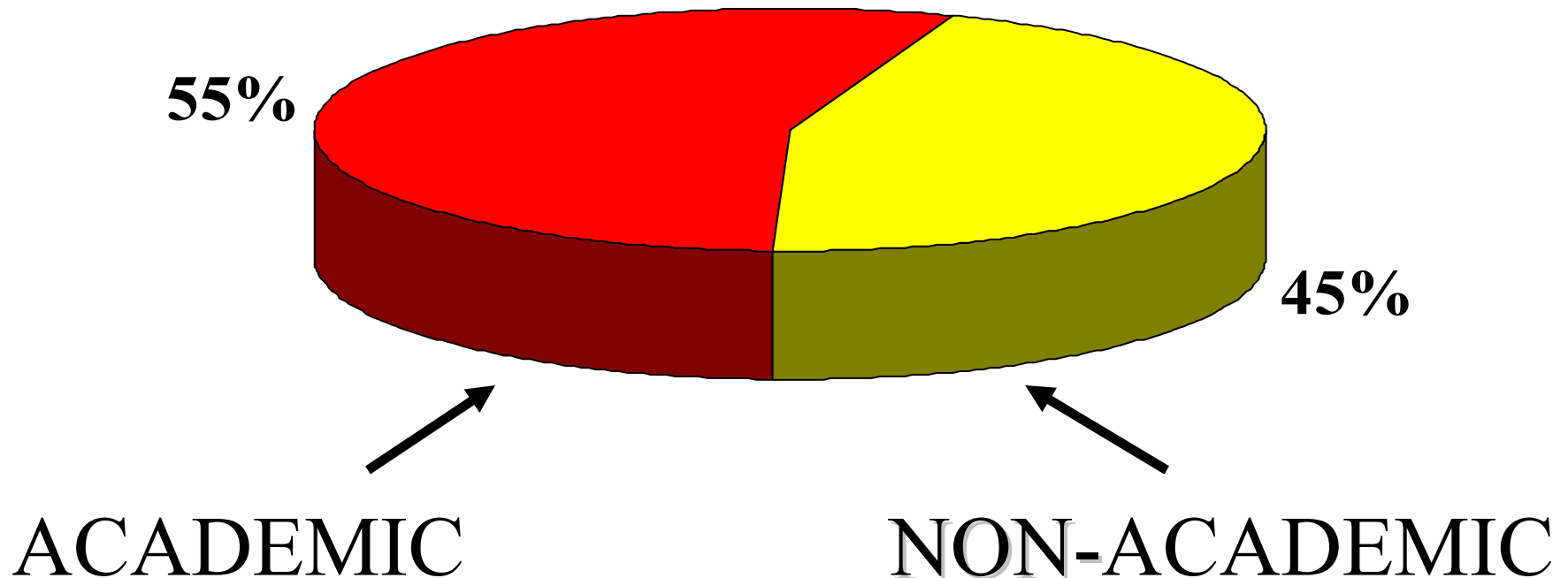
“THE PURE AND  
SIMPLE TRUTH IS  
RARELY PURE AND  
NEVER SIMPLE”

Oscar Wilde

# ACADEMIA

Academia [L: see ACADEME; *akademeia*, the grove of Academos, a figure in ancient Greek legend]; Academe is the grove near ancient Athens where Plato taught; relating to a school, especially a college or university

# DISTRIBUTION OF SUBSPECIALISTS IN PEDIATRIC GASTROENTEROLOGY



*J Pediatr Gastroenterol Nutr* 26: 108-115, 1998

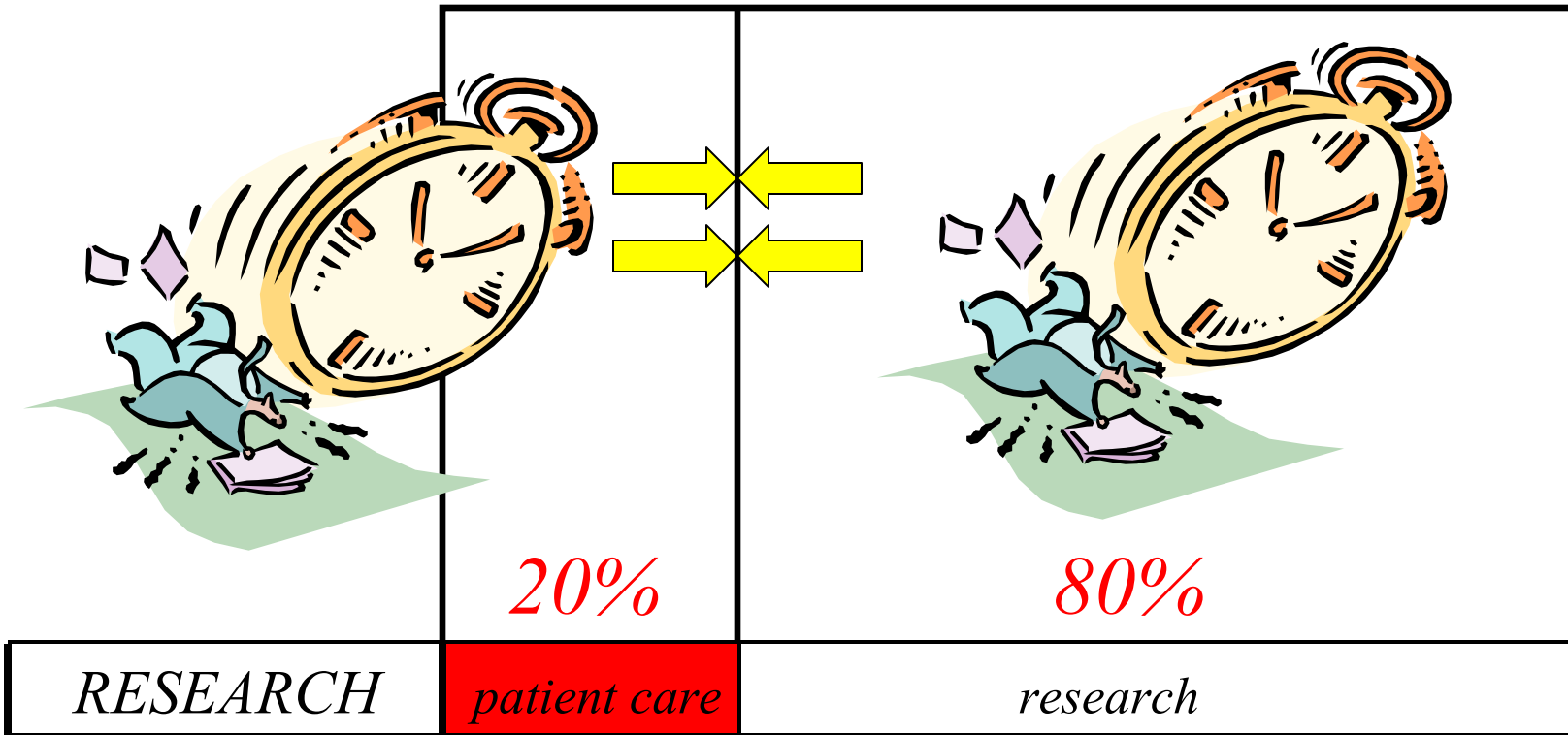
*Definition:* Protected time is the time one spends conducting research or contribute to personal career goals or education

PROTECTED TIME  
+ UNPROTECTED TIME

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ALL THE TIME YA' GOT

# PROTECTED TIME



# FORCES THAT VIOLATE PROTECTED TIME

- ***Clinical duties***

- Outpatient clinics

- Patient encounters, telephone calls, “case management”, lab/x-ray retrieval, dictation, etc

- Inpatient service

- Assigned month, other ad hoc

- On call duties

- Emergent patients, fatigue

# FORCES THAT DIMINISH PROTECTED TIME

- ***Administrative duties***
  - Committee work, task forces/special projects, interviews
- ***Teaching***
  - Didactic, bedside, conferences
- ***Off-site conferences***
- ***National duties***
  - NASPGHAN, AGA, study section

# JEALOUSLY GUARDING PROTECTED TIME

- ***Job interview***
  - Track record of mentor/Division Director/Departmental Chair
  - Critical mass of Divisional colleagues
  - Clearly define protected time during job negotiations

# JEALOUSLY GUARDING PROTECTED TIME

- ***On the job***

- Just say no
- Compartmentalize efforts
- Obtain non-GI Divisional appointment
- Gain respect of clinical partners
- Use architecture to advantage
- Make your nurse your best buddy
- Be efficient
- Limit meetings

I don't know the key to  
success, but the key to  
failure is to try to please  
everyone.

Bill Cosby

The road to hell is  
paved in abstracts.

Unknown

# EFFORT CALCULATION

## ASSUMPTIONS:

exclude night call and weekend duty

exclude Division and Department conferences, business meetings and committee meetings

10 hours/day (50 hrs/wk)

## DENOMINATOR:

365 days per year

104 weekend days

9 holidays

20 days vacation (4 wks)

232 days eligible for calculation

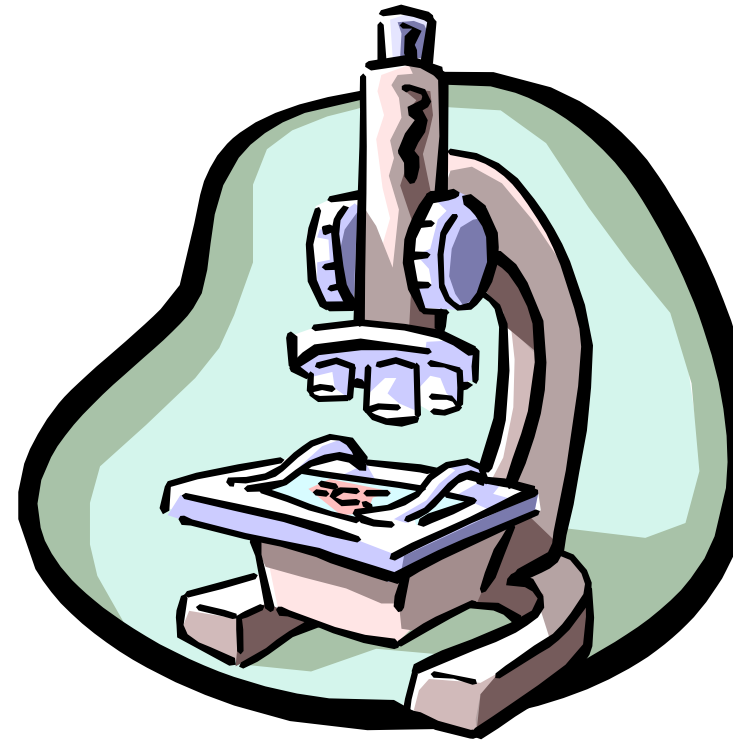
2320 hrs eligible for calculation

# EFFORT CALCULATION

- Typical scenario for basic research faculty member:
  - One-half day clinic per week for 48 weeks
    - 4 hours in clinic
    - 2 hours follow-up work
    - 1 hour endoscopy
    - $7 \times 48 = 336$  clinic hours/year
  - One month per year on inpatient service
    - 20 days = 200 service hours/year
- 536 hours per year

# EFFORT CALCULATION

- 536 clinic hours worked/yr
- 2320 total eligible hours/yr
- 23% CLINICAL EFFORT
- 77% RESEARCH EFFORT



# EFFORT CALCULATION

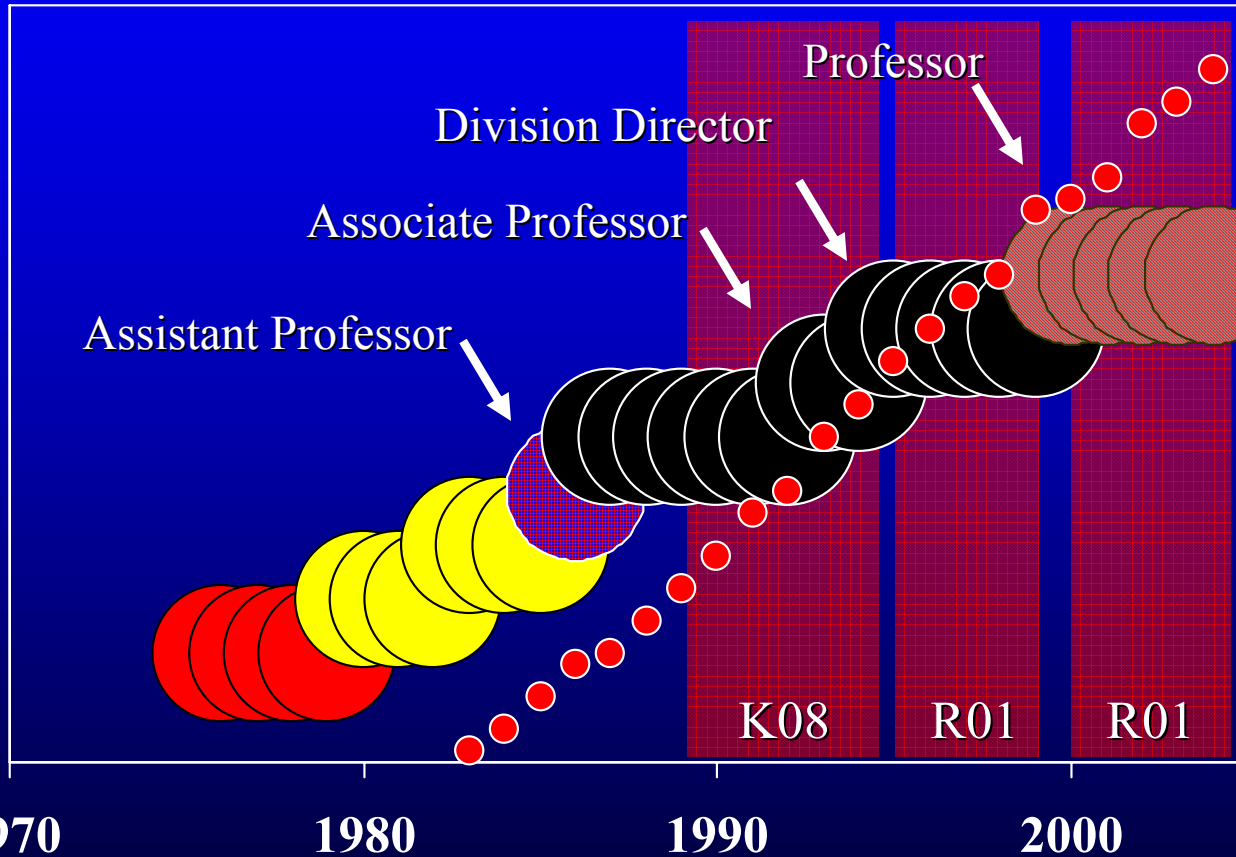
- Typical scenario for clinical faculty member:
  - Five-half day clinics per week for 36 weeks
    - 4 hrs per clinic session = 20 hr/wk X 36 wks = 720 hrs
    - 2 hrs follow-up per session = 10 hr/wk X 36 wks = 360 hrs
    - 4 hrs endoscopy per wk X 36 wks = 144 hrs
    - 1224 hrs per year in clinic
- Three months per year on inpatient service
  - 64 days = 640 hrs per year on service
- 1864 hours/yr

# EFFORT CALCULATION

- 1864 hours worked year
- 2320 eligible hours/year
- 80% CLINICAL EFFORT
- 20% RESEARCH EFFORT



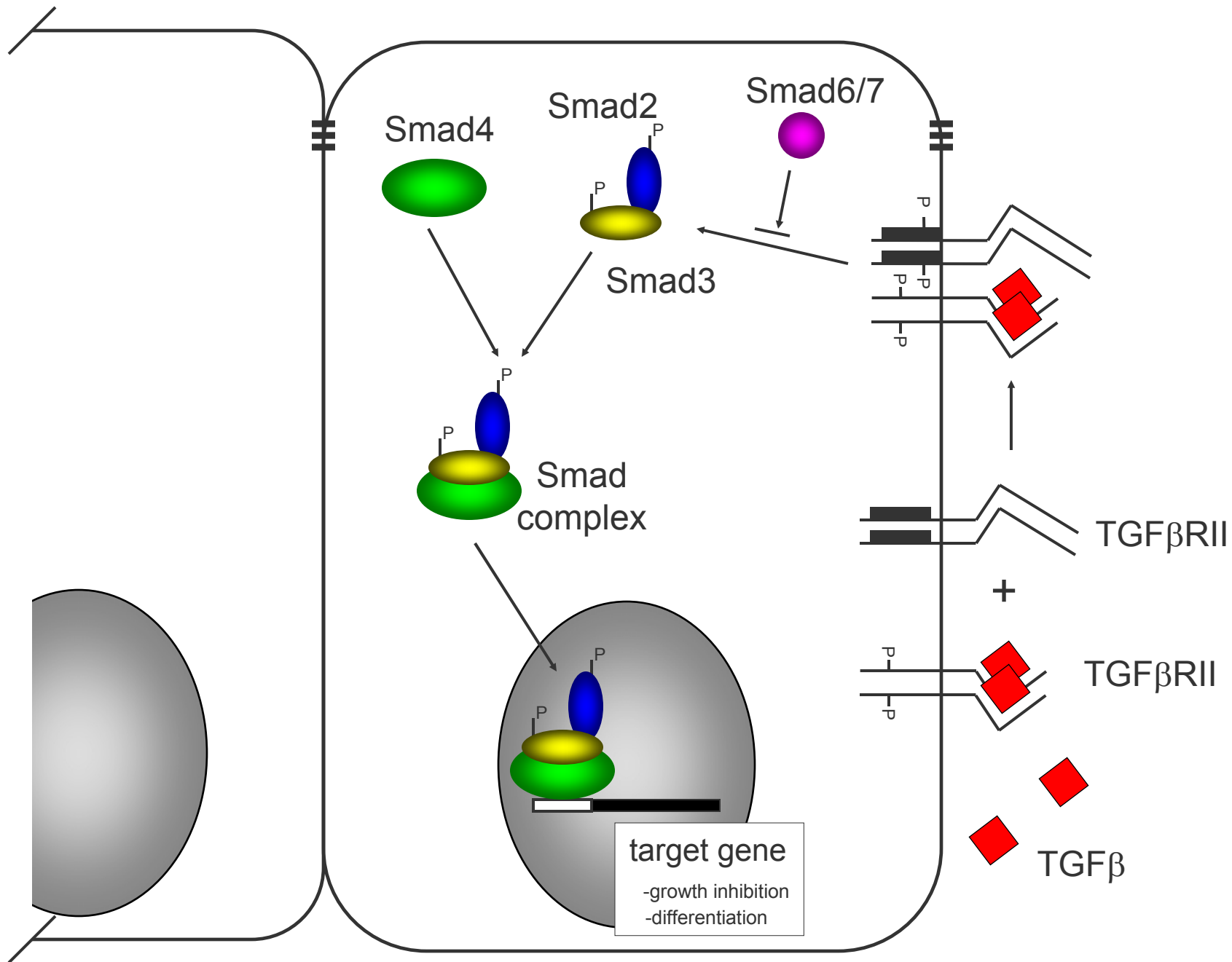
# CAREER PROGRESSION



- Medical School, Univ. Miss.
- Residency, Vanderbilt
- Fellowship, Vanderbilt
- Faculty #1, USA
- Faculty #2, Vanderbilt
- Faculty #2, Vanderbilt
- Faculty #2, Vanderbilt
- Faculty #3, Children's
- Publications

# COLUMBUS CHILDREN'S HOSPITAL





**THE END**