MD/Special Training in Research: Enhancing your medical education through research

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How to incorporate research training in your medical education

- Undergraduate—MD/Special Training in Research
- MD/PhD
- CIP
MD Special Training in Research (MD/STIR)

• What is MD/STIR?
  – Program that oversees and recognizes research training of undergraduate medical education (UME) students
  – Essentially “MD with honors”
  – Annotated on diploma and transcript
    • “MD with Special Training in Research”
  – No risk to enroll:
    • Students that do not complete the program (for whatever reason) are not recorded
MD/STIR components

• Research component:
  – ~24 weeks of active research conducted under the supervision of a research-intensive faculty member
  – Produce and analyze data that tests a research hypothesis
MD/STIR components

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• Written component:
  – Application
  – Final report
MD/STIR components

- Presentation component:
  - 3 minute overview to MD/STIR cohorts at early research stage
  - Oral seminar to audience determined by your supervisor
  - Poster presentation at mid-point of research stage
    - To judges at Faculty of Medicine Research Day
  - Oral presentation
    - 10 minute final seminar followed by oral defense
**MD/STIR research timeline options**

- How do you fit research into your schedule?

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**Option 1:** FT Summer 1; FT 8wk of Summer 2

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**Option 2:** FT Summer 1; PT yr2; FT 4wk of Summer 2

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**Option 3:** FT Summer 1; PT yr2; PT yr 3

* 2 oral presentations in Summer 1
** 1 oral presentation at time chosen by supervisor
*** Poster presentation in year 2 in FoMD Summer student research day
The benefits of participating in MD/STIR

• Research skills:
  – Hands-on research experience in your field of interest
  – Be involved in research that may one day change clinical practice
  – Critical thinking skills
    • Learn how to pose and test a research question
    • Take note of the unexpected and think about what it might mean
  – Learn cutting-edge technologies and analysis
  – Trouble-shooting skills
    • Make mistakes and learn from them
  – Live the research experience by immersing yourself in an active research group. Go to group meetings, journal clubs etc. Ask questions. Be curious.
MD/STIR benefits

• Written component:
  – Scientific writing skills
  – Practical experience in writing scientific proposals and reports
  – Feedback from colleagues, supervisor and faculty

• Presentation component:
  – Oral presentation skills
  – Multiple formats

• Formal recognition:
MD/STIR benefits

- Compete for a chance to present your research at an international conference
  - Top 2 UME students who win Poster Award at FoMD Research Day are chosen to present their research at the National Student Research Forum in Galveston, TX
MD/STIR application consists of:

- **Research proposal**
  - Ethics in place!

- **Student CV**
  - previous research experience not required

- **Supervisor CV**
  - Grant support, publications, trainees

- **Arrangements for summer stipend support:**
  - External summer studentship award
    - All students should apply to AI-HS summer studentships
  - FoMD/Supervisor combined support
    - 10 MD/STIR applicants who were unsuccessful in the AI-HS summer studentship competition
  - Supervisor support
    - Your supervisor agrees to support 100% of your summer stipends
How to participate in MD/STIR program

• Submit an application to the program by February 2020 (check website for due date)

• Obtain:
  – Approval of your application
  – Acquisition of funding support for your stipend(s) in the summer

• Application and details can be found at the MD/STIR website
Questions?

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- https://www.med.ualberta.ca/programs/mdstir

- Summer job database,
  https://www.ualberta.ca/medicine/research/studentships/job

- Summer studentships,
  http://www.uri.ualberta.ca/ApplyForFunding/
  https://www.wchri.org/summer-studentship-program
  https://www.ualberta.ca/cancer-institute/research/funding-opportunities