

Are you the one dropping the ball?

Tools, tips and tricks for improving workplace efficiency in the clinical and research setting

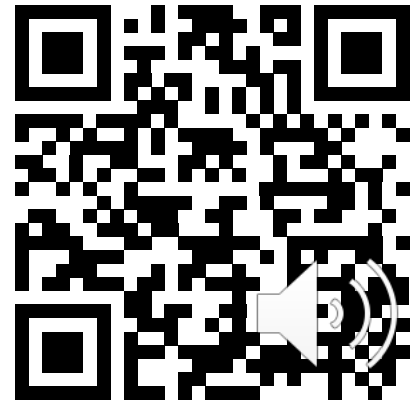


#AAPMCOMP2020

Track 6, Wednesday 11:30-12:30 EST

Parminder S. Basran, Luc Beaulieu, Thor Bjarnason

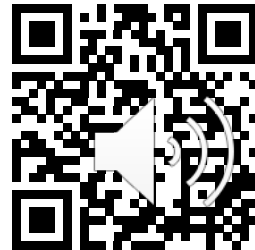
FIND OUR INTERACTIVE QUESTIONS HERE =>



Learning Objectives

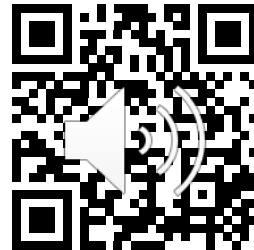
By the end of this session, we hope you will be able to

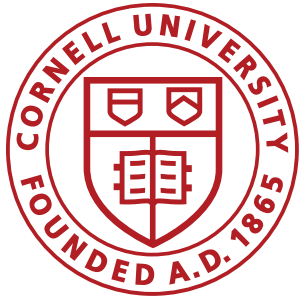
- Have a better understanding of precisely what changes they can make in their clinical, research, and/or administration environments to be more productive and efficient.
- Hear from “experts” and colleagues on tips and tricks on how to be more efficient in managing their knowledge acquisition and retention, email, calendar, tasks, and projects.



Outline for today

1. Presentations (~10-15 minutes each)
 - Parminder: From the “procrastination equation” to “getting things done”
 - Luc: Tools, tips and tricks for improving research productivity
 - Thor: IT Locked you down? Tips for improving clinical productivity using typical health authority infrastructure
2. Share results of Questions and Q/A (15 minutes)





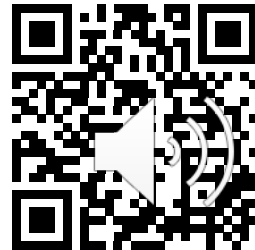
“Procrastination Equation” to “Getting Things Done”

Parminder S. Basran, PhD, FCCPM

Associate Research Professor

Cornell University – College of Veterinary Medicine

7/21/2020



What is 'productivity'


Generally, it is the 'rate' of output per unit of input.

What is the output?

- Number of QA Tasks completed?
- Number of papers and grants submitted?
- Your salary increment or professional standing?
- Increased level of confidence and acceptance in your workplace?



What else affects productivity? Promotors / Impeders

- ~~Knowledge base~~ → **Competency**
- ~~Skill set~~ → **Competency**
- **No** Time
- **Lack of** Access to tools which facilitate productivity
 - Software/hardware/books/etc.,
-  An environment conducive to “productivity”
 - An environment free from distractions
 - Environmental factors
- **Little** Support from colleagues and leaders
- **Few** Opportunities to learn and grow



Example

From: "

Date: Tuesday, September 17, 2019 at 10:13 PM

To: "

Subject: New clinical trial

Hi Parminder,

The lung site team is excited about a new clinical trial which we hope to add to our list of available options for patients. The trial uses a non-standard dose per fraction and has a lot of contouring. We are a bit worried about all the work that might be downloaded to the dosimetrists. Are you available to help us stick-handle the issues so we can start the trial?

Oh, do you have access to this? The study says the following...I have no clue what they're talking about... 😊

'Studies must be downloaded via SFTP to our local servers. Details are noted in Appendix C'

Regards,
Dr. XX



Example

From: "

Date: Tuesday, September 17, 2019 at 10:00 AM

To: "

Subject: New clinical trial

Hi Parminder,

The lung site team is excited about a new trial with several available options for patients. The trial uses a non-standard dose per patient. We are a bit worried about all the work that might be downloaded to the local servers. We are unable to help us stick-handle the issues so we can start the trial?

Oh, do you have access to this? The study says the following...I have no clue what they're talking about... 😊

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Regards,
Dr. XX

What? We JUST FINISHED
introducing a lung trial last
month that has NO
PATIENTS ENROLLED!
That gobbled up a month of
my life!



Example

From: "
Date: Tuesday
To: "
Subject: New

Hi Par

The lung
patients
about all
the issues so w

Oh, do you have access to...? The following...I have no clue what they're talking about... 😊

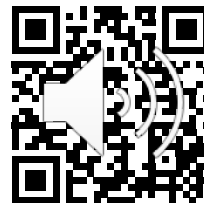
'Studies must be downloaded via SFTP to our local servers. Details are noted in Appendix C'

Regards,
Dr. XX

SFTP issues again?
Man... I don't want
to deal with IT issues
AGAIN!

JUST FINISHED
lung trial last
10 PATIENTS
gobbled up a
my life!

to add to our list of available options for
a lot of contouring. We are a bit worried
ists. Are you available to help us stick-handle



Example

From: "
Date: Tuesday, September 17, 2019 at 10:13 PM
To: "
Subject: New clinical trial

Hi Parminder,

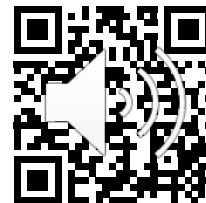
The lung site team is excited about a new clinical trial for patients. The trial uses a non-standard dose and we need to do about all the work that might be downloaded to resolve the issues so we can start the trial?

Oh, do you have access to this? The study says...

'Studies must be downloaded via SFTP to our local server'

Regards,
Dr. XX

What? We JUST FINISHED introducing a lung trial last month that has NO PATIENTS
SFTP issues again? Man... I don't want to deal with IT issues AGAIN
Our dosimetrists are going to KILL ME!



Example

From: "
Date: Tuesday, September 17, 2019 at 10:13 PM
To: "
Subject: New clinical trial

Hi Parminder,

The lung site... to add to our list of available options for
 patients... of contouring. We are a bit worried
 about a... available to help us stick-handle
 the iss... KILL ME!

what they're talking about... 😊

'St... *ted in Appendix C"*

Reg
Dr. XX

But.. Clinical trials
 are important...
 Where is my MOJO?



What else affects productivity? Procrastination Equation

<https://procrastinus.com/piers-steel/theories-of-procrastination/>

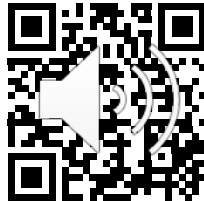
The thing you expect to achieve (\$, Papers, etc)

How important the expectancy is to YOU

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$

Divergence from the expectancy

The time between starting the task/project and obtaining the expectancy



What else affects productivity? Procrastination

Factors affecting motivation in helping on a clinical trial:

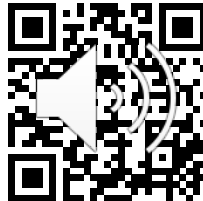
Better patient outcomes

Better patient outcomes
are important to me

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$

What about the other competing
clinical trial?
Is there another on the way?
Squirrel!

How long will it take to
know the final result?



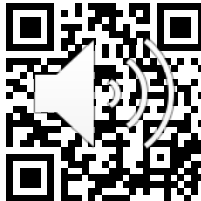
What else affects productivity? Procrastination Equation

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In complex environments
like healthcare and
academics, these things tend
to remain constant

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$

In complex environments
like healthcare and
academics, these things DO
NOT remain constant



Example

From: "Dr. XX"

Date: Tuesday, September 17, 2019 at 10:13 PM

To: "Physicist"

Subject: New clinical trial

Motivation

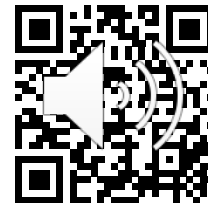
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Dr. XX



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Date: Tuesday, September 17, 2019 at 10:13 PM
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Motivati



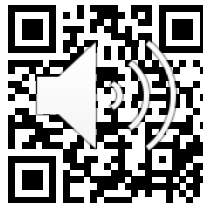
From: "Physicist"
Date: Tuesday, September 17, 2019 at 10:15 AM
To: "Dr. XX"
Subject: Re: New clinical trial

Hi Dr XX,

That sounds interesting! Has it gone through REB yet?

Cheers,
 P

Value



Example

From: "Dr. XX"
Date: Tuesday, September 17, 2019 at 10:13 PM
To: "Physicist"
Subject: New clinical trial

Hi Parminder,

The lung site team is excited about a new non-standard dose per fraction and has a lot of dosimetrists. Are you available to help us

Oh, do you have access to this? The study

'Studies must be downloaded via SFTP to

Regards,
 Dr. XX

Motivati

From: "Physicist"
Date: Tuesday, Sept
To: "Dr. XX"
Subject: Re: New cl

Hi Dr XX,

That sounds interesting

Cheers,
 P

From: "Dr. XX"
Date: Tuesday, September 21, 2019 at 11:16 AM
To: "Physicist"
Subject: Re: New clinical trial

Hi Parminder

We're in the process of getting this completed. But in the mean time, can we get started on some of the preliminaries?

Dr XX

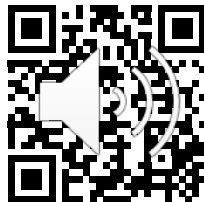
From: "Physicist"
Date: Tuesday, September 17, 2015 at 10:15 AM
To: "Dr. XX"
Subject: Re: New clinical trial

Hi Dr XX,

That sounds interesting! Has it gone through REB yet?

Cheers,
 P

Impulsiveness



Example

From: "Physicist"
Date: Tuesday, **September 21, 2019** at 11:20 AM
To: "Dr XX"
Subject: Re: New clinical trial

Value

Time

Sure.. please send me latest protocol and I'll give it a read. Until the REB is approved however, I am reluctant to put a lot of energy into this. Please keep me up to date on the status and once it's approved, lets meet.

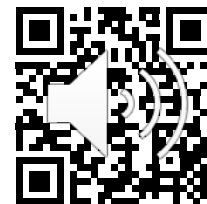
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Dr XX



Example

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From: "Dr. XX"
Date: Tuesday, September 21, 2019 at 11:16 AM
To: "Physicist"
Subject: Re: New clinical trial

Hi Parminder

We're in the process of getting this completed. But in the mean time,

Dr XX

Time !

From: "Dr XX"
Date: Tuesday, **October 31, 2019** at 12:21 PM
To: "Physicist"
Subject: Re: New clinical trial

Trials has REB approval. Are you free next week?



What else affects productivity? Procrastination

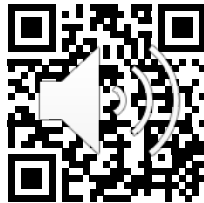
Balance under- and over-
confidence

Love it... or leave it

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$

Control internal and
external distractions

Good things come to
those who wait



How has the pandemic affected your productivity?

Let us explore how the pandemic has affected YOUR productivity

Identify the primary function of your current employment.

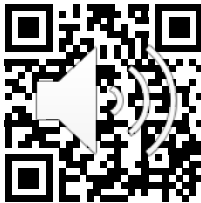
- Academic MP
 - Writing grants, performing research, etc.,
- Teaching MP
 - Supervising residents, providing lectures, etc.,
- Clinical MP
 - Performing QA test, checking charts, conducting radiation safety, etc.
- Leadership
 - Strategic planning, recruitment/retention,



Consider a specific duty or task (expectancy) that you regularly perform in your role as a Medical Physicist.

For that duty or task, the pandemic has changed the nature of that expectancy. (SA-SD)

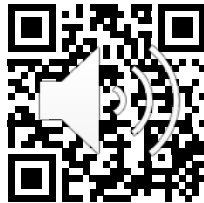
$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$



Consider a specific duty or task (expectancy) that you regularly perform in your role as a Medical Physicist.

The value I place in that task has changed (SD – SA)

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$



Consider a specific duty or task (expectancy) that you regularly perform in your role as a Medical Physicist.

My degree of impulsiveness (internal/external distractions) has changed as result of the pandemic. (SD-SA)

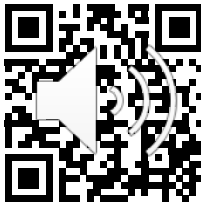
$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$



Consider a specific duty or task (expectancy) that you regularly perform in your role as a Medical Physicist.

Delays have increased while achieving / completing task/projects as a result of the pandemic (SD- SA)

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$



Consider a specific duty or task (expectancy) that you regularly perform in your role as a Medical Physicist.

Finally, overall motivation to complete ALL tasks has DECREASED as a result of the pandemic

$$MOTIVATION = \frac{Expectancy * Value}{Impulsiveness * Delay}$$



HOW can we be more productive?

Getting things done... next!

