

ATS CORE TRAINING WEBINAR SERIES:

BALANCE DURING COVID-19: PERSONAL AND
PROFESSIONAL DEVELOPMENT DURING THE
PANDEMIC

WEDNESDAY NOVEMBER 18, 2020

12:00 PM ET



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thoracic.org

Wednesday, November 18 12pm ET

HOST



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THE QUEST FOR BALANCE DURING THE PANDEMIC

NOTES
GENERATED BY
OUR DISCUSSION
ON

Home Life

Research

Career Development

HOME LIFE AND EMOTIONAL WELL-BEING

Challenges

- Recognizing/acknowledging that you have to take care of yourself
- Figuring out how to “pace” yourself on a weekly to monthly basis
- Framing a “work day”, instead of zoom and technology infiltrating all hours of the day
- Working from home
- Family at home vs separating from family
- Fear of exposing loved ones
- Feeling like you are in a silo, isolated
- Exhaustion and burn-out

Strategies

- Creating and protecting space for yourself: exercise, regular sleep schedule, eating right, getting outside
 - BLOCK IT OUT on your calendar!! Commit to your own time
 - Recharge! Reset! Take vacation and time off as you can – take a day off here or there, or even a half-day every week
 - End meetings on time!!
 - Build breaks into your day, instead of back-to-back meetings
 - Develop a routine that signifies the end of your workday
 - Give yourself “grace”
 - Keeping perspective, we will get through this
 - Talk it out!! Work through challenging experiences by debriefing
 - Maintain relationships – family, friends
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RESEARCH LIFE

Challenges

- Non-COVID related:
 - Majority of focus went to COVID
 - The COVID breakdown/derailment/crash of non-COVID studies
 - SHUTDOWNS! Animals, staffing, clinics, human research studies
 - IRB /admin challenges for non-COVID related studies
 - Loss of critical mentorship, loss of critical research training
 - Difficulty with pivoting if in-training or early career
 - Inability to focus on non-COVID areas due to stress and fatigue
 - Changes in funding opportunities
 - On-going grants without changing timelines
 - Loss of previously set goals for timelines
- COVID related:
 - Quickly becomes a saturated and competitive space
 - Handling of data and publications becomes rushed and inaccurate
 - How to use medRxiv (med-archive) or similar

Strategies

- Use the time now (in between “surges”) to generate data (benchwork, recruitment, sample collection, etc) with plans to do data analysis and writing
 - Recognizing that this can be very tough if you are early on and you don’t have enough data to go through if shut-downs are to occur again
 - Shift to projects that can keep you engaged and feeling productive
 - ASK FOR HELP – even if you think your mentors may be too distracted/busy, they may be wondering why you haven’t reached out
 - Creative lab shift scheduling to still get people into the lab if appropriate
 - Go with the flow – ok to set aside non-COVID research if you are having a hard time focusing
 - Lean on/defer to leadership of institution to streamline flow of supported COVID related research
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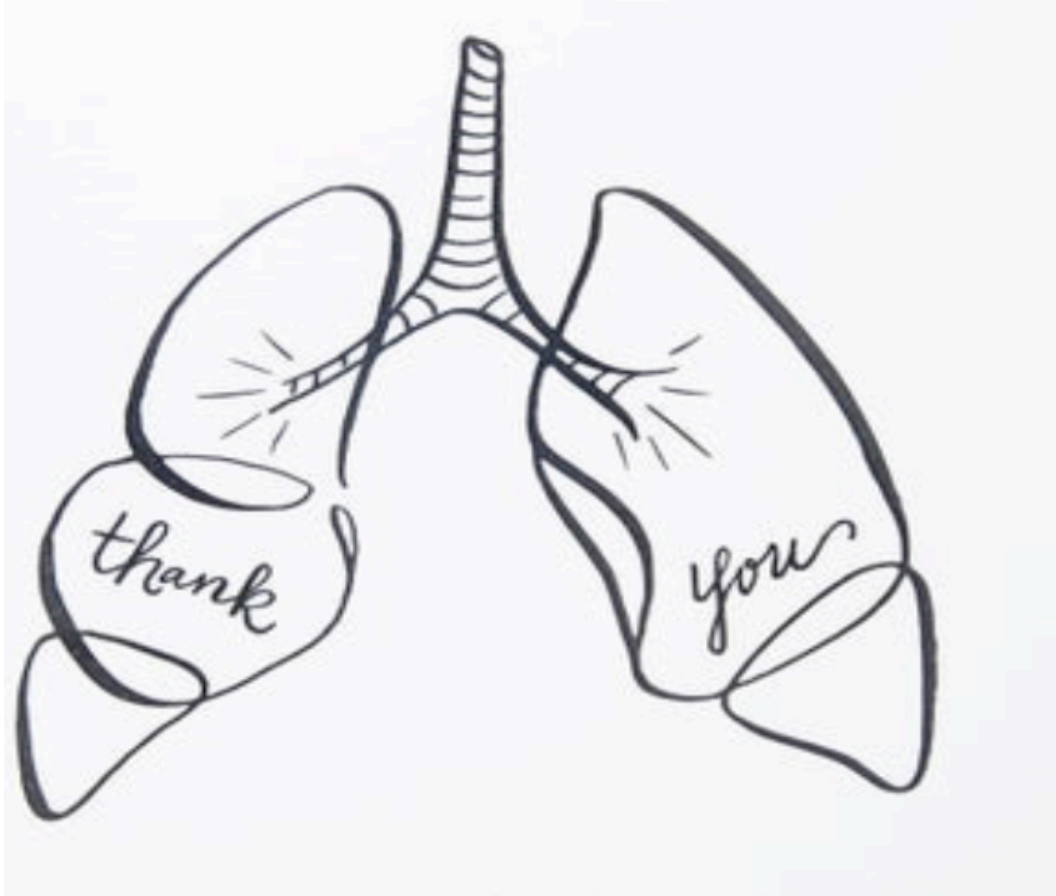
CAREER DEVELOPMENT

Challenges

- Loss of networking opportunities and existing in a silo
- Loss of meetings (ATS in person)
- Loss of mentorship (mentors super busy with COVID work)
- Loss of research time (pulled to clinical service or shut-downs)
- Fellows: Loss of critical research training time and dedicated career development
- Unable to develop/create your “niche” in your final years of training
- Funding challenges – timelines have all been pushed back due to decreased productivity
- Virtual meeting/zoom fatigue, email fatigue

Strategies

- Remember, everyone is in the same boat in terms of obstacles caused by COVID and the impact on timelines and productivity
 - Take advantage of more direct networking opportunities
 - Example – ATS mentorship program offered through the assemblies
 - If you are a fellow, are you able to consider extending training? T32?
 - For zoom meetings, make every effort to truly treat them like you are actually in person to make sure you are getting the most out of what you are spending your time on! Be present.
 - Tell your mentors and sponsors what you need – when you are worried about timelines, long-term objectives and whatnot
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#MaskUp