

SATURDAY, November 5, 2022

Canada Future Directions in IBD



SESSION III

WORKSHOPS – HOT TOPICS FROM BENCH TO POLICY

The Mountain of Literature: How do we stay on top?

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Objectives

- Develop strategies to keep up-to-date on IBD literature
- Understand the use of technology and social media to follow the literature
- Explore methods to organize your time

Abstract

The number of scientific journals is increasing exponentially, as is the number of papers published. How can a busy clinician keep up with the important developments in IBD? This workshop will review technological and non-technological ways to consume, absorb, and process the literature in a systematic way. Topics of discussion will include:

1. The use of technology to 'push' literature to you, such as:
 - eTOCs
 - Social media
 - Saved search strategies in Pubmed, Google Scholar, and Google Search
 - Journal RSS feeds
2. Finding time to read journals and consume the literature, while effectively absorbing and processing the information:
 - Time blocking for journal reading
 - The Pomodoro technique to help focus
 - Note-taking
 - Organizing articles in a folder structure, reference management software

Key references

Gosztyla M. How to find, read, and organize papers. *Nature* 2022 Jul 7.

<https://doi.org/10.1038/d41586-022-01878-7>

Träger U. Ten tips to stay on top of your reading during grad school. *PLoS Blogs: ECR*

Community. 2017 Jan 12. <https://ecrcommunity.plos.org/2017/01/12/ten-tips-to-stay-on-top-of-your-reading-during-grad-school/>