

Publish or Perish

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As a newly hired nurse practitioner with barely a week of experience in the position, I was approached by a physician colleague at the end of a busy morning clinic. Excitedly, he said, “We are so happy to have you work with us. Can you see the patients in our afternoon clinic? I have a paper due by tomorrow and it’s ‘publish or perish’ around here. Thank you so much for your help. I really appreciate it.”

I felt honored that my new colleague was confident in my level of knowledge to allow me to see “his” patients. But I didn’t understand why he had a paper due. I asked him what he meant. He explained that the deadline had passed to submit edits for a research paper in a peer-reviewed journal. He was afraid the manuscript would be rejected because it was 2 days past the due date. He needed a few quiet hours without distractions in order to finish revisions and send them to the editor.

As we spoke, he briefly shared some of his strategies that resulted in his publishing success. He concluded by offering his writing assistance and support as a mentor if I wanted to publish on a topic of interest to me.

As I returned to the afternoon clinic, I kept thinking about our interaction, which taught me the importance of writing and disseminat-

ing research, as well as adhering to deadlines. It took me some time to realize what the phrase “publish or perish” meant. The phrase refers to the pressures to publish academic work in order to succeed in academia (Grimes et al., 2018). Research and publications are important in medicine. But is publishing an important standard for advanced practitioners (APs)?

In the past 10 years, APs have become more engaged in clinical research and publishing articles of interest for their peers. In fact, in 2019, there was a 24% increase in the number of submissions to *JADPRO* compared with the first year the journal was launched, in 2010. Advanced practitioners are well positioned to design and conduct clinical research, quality improvement projects, and to update peers on relevant information; however, many lack the time and resources to do so (Lambert & Housden, 2017). Advancing the science is an inherent desire for many APs, but knowing where to start and having strategies for writing can be overwhelming. For clinical APs, the importance of writing is becoming more important. Table 1 contains some tips for writing.

Keep in mind that writing is a skill. Practice makes it better. A desire to improve your writing skill is key to actually improving it. Find a

Table 1. Tips for Writing

Tip	Description
Identify the topic.	Is it worth your time to write about this particular topic? Have there been other articles or research that have been published on this topic within the past year? If you think so, then proceed with a review of the existing literature. You are more likely to be motivated to complete the project if you are passionate about the topic.
Set your writing goals. Then set aside half an hour a day for researching and writing.	Pencil in 30 minutes on your calendar during your most productive time of day. I prefer to write in the mornings, but sometimes I enjoy the quiet of the house at the end of the day to finish up a paper.
Review the literature and identify relevant references from reputable sources (preferably peer reviewed).	Save all of the referenced PDFs in a folder that you can easily locate. Highlight sections of articles electronically (or with your highlighter, if printed). Save the electronic file with the name author_journal_topic_year (e.g. <i>faiman_jadpro_policy_2013</i>). If you are just starting out, a literature summary table might be helpful to organize your papers (Younas & Ali, 2021).
Create an outline and start writing.	Whether it is a research protocol, quality improvement project, or an evidence-based paper, this is where you again ask yourself if what you intend to write or research provides new or updated information.
Bookmark/highlight documents to facilitate next-day continuation.	Make notes where you left off, and remind yourself of the next step so you can quickly continue the task the next day.
Set a timeline. Stick to it.	It gives me great pleasure to create due dates on my calendar, then mark tasks as “done” once the paper or writing task is accomplished.
Celebrate even small successes. These cumulative successes will add up to big achievements in the end.	Take a break from writing. Go for a walk or maybe get some ice cream. You deserve it!

mentor or a trusted colleague to review your work, and learn which strategies work best for you.

IN THIS ISSUE

Within the pages of this issue, you will read several articles from APs interested in adding to the science and sharing their knowledge through publishing their work. First, Braun-Inglis and colleagues share the results of a pilot study aimed to understand the attitudes and roles of oncology APs in clinical research. Also in Research and Scholarship, Mason and colleagues describe how APRNs can take the lead in early palliative care intervention. Two review articles focus on pancreatic adenocarcinoma and updates in breast cancer surgery. Grand Rounds features topics relevant to hematology, with a multicenter real-world case series on the treatment of immune thrombocytopenia and an article on the adverse event manage-

ment of tyrosine kinase inhibitors. Mastrangelo and colleagues highlight safety considerations during the pandemic, and Selby and colleagues share thoughts on the topic of pegfilgrastim biosimilars. I hope you will enjoy this issue and that the content will encourage you to fine-tune your writing skills and submit an article to *JADPRO* or another journal of your choice in the future. ●

References

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