

# ***Establishing Your Research Laboratory***

University of Florida | Center for Research Training  
Research Essentials  
December 2<sup>nd</sup>, 2021

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# Disclosures

- This presentation does not promulgate the off-label use of any United States Food and Drug Administration approved medication or device.
- There are no financial disclosures or conflicts of interest.
- *Previous studies sponsored by:*
  - NIGMS**
    - P50 GM111152-01
    - R01 GM113945-01
  - NIA**
    - P30 AG028740
- *Current Funding:*
  - NIGMS**
    - RM1GM139690 “Dysfunctional Myelopoiesis and Myeloid-Derived Suppressor Cells in Sepsis Pathobiology ”
    - R35GM140806 “Pathological Myeloid Activation After Sepsis and Trauma”
    - R01GM139046 “Stratifying Patient Immune Endotypes in Sepsis (SPIES Study)”
    - R01GM105893 “Chronic Stress and Anemia Recovery following Major Trauma”
    - T32GM008721 “Molecular Biology in Burns and Trauma”





**The first rule of setting up your laboratory is...**

**MENTORSHIP**

**The second rule of setting up your laboratory is...**

**MENTORSHIP**

**The third rule of setting up your laboratory is...**

**Be inclusive not exclusive**

**And work with people who are fun to do research  
with**

**The fourth rule of setting up your laboratory is...**

**Go out to others, do not make them come to you**

**This includes the IACUC, IRB and help from senior investigators**

**Demonstrate gratitude**

**Do as instructed, don't argue (you are asking for help, they are not their to serve you)**

**Try to set up whatever you are doing for success, don't just role the dice...life will throw you plenty of curveballs daily**



**The fifth rule of setting up your laboratory is...**

**Listen to constructive criticism**

**The sixth rule of setting up your laboratory is...**

**Only those that evolve will survive**

**The seventh rule of setting up your laboratory is...**

**Your reputation is more important in the long run than any amount of money or publication**

**The eighth rule of setting up your laboratory is...**

**Don't be a d--k**

# <https://www.science.org/content/article/for-our-lessons-starting-research-lab>

- **Four lessons for starting a research lab**
- **Find your niche**
- Before you even begin to interview for a faculty job, you need to decide what your lab's focus will be. You must be a pioneer, "carving out a niche for yourself that is unique, and where you'll be at the top of the heap," says Margaret McFall-Ngai, a professor at the University of Hawaii at Manoa who was among the first to study squid-bacteria interactions. Identify how your skills intersect with the science that excites you, in the most promising uncharted territory. Plan big while identifying key publication checkpoints along the way. Your tenure case depends on it.

# <https://www.science.org/content/article/for-our-lessons-starting-research-lab>

- **Four lessons for starting a research lab**
- **Find your people**
  - Good science is done by talented people. "If you have an excellent person who wants to work with you, try to hire them at all costs, even if you have to spend the last of your money," says Gregor Weihs, a professor of photonics at the University of Innsbruck in Austria. On the flip side, hiring the wrong people can be a real drain on the group. "Never hire just because you can," Weihs says. Get to know prospective lab members by teaching graduate classes and taking on undergraduates for smaller projects, and use your network to find promising graduate students at other institutions.

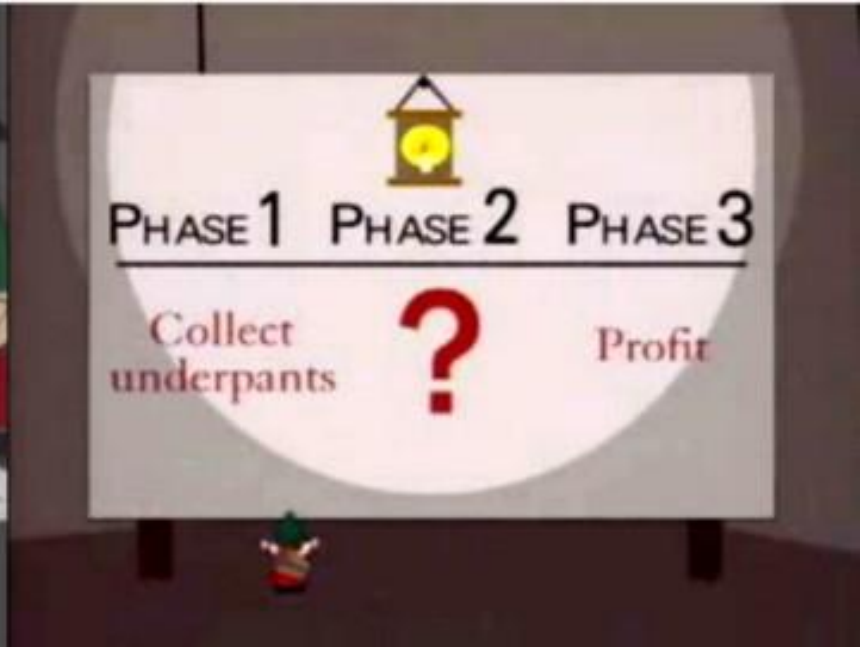
# <https://www.science.org/content/article/for-our-lessons-starting-research-lab>

- **Four lessons for starting a research lab**
- **It pays to work together**
- To secure major funding, "it's better to try and see if you can chase it together rather than all competing for the same buck," says Melvyn Goodale, a professor of neuroscience at Western University in London, Canada, who helped form an 11-institution research consortium, the Canadian Action and Perception Network. If your goals are aligned with those of other labs, then it makes sense to work together on a joint application rather than against each other. Writing grant applications as a group can help spark new ideas, and many minds working together can increase your chance of success. Even if you don't get funded, writing a group grant can deepen your collaborative relationships for years to come.

# <https://www.science.org/content/article/for-our-lessons-starting-research-lab>

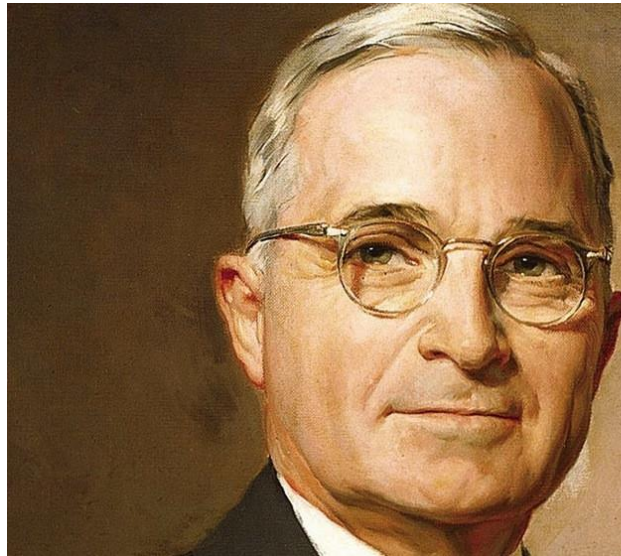
- **Four lessons for starting a research lab**
- **Build a network**
- To make connections when you're just starting out, you need to be your own marketing department. "It's not just doing the research; it's making it known," says Yoshua Bengio, a professor at the University of Montreal in Canada who works on artificial intelligence. These days, a lot of networking is done online. Get on Twitter and follow your 10 favorite research labs. Look at who they follow to find more connections. Tweet about the work you publish and interesting papers you read to help people identify your niche and get to know your research brand.





# <https://imotions.com/blog/set-up-research-lab/>

- **Step 1. Set your research question**
- **Step 2. Know your equipment**
- **Step 3. Collaborate!**
- **Step 4. Secure funding**
- **Step 5. Setting up the lab space**
- **Step 6. Data handling and collection**
- **Step 7. Begin research**
- **And my own additions...get it in writing, but you shouldn't need that if you have found a good home...and don't fall on your sword for minor issues – focus on the larger goal....**



**It is amazing what you can  
accomplish if you do not  
care who gets the credit.**

**- Harry S. Truman**

# And Finally...Believe!





# Nigel's Boom Boom Beach Bar and Grill Tortola, BVI



# Questions?

