

## 2022-11-03: Is Volunteering Time/Services to Medical Education on Life Support?

The following links were shared during the chat:

- [Nine Practices to Help You Say No Without Feeling Like a Jerk](#)
- [The Serendipity of "Yes"](#)



**MedEd Chat (hosted by ACE)** @MedEdChat9 hours ago

TOPIC 1: #mededucators get asked to do a lot...much of it entirely voluntary. Why do you give of your time? #MedEdChat



**Deb Simpson** @debsimpson39 hours ago

Eager to learn. Signing on from MKE and wishing we were in World Series. #MedEdChat <https://t.co/2rmU2d1L63>



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

T1 My motivations have changed over the years. Early in my career...it was to get involved and build a network. Now with so much snow on the roof, I feel it's my time to give back to those who helped me along the way #MedEdChat



**Sateesh Arja, M.B.B.S., MHPE, MSPH** @ArjaSateesh9 hours ago

@MedEdChat #mededchat T1 to be engaged in scholarly activities and learn from others. To build network. Exchange of knowledge and ideas. I learned a lot from organizations like SDRME, IAMSE, AMEE, DOCS and AoME #meded



**Deb Simpson** @debsimpson39 hours ago

@GLBDallaghan Agree with sequence @GLBDallaghan / just thinking times have changed with increasing demands on educators without resources. Always about priorities. Reminds me that basic needs are #1. #mededchat <https://t.co/9vYRGytn6c>



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

@MedEdChat T1 to learn more and to give forward. #mededchat



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

@debsimpson3 I get that, but is the immediate overpowering the possibilities? Sometimes those inward looking "priorities" obscure your vision to see that your needs might be met through volunteering #MedEdChat



**Deb Simpson** @debsimpson39 hours ago

@ArjaSateesh @MedEdChat Agree. It's the curiosity that is driver to learn. Less interested in scholarship. That's a by product when good work is done in systematically-evidence driven way so can to learn and grow. #growthmindset #mededchat



**MedEd Chat (hosted by ACE)** @MedEdChat9 hours ago

TOPIC 2: The rapid pace of work and life present challenges for service. How do you decide what to say Yes to and what to say No to? #MedEdChat #meded



**Kristina Dzara, PhD, MMSc** @KristinaDzara9 hours ago

RT @MedEdChat: TOPIC 2: TOPIC 2: The rapid pace of work and life present challenges for service. How do you decide what to say Yes to and what to say No to? #MedEdChat #meded



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

T1 On behalf of #plucche117, to impact the community around us.#mededchat



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

T2 I jokingly (well, sort of) refer to myself as someone who is somewhat loose and have always had a hard time saying no. I'm curious how others prioritize this. #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

T2 on behalf #plucche117, depends on your career stage. Early on it was about professional advancement, at this stage it's being about of greater service to the school or students. #mededchat



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

T2 I just looked at this quick article on how to say No. Great ideas and also emphasizes keeping goals in mind so as to not over extend. <https://t.co/6OIPb5tQto> #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

T2 really depends on time availability, on the topic, on a personal relationship. But certainly always try to be forthcoming to respond timely. #mededchat



**Deb Simpson** @debsimpson39 hours ago

T2. Why engage. It's an #ROI calculation. Only thing finite is time. So must prioritize. Aligned with my values? Aligned with my orgs rewards and incentives? (Sorry have to pay the bills). Can I do realistically do it in "free time"? What will I learn? #mededchat <https://t.co/MpdWylFceC>



**Sateesh Arja, M.B.B.S., MHPE, MSPH** @ArjaSateesh9 hours ago

@MedEdChat #mededchat If I think I can be engaged, interested and contributing, then I will join. And it should not be conflicting with my job responsibilities and working hours #meded



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

T2 This is the article that resonates most with me....and that is the serendipity of saying Yes. "When you say "yes" to an opportunity, you begin the journey down a road that will have fortuitous forks that you cannot initially see." <https://t.co/YdTgZivUTW> #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

RT @MedEdChat: #MedEdChat begins in 30 minutes! New to the chat? Here are some helpful hints! <https://t.co/ynrJHYE6Wk>



**Deb Simpson** @debsimpson39 hours ago

@drtuvdendorj Interesting. Assume it also aligns with your values and priorities? #mededchat



**MedEd Chat (hosted by ACE)** @MedEdChat9 hours ago

RT @debsimpson3: T2. Why engage. It's an #ROI calculation. Only thing finite is time. So must prioritize. Aligned with my values? Aligned with my orgs rewards and incentives? (Sorry have to pay the bills). Can I do realistically do it in "free time"? What will I learn? #mededchat <https://t.co/MpdWylFceC>



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

Wow, so true, love it! #mededchat.



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

RT @debsimpson3: @drtuvdendorj Interesting. Assume it also aligns with your values and priorities? #mededchat



**Meded** @cryptovitas9 hours ago

RT @MedEdChat: TOPIC 2: TOPIC 2: The rapid pace of work and life present challenges for service. How do you decide what to say Yes to and what to say No to? #MedEdChat #meded



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

@debsimpson3 T2 What if it isn't obvious that the opportunity aligns with the orgs rewards/incentives.....but you have a passion for it? Would you say no....or Yes, and? #MedEdChat



**MedEd Chat (hosted by ACE)** @MedEdChat9 hours ago

TOPIC 3: Although we want to be as giving as possible, besides asking for money, what support do you need locally to volunteer time/service to #meded? #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

On behalf of #plucche117, yes, but I feel that in early career stage it was about me and now it is about others. #mededchat.



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

T3 Whenever I've been asked to serve on a committee or do any volunteer work, I speak to my superior to get his/her support. It's important they are supportive of you doing the volunteer work and to talk through how the time commitment will impact work #MedEdChat



**Sateesh Arja, M.B.B.S., MHPE, MSPH** @ArjaSateesh9 hours ago  
@MedEdChat #mededchat T3 maybe conducive environment, infrastructure or resources required #meded



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

T2 guilty of being passionate about what I do, lol. Sometimes too obvious? #mededchat



**Deb Simpson** @debsimpson39 hours ago

@GLBDallaghan Some of my clinical colleagues now tell me it's "show me the money" as all there efforts are monetized! If they cancel clinic they lose \$\$ that are needed to pay their loans, pay for kids

braces, etc. makes me so sad!! as they want to be #mededucator. #mededchat



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

T2 So, Gary, no more making fun about my questions and bugging you #mededchat



**Gary Beck Dallaghan** @GLBDallaghan9 hours ago

@debsimpson3 That's what I continually hear now as well. That's a systemic problem that I have no idea how to address. #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj9 hours ago

T3, is this question work-related or volunteering general? #mededchat



**MedEd Chat (hosted by ACE)** @MedEdChat9 hours ago

@drtuvdendorj It's work related. If you are asked to volunteer for a committee or be an officer in an organization....it's volunteer service. Do you do it? Do you want reimbursed for it? Do you want responsibilities taken away so you have time? #MedEdChat



**Deb Simpson** @debsimpson39 hours ago

@MedEdChat T3 just wondering why those involved in #meded don't jump up:down to get the \$\$ that are there. Stop the finance shell game!! Application fees for #medicalstudents ! #GME directs and

indirects. Nonprofit status. Maybe it's time to form political action committee!! #mededchat



**MedEd Chat (hosted by ACE)** @MedEdChat8 hours ago

TOPIC 4: What's a reasonable amount of time to volunteer? Do we need to develop guidelines about this to mitigate over extending ourselves? #MedEdChat #meded



**Demidmaa Tuvdendorj** @drtuvdendorj8 hours ago

On behalf of #plucche117 admin support, software and ability to clone myself.



**Meded** @cryptovitas8 hours ago

RT @MedEdChat: TOPIC 3: TOPIC 3: Although we want to be as giving as possible, besides asking for money, what support do you need locally to volunteer time/service to #meded? #MedEdChat



**Meded** @cryptovitas8 hours ago

RT @MedEdChat: TOPIC 4: TOPIC 4: What's a reasonable amount of time to volunteer? Do we need to develop guidelines about this to mitigate over extending ourselves? #MedEdChat #meded



**Leslie Ellis** @MedEdDocOnc8 hours ago

@MedEdChat To be able to give back, especially if it's on a larger platform. So thankful for my

opportunities with @ASH\_hematology over the years!

#MedEdChat #MedEd #ASHMEI #ASHTrainee #MedEducators @AMarshallMD @DrSMoerdler @Mid enightrosemh @PiperHarmon91 @JBFritz



**Gary Beck Dallaghan** @GLBDallaghan8 hours ago

@debsimpson3 @MedEdChat T3 Same could be said about the journals getting a lot of free labour from us....volunteer reviewers, volunteer editors Some of these publishing houses have a lot of \$\$\$ but don't offer any incentives. #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj8 hours ago

T3 protected time. If a new proposition is opening doors to a new adventure and I can afford that, walking through without compensation is acceptable. Agreed with Gary about consulting with a supervisor. #mededchat



**Gary Beck Dallaghan** @GLBDallaghan8 hours ago

T4 I know I focus a bit more on how much I'm doing extra. For instance....I have limited myself to one journal article review a month. I used to do 2 per week. #MedEdChat



**Sateesh Arja, M.B.B.S., MHPE, MSPH** @ArjaSateesh8 hours ago

@MedEdChat #mededchat T4 3-4 hours per week sounds reasonable #meded



**Gary Beck Dallaghan** @GLBDallaghan8 hours ago

T4 I've also found that when asking others to volunteer I give them what I think is a realistic estimate of time commitment and activities. It helps so they can see how it could fit into their lives. #MedEdChat



**Gary Beck Dallaghan** @GLBDallaghan8 hours ago

@ArjaSateesh @MedEdChat How did you get to that amount? That's essentially a half day of work. Do you support that with the faculty in your school as dean? #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj8 hours ago

T4 wow, deep. It might depend on the organization not the individual. But wonder if there are any guidelines about this. #mededchat



**Deb Simpson** @debsimpson38 hours ago

T4 why would our orgs want to accept that #meded costs \$\$\$. No win for them We give away our value and time with limited/no recognition of volunteer. Some @ABMSCert give credit for #meded. To keep Faculty adjuncts often require teaching time. Time 4 teachers to ask. #mededchat <https://t.co/p2Udh4vGsy>



**Demidmaa Tuvdendorj** @drtuvdendorj8 hours ago

T4 I am realizing that I tend to do this type of work outside of work hours, not good but well, habits. #mededchat



**Sateesh Arja, M.B.B.S., MHPE, MSPH** @ArjaSateesh8 hours ago

@GLBDallaghan @MedEdChat #mededchat T4 yes, we do support. 25% of their time can be used for scholarly work and volunteer work for organizations of medical education especially for biomedical educators ....#meded



**MedEd Chat (hosted by ACE)** @MedEdChat8 hours ago

We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #MedEdChat



**Gary Beck Dallaghan** @GLBDallaghan8 hours ago

@ArjaSateesh @MedEdChat Well done you! That's fantastic! #MedEdChat



**Demidmaa Tuvdendorj** @drtuvdendorj8 hours ago

Good chat! #mededchat



**Gary Beck Dallaghan** @GLBDallaghan8 hours ago

@debsimpson3 @ABMSCert T4 But to be devil's advocate, we may THINK there is no recognition....but sometimes those rewards come later. My career has been built on that. We can't let a myopic view of volunteering interfere with greater possibilities. #MedEdChat



**Meded** @cryptovitas8 hours ago

RT @debsimpson3: T4 why would our orgs want to accept that #meded costs \$\$\$. No win for them We give away our value and time with limited/no recognition of volunteer. Some @ABMSCert give credit for #meded. To keep Faculty adjuncts often require teaching time. Time 4 teachers to ask. #mededchat <https://t.co/p2Udh4vGsy>



**Meded @cryptovitas8** 8 hours ago

RT @MedEdChat: We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #MedEdChat



**Demidmaa Tuvdendorj @drtuvdendorj8** 8 hours ago

On behalf of Linda #plucche117 to make sure to take your time and enjoy your personal life, make this a priority. #mededchat



**MedEd Chat (hosted by ACE) @MedEdChat8** 8 hours ago

That's a wrap...I will post the #MedEdChat transcript tomorrow morning on <https://t.co/mJivoK9NyX>. Thanks everyone for participating! #meded



**MedEd Chat (hosted by ACE) @MedEdChat8** 8 hours ago

Join us in 2 weeks at 9 PM ET/NYC Thursday. Don't forget to suggest topics by DM or email #meded #MedEdChat



**The Social Hustler @the\_hustleryguy8** 8 hours ago

RT @debsimpson3: @ArjaSateesh @MedEdChat Agree. It's the curiosity that is driver to learn. Less interested in scholarship. That's a by product when good work is done in systematically-evidence driven way so can to learn and grow. #growthmindset #mededchat



**Demidmaa Tuvdendorj @drtuvdendorj8** 8 hours ago

Again on behalf of Linda #plucche117 in another words don't make "10 more minutes, 10 more minutes..." into 1 hr 30 min. #mededchat



**Kristina Dzara, PhD, MMSc @KristinaDzara8** 8 hours ago

RT @MedEdChat: Join us in 2 weeks at 9 PM ET/NYC Thursday. Don't forget to suggest topics by DM or email #meded #MedEdChat

## The #MedEdChat Influencers

Top 10 Influential



**@MedEdChat** 100



**@GLBDallaghan** 58



**@debsimpson3** 55



**@AriaSateesh** 47



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 [@cryptovitas](#) 5

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 [@WhitbreadsECG](#) 1

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### Highest Impressions

 [@MedEdChat](#) 88.1K

 [@GLBDallaghan](#) 27.0K

 [@cryptovitas](#) 17.2K

 [@KristinaDzara](#) 15.1K

 [@debsimpson3](#) 9.0K

 [@the\\_hustlerguy](#) 4.3K

 [@AriaSateesh](#) 1.0K

 [@WhitbreadseCG](#) 763.0

 [@drtuvdendorj](#) 360.0

 [@MedEdDocOnc](#) 241.0

## The Numbers

163.104K Impressions

65 Tweets

11 Participants

7 Avg Tweets/Hour

6 Avg Tweets/Participant

Twitter data from the [#MedEdChat](#) hashtag from Thu, November 3rd 2022, 8:05PM to Fri, November 4th 2022, 5:10AM (America/Chicago) – Symplur.