

# Kunsten at sige nej...

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IMPACT

”Hey, de data har vi vist... Det kan vi sgu da også godt lige se på!?”

- Unge Anton  
(Og mange andre  
epidemiologer...)



# Today's Random Medical News

from the New England  
Journal of  
Panic-Inducing  
Gobbledygook

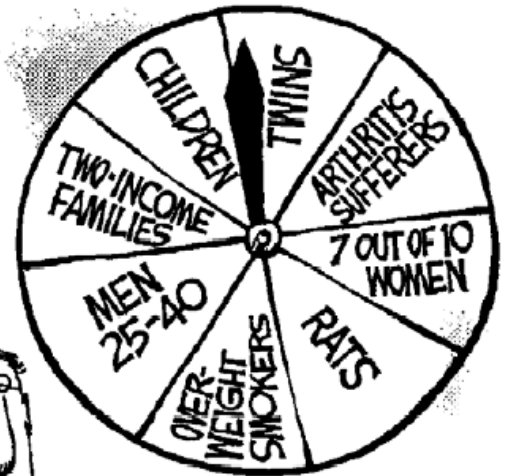
JIM BRESNAN



CAN CAUSE



IN



ACCORDING TO A  
REPORT RELEASED  
TODAY....

NEWS

”We need less research, better research and research done for the right reasons”

- Altman

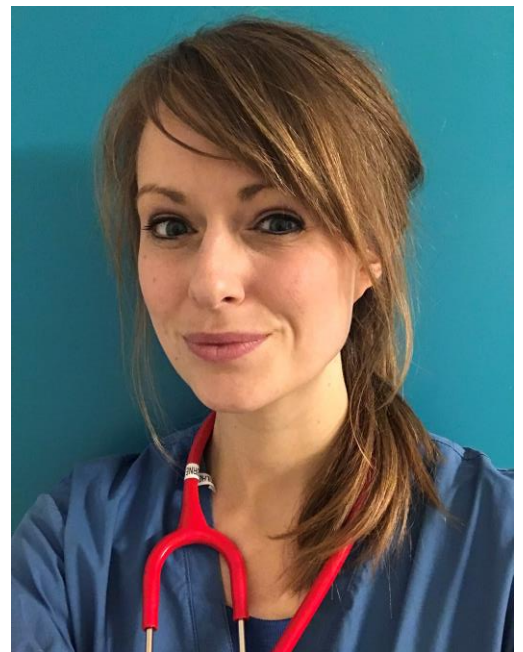
















Mydtskov-kriterierne

72-timers-reglen

Fluebens-optimering

JOMO

Vision

Senior-input

“To Do”-tjek

Konstant reminder!

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Fede folk

Fed musik

Fed hyre

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A cartoon illustration of a man with a large nose and a white beard, wearing a yellow shirt and blue shorts, sleeping in a blue chair. He is leaning back with his feet up. Small 'z' characters are floating above his head, indicating he is asleep.

*Sleep On It!*

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GYLDENDAL BUSINESS



# GÅ GLIP

OM BEGRÆNSNINGENS KUNST  
I EN GRÆNSELØS TID

**SVEND BRINKMANN**

Joy  
~~Fear~~ of missing out

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Den farmakoepidemiologiske  
forskningsgruppe på Syddansk Universitet er  
et laboratorium, der udvikler metode,  
infrastruktur og praksis inden for  
farmakoepidemiologien, og et værksted, der  
udfører anvendt farmakoepidemiologisk  
forskning af højeste internationale kvalitet.



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**Robert Platt**

@robertwplatt

Following



I heard a quote attributed to [@ken\\_rothman](#) - "I have never regretted saying no". Good advice. I have plenty of regrets about saying yes to projects! It's time to start saying no more often.

6:18 AM - 7 Feb 2018

5 Retweets 26 Likes



**Ken Rothman**

@ken\_rothman

Following



Furthermore, I have never regretted saying "I have never regretted saying no"

# Dear PhD student: Who's got your ear? – Your supervisor? Or the bricks in the walls?

Published on February 25, 2020 [Edit article](#) | [View stats](#)



Photo from Colourbox.



**Anton Pottegård**

Researching the rational use of drugs based on data on effects and side-effects of medicines. Professor of pharmacoepidemiology and clinical pharmacy at...

6 articles

Who tells you what to do and how to do it?



Like



Comment



Share



Saad Hanif Abbasi and 60 others

2 comments

[LINK!](#)

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# 2018

Submit 12 x cancer (4)

Indsend disputats

~~Patodata på 3548~~

Cancer-ansøgning

~~Trans Rev-submission~~

Ledelsesalmanak

Reading Challenge 2018

Esthers Dagbog

Ukulele

- ✓ [1] Publicering - Statin use in oldest old (Wade)
- ✓ [1] Publicering - TransRev
- ✓ [1] Publicering - VKAProstata (Kasper)
- ✓ [2] Artikel - Aclidinium-DUS (RTI)
- ✓ [2] Artikel - Ago-DUS (RTI)
- ✓ [2] Artikel - Ago-Outcome (RTI)
- ✓ [2] Artikel - Ago-Validering (RTI)
- ✓ [2] Artikel - Alexander (2. Statin)
- ✓ [2] Artikel - Alexander (3. NSAID)
- ✓ [2] Artikel - Cystektomi (Abdul)
- ✓ [2] Artikel - DrugElderly (Line)
- ✓ [2] Artikel - HCTZ-Melanoma-US
- ✓ [2] Artikel - HRTvsMelanoma (Blánaid)
- ✓ [2] Artikel - MaternalComorbidity (Mette Bliddal)
- ✓ [2] Artikel - MisuseReview (Micaela)
- ✓ [2] Artikel - NSAID-DUS (Kasper)
- ✓ [2] Artikel - PhthalatColon (Zandra)
- ✓ [2] Artikel - QTcDeath (Mikkel)
- ✓ [2] Artikel - SDH-SSRI (David)
- ✓ [2] Artikel - VeluxReview2-Patient (Trine)
- ✓ [2] Artikel - VeluxReview3-Tools (Wade)
- ✓ [3] Protokol - AF-infektion (Tobias)
- ✓ [3] Protokol - DrugElderly (Mette)
- ✓ [3] Protokol - FlecaSkin
- ✓ [3] Protokol - NOAC-SwitchRisk Outcome (Maja)
- ✓ [3] Protokol - PhthalatPreg (Anne)
- ✓ [3] Protokol - Statin-INR (Alaa)
- ✓ [3] Protokol - ValproatSkin (Kasper)



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Presentation v2

Filer Hjem Indsæt Design Overgange Animationer Slideshow Gennemse Vis Søg

Eksempel Ingen Vis Udtøning Flyv ind Svæv ind Opdel Vite Form Hjul Tilfældige s... Forøg og dreg Zoom Hvirvel Elastisk Impuls

Animation

Eksempel

- 1 **Kunsten at sige nej...**  
Anton Pottegård  
Head of Research, Hospital Pharmacy Funen, Odense University Hospital  
Associate professor, Clinical Pharmacology and Pharmacy, University of Southern Denmark
- 2 En ide dør...
- 3 ?
- 4
- 5

Slide 1 af 19 Dansk

# Kunsten at sige n

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Twitter (Danish): @Pottegaard  
Twitter (English): @APottegaard

Windows taskbar: Kunsten at sige nej, Vampire Weekend..., Presentation v2 - P..., Unavngivet - Paint

iiyama

REKVISITLISTE  
17-09-2016  
START KL. 15.50  
SLUTT KL. 16.10  
TRAKT NO. 1  
STADTIDEN  
KARSEL  
TILBETJENING PR. 8.50 DKK 35.00  
T-I PR. 8.50 DKK 120.00  
EKSTRA PR. 8.50 DKK 42.00

TELMORE

Unlocked

99 %

08.53

Tuesday, 22 May

Press Home to open





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## Just say no: A young researcher's thoughts on prioritizing projects and ideas

Published on January 28, 2019 [Edit article](#) | [View stats](#)



**Anton Pottegård**  
Professor at University of Southern Denmark

3 articles

Most scientific papers end with “This calls for more research”! As such, there is always another idea and another potential project. And as a young researcher, I have been eager to pursue them all. However, at some point I started losing track of my projects. What was important? And what was simply ‘nice to’ projects? More importantly, the important stuff started to wither due to lack of attention. At the same time, my hair was greying at a rapid pace and the sleep deprivation was setting in. Does this sound familiar?

# 8 practical tools to assist you in saying NO!

By Anton Pottegård (@Pottegard)

## Mydtskov criteria

Named after a Danish jazz musician. To accept a gig, you should require more than one of the following: 1) Great music (fun project), 2) Great pay (funding/citations), and 3) Great people. As an example, you could do a fun project with horrible pay if it were with wonderful people, but you shouldn't do a boring project with horrible pay, even if it is with these wonderful people.

## The “72-hour” rule

Before accepting a project, consider putting it on quarantine for 72 hours. Nothing is ever that urgent. And if you're still enthusiastic 72 hours later, the idea might be worth pursuing. This tool is particularly important if you are feeling very excited about an idea (and thus do not think clearly).

## Tickbox optimization

How many tickboxes can you tick if you do this? If the answer is one, you might be better off pursuing something that solves multiple problems in one go.

## JOMO!

“Joy (not fear) Of Missing Out”. Once a project is turned down, set time aside to actively (!) ponder about how happy you are that you are not doing it. It builds confidence for future decisions.

## Senior input

Sometimes listening to the “village elders” makes you wiser. Senior researchers never complain about having missed out. In fact, Ken Rothman was recently quoted for “I've never regretted saying no”. If such brilliant people do not regret it, it might be worth trying.

## Vision?

Have you and your colleagues agreed on a visionary statement? Will this project move you closer to that vision? If not, you should probably turn it down.

## “To do” comparison

Before accepting a new project, take a look at your current list of projects and the list of (other) new ideas. The new project might sound interesting, but is it more interesting/valuable than what you already have going on? It should be, if you choose to pursue it, as your other projects will inevitably suffer from the competition.

## Constant reminder

We all know we need to become better at saving time for what's truly important to us. And many of us need to be reminded constantly. A picture of the kids on the desk (or even better on the lock screen of your smartphone!), perhaps even with them looking sternly at you, makes you remember.

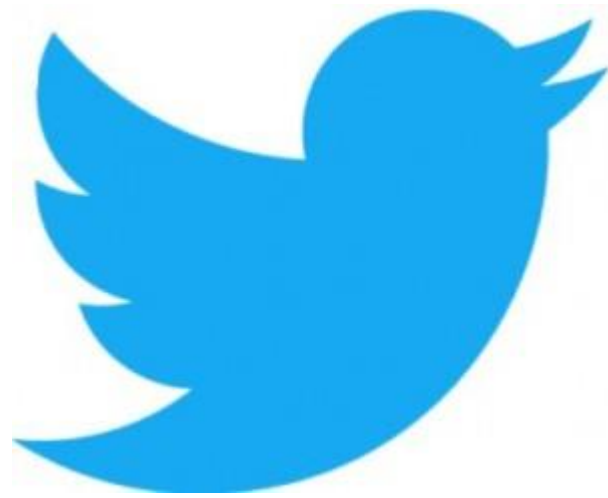
$\approx 50\%$  ?

# HAVE *Fun* AT WORK DAY











”We need less research, better research and research done for the right reasons”

- Altman





Anton Pottegård

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