Answers

Drug therapy, use of contrast dyes, bacterial contamination, and increased ceruloplasmin levels (due to increased estrogenic states such as pregnancy and oral contraceptive use) can cause serum and plasma to appear green *(1–3)*. In this case, methylene blue, a blue thiazine dye, was used to aid visualization because it would localize in the parathyroid tissue following intravenous infusion *(4)*. Methylene blue has an absorption peak at 668 nm and therefore absorbs the light emitted at 660 nm by pulse oximeters. This mimics the presence of reduced hemoglobin, resulting in falsely decreased oxygen saturation values *(5)*. Methylene blue is a reducing agent and therefore used to treat methemoglobinemia, whereas at high concentrations it can induce methemoglobinemia, resulting in cyanosis *(4)*.

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Busy Doing What? An Effective Time Management Strategy for Writers on the Go

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Nearly all academic faculty are familiar with the expression "publish or perish" used to describe the inherent academic culture where career advancement is predicated on continuously publishing one's work. Controversies exist about whether quantity or quality of publications matters more; nonetheless, scholarly publication contributions in peer-reviewed journals remain a tangible benchmark to assess faculty members' academic development and progression, or "productivity." In the current academic workplace environment faced with time pressures in navigating day-to-day clinical service and teaching activities and distractors like e-mails, allocating time to complete writing activities can seem like an impossible endeavor. Are our careers destined to perish when focus is lost on activities that do not result in publications?

In an article in *Science*, McDonnell recently described an approach for overcoming early-career challenges in finding time for undistracted writing by transforming his work life using a strategy he called "the 1-h workday" to increase academic publication output in a balanced manner *(1)*. The key for McDonnell was prioritizing 1 hour every day for writing activities to stay focused and in practice. He developed a routine that consisted of using the first hour each morning when he is at his mental best and most in control of his time for writing at home. He discovered that focus and regularity in writing are important to staying conditioned, thus stimulating deep thinking with enhanced flow of ideas while minimizing writing frustrations. By application of the 1-h workday he improved the quality of his writing, increased publication output, and overall found the process more enjoyable.

The 1-h workday ritual is a strategy for effective time management to accomplish a high-value task, in this case, writing. Time management aims at maximizing effi-

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ciency by allocating time and assigning time slots for daily activities based on priority. A thorough understanding of how time is used on daily activities together with consideration of goals and deadlines enable prioritization of tasks by importance *(2)*. Activities that fall under less important categories should be limited and avoided in favor of activities that add more value. Enhanced focus on less urgent but important matters, such as writing and publishing, allows us to stay on track with our publication goals. *McDonnel's* 1-h workday exemplifies an effective time management strategy that fosters improved publication performance and job satisfaction by prioritizing the important matter of focused writing during a time with minimal distractions.

In taking a conscientious approach towards managing the limited resource of time, career and life goals can stay on track. If you find yourself wondering where the tireless hours of work are taking your career, "Don't mistake movement for achievement. It's easy to get faked out by being busy. The question is: Busy doing what?"—Jim Rohn *(3)*. Through thoughtful application of effective time management strategies into our daily routine, we can confidently answer that we are busy working on what matters.

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