

Developing a Clinical Academic Career in Dietetics

BDA SW Branch meeting

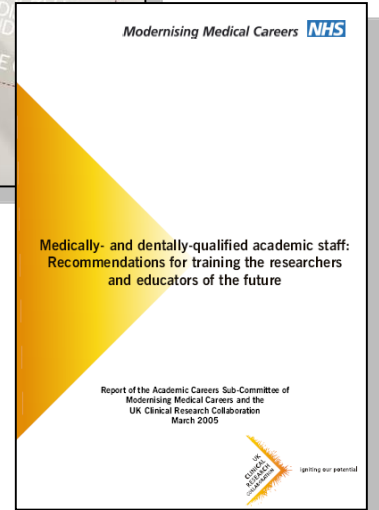
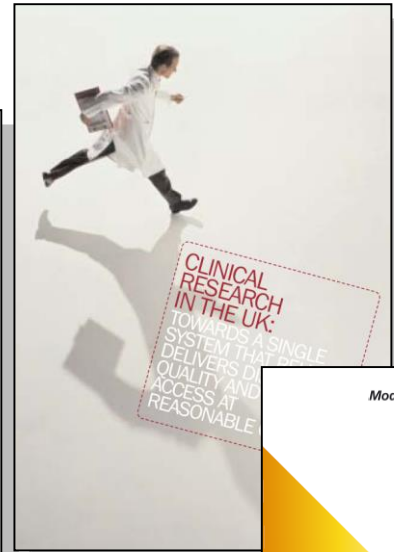
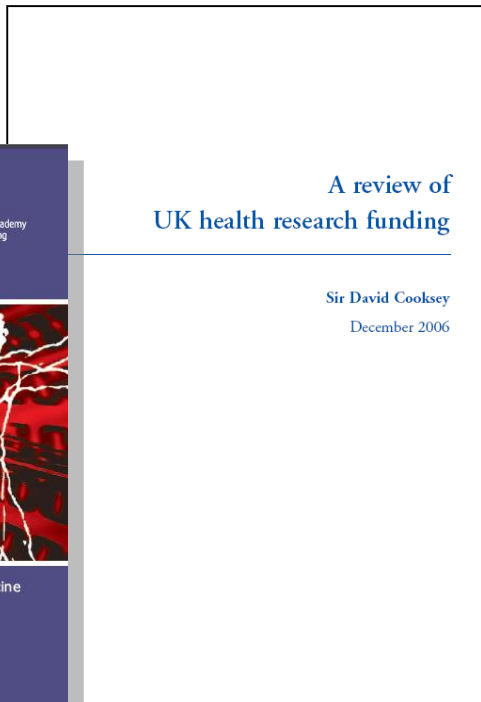
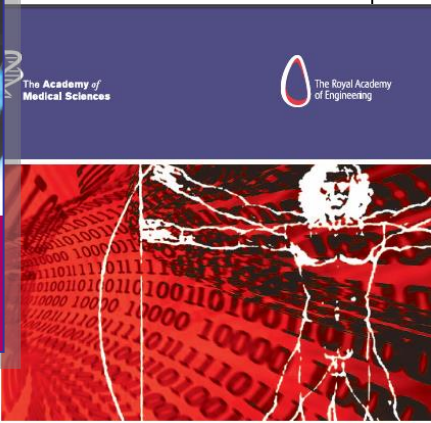
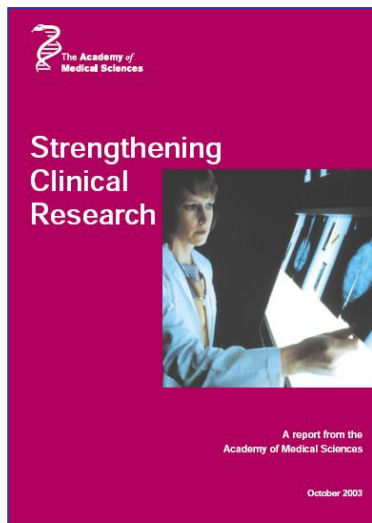
9th June 2106

Professor Mary Hickson, Plymouth University

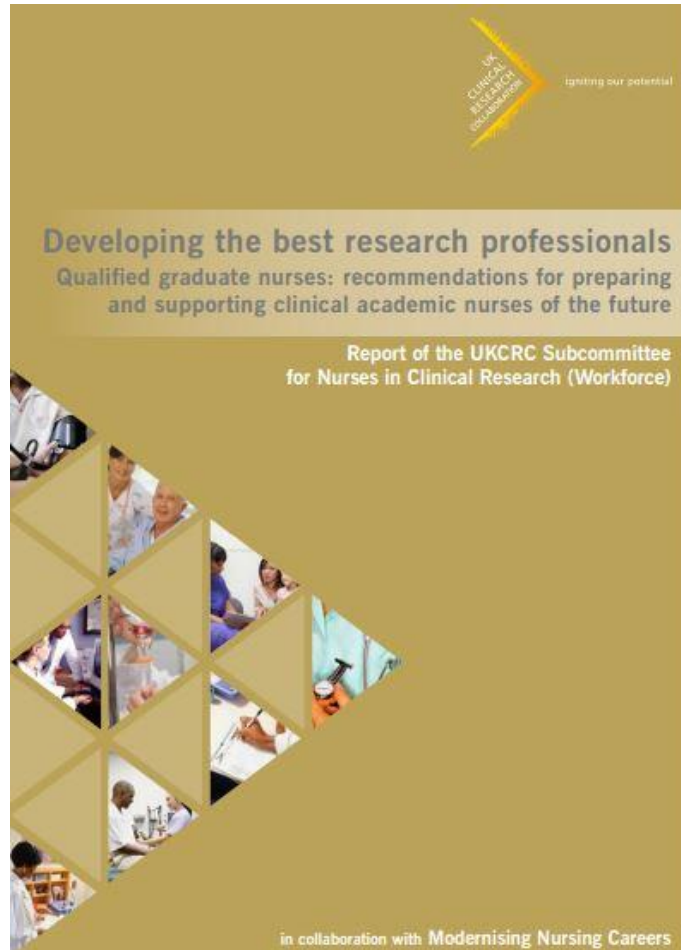
NIHR Academic Training Advocate for Dietetics

Clinical Academic Careers...

2006, a pivotal year....



Then in 2007...



The NIHR / HEE Clinical Academic Training (CAT) Programme



ICA

HEE/NIHR Integrated Clinical Academic Programme
for non-medical healthcare professionals

Why do research within the NHS?

- It is one of the four tenants of the NHS constitution
 - Considered core business
- Research active trust deliver better patient outcomes for all patients
- Clinicians often ask the most relevant questions
- Patients and the public are demanding it



Why do Research?

I like caring for patients, but in a different way. I get to talk to them about being involved in new and exciting things

I want to make sure that there is good evidence for the dietetic treatments I provide

Instead of making one patient better, I like the idea of making a large number of patients better

I like variety and in my role as a researcher, I never do the same thing each day


I want to be an academic

~~I want an easy job and make loads of money~~

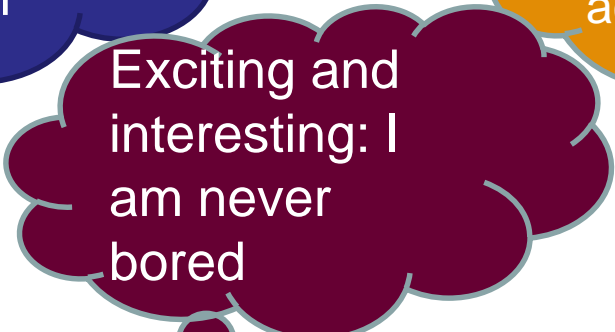
Why do I still do Research?




Contributing to
my profession's
development
and growth




It has given me a
career pathway
that has enabled
me to grow and
acquire status



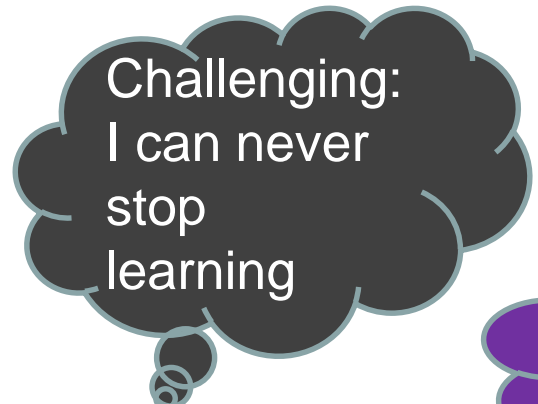
Exciting and
interesting: I
am never
bored




Foreign travel and
collaborating with
others around the
world



I love the process:
planning, critical
thinking, analysis,
interpretation,
writing




Challenging:
I can never
stop
learning



Making things
better for
patients

What does a Researcher do?

- 
- Project Management
 - Handling budgets and deadlines
 - Team leading and managing
 - Handling data
 - Becomes an IT expert

What makes a good Researcher?

- Passionate about their research
- Eye on the long game
- Resilient
- Good communicator
- Team player
- Knowing your strengths
- Excellent networks
- Not afraid to ask



What makes a good research idea?

Something that:

- you are interested in
- will make a difference
- is achievable
- will be supported where you are
- you can bring a team together for

Perceived barriers



Research is for
young graduates

Research is elitist

Research is for
those in
Universities

It is for those
who can't hack
clinical.....

My line manager
will not support
me

I have no time in
my NHS role

There is no
funding

There are no
opportunities unless
you want to do a
PhD

Research Opportunities

Workplace opportunities

Working as a
research
assistant on an
existing
research
project

Formal research training

Masters

PhD

Post Doc

- Offer an insight into a career in clinical academia
- Funding is about £10K/person
- Some for backfill and some for the project
- Need to be one of the eligible professions working in the NHS
 - AHPs
 - Healthcare Scientists
 - Nursing and Midwifery
- Local criteria

Masters of Clinical Research

- Develop research skills and capabilities
- Prepare for a PhD
- Undertake a clinical research project
- Understand the scope of the research process
- Develop clinical research networks
- Funding covers the successful applicants' salary and tuition fees

Clinical Doctoral Research Fellowship

- Train to be an independent researcher
- Funding covers salary, PhD tuition fees, research costs and a training programme
- Continue to develop clinical skills and expertise
- Research in your area of expertise that affects patient care
- Grow your research networks and support
- Gain mentorship for your clinical academic career



What to do next: Applying for a fellowship

- Talk to people who have been through the process
- Seek advice from the BDA Research Officer: Judy Lawrence: j.lawrence@bda.uk.com
- Read all the information on the NIHR Trainees Coordination Centre website (google: [NIHR TCC ICA](#))
- See NIHRtv (youtube channel) – see play list and [Career Advice from the front line](#)
- Seek advice from your profession's advocates:
 - Professor Gary Frost: g.frost@imperial.ac.uk
 - Dr Linda Wedlake: Linda.Wedlake@rmh.nhs.uk
 - Professor Mary Hickson: mary.hickson@plymouth.ac.uk

Give yourself ENOUGH TIME

What is the BDA doing?

- **Hosting a workshop to support writing your fellowship application**
Tuesday 16th August, BDA office, Birmingham, 10.30-17.00
- **Supporting the NIHR Advocates to develop a mentoring scheme**
Helping you navigate the challenges of a clinical academic career