
Research Mentorship scheme

Photo



Name and title

Dr Kathryn Hart

Place of work including location (you may wish to add a link your personal page on your organisation's website)

University of Surrey, Guildford. Please see: <https://www.surrey.ac.uk/people/kathryn-hart>

Brief description of your career background and current role

I graduated from the University of Surrey with a degree in Nutrition and Dietetics in 1999 and then after a brief period in the NHS returned to Surrey to complete my PhD investigating the factors affecting dietary behavior change in families with school age children. I started teaching and research supervision during my PhD and have not looked back, moving to a lectureship in 2004 within the Faculty of Health and Medical Sciences. I now teach Bioscience students across the undergraduate and postgraduate programmes at Surrey as well as delivering external training via the Nutrition Society and ad hoc invitations from other Universities, most recently the University of Ghent in Belgium. My teaching focuses on nutrition in early life and research methods, specifically dietary assessment, and I supervise approximately 10 BSc and MSc students annually to complete their research projects across a wide range of topics. I have supervised 15 PhD students, the majority of whom were

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dietitians from the UK and abroad, and I work collaboratively with colleagues across a range of specialties, including psychology, midwifery & obstetrics, robotics and digital technology.

Clinical and research interests

My current research includes pregnancy after bariatric surgery (as part of a European network of clinicians and academics), personalized nutrition (EU funded), dietetic prescribing and the use of digital technology to improve diabetes self-management (Innovate UK/ NHS Diabetes test bed).

I have always had an interest in investigating under-researched areas where there is the potential for a substantial impact on patient management and satisfaction, including polycystic ovary syndrome, Chronic Fatigue Syndrome, and most recently bariatric surgery in women of reproductive age, and in using technology to optimize the services we provide.

Motivations for mentoring

I am passionate about dietetic research and feel it should and can be part of everyone's role whether you work in a clinical, freelance, industry or academic setting. I am not an expert in all things research but I do know where a lot of the pitfalls lie and how challenging it can be to carve your research path.

My mentoring style

I take a very practical approach to problems and challenges. I do not claim to have all the answers but am happy to talk through issues via the phone, email or Skype to help mentees find a solution that works for them and to try and signpost to further help and support.