

# The Life Of A Research Active First5 GP

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## This talk will.....

- Use me as a case study career
- Introduce you to the NIHR and the CRN
- Explain why research is so important to the NHS
- Teach you how to get into research careers if you want to
- Inspire you to get involved with NHS research wherever you end up!

## Introductions

- Part-time salaried GP (recently in NZ)
- Previously at Park Leys (research lead)
- Academic GP at Warwick
- PhD in primary care patient safety funded by the NIHR
- Mum to twins



Medical Council  
of New Zealand  
Te Kaunihera Rata  
o Aotearoa



  
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## So why do research?

- Educational & interesting – portfolio careers
- Core beliefs about science and medicine
- CPD – courses, QIP etc.
- Altruism & feel good factor
- Better standards of care (Quality, Outcomes and Cost)
- Positive image for patients & staff (665,000 patients involved last year)
- NHS & Government priority (NIHR budget >£1 billion)

# Why do I love my job?

- Balance
- Creativity
- My own boss
- Relevance AND authenticity
- AND.....Conferences!



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# So how did I get to where I am today?

- BMedSci lab project
- Nottingham Medical School graduate 2005
- F1 jobs around the hospital
- F2 job in GP – this might be for me?.....
- New Zealand GP job – definitely me!
  
- BUT something's missing.....

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## I wonder what research is like?

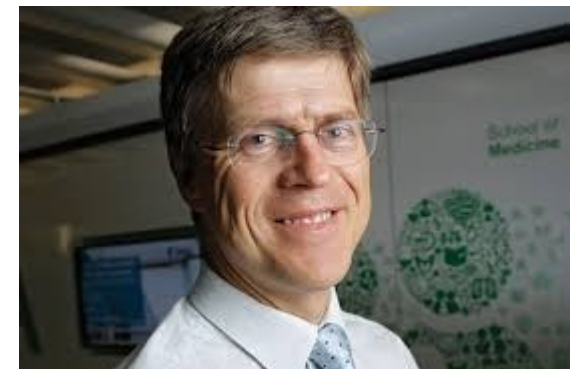
- Never taught anything about it as a foundation doctor
- Back in the UK with 9 months before VTS starts
- Hospital job to pay the bills
- Primary care at Nottingham doing a project on medication safety.....suddenly I've got my own article series!



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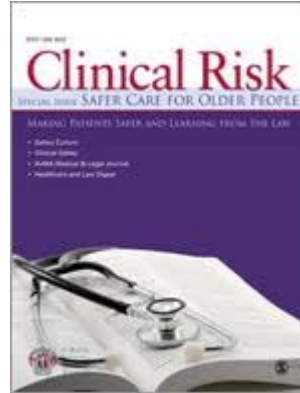
**Prescriber**  
The Journal of Prescribing and Medicines Management





## Speciality Training

- Started the VTS
- Got a ½ time academic 4 month post (locally funded)
- Then I'm on Pubmed!
- VTS takes 3 years then that's it, a clinician full-time....for ever???!
- Applied for NIHR Academic Clinical Fellowship



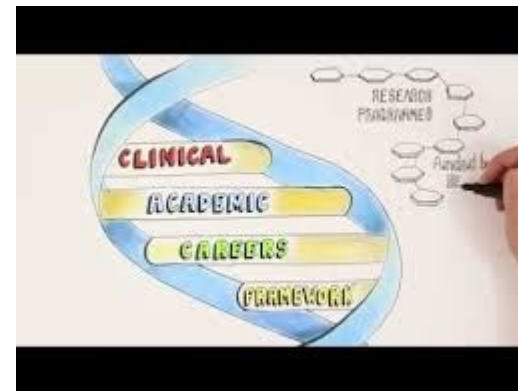
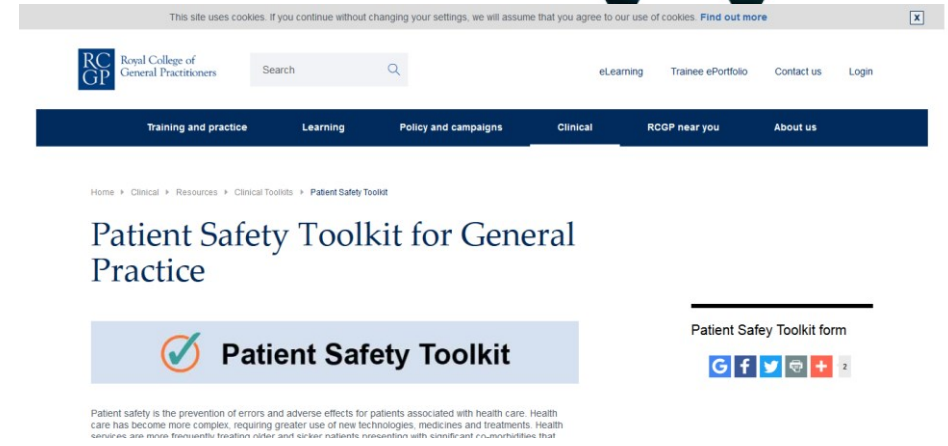
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# Becoming an academic

- Extended my VTS to 4 years with NIHR funding
- Worked on a patient safety toolkit for the RCGP
- Got an NIHR career progression fellowship after CCT
- Converted my Masters to a PhD in safety of discharge summary processing in primary care
- Academic Clinical Lectureship at Warwick commenced June 2019



## So how can you get involved?

- In the course of your: MBChB, foundation programme, on the VTS and after CCT

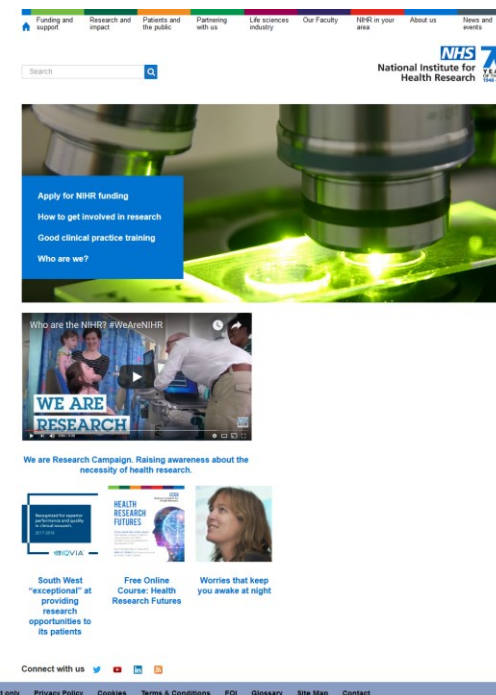
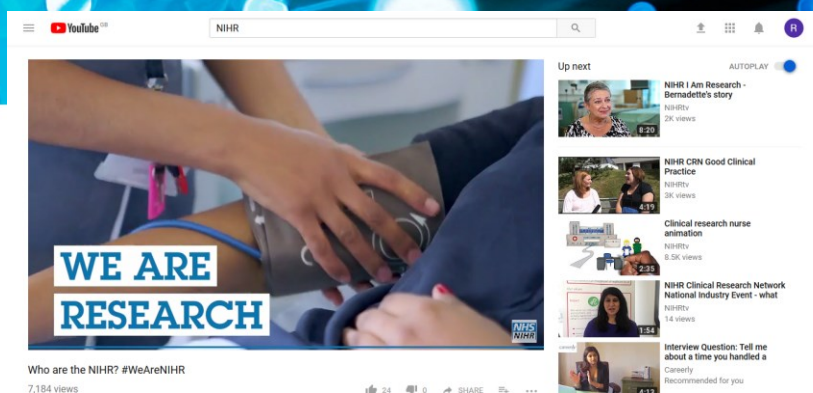
### **ANYTIME**

- Good Clinical Practice Course
- Get to know your CRN
- NIHR fellowships

# So what is the NIHR?

NIHR = NHS organisation organising, funding and promoting research

CRN (Clinical Research Network) = NIHR structures which deliver research in the field

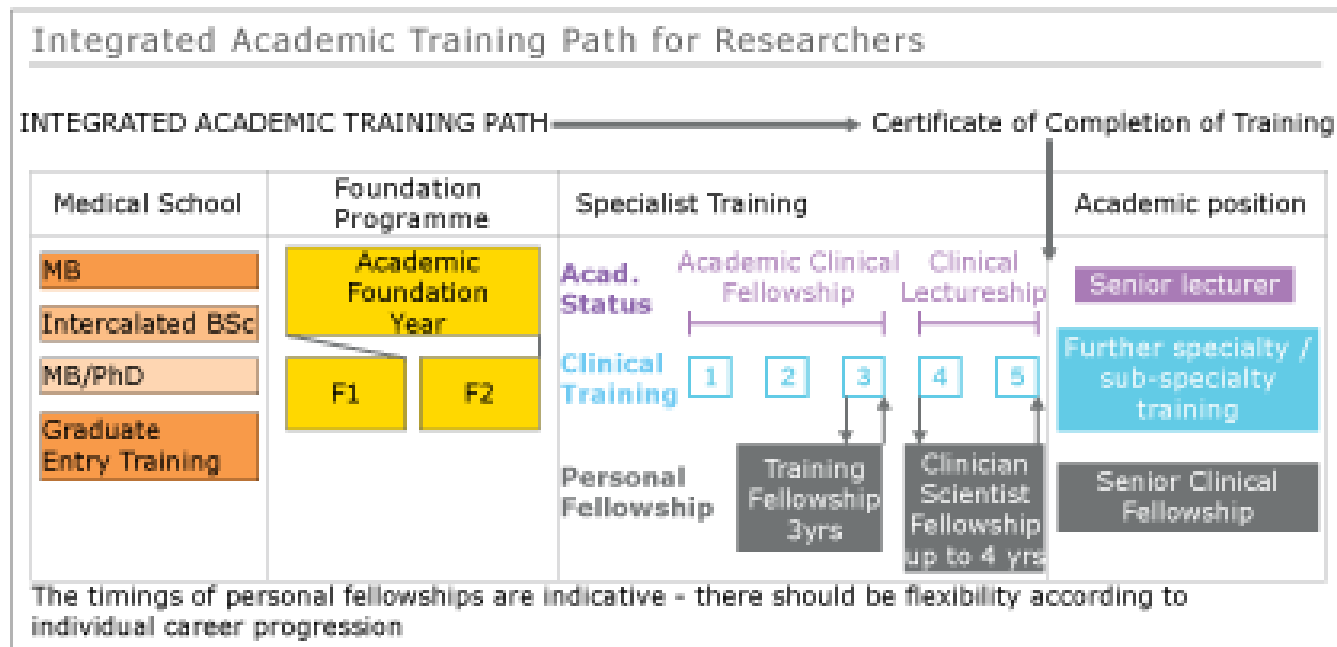


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# NIHR Fellowships

- <https://www.nihr.ac.uk/funding-and-support/funding-for-training-and-career-development/fellowship-programme.htm>
- Buy back your clinical time at clinical rates
- Competitive but not impossible
- Have application deadlines
- Given to individuals not projects
- Variety of awards – never too late!





# Good Clinical Practice Courses

- All NHS employees can do the online courses – takes a few hours
- Face to face is more fun but harder to arrange as a trainee
- Once this governance is done you can get involved

The screenshot shows the NIHR website navigation bar with the following menu items: Funding and support, Research and impact, Patients and the public, Partnering with us, Life sciences industry, Our research community (highlighted), NIHR in your area, About us, and News and events. Below the navigation bar is the NIHR logo and a search bar. The breadcrumb trail reads: Home → Our research community → Clinical Research Staff → Learning and Development → Good Clinical Practice (GCP). The main content area is titled 'Good Clinical Practice (GCP)' and contains a list of questions: 'What is GCP training?', 'Why do you need GCP training?', 'Does everyone need to complete the same GCP training?', 'How often do you need to complete GCP training?', 'What GCP training is available?', 'Our eligibility criteria', 'I know what course I am looking for', 'I am not sure which course I should do', and 'I'd like to contact someone about GCP'. A 'Useful links' sidebar on the right includes: 'GCP resources', 'Our Good Clinical Practice Courses', 'Learning and Development', and 'NIHR in your area'.

## New Placement in Primary Care?

- Find out if your practice is research active (50% are)
- Ask your trainer to help you find out about research at the practice
- Approach the research lead and ask if this can be part of your induction
- Find out if they've got any studies on
- Wave your GCP certificate
- Can you sit with the research nurse?
- Can you help with any searches/screening of lists?
- Can you help recruit patients you have seen in consultations?



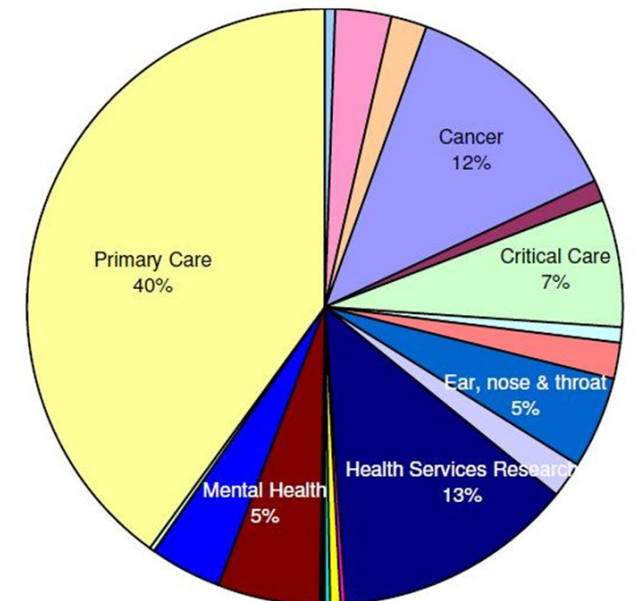
## The local primary care CRN team

- Based at Warwick Medical School
- Academic Lead - Professor Jeremy Dale
- Research Manager - Sue Elwell
- 5 Research Nurses, 4 GP Champions
- 40% of patient recruitment in West Midlands  
NIHR research is in.....PRIMARY CARE

@CRNWMid

<https://www.facebook.com/CRNWMid/>

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## What can you do next?

- Look at the NIHR website and watch the Youtube videos
- Find application deadlines for fellowships you are interested in
- Do GCP training
- Ask your GP practices if they are research active and how you can get involved
- Read Participate – the local PCRN newsletter

<https://warwick.ac.uk/fac/med/about/centres/crn-primarycare/participate/>

- Look at local medical school websites to see if they have research projects that interest you

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**Contact Me.....**



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