



HEE working across the East Midlands

Clinical Academic Career Masterclass &

Internship & Pre-Doctoral Bridging Presentations

Wednesday 15th June 2022

Sir Clive Grainger Building, University of Nottingham

– all welcome

Time	Wednesday 15 th June 2022 Provisional Programme (<i>refreshments from 9.30am</i>)
10.00am	<p>Welcome, Introductions</p> <p>Professor Kate Radford – Professor in Rehabilitation Research, Centre for Rehabilitation & Ageing Research, Director HEEM Pre-Doctoral Bridging Programme, School of Medicine, University of Nottingham</p>
10.05am	<p>The NIHR Clinical Academic Training Programme</p> <p>Richard Milham - NIHR Programme Manager – The Integrated Clinical Academic (ICA) Training Programme</p>
10.20am	<p>Clinical Academic Internships and Bridging Awards - what's on offer in the EM?</p> <p>East Midlands Internships Dr Ros Kane – Internships Lead, Associate Professor, College of Social Science, School of Health and Social Care, University of Lincoln</p> <p>PCAF and East Midlands Pre-Doctoral Bridging Awards Dr Claire Diver – Associate Professor, in Physiotherapy and Rehabilitation, Co-Director HEEM pre-doctoral fellowships, School of Health Sciences, University of Nottingham</p> <p>East Midlands Post-Doctoral Bridging Awards Professor Pip Logan - Professor of Rehabilitation Research and Occupational Therapist, Director of Research for the School of Medicine, Director HEEM post-doctoral Bridging Programme, School of Medicine, University of Nottingham</p>

10.50am	<p>Q&A (Masterclass)</p> <p>Chair: Dr Claire Diver Panel – Invited Speakers</p>
11.00am	<i>Coffee Break</i>
11.30am	<p>Creating a Clinical Academic Culture</p> <p>Dr Joseph C. Manning MBE - HEE NIHR ICA Clinical Lecturer, Clinical Associate Professor in CYP & Families Nursing Charge Nurse, Paediatric CCOT, Co-Lead - Centre for Children & Young People’s Health Research Assistant Deputy Director - Midlands Mental Health & Neurosciences PhD Programme</p>
11.50am	<p>Inspiring Clinical Academic Success</p> <p>Hayley Carter – HEE/NIHR ICA Clinical Doctoral Research Fellow, Musculoskeletal Physiotherapist, University Hospitals of Derby and Burton NHS Foundation Trust (Former Internship Scholar)</p> <p>Katie Fielding - HEE/NIHR ICA Clinical Doctoral Research Fellow, Trainee Advanced Clinical Practitioner, University Hospitals of Derby and Burton NHS Foundation Trust (Former Pre-doctoral Bridging Fellow)</p> <p>Dr Sam Malins - NIHR Clinical Lecturer, Honorary Assistant Professor of Clinical Psychology, Division of Psychiatry & Applied Psychology, Institute of Mental Health, University of Nottingham (Former Post-doctoral Bridging Fellow)</p>
12.30pm	<i>LUNCH BREAK and NETWORKING</i>
1.30pm	Internship Scholar Presentations x 5 CHAIR Post- Doctoral Fellow
1.30pm	Pre-Doctoral Fellows Presentations x 5 CHAIR Post- Doctoral Fellow
2.45pm	<i>Tea Break</i>
3.00pm	Internship Presentations x 4 CHAIR Post- Doctoral Fellow
3.00pm	Pre-Doctoral Fellows Presentations x 4 CHAIR Post- Doctoral Fellow
4.00pm-	<p>Internship Scholar Certificates and Close</p> <p>Dr Ian McGonagle - Clinical Scholar Internship Co-Lead, Associate Professor, College of Social Science, School of Health and Social Care, University of Lincoln</p>

SPEAKERS PROGRAMME ORDER



Professor Kate Radford is a Professor in Rehabilitation, departmental lead for the Centre for Rehabilitation and Ageing Research in Injury, Inflammation and Recovery Sciences, deputy director of the Centre for Doctoral Training in Rehabilitation and Healthcare Research and HEEM Pre-Doctoral Bridging Programme Co-Director in the School of Medicine, University of Nottingham.

Kate qualified as an Occupational Therapist in 1990, working both clinically and academically in neurological rehabilitation. Her PhD and subsequent driving related research includes studies to develop and validate cognitive tests to predict 'fitness-to-drive' in people with long term neurological conditions including traumatic brain injury, multiple sclerosis, Parkinson's disease and dementia and to explore the barriers and enablers to their clinical implementation. Tests include the Stroke Drivers Screening Assessment, Dementia Drivers Screening Assessment, Nottingham Assessment for Drivers with Dementia and Multiple Sclerosis Drivers Screening Assessment.

Kate's other interest is in vocational rehabilitation (VR). Currently funded projects include trials to determine the feasibility of measuring the effects and cost effectiveness of early intervention to prevent job loss in people with TBI and stroke, and research to evaluate health technologies that facilitate participation in people with an acquired brain injury. Her studies adopt mixed methods designs to explore factors affecting trial outcomes and implementation fidelity.

Email: kate.radford@nottingham.ac.uk



Dr Richard Milham - is a Programme Manager within the Integrated Pathways Team for the NIHR Academy. He has been in this role for just over two years, prior to which he worked as part of the NIHR Clinical Research Network. His responsibility is to support all the awards the team delivers from both the Integrated Clinical Academic (ICA) and Integrated Academic Training (IAT) programmes. He has overall responsibility for managing the In-Practice Fellowship scheme. He is involved at all stages of the award lifecycle, providing support to

prospective applicants and current awardees.

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Dr Ros Kane is an Associate Professor in Healthcare and the Director of Research in the School of Health and Social Care at the University of Lincoln. She is also co-lead of the Mental Health, Health and Social Care Research Group (MH2aSC). With a background in nursing, Ros later graduated from University College London (UCL) with a BSc (Hons) in Anthropology and Geography and from The London School of Hygiene and Tropical Medicine (LSHTM) with an MSc in Medical Demography. Ros worked for ten years in the Centre for Sexual and Reproductive Health Research at

LSHTM where she completed her PhD in 2005. She has a strong interest in quality improvement as well as

service and policy evaluation, particularly in relation to sexual and reproductive health. Ros is a Fellow of the European Academy of Nursing Science (EANS) and also a core member of the UDINE- C group of nurse researchers and Educators.

Ros is a member of the steering group for Clinical Academic Careers in the East Midlands and currently leads the Internship Scholar programme at the University of Lincoln.

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Dr Claire Diver Pre-Doctoral Bridging Programme Co-Director, Assistant Professor in Physiotherapy and Rehabilitation, School of Health Sciences, University of Nottingham. Her research interests lie in qualitative methods and interviews/focus groups in particular. Her clinical interests lie in advanced musculoskeletal practice.

She completed her PhD in 2012 in 'The perceptions and experiences of patients newly diagnosed with fibromyalgia'. She supervises research dissertations for UG, PG and PhD students and has been actively engaged with qualitative research projects as Chief and Co-investigator. She has been engaged with the CAC agenda for over 5 years and has been a strong advocate for CAC training and development regionally and nationally.

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Professor Pip Logan obtained her first degree, an Occupational Therapy BSc, in 1985 from the University of Derby. She then undertook her MPhil at the University of Nottingham in 1994, which was a community-based randomised controlled trial of occupational therapy for stroke patients. In 2004 she gained her PhD at the University of Nottingham, a randomised controlled trial evaluating an outdoor mobility intervention for stroke patients. She has received two NIHR fellowships and is the Chief Investigator for a £1.8 million National Institute for Health Research (NIHR) HTA research grant which is exploring falls in care homes. She also works clinically for

Nottingham City Care Partnership (NHS) in the community rehabilitation team and in the Acute Hospital for the Health Care of the Elderly Directorate. Pip Co Leads the HEE Post-Doctoral Bridging Programme at the University and has recently become the Director of Research and Knowledge Exchange for the School of Medicine, University of Nottingham

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Dr Joseph Manning MBE is a Clinical-Academic Children's Nurse with a strong national and international profile within the fields of nursing, paediatric critical care, and clinical academic capacity and capability development.

He is the first registered children's nurse in the UK to be awarded an HEE NIHR ICA Clinical Lectureship and is seen as a trailblazer in his field.

He has meaningful concurrent engagement in clinical practice and research, holding frontline healthcare and senior leadership roles at Nottingham Children's Hospital and an Associate Professorship (Research) / Co-lead of the Centre for Children and Young People Health Research at the University of Nottingham.

Joseph leads a methodologically diverse and clinically focused programme of research with a mission to improve the experiences, outcomes and lives of children, young people and their families that access acute care. Over the past decade he has received more than £5.4 million in competitive grant capture from national and international funders.

His contribution and leadership to the nursing profession, clinical academic careers, and nursing research has been recognised by being a recipient of a Chief Nursing Officer for England Gold Lifetime Achievement Award in 2020 and by Her Majesty the Queen's with a Member of the Order of the British Empire in 2021.

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Hayley Carter's research is looking at the preoperative management of patients awaiting anterior cruciate ligament (knee ligament) surgery. She has previously completed the ICA Internship and Pre-Doctoral Bridging Fellowship. Hayley was awarded an NIHR CDRF fellowship and has started her PhD with the University of Nottingham.

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Catherine Fielding (aka Katie) has worked as a haemodialysis nurse for the last 19 years at University Hospitals of Derby and Burton NHS Foundation Trust. She is currently developing her career as a researcher, undertaking a HEE/NIHR clinical academic fellowship to complete her PhD and train as an Advanced Clinical Practitioner. Catherine has BNurs (Hons) and MSc in Advanced Nursing. She helped create the BRS Vascular Access Special Interest Group (BRS VA) and is the current lead of 'Managing Access by Generating Improvements in Cannulation' (MAGIC), a joint project between BRS VA and Vascular Access Society of Britain and Ireland (VASBI) and supported by KQuIP.

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Dr Sam Malins is a Clinical Psychologist working on the integration of physical and mental healthcare at Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham. He works clinically in cancer care. His research focuses on ways to enhance psychological care across settings, often using digital technology.

Most recently this has included the use of a personalised, smart, text-messaging system to improve outcomes and dropout during psychological therapies and reduce relapse afterwards. He is currently a National Institute for Health Research Clinical Lecturer in the Integrated Clinical Academic programme and is working on methods to help psychological therapists improve their effectiveness using digitally enhanced feedback on their practice.

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Dr Ian McGonagle, Principal Lecturer, School of Health and Social Care, University of Lincoln. Ian qualified as a Mental Health Nurse in 1986 and focused his clinical work for people with long term mental health problems, both in-patient residential services and in the community. During a secondment to the NHS Trent Regional office in Sheffield he completed two large research projects on: advanced mental health nursing practice; and the education needs of prison health care nurses.

On return to NHS clinical services, he gained experience in the organisations strategy department before accepting a promotion to the role of senior manager in a mental health trust with a responsibility for education and development.

He was then approached to take a post with the National Institute for Mental Health in England (NIMHE) and the Centre for Clinical and Academic Workforce Innovation (CCAWI). He joined the NHS mental health new ways of working team and led the national implementation of the 10 Essential Shared Capabilities and the national Race Equality and Cultural Capability education programmes and other values-based practice initiatives. He also worked on organisational development programmes for the national institute on mental health team development (Creating Capable Teams Approach). CCAWI was integrated within the University of Lincoln in 2007 and Ian joined the University on a full-time basis in 2009 as a principal lecturer.

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HEE/NIHR Integrated Clinical Academic Internship Scholar Presentations

Internship Scholars 2021-22	
Chair Dr Lisa Everton	
A41 starting 1.30pm	
1.30pm	Michelle Clay
1.45pm	Kay Murphy
2.00pm	Liba Mason
2.15pm	Charlotte Crane
2.30pm	Paula Fenty

Michelle Clay – *Occupational Therapist, Nottinghamshire County Council*

Title: An exploratory study: Workers views on perceived barriers to obtaining major adaptations through a social care occupational therapy service.

Home environments impact on a person's safety, independence, and quality of life. Home adaptations are linked with improvements in health and wellbeing for people with disabilities (Mackintosh et al 2018; RCOT, 2019). Therefore, exploring why some people choose to disengage in the process of obtaining the major adaptations to their home is valuable (Newton et al 2021; RCOT, 2019). The high number of people who disengage is a cause for concern (Mackintosh et al 2018). This study explores the reasons why people disengage in this process through focus groups with occupational therapy workers at a social care occupational therapy service.

Kay Murphy - *Occupation role: Advanced Clinical Practitioner (Registered Paramedic), University Hospitals of Derby and Burton*

Title: Experiences of Allied Health Professionals working as Advanced Clinical Practitioners – A Scoping Review

Advanced Clinical Practitioners (ACPs) are a workforce consisting of Nursing and Allied Health Professionals (AHPs). A significantly higher proportion of AHPs leave in comparison to Nurses with no explanation why, resulting in a loss of financial, supervisory and academic investment. The aim of this scoping review was to explore the experiences of AHPs working as ACPs, identifying current literature and evidence. Results show literature is lacking on the experiences of AHPs working as ACPs. It is acknowledged there are differing challenges faced between AHPs in comparison to nurses working as ACPs. Further research in this area is encouraged.

Liba Mason - *Neonatal Critical Care/Transport Deputy Sister, Nottingham University Hospitals NHS Trust*

Title: Interventions for supporting parents of infants requiring neonatal inter-hospital transport: a systematic review

Aim: To identify support interventions for parents whose infants require neonatal inter-hospital transport.

Methods: A systematic literature review with narrative synthesis [PROSPERO 2022 CRD42022309243].

Results: 671 articles were screened. Five studies were included that had 370 parent participants. Study designs included: observational (n=2), qualitative (n=1), quasi-experimental (n=1), and case-control (n=1). Interventions included: a communication-based intervention pre-transport; Kangaroo Care during transport; and video-calls post-transport, predominantly implemented by neonatal nurses. Effectiveness of interventions could not be established.

Conclusion: Limited evidence is available. Further research is warranted to support parents through the distressing time of neonatal transport more effectively.

Charlotte Crane - *Infection Prevention Nurse, Northampton General Hospital*

Title: TBP

The Covid-19 pandemic is arguably the biggest challenge many healthcare professionals have had to face in their careers, with studies showing that roughly 1/3 of nurses have questioned leaving their profession due to the situations they have had to face.

My project is a scoping review, looking to identify the impact of moral injury/moral distress on unregistered staff over the covid-19 pandemic. This review intends to identify gaps within current literature for moral injury/moral distress of unregistered staff and the potential contributing factors and predisposed characteristics. For example, how the lack of training or prior experience to patient care can cause a greater ethical impact on an individual's wellbeing.

Paula Fenty –*Advanced practitioner physiotherapist, Nottingham University Hospitals NHS Trust*

Title: I don't want nits: A story of shoulder management in FSHD

FSHD, a type of muscular dystrophy, is a rare genetic condition affecting over 870 000 people worldwide. Skeletal muscles in the face and shoulders weaken progressively, impacting upper limb functional activities. Condition management is predominantly through therapeutic support and orthotics; however, no orthotic guideline recommendations exist.

A systematic scoping review was performed following The Joanna Briggs Institute and Prisma extension for scoping reviews reporting guidelines. This confirmed an absence of evidence regarding orthotics, with conclusions being anecdotal or not condition specific. This highlights the need for further study into the value and timing of recommending orthotics within the FSHD population.

Internship Scholars 2021-22	
Chair Dr Alison Cowley	
A41 starting 3.00pm	
2.45pm	Siobhan Abrahams
3.00pm	Samia Hussain
3.15pm	Anthony Uzoma Okoye
3.30pm	Elizabeth Rowe

Siobhan Abrahams – *Advanced Pharmacist for Emergency Medicine and Urgent Care, Northampton General Hospital*

Title: A pharmacist led review of frequently attending patients to the Emergency Department (HIU – High Intensity Users) to identify any missed opportunities in medication management

Patients attending Emergency Departments frequently represent a significant percentage of the total attendances. The Royal College of Emergency Medicine do not specify pharmacists in the 2017 multidisciplinary review guidance despite patients having complex medication regimes. This project examined missed medication management opportunities by auditing medication mentions in attendance records and then extensive reviews of medication side effects, sources, and information. Amongst the pharmacist interventions, it was identified that several patients studied were diagnosed with ‘medically unexplained symptoms’ and advised mental health support. On review of medications, it was noted that the symptoms were likely not psychological but pharmacological side effects.

Samia Hussain - *Clinical Research Practitioner, University Hospitals Derby & Burton NHS Foundation Trust*

Title: A systematic review on strategies to improve recruitment of ethnic minorities in renal research

Chronic kidney disease is a major public health problem with an estimated prevalence of 10% in the UK adult population. Ethnic minorities are reported to having higher rates of physical illness including kidney disease. This review aimed to look at strategies to improve recruitment of ethnic minorities to renal research. Results obtained show language barrier as the predominant barrier. Lack of involvement contributes to inequities and inequalities to renal healthcare provisions. A tailored recruitment strategy specific to individuals needs may promote better representation of ethnic minorities. Careful considerations need to be made during study set up to avoid these challenges.

Anthony Uzoma Okoye – *Radiographer, University Hospitals of Leicester NHS Trust*

Title: Magnetic Resonance Imaging (MRI) and Computed Tomography (CT) Findings In Adults Post-Surgery For Unstable Ankle Fracture (AF): A Systematic Review

MRI and CT have become the fundamental basis of modern diagnosis and treatment of many musculoskeletal diseases. The earliest degenerative change seen on imaging is osteoarthritis (OA). Ankle OA is a debilitating condition caused by traumatic injury or surgery. Research in this area is sparse despite the high incidence of ankle OA. This review included all studies that define their participants as having unstable AF with surgery with the primary outcome being OA diagnosed on MRI and/or CT according to Kellgren-Lawrence classification. The review findings will help broaden our knowledge of the disease, enhance early detection, and improve patient outcomes.

Elizabeth Rowe - *Clinical Lead Speech and Language Therapist, Head and Neck Oncology, Chesterfield Royal Hospital NHS Foundation Trust*

Title: Adherence to Swallowing Recommendations in Head and Neck Cancer Survivors during (chemo) radiotherapy: A Scoping Review

Swallowing recommendations are given to head and neck cancer survivors prior to the commencement of (chemo) radiotherapy as part of their “prehabilitation.” There is a paucity of knowledge about patient adherence to recommendations in the research field of swallowing disorders. It is recognised that there may be unique barriers and facilitators to adherence for head and neck cancer survivors. Poor adherence to swallowing recommendations is potentially problematic for the patient’s physical and mental health and for the healthcare system. This scoping review highlights key themes and knowledge gaps regarding adherence to swallowing recommendations and areas for further research to ultimately improve patient adherence and outcomes.

Pre-Doctoral Bridging Fellows 2021-22	
Chair Dr Carolyn Costigan	
A39 starting 1.30pm	
1.30pm	Sue Dean
1.45pm	Robin Allan
2.00pm	Rima Chauhan
2.15pm	Marie Cope
2.30pm	Gemma Phillips

Sue Dean – *Advanced Clinical Practitioner, United Lincolnshire Hospitals NHS Trust*

Title: Outcomes and Experiences of Same Day Emergency Care: a Mixed Methods Study.

Aims: This study aims to establish the safety, quality and effectiveness of adult same day emergency care (SDEC).

Background: SDEC is a new model of acute hospital care that provides an alternative to admission, but there is little published on the safety, quality and effectiveness of SDEC services. SDEC can be provided by medical staff or advanced clinical practitioners, does this make a difference?

Methods: This study comprises a mixed methods systematic review, and primary research looking at clinical outcomes and patient experiences of patients accessing medical SDEC, using an explanatory sequential design.

Robin Allan - *Advanced Clinical Practitioner, Respiratory Medicine, Nottingham University Hospitals NHS Trust*

Title: Developing a Community Acquired Pneumonia Discharge Bundle

Community acquired pneumonia (CAP) is a common cause of admission to hospital, resulting in significant morbidity and mortality. Research into CAP has focused on initial management, but studies have shown that post discharge, recovery can be prolonged with high re-admission rates and presentations to primary care.

The aim is to develop a discharge bundle for CAP which could ensure upon discharge: medical treatment is optimised, holistic assessment of healthcare needs and lifestyle advice has been provided, patient education is given, appropriate screening has been performed and follow up or link to community services has been arranged.

Rima Chauhan - *Medicines Optimisation Pharmacist, Leicester, Leicestershire and Rutland Clinical Commissioning Group*

Title: Determinants of POLypharmacy amongst Ethnic Minorities (POEM): A mixed method study

Polypharmacy is the concurrent use of multiple medications by an individual. It is driven by an aging population living with multimorbidity and is associated with adverse outcomes when the polypharmacy is inappropriate. It is estimated that 15% of people currently take five or more medications daily. However, people from ethnic minorities have a disproportionately higher prescribing of 8 or more medications. There is limited research into the relationship between ethnicity and polypharmacy and therefore, this study aims to investigate the characteristics of individuals who have polypharmacy prescribing, and the experiences and perceptions of polypharmacy amongst ethnic minorities.

Marie Cope - *Neuro-Trauma Clinical Nurse Specialist, Nottingham University Hospitals NHS Trust*

Title: How can Nurse-led interventions be developed and utilised to improve social, emotional and psychological outcomes following traumatic brain injuries?

I intend to explore the social, psychological, and emotional challenges faced by patients following mild traumatic brain injuries, and how Registered Nurses could be utilised to improve outcomes for this patient group. At present, there is an abundance of empirical research exploring the challenges faced by this patient group and their families but a clear deficit of evidence-based interventions that could help to reduce the negative impacts this has on longer-term social, emotional and psychological function. This would thus provide a foundation for the development of a Nurse-led, complex intervention for this patient group.

Gemma Phillips - *Paediatric Dietitian, Leicestershire Partnership Trust*

Title: Factors affecting the implementation of blended diets for enteral tube feeding in children and young people (aged 0-25) in health, education and social care settings in the UK.

A blended diet is everyday foods blended to a puree, given via a feeding tube. It can be used alongside, or instead of, liquid feeds which is standard practice. Blended diets are becoming increasingly common and emerging evidence highlights the benefits of using them. However, many families experience a lack of support meaning that access to health and social care services is affected or their use of a blended diet is compromised.

The proposed research comprises a sequential exploratory mixed methods study which aims to explore the barriers and facilitators to using blended diets in health, education and social care settings.

Pre-Doctoral Bridging Fellows 2021-22	
Chair Dr Greg Whitley	
A39 starting 3.15pm	
3.00pm	Laura Haynes
3.15pm	Anna Bangiri
3.30pm	Laura Houten
3.45pm	Mary Harrison

Laura Haynes - *Speech & Language Therapist, Derbyshire Community Health Services NHS Foundation Trust*

Title: Big Kids or Small Adults? Developing Speech & Language Therapy intervention and best practise to meet the unique needs of dysfluent adolescents

Background: stammering is a neurodevelopmental disorder affecting approximately 1-3% of the British population. Stammering has a documented social stigma and a negative impact on quality of life. Recent reviews highlight a lack of evidence-based intervention approaches for dysfluent adolescents. Currently elements of interventions developed for younger children and adults, at fundamentally different stages of life and development, are eclectically used. *Aims:* to consider whether current practise meets the unique needs of this client-group, and if not, what would? *Methods:* this project will involve a national survey of current professional practise, a multi-perspective interview study, and a collaborative intervention development process.

Anna Bangiri - *Principal SRS Radiotherapy Physicist and my Organisation is Nottingham University Hospitals NHS Trust*

Title: The effect of the SRS pathway on patients with Brain Metastases

Every 2-minutes someone is diagnosed with cancer in the UK. Brain metastases (BM) mostly affect patients with lung, breast and skin cancer. These account for a total of 30% of all cancer patients. With the introduction of new drugs patients live longer. Therefore, they are more likely to develop BM. Untreated BM can cause headaches, loss of function, seizures and death.

At NUH, patients can have an MRI diagnosing BM but can be treated up to 5 weeks later. Literature suggests that tumours grow while we plan and deliver the treatment, with certain tumours doubling in volume within 1-2 weeks.'

Laura Houten - *Clinical Research Practitioner, Nottingham CityCare Partnership CIC*

Title: Dual-Task Gait Assessment for the Prediction of Falls

Falls often result in devastating consequences for older adults. Currently, there are no reliable measures to predict who will fall, resulting in most falls prevention services being aimed at those who already have. Recent research suggests that dual-task gait assessment (DTGA) (completing a task while walking) could potentially predict falls in older adults. However, it is not yet clear which type of task should be used for falls prediction. My research aims to compare the ability of different types of DTGA to predict falls in older adults and to develop and test an assessment procedure for use in community clinics.

Mary Harrison - *Trainee Advanced Clinical Practitioner and Trainee Clinical Academic Nurse*

Title: Exercise in younger adults with type 2 diabetes: optimising the response using a personalised approach

Exercise and increased physical activity are important therapies in the management of type 2 diabetes. However, evidence suggests that younger adults with type 2 diabetes may suffer a blunted response to exercise training.

This project proposes exploring the therapeutic ability of personalised lifestyle advice to improve fitness and overall health in young adults with type 2 diabetes. This will be achieved utilising systematic review, secondary data analysis and feasibility trial. This novel approach to tailoring lifestyle advice (in particular exercise) represents an unmet clinical need and is an essential strategy to improve health outcomes in this burgeoning patient population.

Thank you for joining us today, we hope you have had an inspiring day

Deadline for 2022 applications is the 30th June 2022 at 5pm (see advert below)

See <https://www.nottingham.ac.uk/clinicalsolar/index.aspx> for Application Forms, Guidance Notes

Follow us on twitter UoN Clinical Academics @ICA_PreDoc_EM and UoL Clinical Academics @ICAInternshipEM

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CALLING ALL ASPIRING CLINICAL ACADEMICS

- HEE/NIHR Internship, Pre-Doctoral and Post-Doctoral Bridging Programmes in the East Midlands - Application deadline 30 June 2022 (5pm)

Dear Aspiring Clinical Academics,

The Universities of Lincoln and Nottingham are pleased to launch the 2022/23 **Health Education England/NIHR Clinical Scholars Programmes** these programmes are part of the HEE/NIHR Integrated Clinical Academic (ICA) Training Programme for non-medical healthcare professionals

(<https://www.nihr.ac.uk/our-research-community/NIHR-academy/nihr-training-programmes/nihr-hee-ica-programme/>).

Are you a Nurse, Midwife, Allied Health Professional, Paramedics, Health Visitor, Healthcare Scientist, Chiropractor, Pharmacy Professional, Optometrist, Osteopath, Optician, Wider Dental Team Member, Operating Department Practitioner, Non-Medical Public Health Specialty Trainee, Practitioner Psychologist, Clinical Psychologist or Social Care Workers, registered in the **East Midlands?**

<https://www.nihr.ac.uk/documents/heenih-ica-programme-eligible-professions-and-regulators/12204>

Internship (formerly Bronze Award)

Typically suitable for registered professionals without postgraduate qualifications or formal training in research. This award supports clinicians to go on to apply for a research Master's programme or NIHR Pre-Doctoral Clinical Academic Fellowship (PCAF).

The Internship Programme will be available for up to 8 East Midland places to join the programme in 2022/23.

Successful applicants to the HEE/NIHR Internship Programme will have:

- The Clinical Scholar's ability to compete successfully for the next stage of the Clinical Academic Pathway, such as the Masters in Research (MRes) or NIHR PCAF award
- A structured educational programme
- 48 days duration; start date Mid November 2022. Besides a small number of mandatory education days and Action Learning Sets, these days can be taken flexibly over the course of 9 months in agreement with the Clinical Scholar's organisation and academic mentor
- Participation in facilitated Action Learning Sets

If you would like to talk to someone to discuss this opportunity please contact: Dr Ros Kane (rkane@lincoln.ac.uk) or Ian McGonagle (imcgonagle@lincoln.ac.uk)

Pre-Doctoral Bridging Programme (formerly Silver Award)

Have you completed a Masters or equivalent postgraduate qualification and are looking to further develop a clinical academic career?

Health Education England (HEE)/NIHR are excited to offer up to 5 East Midland places to join the Pre-Doctoral Bridging Programme in 2022/23.

Successful applicants to the HEE Pre-Doctoral Bridging Programme will have:

- Protected funded time (48 days over 11 months) to develop a PhD proposal and develop clinical academic networks necessary to supporting a clinical academic career.
- An individualised training and development plan based on identified needs.
- A HEE approved research Mentor to support proposal development, facilitate high quality learning opportunities and access to research professionals.
- An identified clinical mentor in the chosen topic area to lend profession specific expertise.
- Participation in facilitated Action Learning Sets

If you would like to talk to someone to discuss this opportunity please contact: Professor Kate Radford (kate.radford@nottingham.ac.uk) or Dr Claire Diver (claire.diver@nottingham.ac.uk)

Post-Doctoral Bridging Programme (formerly Gold Award)

The Post-Doctoral Bridging Programme develops individuals along the HEE/NIHR ICA career pathway to increase their capacity and capability to deliver innovative research projects to improve practice and patient outcomes. The Post-Doctoral Bridging Programme is designed to support post-doctoral individuals in applying for either the NIHR/HEE ICA Clinical Lectureship scheme or an equivalent award from elsewhere that is relevant for their clinical academic career development.

Applicants are required to develop an individual, bespoke programme of activities to support their learning needs but will include:

- Associate member of the University of Nottingham

- Protected funded time over 12 months to develop a Clinical Lectureship application
- Review of application by experts and feedback
- Mock interview for Clinical Lectureship with experts, and feedback
- A HEE approved mentor
- Facilitated Action Learning Sets with other people at a similar level
- Access to successful candidates from other years

If you would like to talk to someone to discuss this opportunity please contact: Prof Pip Logan (pip.logan@nottingham.ac.uk) or Dr Joseph Manning (joseph.manning@nuh.nhs.uk). If you are interested in applying for this prestigious and competitive programme please complete an application form and email to the scheme administrator patricia.dziunka@nottingham.ac.uk

More information, Application Forms and Guidance Notes can be found at:

<http://www.nottingham.ac.uk/clinicalsolar/index.aspx>

Application Deadline: 5pm 30th June 2022 **Interviews:** 7th/ 8th September 2022 for Internship and Pre-Doctoral, 22nd September 2022 for Post-Doctoral applications.

Start Date: Mid November 2022

Compulsory Training Dates taking place at the University Lincoln for Internships:

2nd, 9th and 23rd November 2022, 7th December 2022 and 11th and 25th January 2023. These and future dates will be confirmed on your first training day.

Compulsory Training Dates taking place at the University Nottingham for Pre-Doctoral Bridging

Programme: 16th November 2022, Systematic Review Training Oct/Nov (TBC) 2022 and 8th December 2022. These and future dates will be confirmed on your first training day.

PLEASE CIRCULATE TO ANY ASPIRING CLINICAL ACADEMICS Sent on behalf of the Clinical Academic Management Teams at the University of Nottingham and Lincoln

Please follow us on twitter [@ICA_PreDoc_EM](https://twitter.com/ICA_PreDoc_EM) and [@ICAInternshipEM](https://twitter.com/ICAInternshipEM), for any general enquiries please email patricia.dziunka@nottingham.ac.uk re Pre & Post Doc Programme and josborne@lincoln.ac.uk re Internships

If you would like to be added to the communications list please email patricia.dziunka@nottingham.ac.uk



Health Education England

