Clinical academic career

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## **Career Background**



2014

**Graduated from University** of East Anglia BSc (hons) Speech and Language therapy

2014-2016 Community paediatric SLT



2016-Present Clinical doctoral research fellow 2 days Adult acute SLT 3 days PhD research!

#### How you became a Clinical-Academic

I was interested in looking for research opportunities, but being still early in my career I wanted to progress clinically and trial working in a different setting.

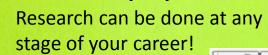
A job opportunity appeared on NHS jobs for a clinical doctoral research fellow post (CDRF).

40% time clinical 60% time in research. Funding for 4 years.

CDRF – joint clinical and academic role Aim to "challenge existing practice whilst working within, and contributing to, a research rich environment"



### **Top Tips**



- Take opportunities!
- Network!
- Be active on twitter
- Make use of funding grants
- Time management is key
- Constantly remind yourself why you are doing research!
- Hope for great outcomes
- Celebrate small successes

#### Title of study:

A feasibility study to determine the acceptability and feasibility of finger foods, a nutritional support intervention, for stroke patients in hospital: A mixed methods approach.



My PhD research journey so far!

#### The Impact

- Increased confidence reading and critically appraising research papers. Share this knowledge with clinical colleagues.
- Increased networking opportunities and contacts.
- Opportunity to attend and present at conferences. Opened my eyes to world of SLT research!
- Meet clinical experts in fields of research.
- Make use of resources at the university opportunity to attend courses/events.
- Aware of research happening in other disciplines and able to look for collaborations.

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Feel free to contact me with questions!