

## Clinical academic career

over to you →

### 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

- Research can be done at any stage of your career!
- 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.*

### Milly Heelan

Twitter: @Heelan\_phd

Email: a.r.heelan@soton.ac.uk

Supervisors: SM Green, H Roberts (University of Southampton) and C Barnes (Solent NHS Trust)

Funded through an educational grant by Medirest, a division of Compass Group UK and Ireland



Feel free to contact me with questions!