



500-word report 2019/20 Level 1 Research Award

Helen Oakes 10th September 2020

I would like to thank the MACP for granting me a level 1 research award, helping support my project over the last academic year. Since September I have written my research protocol and applied to NHS ethics. The ethics committee date was a few days before the lockdown and due to the COVID restrictions I had to answer questions via telephone. They advised some minor amendments and ethical approval was granted in May. Following approval from the University, my NHS trust and further amendments due to COVID I started study 1 in July and hope to start Study 2 in the next few weeks. It has been a challenging period and I have had to be adaptable, resilient and innovative in order to keep the project on track. I have continued to keep a reflective blog and this has helped during this challenging period.

Prior to the lockdown I was able to attend a series of seminars at the university, updating my knowledge on presentations skills, SPSS, NVivo and qualitative research. I presented at two of the post-graduate university virtual conferences in the summer. I was awarded runner up in the 3 minute thesis competition and also presented data from an additional study I had carried out at the start of the year.

In November I will present (as a Rapid 5) the findings of a data analysis study I undertook at the start of the year at the virtual Physiotherapy UK conference. For this study I looked at the Active Lives dataset; filtering the data to compare people with long-term pain who swim, people with long-term pain who do not swim and swimmers without long-term pain. The findings show the groups that are less likely to access swimming and the findings will help guide the main project. I will share the poster with the MACP after the conference.

Over the year I have continued to help mentor colleagues from my NHS trust who takes an active interest in research; I am currently supporting a colleague who is applying for the NIHR ICAP internship program. Over the lockdown my colleague and I collected data regarding the switch from face to face appointments to virtual, looking at groups that were less likely to be able to connect via video. We hope to present this data as a poster at the national advanced clinical practice conference. I have also supported another colleague who has had a poster accepted by the virtual Physiotherapy UK conference.

Over the summer I have been helping write a health and wellbeing module for Canterbury Christ Church University undergraduate physiotherapy program, integrating behaviour change theory and policies into clinical reasoning. I will be involved with teaching this module, recording a 'talking heads' to explain the case studies.

The work described in this report has been possible due to the support from the MACP and I am happy to support members who are interested in combining research with clinical practice.