

Training and Engaging in Research when you are a clinician

Anita Thapar
Professor of Child & Adolescent Psychiatry,
School of Medicine

Overview

- Background introduction
- Why do research?
- What should SpRs do?
- ...and consultants

Background introduction

Back to 1980-85



At graduation

- Clinical Child and Adolescent Psychiatry
- ... Research?
What is that?



Teaching hospital training?



First exposure to research 1988/9



Peter McGuffin
brings Psychiatric
Genetics to Cardiff



What captured me?

- Senior figures who were enthusiastic about research
- It seemed like fun
- Interesting to think
- Directly supportive in practical ways



Clinical research training fellowship PhD

MRC

Medical
Research
Council

- Visits to IOP



Michael Rutter-Child
Psychiatry at Institute of
Psychiatry, London

Manchester



The late
Richard Harrington
Professor of Child &
Adolescent Psychiatry

Return to Cardiff 1999



Why do research if you are an NHS clinician?



Professor of Child & Adolescent Psychiatry

Why do research if you
are an NHS clinician?

Why do research?

For you

- Learn to appreciate research methods, be critical of evidence and develop an enquiring approach to clinical work
- Enhances interest in clinical work
- Using your scientific background



Why do research? For you

- Do something different to direct clinical work
- “Wonderful to have a change” from my routine clinical work
- “Keeps my brain active”
- Provides perspective



Why do research?

For you

- It can be fun even if you think you are not a born researcher
- Team working
- Keeps one interested and mentally engaged as keeps changing

Why do research? For the NHS

- Important for Trusts, Health Boards
- Research brings in money for Trusts, Health Boards
- Research active institutions have better patient outcomes

Why do research? For your field

- Enhance knowledge and standard of care in Child and Adolescent Psychiatry
- Unique clinical perspective that non-clinicians do not have
- Inspire medical students and future CAMHS trainees

Why do research

- For young people
- Mental health research lags hugely behind rest of medicine
- Few people with a disorder get to participate in research



Why do research? For young people

Amount spent on research per person affected

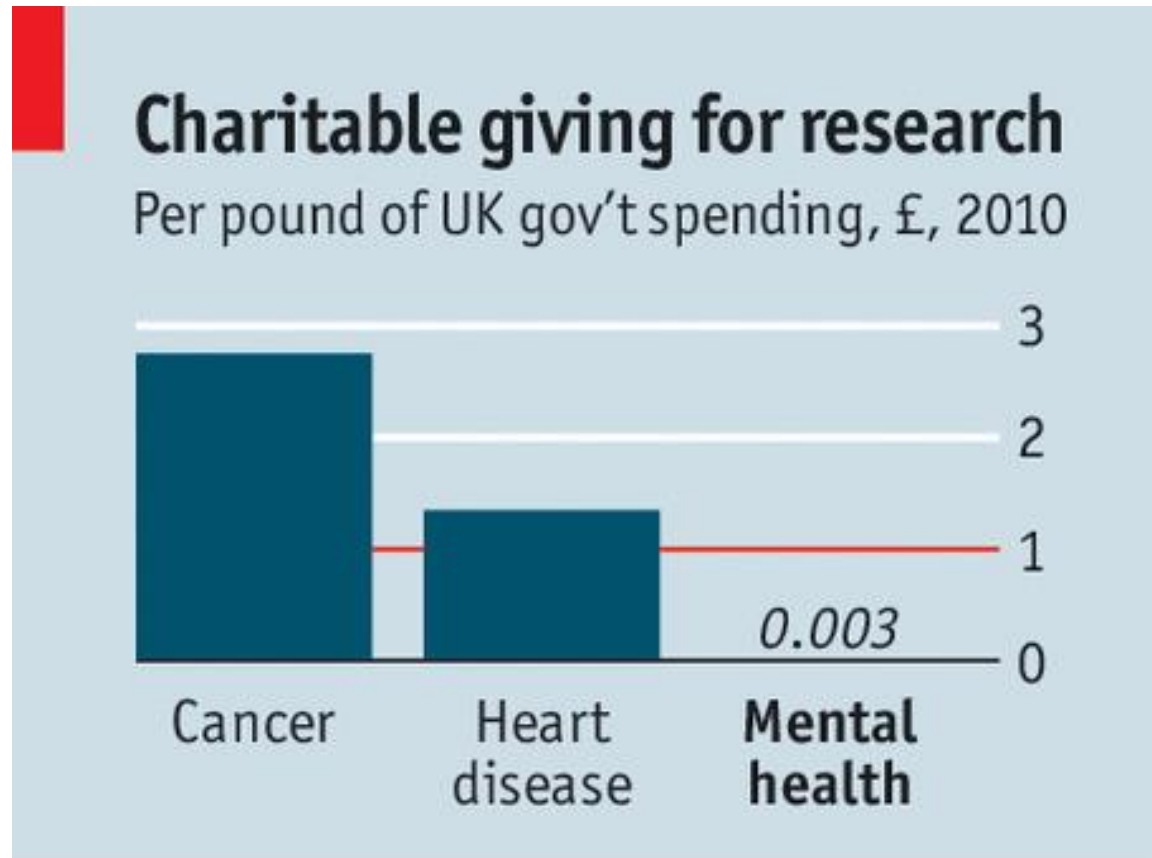


(MQ, 2015)



Mental Health
Foundation

Why do research? For young people



Economist.com

What could SpRs do?

NHS clinicians in my area

- SpRs who have had tasters of research with a consultant or academic including looking at outcome data or quality initiatives
- SpRs who have done an academic placement as part of their rotation
- SpRs who have analysed data and published
- SpRs who have done a PhD or MD
- SpRs who have reviewed clinical outcome data

Do you have an academic child and adolescent psychiatry department or section in your region?

- SpR training programme : what academic dept are you linked with?
- Utilise opportunities to join existing research
- Can one of the SpR posts be split into research /clinical?

No academic child and adolescent psychiatry department or section in your region?

- What about adult psychiatry academics?
- Or academics in related field:e.g. Psychology, social sciences
- Consultants with research interest/experience?
- Adolescent mental health top priority for research funding in UK –CAMHS clinicians valuable

What are your options?

- Taster by joining ongoing research*
- Do a small piece of research yourself-
using existing data or literature review
- Embark on higher degree and more
substantive piece of research

Get really interested in research and want to do an MD or Phd?

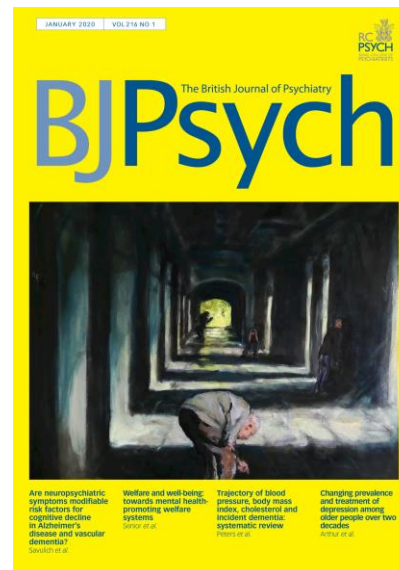
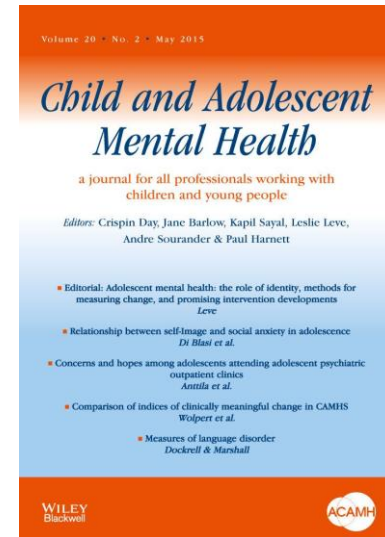
- Personal fellowships: NIHR, MRC, Wellcome Trust –protected time and training
- Lectureship
- Good to do something before these: many universities have introductory schemes for clinicians e.g. WT clinical primer
- Identify an academic to link with

Does it have to be pure research?

- Hastings Center "... QI as systematic, data-guided activities designed to bring about immediate improvements in health delivery in particular settings."

Disseminate your findings

- Publish *
- Presentations
- Social media



Why publish?

- Others learn –benefit affected individuals beyond those in your area
- Peer reviewed means you are assessed for scientific rigour and approach

Common pitfalls to be wary of

- Over-ambitious: research is a full-time occupation so be realistic
- No time, family commitments, another thing to think about: Children grow up, long working career, now is chance to obtain a range of skills
- You don't have to do it on your own

NHS Consultants

NHS consultants in my area

- Consultants with honorary university contracts actively involved in university-linked research
- Protected research session/s
- Research interested consultants and those involved in quality initiatives

Ways to do research

- Protect time in your contract at the outset
- Make contact with your R&D office
- If interested: link up with university department
- Growing recognition of the importance of NHS consultants and the NHS for research

Transforming health through innovation: integrating the NHS and academia January 2020 Report

The
**Academy of
Medical
Sciences**

1. Creating a healthcare system that truly values research.
2. Fully integrating research teams across academia and the NHS.
- 3. Providing dedicated research time for research-active NHS staff.**
4. Ensuring undergraduate curricula equip healthcare staff with the skills to engage with research.
5. Incorporating flexibility into postgraduate training pathways.
6. Streamlining research through joint research and development (R&D) offices.

Concerns: raise them with your Trust

- However, NHS staff increasingly lack the capacity to engage with research, and the number of clinical academics – research leads operating at the interface between academia and the NHS – is declining. This widening gap between the NHS and academia is preventing the research expertise and capability within the NHS from reaching its full potential.

NHS clinicians with a research background are valuable



UK Research
and Innovation

Clinical
Academic
Research
Partnerships

Closing date:
12 MARCH 2019

Conclusion

- Do consider research: you might like it
- Research vital -not just for you but for the young people we see and their families
- Broad range of types of research
- At the very least get some training to shape your thinking and life-long learning