

ARC-GM Internship to Pre-doctoral Fellowship

Laura McGarrigle



Laura McGarrigle

Clinical Specialist Physiotherapist



"Working alongside the research team has provided invaluable experience that I will use when completing my own systematic review."

Read more about Laura's intern experience ...

Organisation: Manchester University NHS Foundation Trust

Why were you interested in research and this ARC Internship?

I completed my MSc in 2016 and after several years in a specialist post had completed many service evaluation projects and implemented evidence-based interventions into our practice but I felt I needed more support and knowledge to take the step into developing my own research projects. The clinical field I work in is developing all the time and there are still many unanswered questions. I needed some guidance with how to develop my research skills so I could have an impact on the efficacy of our patient care.

I was keen to learn more about what a clinical academic role could include and see first-hand the benefits that having research active AHPs could have within our clinical team.



ARC-GM Research Internship Programme

Our Internship Programme is an introduction to research for registered health and care professionals (excluding doctors and dentists) in Greater Manchester.



- MClinRes module Critical appraisal and evidence synthesis
- Cochrane training modules in systematic review methodology
- Systematic review protocol registered online (PROSPERO)
- Co-author of rapid review paper
- Plain language summary
- Patient, Public and Community involvement training / contact
- Application for pre-doc fellowship (4 months!!).



Support Structure Strategy

NIHR | Applied Research Collaboration Greater Manchester

The incredible learning journey I have been on would not have been possible without unwavering support from my primary supervisor Dr Gill Norman alongside Dr Chunu SN and Dr Catherine Perry. My wholeheaded thanks go to

My ARC-GM Research Internship Experience, Outcomes and Reflections.

Laura McGarrigle BSc(Hons) MSc

Clinical Specialist Physiotherapist, Cardiothoracic Transplantation, MFT. Laura.mcgarrigle@mft.nhs.uk Twitter @TxPhysio

Process of framing personal internship aims: Achievements Opportunities Exploration Focus Successful pre-doctoral

Existing skills Knowledge / skill gaps Evidence gaps

Defining research questions Feasibility

Cochrane Group University of Manchester Subject experts

fellowship application. Co-authorship of rapid review publication. MClinRes module in critical appraisal and evidence synthesis.

Personal Growth and Development.



Gains in knowledge

Tasted clinical academic life

academic networks





synthesis

module

. Peer support ARC-GM resources/meetings

Learning Opportunities

. Cochrane modules in evidence.

University of Manchester MClinRos



Defining Research Question

- . Mapping of existing reviews in
- frailty and lung transplantation . Planning and writing systematic review protocol
- . Writing plain language summary Registration with PROSPERO
- . PPIE group



Practical Application

- . Rapid Review
- . Experience of screening and RoB work
- . Software Rayyan Peer review process
- . Named co-author (under review for publication)



Predictive model-based interventions to reduce culpident no-shows: a rapid review Journal of the American Medical Informatics Association, IN REVISION

Impact on clinical practice



- Improved framing of clinical research guestions. Stronger Integration of critical appraisal and research skills into clinical arena.
- · Evidence based focus
- Journal clubs and upskilling team knowledge
- · Increased profile of AHP research role
- · More confidence to step up into new roles on national stage



before lung transplantation: A

Future Career Direction 3



- Prepare for doctoral application
- · Goal consultant physiotherapist post







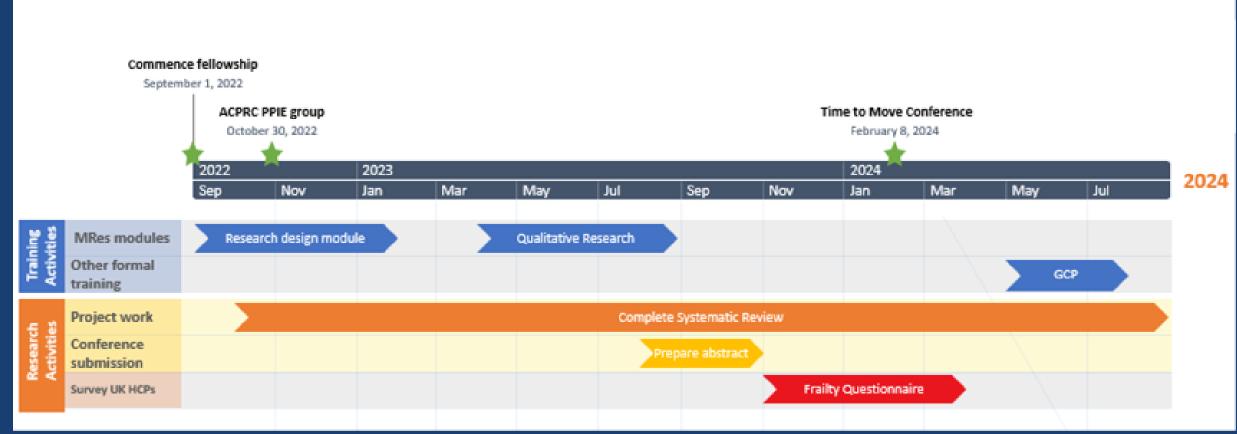
This study project is funded by: supported by the National Institute for Health Research (NHR) (hame of NHR programme (Crant Reference Number XXXVApplied Research Collaborative Greater Manchester). The views expressed are those of the authoris; and not necessarily those of the NHR or the Department.



Pre-doctoral Fellowships

Our Pre-doctoral Fellowship Programme provides research training awards for registered health and care professionals







Benefits of ARC-GM?

Links and access to learning support from The University of Manchester

Manchester University NHS Foundation Trust - funding

Network of experts = learning opportunities

Support individual progression within ARC-GM

Peer support throughout internship and predoc period (all GM based)



Thank you to

All at ARC-GM MFT Charities MFT

Dr Gill Norman
Professor Chris Todd
Professor Helen Hurst

Dr Chunhu Shi Dr Catherine Perry



