NIHR | Applied Research Collaboration Greater Manchester

My ARC-GM Internship Learning Experience

Ahmadreza Karami
Specialist Dietitian, Manchester Royal Infirmary MFT
Ahmadreza.karami2@mft.nhs.uk

Background

MSc in Nutrition (2016-2018)

Dissertation: Evaluation the Association Between Some Micronutrients and Risk of Migraine Headaches

MSc in Dietetics (2022-2024)

Dissertation: Nutrition Intervention in Prehab4Cancer: Patient Experience and Perception

General Medical & Surgical Dietitian (2024-2025) MRI

Member of MFT Dietetic Research working group

NIHR ARC-GM internship (2024-2025)

Specialist Dietitian (2025)

Member of Research working group

Dissertation supervisor for a MMU MSc student

What I have learned during my Internship

Courses and Training:

- Qualitative Design and Analysis module by UoM
- Introduction to Qualitative Research course by SRA
- Qualitative Data Analysis course by SRA
- Writing Up Qualitative data by SRA

Research Tools:

- Rayyan
- EndNote
- Open Science Framework to submit protocol

- Benefited from regular ARC-GM NIHR meetings, catch ups and study days
- Networking Through my supervisor and UoM research team
- Took part in writing up a systematic review
- Benefited from study days conducted by UoM library team

What I Am Working on Now:

Writing up my scoping review with MFT dietitians and NIHR supervisor

Patients' Preferences and Perceived Barriers and Facilitators to Achieving Nutrition-Related Health Outcomes in Chronic Kidney Disease

Next Step:

To conduct my own qualitative research:

- Apply for funding
- Similar research question as my scoping review
- Continue working with my NIHR supervisor

Why ARC-GM NIHR internship:

- Dedicated research time
- Budget for research courses/conferences
- Dedicated academic supervisor/mentor
- Networking with academic researchers
- Opportunity to transition from student researcher to clinical researcher

NHS Manchester University NHS Foundation Trust

Ahmadreza Karami is supported by a National Institute for Health and Care Research (NIHR) Applied Research Collaboration Greater Manchester Internship. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.