

My ARC-GM Research Internship: A Journey of Growth and Opportunities

LEARNING OPPORTUNITIES

- Inclusive Research.
- Manchester Measuring Inequalities Toolkit.
- Translational Research Skills Training.
- Cochrane training.
- Scoping review with EMPHNET- certificate.
- Attend Critical review sessions at University of Manchester and access to the CLR handbook.
- Access to the Library at University of Manchester

RESEARCH TOOLS

- Open science Framework (OSF)
- Rayyan app
- Mixed Method Appraisal Tool (MMAT)
- Prisma guidelines
- Prospero database

ACADEMIC LEARNING OPPORTUNITIES

- Scoping review methodology.
- Execute data extraction systematically.
- Conduct comprehensive and reproducible literature review searches.
- Develop Poster presentation and improve skills in abstract writings.

NETWORKING

- ❖ Redic incubator group at Brimingham.
- ❖ Nursing professors from Ruskin Anglia, Sheffield universities and my professors from India.
- ❖ With the NIHR ARC-GM Digital Health Theme members.
- ❖ Research collaborators with Northwest R&D



PERSONAL DEVELOPMENTS

- **Engaged in Mock Interviews:**
Participated as a pilot candidate, for a larger project involved in predictive modelling of no show of patients in MFT
- **Built Collaborations:**
Established long-term relationships with the Digital Health Theme members at ARC GM.
- **Developed Communication Skills:**
Learned to write blogs and contributed articles for the REDIC Incubator (Birmingham) and ARC-GM during the internship.
- **Academic Skills Developed:**
Mastered systematic literature search techniques using research databases: OVID Medline, CINAHL, EMBASE, SCOPUS, APA PsycINFO. Screening literatures searches and full text data extraction using Rayyan app.



ACHIEVEMENTS

- Established connections with research professionals (great for future collaborations and mentorship).
- Refined research skills through practical experience and trainings.
- Attended research collaboration workshops, webinars, meetings and the International Nursing Research RCN conference in September 2025.
- Secured 30 study days for research activities— which was a major enabler for productivity.
- Actively working on improving academic writing (posters, abstracts, manuscripts).
- Became part of the NIHR ARC-GM family.
- Recognized by my team for doing the scoping review that informs strategies to improve clinic attendance.
- Proud to contribute and feel empowered as a Research Champion.



SCOPING REVIEW IN PROGRESS

Exploring Factors and Strategies to Improve Attendance Among People with Hepatitis B in Secondary Care: A Scoping Review.

1. **Protocol Registration:** The review protocol was successfully registered on the Open Science Framework (OSF).
2. **Literature Search:** A comprehensive search identified **105 studies**, which were imported into the Rayyan app for screening. **29 duplicate records** were removed.
3. **Screening Process:** Two independent reviewers screened **76 studies**. Following title and abstract screening, **61 studies** were excluded based on predefined eligibility criteria.
4. **Data Extraction and Appraisal:** Full-text data extraction was conducted for **20 studies**. The **Mixed Methods Appraisal Tool (MMAT)** was used to assess methodological quality. Eligible studies are currently being included in the final synthesis for the scoping review.

MY FUTURE CAREER GOALS

- Publish the scoping review in journals.
- Poster presentation at RCN conference in 2026.
- Support future research interns.
- Continue the journey in research academia and apply for Pre-doctoral fellowship awards and Doctoral Funding.

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