# Early Career Research as a Learning Disability Nurse

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## What I hope to share with you

A bit about my journey into research

Some of the projects I've been involved in

Reflections on being involved in research and growing as a nurse-researcher



Navigating into research – linear progression?

BSC MSC DrPP ECR

#### Nope!

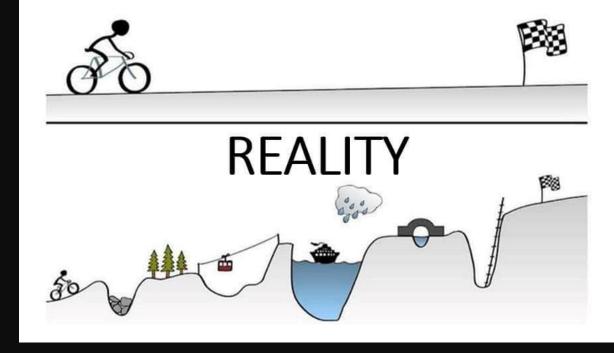
How that journey really felt...

Expectation: linear gaining of understanding of confidence in planning and undertaking research

Reality: the 'known unknown' and 'unknown unknown' became greater at each stage!

### WHEN YOU PLAN YOUR NEXT RESEARCH PROJECT

#### **EXPECTATIONS**





### When I really found my passion

Starting a doctorate!

Why?

It gave me a platform to address a problem I noticed in a constructive way

#### IMPOSTER!!



Uncertainty about research methods



Being a novice again (feeling like a first-year!)



Not following complex conversations about research



The landscape and practices of research, funding, bids and regulations



Having very little applied experience of research

#### What's helped?

Throwing myself in the deep end

Working with incredibly supportive research teams

Being an experienced learning disability nurse

#### Since 2019...

Student - Advanced Independent Project (Professional Doctorate) - Attitudes towards learning disability nursing: a qualitative study

Researcher – Self-Harm and Suicide Prevention Training Evaluation Project and Scoping Review

Researcher, Subject Expert – Adult Not Brought Strategy Evaluation Project, Scoping Review and PPI

Subject Expert – Accessible Resources Available on Long-Term Health Conditions for People with Learning Disabilities Scoping Review

Co-applicant – Seamless Allergy Care, Development of key markers of impact for a seamless model of allergy care for children (The Patient Public Perspective)

Patient and Public Involvement Lead, Co-Applicant – Learning Disability and Autism Demand Signalling Research bid

The imposter syndrome is not as bad as it once was!

## What would I say to super-novice me?

Make links with researchers and collaborative partners

Embrace being a novice again

Find a subject, problem or area you're interested in and see what opportunities lie ahead

Recognise that you have clinical and subject level expertise – we're a valuable resource and compliment research teams



#### Thanks for your time!



