

# Early Career Research as a Learning Disability Nurse

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# What I hope to share with you

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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!

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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!

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## WHEN YOU PLAN YOUR NEXT RESEARCH PROJECT

### EXPECTATIONS



### REALITY





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!!

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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

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# Since 2019...

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

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

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

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

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

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

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***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!

