

## Internship case study

### Alison Lewis

#### Background

I am a public health nurse, working for South Warwickshire NHS Foundation Trust.

#### Why did I apply for this award?

I applied for the West Midlands Clinical Academic Internship Programme (CAIP) \* as I have always had an interest in research and wanted the opportunity to investigate what a clinical academic career would be like. This award gave me protected time away from my regular position to question, experience and formulate a research question for my field of work.

#### How did the award benefit my clinical practice?

The CAIP offered me the time, resources and support from an academic supervisor to review the current literature around a pivotal aspect of my role and promote it amongst other aligned groups of staff.

#### How did the award benefit patients?

The area I reviewed was centred on a model of clinical supervision which I am trying to 'roll out' to other staff groups within the community to enhance their practice and care offered to their patients. The review consolidated my knowledge and belief in the use of this model as best practice to ensure the highest standard and effectiveness of care for our patient group.

#### How did the award benefit my organisation?

I have encouraged other staff members to apply for the award to try and increase the amount of public health nursing research being undertaken within our Trust.

\* CAIP is the local internship scheme within the ICA Programme in the West Midlands

## **What has it allowed me to achieve in my research career?**

Since completing the CAIP I have been working alongside nurse academics at University of Birmingham. I have applied and been successfully awarded funding from The Burdett Trust to undertake a study around sexting, young people and the role of public health nurses.

Following the CAIP I have been able to apply for funding, complete paperwork to ensure ethical and local R&D approval and conduct a number of interview and focus groups to collect data. This award has also given me the confidence to share my experiences at a symposium at the Royal College of Nursing International Nursing research conference this year. This experience has confirmed that I wish to pursue a research career within public health nursing.