

Internship case study

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Background

I am a Chief Sleep Physiologist at Great Ormond Street Hospital for Children, and my background is as a Healthcare Scientist focussing on Respiratory Physiology.



Why did I apply for this award?

After working 10 years in my clinical environment, I sought to continue my professional development outside of my clinical skills, specifically to develop my research knowledge and skills. In particular, I wanted to gain research skills that could be directly translated into my clinical environment. I did some investigation into what programmes were available and found it all a bit daunting. Through my Trust's Research and Development team I was forwarded information in regards to the Internship programme. Once I had read about the programme, I knew this was exactly what I wanted to do, as it would give me the initial building blocks to successfully achieve what I wanted to do.

How did the award benefit my clinical practice?

Gaining the skills to enquire and critically appraise literature to ensure good evidence based practices were being undertaken was the one of the most important benefits to my clinical practice. As part of the internship programme, I was introduced to the concepts of systematic reviews, research protocol and methodology and have now been given the skills and confidence to critically appraise the current literature. Furthermore, I have started a journal club within my department so that I can develop these skills within my fellow staff members.

How did the award benefit patients?

Through the internship programme, I feel I now have the confidence to look at current practices in my clinical environment and look at the evidence for why we are undertaking these practices. Understanding the relevant literature and how this best benefits patients is an integral skill in healthcare. One that I do not believe I fully understood or appreciated prior to undertaking the internship programme.

How did the award benefit my organisation?

The benefit of the Internship to my organisation is clear. As health professionals in clinical environments high-quality care should be performed and supported by evidence-based practices. By having an increased awareness of, knowledge of, and a positive attitude towards evidence-based practices this will in turn benefit patients and my organisation. Taking back the skills and attitudes I have learnt, I am also able to impart my knowledge with my fellow colleagues. On a more personal level, undertaking the internship has increased my job satisfaction within my Trust.

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

The internship programme overall has presented me with a wealth of opportunities and valuable experiences that have given me the confidence to continue my professional development. It has allowed me to gain further insight into avenues of future study opportunities and I have successfully applied for the Masters in Clinical Research at City University starting this September.

Furthermore the internship programme has also given me:

- time outside of my clinical environment to focus on my professional development;
- opened doors to meeting skilled researchers where I was able to gain invaluable knowledge particularly through my academic mentor;
- support and guidance in developing my research project;
- an understanding of the importance of networking;
- an insight into what is required to undertake research from inception to completion; and
- experience of observing a multi-disciplinary research team.