

Abeesh Panicker - Cardiology Research Nurse



After moving to cardiology research, I happened to attend the Research Summit at UHCW in 2016 where I had an opportunity to interact with clinical academic experts. I was impressed with the talk delivered by them on various aspects of research and its importance in Evidence Based Practice (EBP). This motivated me to apply for INCA Bronze and was fortunate to get a place in 2016-2017 cohort. This program was a stepping stone to my journey towards becoming a clinical academic.

I have always wanted to pursue a Masters by Research and the INCA programme provided me with a perfect opportunity to complete it while simultaneously maintaining my role as a research nurse. I was very lucky to get a place for NIHR funded MRes programme at Coventry University. It was a challenge to keep up with the deadlines of my dissertation. However, careful balancing of work and study commitments is the solution. From the MRes programme, I was able to learn new and useful skills, which I could use in my research for data collection and analysis, but also in any future endeavours such as applying for my PhD. One of the features of MRes programme that really appealed to me was being able to interact with experts from various disciplines frequently without compromising any areas of my other work.

I am very thankful to my colleagues, friends and family for supporting me through this process as their motivation kept me determined. While working as a research nurse, I was surrounded by a great team of individuals from whom I have learned a lot. I am extremely proud of myself for completing this challenging Masters by Research, and I hope many more people in my position are given the same opportunity. At length, I realised that nothing is impossible if you are willing to work hard. *If I can do it, then everyone can.* Going forward my aim is to continue my journey towards a PhD. Overall, this has been a great experience and I am grateful to UHCW and Coventry University for supporting me to complete this programme to the best of my ability and NIHR for their help throughout.

