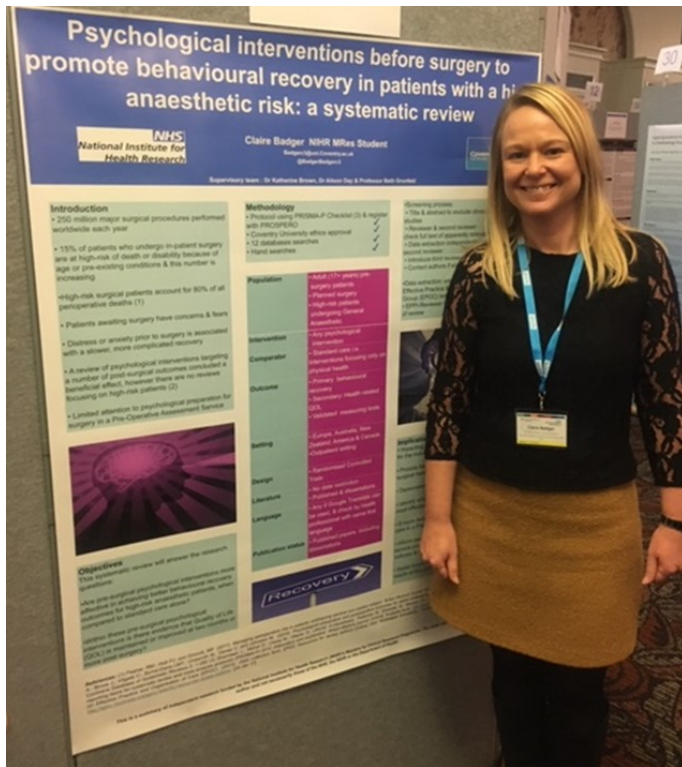


Claire Badger - Consultant Nurse Lead Pre-Operative Assessment Service



I attended 'non-Medical' Research Workshops at UHCW about 5 years ago. Hearing the inspirational journeys of some 'non-medical' researchers made me think "I want to do that!". As a result, I enrolled on the UHCW Interdisciplinary Non-Medic Clinical Academic Programme (INCA) which provided a firm grounding for my clinical academic development. The course added to my theoretical research knowledge in areas including healthcare database searching, research methodologies, critically appraising literature, role of the research team, ethics and governance, and research presentation.

Following this I was successful in obtaining a place on the Higher Education England/ National Institute of Health Research (HEE/NIHR) Masters in Clinical Research (MRes) at Coventry University. I graduated this year after completing a systematic review examining if psychological interventions delivered preoperatively can influence behavioural recovery. POA should modify all risks for all patients, but psychological preparation and optimisation can be overlooked, despite the positive effects this can have on surgical outcome. I saw this as an important opportunity to find new knowledge to improve the care of the patients seen by myself and my service. It has to be my toughest achievement to date, balancing academia whilst still running a service, but was incredibly professionally rewarding.

I feel lucky to be part of a Trust, where research is viewed as an integral part of clinical excellence and world class care and look forward to continuing my research journey in a supportive environment.

