

Nicolas Aldridge - Lead Research Nurse/ NIHR 70@70 Research Leader



I started my career in research as a research nurse within the renal team with the thought of doing this for a couple of years and then returning to the ward. It was clear early on within this position that I had found a role that was rewarding, challenging and full of opportunities, and I have now been in a research role for 12 years.

Within these 12 years, I have seen the positive impact that Nurses, Midwives and AHPs can have on patient care, experience and outcomes by having a research career. Being able to part of the work driving and improving healthcare, I feel, is very privileged position to have. I am passionate about enabling others to have these opportunities within their career and improving quality of life through research and evidence based practice.

I have been fortunate that early on in my research career I was successful in obtaining a place on a Clinical Academic Internship Programme allowing me to develop and explore my own research questions. This continued to support my development and understanding of the research process and enabled my further academic progression including going on to be co-author and contribute to numerous publications as well as further academic study and completion of Masters.

I am fortunate to work across multiple specialities within the hospital and see the fantastic work so many of our research teams are doing and I am delighted to see the research culture within the hospital expanding. Early in the year I was given a unique opportunity, being selected as one the National Institute of Health Research (NIHR) '70@70' Research Leaders. This role enables me to build upon my drive to support more Nurses and Midwives to be involved in research.

Research not only improves patient outcomes and identifies new treatments, but is also a rewarding clinical and academic career which is an option open to all staff within the NHS.

