

Petra Hanson—Academic and Clinical Fellow in Diabetes and Endocrinology



My research journey began in third year of medical school. Inspired by a taster in laboratory research during my intercalated year, I was keen to pursue research as part of my clinical career. As an Academic Foundation Trainee, I was able to undertake my first research project in the Human Metabolism Research Unit in 2013, investigating the effects of music on metabolism. My interest in obesity, metabolism and type 2 diabetes led me to pursue clinical training in Endocrinology and Diabetes, alongside research in this field. I am currently working as a Clinical Research Fellow and I am in my second year of PhD. My project investigates weight loss potential and metabolic effects of oral antidiabetic drug, in patients with obesity and type 2 diabetes.

As an academic trainee I can learn from experts in clinical and research fields, and I have dedicated time for research. This drives my enthusiasm and interest in my work, and inspires me to pursue many different projects. I worked with my colleagues on creating mindfulness-based group sessions for patients with obesity, which resulted in our work being published in JCEM. Being able to present my work recently at international conferences in San Francisco and Madrid has been hugely beneficial in meeting other clinical researchers whom I can collaborate with and learn from. My current role also enables me to be involved in teaching medical students and junior doctors, and to lead on various leadership projects.

I hope to become a leader in the Academic Field of Diabetes and an international researcher in the field of metabolism, obesity and type 2 diabetes. Whilst I have a long way to go, I believe that if one has an inquisitive nature, enthusiasm, and determination to learn, career in academic medicine is an obvious choice.

