

Ramesh Arasaradnam—Professor in Gastroenterology



I was fortunate to have had a phenomenal mentor (Professor K D Bardhan, OBE) as a trainee in Gastroenterology (Sheffield Deanery). He persuaded me that the 'journey was more important than the destination itself' hence decided to defer my consultant appointment and instead pursue a PhD in Newcastle (in those days we had to move regions to derive the best projects as I was interested in colon cancer molecular development).

Here I worked with colorectal surgeons and basic scientists which was an eye-opening experience and after 3 years decided to continue with research alongside my clinical practice. I was then introduced to another great researcher (Professor Chuka Nwokolo) who was instrumental in enabling me to undertake research alongside clinical gastroenterology. Importantly I was able to observe the art of managing a research team of nurses and doctors as well as contribute to the on-call service.

With their guidance through grant writing and undertaking commercial research, I was able to fund my own research, develop my own research team and then support and supervise MD/PhD students. One of the greatest rewards with this particular path of research was the ability to explore the areas of research I was interested in – often as a result from corridor conversations with a colleague at meetings or patient anecdotes. More latterly through enthusiastic research fellows, I have been pushed out of my comfort zone to explore other areas peripheral to gastroenterology.

Trust support (R&D) has been crucial especially in the early career stage through consultant fellowships. As a result, the cumulative experience gained has then enabled holding key positions regionally as CRN specialty lead and nationally as chair of Research Committee in Gastroenterology. However, the journey continues.....

