

# Applying for further funding: an NIHR post-doctoral Research Fellowship

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# Investigating the possible role of Chinese herbal medicine (CHM) in the treatment of recurrent urinary tract infections (RUTIs) for women in primary care



In herbal medicine...you've got to be kidding!

# 4 Phases



1. Investigate GP experience of treating RUTIs and their attitudes towards herbal medicine
1. Exploring women's experience of having RUTIs
1. Defining best practice of CHM for RUTIs
1. Conducting a double blind, placebo controlled RCT exploring the feasibility of administering CHM via primary care.

# 5 Key elements



- Relevant research project
- A high level, supportive team
- A well worked application form
- The Interview...
- An informed, plausible, and enthusiastic applicant with potential to develop into an independent health research 'leader'

...YOU!

# Relevant research project-RUTIs

- A relatively common condition in primary care
- A condition with significant demands on GP time, NHS costs and high levels of antibiotic use
- Current treatment not satisfactory-an effectiveness gap.



# The Team



- A good mentor...ease of communication, exploring ideas together, support through the dark times...
- A supportive department...peer review, clinical trial support, statistical expertise etc...
- a proven record of high quality departmental research-ideally in the area you are investigating.

# The Application form



"... 5 ... 4 ... 3 ... there's always one!"

- Labour intensive: 4-6 months work
- A dynamic, iterative process
- Integrating different points of view
- Well researched argument, realistic costs, relevant training programme
- This is your narrative - thoughtful, well written, compelling, and authentic

# The Interview

- Clear focus, ruthlessly timed
- Mock interviews....ideally with brutes
- Try to anticipate the weaknesses of your proposal and the questions directed at these areas.
- Well informed + conviction + passion
- Believe in the product (you and the value of your research)





# The Applicant



- Know your stuff-confidence and fluency
- Demonstrate previous track record (papers/posters/presentations/research/training etc)
- Someone worthy of public investment
- Willingness to learn, develop and persist
- Passion and commitment informed by reason...a heady cocktail

# Good Luck!

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