# SPCR internship projects 2023 – University of Exeter

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| **Name & email supervisor(s):**  Dr Emma Cockcroft; e.j.cockcroft@exeter.ac.uk |
| **Length of internship and when it could take place:**  4 weeks; start date flexible. |
| **Host department:**  Exeter Collaboration for Academic Primary Care, University of Exeter |
| **How will the internship be conducted:**  In person at the university  Virtual/ from home  Both are possible, depending on preference of student |
| **Title internship project:**  ISPA-T1D: Improving Support for Physical Activity in Adolescents with Type 1 Diabetes |
| **Summary of the internship project:** *(max 250 words, can include hyperlinks to further information)*  Type 1 diabetes (T1DM) is one of the most common chronic diseases in young people. Physical activity has known benefits in the management of the condition, however young people with T1DM are not meeting recommendations.  In a study conducted by the Association for Physical Education, 37% of parents were not confident that their child's teachers knew what to do in an emergency situation, such as a hypoglycaemic episode; 51% of children with type 1 diabetes were not confident approaching teaching staff about diabetes-related problems; and only 28% of parents felt that their child’s teachers had a good understanding of type 1 diabetes. This creates further barriers for children and young people with T1DM to be physically active. The project’s young person and parent advisory group have also highlighted support in schools and clubs being a problem.  We need to develop evidence-informed approaches to support young people with T1DM to increase levels of physical activity, addressing specific barriers and encouraging activity. School PE staff and sport coaches have an important role in supporting this, however, to date no studies have captured their perspectives.  We have conducted a nationwide survey and currently undertaking semi-structured interviews with PE teachers and sports coaches. We are looking for an enthusiastic intern to join the team to help analyse and write up this project. Findings will allow us to understand current practice and identify areas where improvements can be made to help physical activity providers to promote and support physical activity in young people with T1DM. |
| **Learning objectives:**   * + - * To develop and understand of Type 1 diabetes and physical activity.       * To develop an understanding of intervention development frameworks.       * To develop skills and understanding of patient and public involvement in research and co-design of interventions.       * To learn and undertake qualitative analysis.       * To learn how to use NVivo qualitative data analysis software.       * To help write up findings for publication and dissemination to wider audience. |
| **Any further information:**  The project is part of a wider programme of work (<https://www.ispa-t1d.com/>) and the student will have the opportunity to be involved in other projects should they be interested. |
| **How to apply:**  Please email Sara Hayes [s.hayes@exeter.ac.uk](mailto:s.hayes@exeter.ac.uk) and Jo Butterworth [j.e.butterworth@exeter.ac.uk](mailto:j.e.butterworth@exeter.ac.uk) by 5pm 28th April 2023, attaching a completed Expression of Interest form (see below) and your CV.  Successful applicants will be notified by Friday 19th May 2023. Applications will be scored independently by three members of the core APEx team, followed by discussion and agreement on the two highest scoring applicants. Selection will be based on criteria including:   * evidence of commitment to primary care scholarship; * critical thinking and reflexivity about how this award will support your future professional growth; * and creativity and commitment to making an active contribution during the internship to the primary care knowledge field. * Patient and Public Involvement is central to all our research themes. |

## Exeter Academic Collaboration for Primary Care (APEx) internships for undergraduate students: Expression of Interest form

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| **Full name** |  |
| **Email address** |  |
| **Host University; Undergraduate programme and year** |  |
| **Please answer the following questions (max 150 words for each section).** | |
| 1. **Why are you applying for this internship?** Please include information about which project you would like to join and why. | |
| 1. **Do you have any previous experience of research in Primary Care?** | |
| 1. **How will this internship support your future career or professional development plans?** | |
| 1. **What contribution do you think you can make during the internship?** | |