

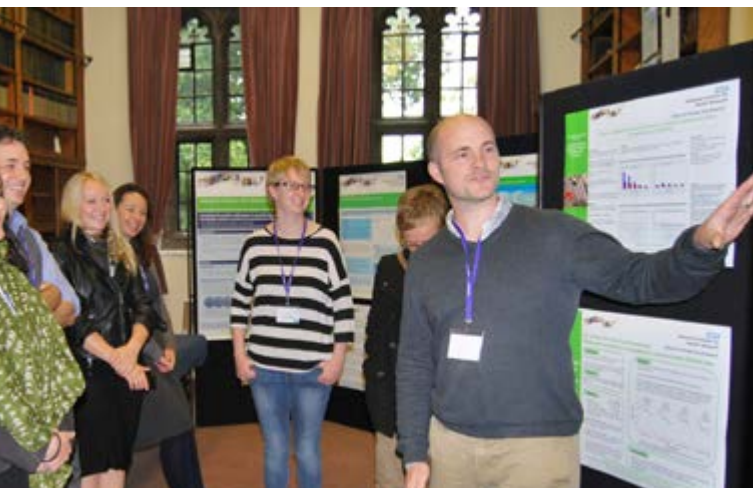
# School for Primary Care Research

*Increasing the evidence base  
for primary care practice*

## Induction for SPCR trainees

**NHS**

**National Institute for  
Health Research**



[www.spcr.nihr.ac.uk](http://www.spcr.nihr.ac.uk)

# Welcome

It's a pleasure to welcome you to the National Institute of Health Research (NIHR) faculty; and the NIHR family.

The NIHR Faculty is at the heart of what we do. It includes all NIHR funded people working in the NHS, universities and registered charities in England. It is a vibrant and unique research community that includes some of our most eminent health researchers.

To be an NIHR trainee is to be a part of a group of important research leaders of the future, meaning NIHR trainees are the future of research. The NIHR is committed to developing your careers and constantly works to improve what it offers.

I have the wonderful opportunity to work with the trainees we support and my job is to ensure all of our trainees are happy and go on to be successful. The NIHR tailors its training to meet these goals; by not only training you academically but preparing you for a longer term research career and by listening to you and taking on your feedback to make your experience as a student or fellow as good as it can be.

I wish you the best of luck for the future and every success.

**Professor Dave Jones**  
**NIHR Dean for Faculty Trainees**

It is a great pleasure to welcome you to the NIHR School for Primary Care Research, a unique family dedicated to improving primary health care for patients through research excellence.

Since our inception almost a decade ago we have been committed to training and supporting the next generation of primary care researchers. Our multi-disciplinary focus provides the perfect learning environment that is strongly supported by the unique collaboration of the top nine English departments of primary care.

In addition to being a member of the wider NIHR Faculty you will also be able to access a wide range of resources to enhance your training and development through the School and your department. Each host institution has a named training lead to support your transition towards an independent academic career. You will work with leading primary care investigators who are committed to helping you develop as a primary care researcher.

I hope you enjoy your time as a NIHR SPCR student or fellow. Make the most of the available opportunities and we look forward to hearing about all of your future success stories.

**Professor Christian Mallen**  
**NIHR School for Primary Care Research Training Lead, Keele University**



## Overview

Established in 2006, the NIHR School for Primary Care Research is a partnership between nine leading academic centres for primary care research in England. Bringing together academics and practitioners from across the country, the School collaborates on cutting edge, topical primary care studies that have an impact both at policy level and in general practices around the country. Our partners are based in primary care departments at the Universities of Bristol, Cambridge, Keele, Manchester, Newcastle, Nottingham, Oxford, Southampton and University College London.

In addition to conducting high profile research, we attract the best new researchers into our capacity programme and offer trainees support and networking opportunities through an extensive training and events programme.

With NIHR funding until 2020, the School aims to increase and improve research awareness in the sector, provide strategic leadership to support the development of primary care research and contribute to ongoing efforts to build research capacity amongst partners.

Our research complements other NIHR funding streams and work undertaken in NIHR funded infrastructure units. Studies encompass primary care and general practice, with some research at the interface between primary and secondary care.

The School's overarching themes are:

- **Disease prevention and diagnosis**
- **Non-communicable disease and ageing**
- **Acute care**
- **Organisation and delivery of care**
- **Research innovation and new technologies.**

More information about the School including the latest news and newsletters can be found on the website:

[www.spcr.nihr.ac.uk](http://www.spcr.nihr.ac.uk)

## Capacity and development

The School's research capacity and development programme aims to complement rather than replicate the training opportunities provided by the NIHR Training Coordinating Centre (TCC) and other funding agencies such as the Medical Research Council (MRC) and the Wellcome Trust.

We offer awards to remedy short-supply in areas of particular methodological importance to primary care research, for example, statistical expertise, health economics expertise and health psychology expertise. The opportunities take the form of PhD studentships, clinical and non-clinical fellowships.

The SPCR awards are advertised nationally and awarded after rigorous peer review. Applications are made centrally with candidates indicating their preferred host department. Each university will offer specific training opportunities reflecting their own areas of expertise.



The SPCR film provides an outline of the research and training undertaken by the School and includes personal accounts from trainees of how School funding has benefitted their careers.

<https://www.youtube.com/watch?v=yEQDDDDkpmQo>





## SPCR awards

Awards are usually advertised in January.

### Clinical training awards for ST3 GP trainees

These awards for GP vocational trainees are made to run for two years at ST3 level, subject to the availability of regional support and NHS funding (we fund only the 0.5wte academic component of the training).

[www.spcr.nihr.ac.uk/trainees/Funding/st3-entry-academic-clinical-fellowships-in-primary-care](http://www.spcr.nihr.ac.uk/trainees/Funding/st3-entry-academic-clinical-fellowships-in-primary-care)

### GP career progression awards

With an increasing demand for part-time academic training from clinicians who do not wish to lose clinical competencies, we have introduced part time GP Career Progression awards.

[www.spcr.nihr.ac.uk/trainees/Funding/gpcp-fellowships](http://www.spcr.nihr.ac.uk/trainees/Funding/gpcp-fellowships)

### PhD/DPhil studentship awards

These awards are available to those with limited primary care experience (e.g. Masters-level training). The awards offer traditional project-specific training in shortage-areas of particular importance to primary care. They focus on non-clinical disciplines (e.g. medical statistics, health economics, health psychology).

[www.spcr.nihr.ac.uk/trainees/Funding/studentships-in-primary-care](http://www.spcr.nihr.ac.uk/trainees/Funding/studentships-in-primary-care)

### Launching Fellowship awards

These are available to those with some previous research experience, such as those who have worked as research associates in primary care research. However, these awards are not generally based around a specified single project but may involve attachment to a Clinical Trials Unit or similar research grouping involved in a programme of large-scale research. The awards will be open to all disciplines relevant to primary care research, clinical and non-clinical.

[www.spcr.nihr.ac.uk/trainees/Funding/launching\\_fellowship](http://www.spcr.nihr.ac.uk/trainees/Funding/launching_fellowship)

## Additional training and development opportunities

### The NIHR Doctoral Research Training Camp

The Doctoral Training Camp is a three-day intense annual event for NIHR trainees from the Biomedical Research Centres (BRCs), Biomedical Research Units (BRUs), Collaboration for Leadership in Applied Health Research and Care (CLAHRCs), Patient Safety Translational Research Centres (PSTRCs) and the School for Primary Care Research. It is a challenging event that offers workshops, guest speakers who have established research careers as well as poster presentations and opportunities for networking and mentoring.

### The NIHR Leadership Programme

The NIHR Leadership Programme is designed for the next generation of researchers; people who are beginning to make a significant contribution to their field, and who recognise that they will not be able to achieve what they hope for in health research and make a real impact without increased leadership and management capability. The programme lasts for 15 - 18 months and includes three residential workshops at Ashridge in Hertfordshire

### The Oxford International Primary Care Research Leadership Programme

The programme was originally established as part of the Brisbane Initiative. It is designed to foster and develop future leaders in primary care research. The programme consists of three residential meetings in Oxford designed to help participants explore different aspects of leadership in primary care research. SPCR departments are invited to nominate one candidate who has demonstrated the potential to become a future leader in primary care research.

### Transdisciplinary Understanding and Training on Research – Primary Health Care (TUTOR-PHC)

is a one year course with an innovative curriculum in primary health care research skills and interdisciplinary theory and process. It includes a three day symposium in Toronto, online workshops and discussion groups. Participants also have the opportunity to present their research projects to peers and receive interdisciplinary feedback.

### The NIHR Doctoral Training Exchange Scheme

The Doctoral Training Exchange Scheme allows doctoral trainees supported by the NIHR to spend time in other parts of the infrastructure to network, train in a specific technique or collaborate with other researchers/specialists in their topic area.

**Please visit: [www.spcr.nihr.ac.uk/trainees](http://www.spcr.nihr.ac.uk/trainees) for more information on the training and development opportunities.**

## Reporting requirements

As a SPCR trainee you are expected to:

- Attend the annual School trainees' meeting in September of each year of your award and present your research in progress
- Complete project reports twice a year of your research and training and development
- Complete a final report at the end of your award
- Inform the School's Communications Officer when you have a publication (see section on NIHR communications policy). All research resulting from your award must be correctly attributed to the School
- If your circumstances change, for example, you plan to move to part-time, you are on extended sick leave, maternity leave, and the dates of your award need to be amended, you must inform the School's Senior Scientific Manager.

## ORCID

An ORCID number will soon become mandatory when applying for NIHR research funding. The School requires all applicants to supply one when applying for funding.

The ORCID provides an identifier for individuals to use with their name as they engage in research, scholarship, and innovation activities. To find out more and to register please follow this link <http://orcid.org/>

## SPCR student-led training days

**Doctoral students from around the School conceptualise, organise and lead training days around the country.**

The focus of the training days is to give students the opportunity for specific skills training from experts within the School. The events provide an opportunity for doctoral students to meet others interested in similar research topics and to present their work. The training complements the annual SPCR trainee meeting held in September each year.

SPCR trainees Charlotte Albury and Ben Fletcher developed the proposal for the series and organised the first event in Cambridge which provided training for research relating to randomised controlled trials. All students from SPCR member institutes were invited to attend the training day, regardless of whether they were funded by SPCR.

## Patient and Public Involvement and Engagement (PPIE)

Patient and Public Involvement (PPI) is integral to the School's research and research capacity development activities, and is informed by the National Institute for Health Research (NIHR)'s policy for patient involvement. Patients, mental health service users, carers and members of the public with an interest in research are encouraged and supported to work in partnership with researchers on projects carried out across the NIHR School for Primary Care Research. Public contributors bring particular knowledge and insights to research based on personal experiences as users of health care services and treatments. Our purpose in working with patients, carers and the public is to improve the quality and relevance of the research that we fund, and to raise public awareness of our research.

### Involvement and Engagement within the SPCR

Members of the public sit on the School's funding review board and trainee award interview panels.

To encourage researchers to incorporate involvement at the earliest possible stages of their research, the SPCR also funded six pre-award workshops where researchers could develop research ideas with members of the public.

The SPCR is hosting a 'Knit a Neuron' engagement event, as part of Oxford University's Curiosity Carnival, to encourage research engagement with the public.

### Resources

The 'Patient and Public' pages on the SPCR website are a useful source of further information about patient and public involvement, engagement and participation. They contain contact information, [FAQs](#), and links to the [Resources Hub](#).

For more information and advice about incorporating Patient and Public Involvement in your research projects, please contact your local [Involvement Lead](#), or the SPCR's Involvement Officer.

A second workshop to develop skills in Patient and Public Involvement was held in Newcastle and organised by Bethany Bareham, "Our vision for the training day was to create a formative opportunity to develop understanding and confidence for PPI in our cohort of early career researchers. Particular emphasis was placed on encouraging creative thinking, and involvement of patients and the public throughout the research cycle."

**Beth's blog:** [www.spcr.nihr.ac.uk/blog/spcr-2018developing-skills-in-ppi2019-training-day-at-newcastle-university](http://www.spcr.nihr.ac.uk/blog/spcr-2018developing-skills-in-ppi2019-training-day-at-newcastle-university)

**More from Charlotte:** [www.spcr.nihr.ac.uk/news/skills-training-for-phd-students](http://www.spcr.nihr.ac.uk/news/skills-training-for-phd-students)

# Communicating your research

All Researchers and trainees publishing or presenting work, in any form, are required by the NIHR to use the correct funding acknowledgement and disclaimer. This and other branding guidelines can be found on the School's website:

[www.spcr.nihr.ac.uk/about-us/SPCR-outputs](http://www.spcr.nihr.ac.uk/about-us/SPCR-outputs)

In summary, the SPCR communications process ensures all news, publications, poster and powerpoint presentations, press releases and attribute statements are known to and approved by the NIHR and DH before being published or released.

## Press

Press releases are also to include the NIHR boilerplate, available on the website ([www.spcr.nihr.ac.uk/about-us/SPCR-outputs](http://www.spcr.nihr.ac.uk/about-us/SPCR-outputs)). Draft press releases must be sent, via the Communications Officer, to the NIHR and Department of Health for comment at least 28 days before they are released.

## Presentations

The powerpoint and poster templates are designed to be used to represent all School funded work. These templates are available on the website:

[www.spcr.nihr.ac.uk/about-us/SPCR-outputs](http://www.spcr.nihr.ac.uk/about-us/SPCR-outputs)

## Twitter

When using Twitter to promote research please include the SPCR Twitter handle: @NIHRSPCR

**SPCR research paper/news/  
poster/presentation/press  
release**



**SPCR Communications Officer**



**NIHR/DH**



**Approval pre-publication or news re-  
lease communicated  
to trainee/researcher**

**All outputs are to include the  
following NIHR funding statement  
and disclaimer:**

'This research is funded by the National Institute of Health Research School for Primary Care Research (NIHR SPCR). The views expressed are those of the author(s) and not necessarily those of the NIHR, the NHS or the Department of Health.'



Above: Rachel Ryves (far left) and her team on the NIHR Doctoral Research Training Camp in 2017.



## Mentoring Scheme

At the annual NIHR School for Primary Care Research (SPCR) trainees' meeting, training leads are frequently asked about mentoring opportunities for primary healthcare scientists. The majority of our trainees are not medically qualified and as such cannot access mentoring opportunities provided by the Academy of Medical Sciences (AMS) or local Vocational Training Schemes (VTS). Recognising the need to provide support and mentorship to primary healthcare scientists, the Society for Academic Primary Care (SAPC) developed a scheme in 2013 to support early/mid stage researchers.

Rather than establishing a separate mentoring scheme to support primary healthcare scientists working within the SPCR, we are working alongside the SAPC to provide additional capacity for SPCR trainees. This builds on the success of the SAPC scheme and provides independent mentoring opportunities within the School. The School has since set up many mentor-mentee relationships and received favourable feedback on the programme.

**"My mentor was very willing and able to listen, probe, and advise on the topics we discussed. I gained a lot from dedicated time with a genuine and thoughtful professional, more than just time to think and talk about my next career goal and how I plan to achieve it, but also a trusted sounding board outside my workplace."**

Mentors are often from different disciplinary backgrounds and from different departments. This facilitates growth in broader career progression aspects instead of focussing on the smaller aspects of developing as an academic.

**"The benefit of the programme was having a mentor from another institute to talk to someone with a different perspective. We had some really useful discussions and I felt that I had support from someone who was impartial to my work and institute which was helpful. My mentor was from a different discipline but there were similarities in terms of career path and being non-medical. To have someone who could relate to the challenges I faced and get advice was very helpful."**

One of the aims of the scheme is to help mentees to identify possible career pathways and to find career progression opportunities.

**"My mentor was very helpful in identifying potential career pathways, and it was really valuable to get the views from a senior academic external to the department I work in. It was interesting to talk about some of the similarities and differences between his department and mine."**

**"It was very useful to think about which of the opportunities might be best suited to me at the different stages of early post-doctoral research and also to think about the ideals and realities of each of these opportunities."**

**More information [www.spcr.nihr.ac.uk/trainees/mentoring\\_scheme](http://www.spcr.nihr.ac.uk/trainees/mentoring_scheme)**

**SAPC**  
Society for Academic Primary Care

## SAPC PHoCuS group

In 2012, the Society for Academic Primary Care (SAPC) wanted to understand and address the career development needs of members who don't come from a medically qualified background. The result was the establishment of the Primary Health Care Scientists (PHoCuS) group. Former SPCR trainee from the University of Southampton, Lily Lai, spoke about the value of group meetings:

**"I didn't know there were quite so many 'non-GPs' until I came to one of the Primary Healthcare Scientists (PHoCuS) group meetings back in 2012. The PHoCuS group was set up as a way of offering a single support scheme to this multidisciplinary group within SAPC. Since this time, the group has grown considerably – initially hosting one annual meeting at the national SAPC conference to now organising a range of activities which are led by PHoCuS members. These activities are designed to promote interdisciplinary engagement, to offer further opportunities for collaboration and are designed to be as inclusive as possible to meet the needs of this varied group."**

**More about SAPC: <https://sapc.ac.uk/>**

# About the NIHR

The National Institute for Health Research (NIHR) is a large multi-faceted and nationally distributed organisation. It is funded through the Department of Health to improve the health and wealth of the nation through research. Together, NIHR people, facilities and systems represent the most integrated clinical research system in the world, driving research from bench to bedside for the benefit of patients and the economy.

Since its establishment, the NIHR has transformed research in the NHS. It has increased the volume of applied health research for the benefit of patients and the public, driven faster translation of basic science discoveries into tangible benefits for patients and the economy, and developed and supported the people who conduct and contribute to applied health research. [www.nihr.ac.uk](http://www.nihr.ac.uk)

## What is One NIHR?

As the research arm of the NHS, more than 25,000 people engaged in leading research belong to the NIHR, its networks or coordinating centres. All of whom work towards improving the health and wealth of the nation through research as One NIHR. [www.one.nihr.ac.uk/](http://www.one.nihr.ac.uk/)

The NIHR funds many different roles across the whole research pathway. They fund training for healthcare professionals to pursue their research ideas, the investigators that lead on research projects and the research nurses on the ground who deliver research.

NIHR trainees are the researchers of the future. A highly educated health research workforce is a prerequisite for the nation's capability to undertake and attract world-class health research.

## Ways you can promote the NIHR

The NIHR have developed a set of resources to help everyone funded by, supported by and working for the NIHR. These can be found on their website: [www.one.nihr.ac.uk](http://www.one.nihr.ac.uk).

In addition, as a trainee there are some other small things you can do which collectively can make a big contribution in raising awareness of the NIHR:

- Wear a 'I am NIHR' badge - you can collect one from a number of NIHR locations
- Tell your colleagues that you are funded or supported by the NIHR
- Include your NIHR award title wherever possible
- Share NIHR news with your colleagues and associates
- Take part in the New Media Competition

## Make it clear

The NIHR is committed to making sure that each research study it funds has a clear and concise plain English summary. It is important that this information explains the research as a whole and is easy to read and understand. From May 2014 a good quality plain English summary, submitted as part of the standard application form, became a requirement of NIHR funding. Guidance has been developed for researchers and for board and panel members. Find out more: [www.invo.org.uk/makeitclear/](http://www.invo.org.uk/makeitclear/)

## "I am Research"

The NIHR aims to raise awareness of the benefits of research and the positive impact it has on people's lives through the "I Am Research" campaign. Patients, the public and health and social care research professionals can express how fantastic research is by talking about why research is so important to them. Find out more: [www.nihr.ac.uk/news-and-events/support-our-campaigns/i-am-research/](http://www.nihr.ac.uk/news-and-events/support-our-campaigns/i-am-research/)





# NIHR Trainees Coordinating Centre (TCC)

TCC makes training awards to researchers whose work focuses on people and patient-based applied health research. Research training is funded in order to build a leading NHS Research Faculty, develop research careers, research leaders and collaborators. The research must be relevant to the NHS, focused on the current and future needs of patients and the public and expected to have an impact within five years of its completion. The NIHR does not fund basic research or work involving animals and or animal tissue.

There are a large range of awards available at different levels and to suit different work arrangements, types of NHS staff and career paths.

## Training Programmes

- Fellowships
- Integrated Academic Training
- NIHR/Health Education England Clinical Academic Training (CAT) for Nurses, Midwives and Allied Health Professions
- NIHR/Health Education England Healthcare Science Research Fellowships
- Research Professorships
- Clinical Trials Fellowships
- Research Methods
- Knowledge Mobilisation Research Fellowships

## NIHR Fellowship Programme

Round 11 of the NIHR Fellowship Programme will launch in October 2017. The application system can be accessed via [www.nihr.ac.uk/funding-and-support/funding-for-training-and-career-development/fellowship-programme.htm](http://www.nihr.ac.uk/funding-and-support/funding-for-training-and-career-development/fellowship-programme.htm)

## Clinical Trials Guide for Trainees

The NIHR Trainees Coordinating Centre have developed guidance to support NIHR trainees interested in getting involved in clinical trials. The resource supports individuals interested in pursuing a research career that involves the delivery of clinical trials. The booklet is the outcome of the first stage of the project to determine which questions aspiring trialists need answering before starting their journey into clinical trials.

## NIHR Training and Career Development Webinars

The TCC hold regular webinars on current topics of interest to NIHR trainees.

To sign up, email: [TCC@nihr.ac.uk](mailto:TCC@nihr.ac.uk)

**View past webinars here:** <http://bit.ly/2iOLvix>

## Other resources

The NIHR Trainees Co-ordinating Centre offers support for workshop organisation through communications networks and promotional activities. The Clinical Trials Guide for Trainees document. The outcome of the first stage of the project which was to determine which questions aspiring trialists need answering ahead of starting their journeys into clinical trials. Through collaboration with experts across the NIHR and conversations with existing trainees the NIHR lists questions and answers that they hope trainees will find useful, as well a list of useful links to resources for further information.

### Faculty World

The Faculty World e-magazine focuses on NIHR Faculty members and their achievements and provides news about training and other opportunities. [www.nihr.ac.uk/our-faculty/faculty-world.htm](http://www.nihr.ac.uk/our-faculty/faculty-world.htm)

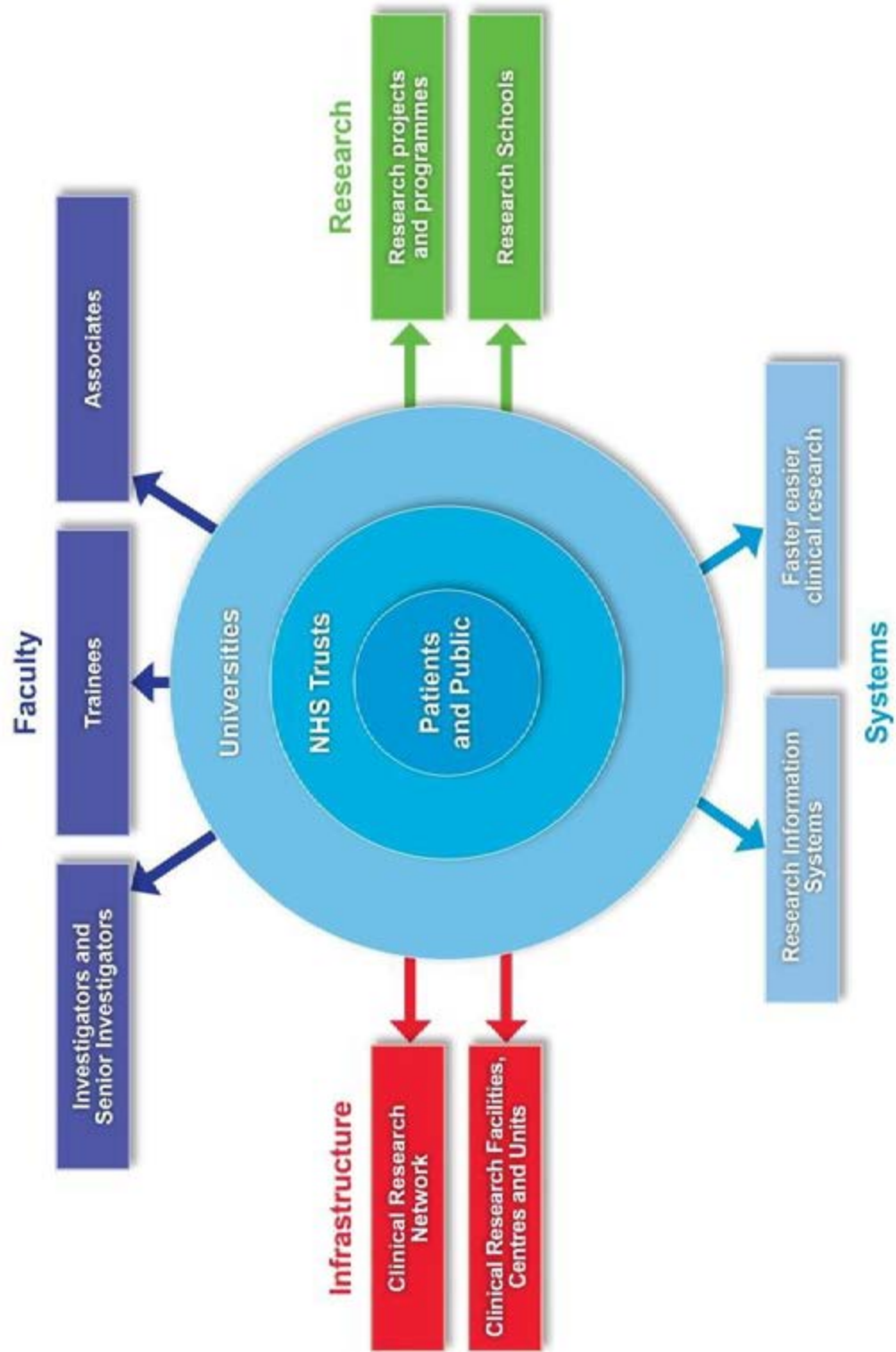
### The Researcher

A new digital publication, The Researcher, has been launched. It is created for health researchers by health researchers and aims to raise awareness of research careers among nurses, midwives and allied health professionals.

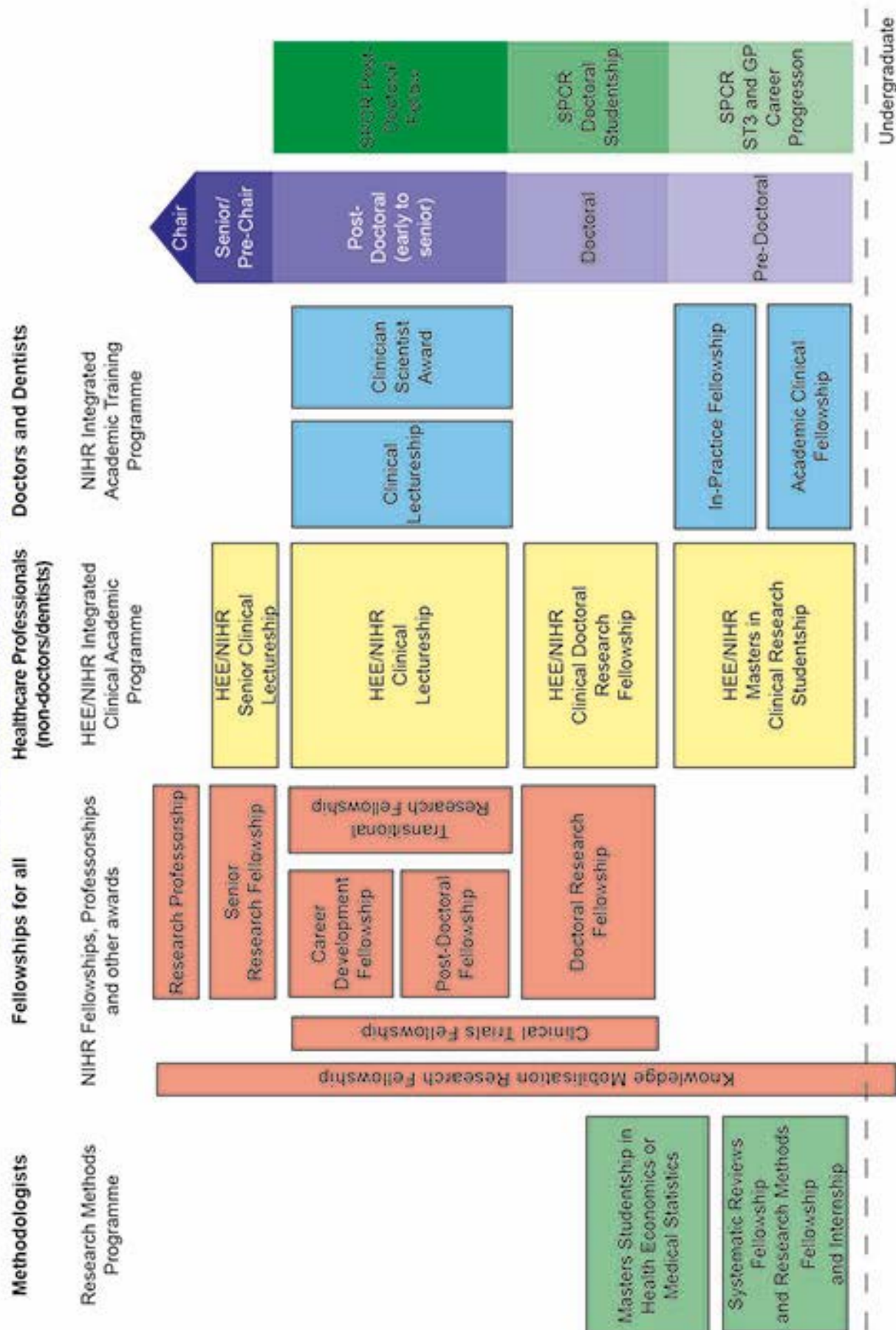
[www.research.northwest.nhs.uk/the-researcher-magazine-2/](http://www.research.northwest.nhs.uk/the-researcher-magazine-2/)



## The NIHR health research system



## NIHR RESEARCH CAREER PATHWAYS





## Directorate

The School's Directorate are here to support you in many practical aspects of your award.

### Senior Scientific Manager

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### University of Manchester

Aneez Esmail

### Newcastle University

Barbara Hanratty

### University of Nottingham

Nadeem Qureshi

### University of Oxford

Paul Aveyard, Katherine Tucker & Kay Wang

### University of Southampton

Hazel Everitt

### University College London

Kate Walters



University of  
BRISTOL



UNIVERSITY OF  
CAMBRIDGE



Keele  
University



Newcastle  
University



The University of  
Nottingham



UNIVERSITY OF  
OXFORD

UNIVERSITY OF  
Southampton



## School for Primary Care Research

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