

School for Primary Care Research

*Increasing the evidence base
for primary care practice*

SPCR trainee award holder handbook

NHS

**National Institute for
Health Research**



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

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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.

Regular updates to the information in this booklet will be made on our website, please check: www.nihrspcr.ac.uk/training

SPCR WORKING GROUPS

- Ageing and the health and care of older people
- Mindfulness
- Involving patients and families in improving the quality and safety of healthcare
- Mental health
- Analysis of GP databases
- Medicine use and prescribing
- Allergy
- Brief behavioural and psychological interventions
- Conversation analysis
- Digital health
- Health economics in primary care
- Organisation and delivery of primary care.

SPCR THEMES

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



The SPCR film highlights the work conducted by the School through the voices of researchers and trainees. <https://www.youtube.com/watch?v=yEQDDdkpmQo>

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 offers specific training opportunities reflecting their own areas of expertise.

WHAT SPCR PROVIDES

Awards are usually advertised in early January every year. The 'Training' section of the SPCR website has links to the following awards:

<https://www.spcr.nihr.ac.uk/trainees/Funding>

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).

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.

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). The award covers stipend, tuition fees and funds for research, training and development.

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.

“Being the holder of a SPCR award has enabled me to establish a programme of research and be mentored by world-renowned primary care researchers. The close links with other insitutions within the School has facilitated networking with leading researchers outside my department. All of which has been hugely enriching”



FUNDING TIMETABLE

	Advertising	Application deadline	Interview	More information
Studentship	Begin January	Mid February	n/a	https://www.spcr.nihr.ac.uk/trainees/Funding/studentships-in-primary-care
GPCP	Begin January	Mid February	Mid May	https://www.spcr.nihr.ac.uk/trainees/Funding/gpcp-fellowships
Launching Fellowship	Begin January	Mid February	Mid May	https://www.spcr.nihr.ac.uk/trainees/Funding/launching_fellowship
ST3	Begin October	Mid November, apply to the Deanery	Mid April	https://www.spcr.nihr.ac.uk/trainees/Funding/ST3

Please visit: <https://www.nihr.ac.uk/our-faculty/trainees/support-and-resources-for-trainees/support-for-trainees-in-nihr-infrastructure/> for more information on the training and development opportunities offered by the NIHR.

Patient and public involvement and engagement

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.

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. Patient and Public Involvement and Engagement Case Studies can be found on the website: <https://www.spcr.nihr.ac.uk/PPI/ppi-publications>

For more information and advice about incorporating Patient and Public Involvement in your research projects, please contact your local Involvement Lead.



Reporting

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 progress reports twice a year of your research and training
- Complete a final report at the end of your award with follow up on ResearchFish
- Inform the School's Communications Officer when you have a publication (see section on Communicating your research). All research publications and presentations resulting from your award must be correctly attributed to the NIHR and SPCR
- If your circumstances change, for example, you plan to move to part-time, you are on extended sick leave, maternity leave, or the dates of your award need to be amended, you must contact 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 engagement activities. To find out more and to register please follow this link <http://orcid.org>

RESEARCHFISH

The NIHR uses Researchfish to monitor the impact of funded research. The data submitted allows the NIHR to demonstrate the difference that your funded health research project has made to the health and wealth of the nation. It allows the NIHR to advocate continued research funding and evaluate the most effective ways to allocate it.

<https://www.nihr.ac.uk/funding-and-support/funding-for-research-studies/manage-my-study/my-researchfish-submission.htm>

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

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 to include the NIHR boilerplate which is available on the website. Draft press releases must be sent, via the SPCR Communications Officer, to the NIHR for comment at least 28 days before they are released.

Twitter

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

@NIHRSPCR

Open Access

The SPCR funds open access fees for the primary publication from your research, providing it has been seen by the School beforehand and includes the NIHR acknowledgement and disclaimer.

Find out more about communicating your research on the SPCR website: www.spcr.nihr.ac.uk/about-us/SPCR-outputs.

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

NIHR FUNDING STATEMENT AND DISCLAIMER:

"This presents independent research 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."

University logo and other branding along the top

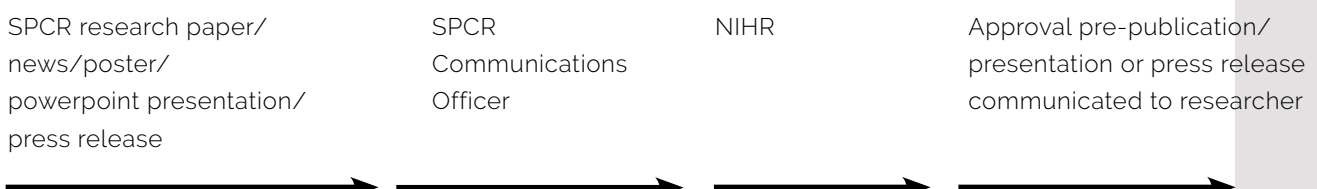


Heading

School for Primary Care Research

The National Institute for Health Research School for Primary Care Research (NIHR SPCR) is a partnership between the Universities of Bristol, Cambridge, Keele, Manchester, Newcastle, Nottingham, Oxford, Southampton and University College London.

Funded & supported by
NHS
National Institute for Health Research



Mentoring scheme

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 work alongside the SAPC to provide additional capacity for SPCR trainees. This builds on the success of the SAPC mentoring 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.

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.

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

More information www.spcr.nihr.ac.uk/trainees/mentoring_scheme



BLOG: PERSPECTIVE FROM MENTEE AND MENTOR

The School's Mentoring Programme: A success story by Georgia Richards and Emma Palmer-Cooper. https://www.spcr.nihr.ac.uk/news/blog/SPCR_mentoring_programme_success

"Starting a PhD itself can be quite a daunting experience, but having someone who has been in your position to advise and bounce ideas off can be incredibly helpful."

"The benefit of the mentoring 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."

Additional training and development opportunities

Event	When	Application/registration Deadline	Apply or register through
NIHR SPCR TRAINEES' EVENT	September	tba	www.spcr.nihr.ac.uk/events
NIHR ACADEMY TRAINING MEETING	November	September	www.nihr.ac.uk/our-faculty/trainees/events-for-trainees/annual-trainees-meeting/
TUTOR-PHC PROGRAMME (DOCTORAL STUDENTS)	May/June	end November	https://www.spcr.nihr.ac.uk/trainees/tutor-phc
NIHR DOCTORAL TRAINING CAMP	July 3 days	February	www.nihr.ac.uk/our-faculty/trainees/support-and-resources-for-trainees/support-for-trainees-in-nihr-infrastructure/
NIHR SHORT PLACEMENT AWARDS FOR RESEARCH COLLABORATION (SPARC)	Open	Application opens October	www.nihr.ac.uk/our-faculty/trainees/support-and-resources-for-trainees/support-for-trainees-in-nihr-infrastructure/sparc.htm
NIHR VISITING SPEAKERS AWARD (IVSA)	Open	September	www.nihr.ac.uk/our-faculty/trainees/support-and-resources-for-trainees/support-for-trainees-in-nihr-infrastructure/infrastructure-visiting-speaker-award.htm
POSTGRADUATE CERTIFICATE IN INTERNATIONAL PRIMARY CARE RESEARCH LEADERSHIP	June first meeting in Oxford 2 year part-time	January	https://www.conted.ox.ac.uk/about/international-primary-care-research-leadership

SPCR Annual Trainees' Event

The SPCR Annual Trainees' Event encourages networking, research development and enhances a sense of belonging to the School and to the wider NIHR infrastructure.

Trainees are given opportunities to learn about the scope of multidisciplinary research skills, methods and perspectives from lectures and discussions.

Small interactive sessions help to develop presentation skills in a facilitated and supportive environment.

Trainees are also exposed to research from different disciplines and departments within the NIHR and the wider academic primary care environment.

BENEFITS OF ATTENDING

- Meeting new and existing members
- Networking with colleagues across the School
- Presenting work in supportive, constructive environment
- Increased understanding of cross disciplinary collaboration
- Introduced to further funding and training opportunities offered by the School and NIHR and beyond
- Learning about innovative research from peers.

The School encompasses research expertise from diverse areas such as sociologists, health economists, anthropologists, statisticians, behavioural scientists, clinicians and public health practitioners, all converging at the event to discuss their work and potential future collaboration.

Trainees are introduced to a variety of different patient and public involvement and engagement methodologies, influencing the integration of these elements in their own studies.

“A really fantastic event - a great opportunity to see the variety of research being conducted and gave me plenty of food for thought for my own research. The biggest impact for me was the opportunity to network and meet the trainees in such a supportive environment.”

“The annual SPCR Trainees' Event is an excellent forum to meet bright and enthusiastic researchers from departments within the School.”

“The event was very interactive, informing and inspiring.”



Student-led Training Days

Doctoral students from around the School organise and lead training days around the country to give students the opportunity for specific skills training from experts within the School. The events also provide an opportunity for doctoral students, at any stage of study, to meet others interested in similar research topics and to present their work. The training complements the annual SPCR Trainees' Event held in September each year.

SPCR trainees Charlotte Albury and Ben Fletcher developed the proposal for the series in early 2017, and organised the first event, in Cambridge on Randomised Controlled Trials.

Bethany Bareham said the day gave an in-depth overview of RCTs from experts working on different aspects.

“The session was fantastic and genuinely engaging. It was great to hear how qualitative research can be of value to many aspects of the RCTs, and all of the work that goes on in the background more generally when conducting them... It was also fantastic to meet more students interested in primary care and other areas that link to our own research interests.”

“It was fantastic to meet more students interested in primary care and other areas that link to our own research interests. All of the talks were fantastic and well pitched, the students presented really well put together 3 minute theses and the networking event was really effective and well thought out. Thanks to the SPCR for supporting these events!”

A second workshop to develop skills in Patient and Public Involvement was held in Newcastle. The day-long programme provided a better understanding of PPI amongst early career researchers, throughout the research cycle.

The third training day took place in Oxford with invited speakers from the Clinical Practice Research Datalink (CPRD).

All students from SPCR member institutions are invited to attend. If you would like to organise a training day during 2018/19, please send your ideas to [Georgina Fletcher](#).



The NIHR Academy

In 2016 the NIHR initiated a strategic review of training within NIHR to review the past and look proactively at future training needs. The report from the review synthesises and reviews the evidence from the last 10 years, identifies new and evolving challenges, and sets out a vision underpinned by a series of recommendations.

Read the report and recommendations: www.nihr.ac.uk/our-faculty/documents/TCC-NIHR-Strategic-Review-of-Training-2017.pdf

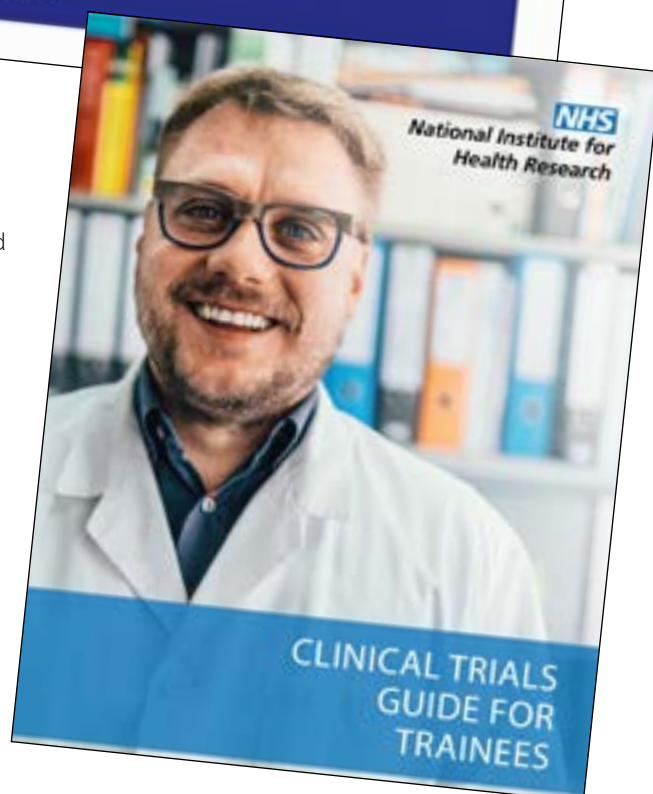


NIHR PERSONAL AWARDS AND IMPLEMENTATION PLAN

The NIHR Academy 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. Find out more here: <https://www.nihr.ac.uk/about-us/how-we-are-managed/managing-centres/about-the-trainees-coordinating-centre.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. <https://www.nihr.ac.uk/funding-and-support/documents/Clinical-Trials-Guide.pdf>



NIHR SUPPORT AND RESOURCES FOR TRAINEES

In addition to the awards, the NIHR provides a range of leadership and mentoring programmes to complement its training programmes, regular networking opportunities, bespoke workshops and events and personal advice and guidance on funding opportunities. <https://www.nihr.ac.uk/our-faculty/trainees/support-and-resources-for-trainees/>



OTHER RESOURCES

The Researcher

A digital publication, The Researcher aims to raise awareness of research careers among nurses, midwives and allied health professionals.

<http://research.northwest.nhs.uk/work/the-researcher-magazine/>

NIHR Study Support Services

The Study Support Service helps researchers and the life sciences industry plan, set up and deliver high quality research to time and target in the NHS in England.

This service is provided for all studies eligible for our support, regardless of location, study type, study size, therapy or research area. <https://www.nihr.ac.uk/funding-and-support/study-support-service/>



The Health Foundation toolkit for communicating your research:

<https://www.health.org.uk/collection/communications-health-research-toolkit>

NIHR Academy Training Meeting

OVERVIEW

The NIHR Academy (formerly the NIHR Trainee co-ordinating centre) runs an annual two-day national training meeting for all NIHR funded trainees.

The event allows trainees to present posters of their work, to network and meet other trainees, to share experiences, take part in workshops and learn more about the NIHR. The meeting also includes inspirational presentations from senior NIHR Health Researchers.

PROGRAMME AIMS:

- To provide education and training in primary care research leadership
- To broaden the skill base of participants and enable them to develop their own leadership role in their primary care research careers – knowledge of current leadership theories, scenario planning, media skills
- To enhance lifelong learning skills and personal development and the use of these in their leadership of primary care research – networking with current leaders and own peer group, coaching skills, insight into own developmental needs and ways to fulfill these
- To broaden the participants' knowledge of the current leaders and awareness of the position of primary care research both nationally and internationally.

“The event runs over two days and is jam packed with seminars, workshops, poster presentations, and ample networking opportunities. It was a buzzing atmosphere with an abundance of material covered, and if you are an NIHR trainee and haven’t gone yet, we recommend you look into it for next year!”





NIHR WEBINARS

NIHR Webinar series run by the Trainees Co-ordinating Centre (TCC) for current and aspiring NIHR trainees and cover a range of topics to help researchers develop their research careers. Each month a new webinar is hosted live and recordings made available following the live event.

Previous webinars include:

- Writing for publication
- Further your research career in clinical trials
- CRN study support service
- Getting your finances right - from application to the end of your project.

To access these recordings, visit the webinar channel:

bit.ly/NIHRwebinarchannel



NIHR Doctoral Training Camp

OVERVIEW

The NIHR Doctoral Training Camp is a three-day intense annual event for NIHR Trainees from the Biomedical Research Centres (BRCs), Collaboration for Leadership in Applied Health Research and Care (CLAHRCs), Patient Safety Translational Research Centres (PSTRCs) and the Schools of Primary Care Research, Social Care Research and Public Health Research.

The challenging event offers workshops, presentations from guest speakers who have established research careers, and poster presentations and opportunities for networking and mentoring. This is an important opportunity for early career researchers and attendance is by competition through the School in February each year.

PROGRAMME DETAILS

The programme alternates between a focus on 'developing communicating research skills' one year and 'developing a funding application' the next.

Trainees work in small, mixed professional groups over three days to prepare and present to a panel of experts. Each group is appointed an experienced health researcher as a mentor and have access to an office of experts.

“It was a fantastic opportunity to learn new skills and network with other researchers from all over the country, from different disciplines and a wide range of research interests. A really valuable and enjoyable experience which has given me the confidence and skills to contribute to future funding applications.”



From top left clockwise: Rachel Dewar-Haggart (née Ryves) receiving media training in 2017; group work; Jane Vennik (third from left) and her team in 2016; Yumna Masood (back, second from right) with her team in 2018.

NIHR Infrastructure Visiting Speaker Awards

The NIHR Infrastructure Visiting Speaker Award (IVSA) is an award developed in collaboration with one of our NIHR Infrastructure Trainees and is being piloted for 12 months. Trainees in the NIHR Infrastructure are invited to apply for up to £500 to support the costs of going to present their work in another part of the NIHR Infrastructure. The award is specifically designed to encourage networking and to enhance the trainees' experience by presenting their research.

AIMS

The NIHR IVSA aims to provide opportunities for different parts of the Infrastructure to come together collaboratively and allow individuals to benefit from being part of something larger than their own local environment. We will be looking for the award to impact the trainee's training experience and future career.

ELIGIBILITY

The scheme is open to early stage research trainees (Masters, PhD or early post-doc) who must be based at a part of the NIHR Infrastructure with a remit to build capacity (Biomedical Research Centre (BRC), Collaboration for Leadership in Applied Health Research and Care (CLAHRC), Patient Safety Translational Research Centre (PSTRC) or the NIHR School for Primary Care Research (SPCR) and Public Health Research (SPHR).



Short Placement Awards for Research Collaboration (SPARC)

Collaboration and exchange are at the heart of the National Institute for Health Research's commitment to building capacity. The NIHR is home to a network composed of world-class facilities offering training, mentorship and career development opportunities to our trainees based in the NIHR Infrastructure.

The SPARC scheme supports early stage researchers within the NIHR Infrastructure to spend time in other parts of the NIHR to train in a specific technique, learn a new skill or to collaborate with other researchers. SPARC is a fantastic opportunity for Infrastructure Trainees.

WHO CAN APPLY?

The scheme is open to all NIHR trainees supported by an infrastructure award. The applicant must be based within a part of the NIHR Infrastructure with a remit to build research capacity: Biomedical Research Centres (BRCs), Collaborations for Leadership in Applied Health Research and Care (CLAHRCs), Patient Safety Translational Research Centres (PSTRCs), the NIHR School for Primary Care Research and the NIHR School for Public Health Research.

WHAT IS FUNDED?

You can apply for an award of up to £5,000 through a competition managed by the NIHR. Funds can be used to cover the expenses of working from another institution and may include travel, accommodation and other subsistence costs. Your salary or stipend will continue to be supported by your home institution. The award does not cover any research costs at the host institution.

CURRENT SPCR SPARC AWARD HOLDERS

Gemma Spiers will be looking at approaches to measuring wealth in older populations in the NIHR School for Social Care Research at the London School of Economics.

Douglas Hardman will be exploring definitions of empathy in the Oxford Empathy Programme at the University of Oxford.

WHY WOULD YOU ENCOURAGE OTHERS TO APPLY?

"I think it's really important and healthy for early career researchers to spend time working with lots of different people. It's not just about learning new skills, but also seeing how other people approach research and think critically through research problems." John Ford, NIHR Doctoral Fellow and Public Health Registrar, UEA.

"Based on our experience, I would encourage the SPCR members to use this opportunity to promote cross-departmental collaboration and as a good experience for our NIHR funded students. The application process was very straightforward and simple, so the whole thing was surprisingly easy to set up." Kate Walters, Senior Clinical Lecturer, UCL (Host).

Transdisciplinary Understanding on Research – Primary Health Care (TUTOR PHC)

OVERVIEW

TUTOR-PHC is a one-year, pan-Canadian, interdisciplinary research capacity building program that has been training primary and integrated health care researchers and decision-makers from family medicine, nursing, psychology, epidemiology, social work, education, policy and many other disciplines since 2003. The SPCR has a competition in January each year to select and sponsor one place.



PROGRAMME DETAILS

The programme includes:

- An onsite 3-day symposium in Toronto
- Two 3-week online research skill development workshops - June and November
- Two 7-8 week online interdisciplinary discussion groups (September to November and January to March)
- Autumn - present your own research project to peers and receive interdisciplinary feedback
- Winter - work with an interdisciplinary team to create a primary health care research project
- Trainees accepted to the program will have their research supervisor participate in aspects of the program.
- At the end of the program trainees will be able to complete an interdisciplinary primary health care research proposal.



Above: Ryc Aquino, middle front (2018).

BLOG POSTS

<https://www.spcr.nihr.ac.uk/trainees/tutor-phc>

2018: A week of interdisciplinary knowledge and expertise exchange

2017: TUTOR-PHC - a meaningful interdisciplinary experience

2016: The 'TUTOR-PHC' Experience: Transdisciplinary Understanding and Training on Research – Primary Health Care.

2015: TUTOR-PHC – Four day symposium in Toronto

EXTRACTS FROM RYC AQUINO'S BLOG

“I was delighted to find out I had been awarded the NIHR School for Primary Care Research’s sole place on the Transdisciplinary Understanding and Training on Research – Primary Health Care (TUTOR-PHC) 2018/2019 programme. TUTOR is a yearlong pan-Canadian research capacity building programme with representation from the UK and Australia, and has been running for over 10 years. I sought advice about this training opportunity from my colleague Dr Ben Ainsworth (Southampton) who was the School’s 2016/2017 TUTOR-PHC fellow. He encouraged me to apply following his positive experiences. I later found out that some of my colleagues (Ben Ainsworth, Grace Turner, and Lisa Garland Baird (University of Alberta & University of Prince Edward Island, Canada)) are also TUTOR alumni, which was exciting!

There are 14 trainees in this year’s cohort, from various disciplinary backgrounds. We attended an intensive one-week symposium in Canada, and will participate in online interdisciplinary discussion groups and workshops throughout the year.”

Oxford Primary Care Research Leadership Programme

(Postgraduate certificate)

OVERVIEW

The programme aims to foster and develop future leaders in primary care research. Designed to explore different aspects of leadership, participants are encouraged to identify their own development needs and form peer learning groups. Participants have access to current leaders and experts in strategic leadership.

PROGRAMME DETAILS

The Postgraduate Certificate in International Primary Care Research Leadership is normally completed in 28 months. It consists of three residential meetings in Oxford and three written assignments. The course is designed to be taken alongside work commitments and will explore different aspects of leadership with a focus on personal development, teamwork and peer support. The SPCR part-funds up to two places per year.

“The International Leadership Programme has given us a unique opportunity to extend our professional networks and broaden our horizons ... Our cohort is a safe place to reflect on our work, career progression and balance between personal life and work. We learned leadership skills to increase our personal effectiveness and to distinguish between signal and noise. The cohort offers a tremendous peer support in all of these aspects.”

Prof Christian Mallen,
SPCR Training Director and
Cohort 3 member



Cohort 11 with SPCR delegates Sudeh Cheraghi-Sohi (front right) and Adam Geraghty (middle back).



Cohort 12 with SPCR delegates Sarah Tonkin-Crine (far left) and Alysson Huntley (far right).

AIMS OF THE COURSE

- To provide education and training in primary care research leadership
- To broaden the skill base of participants and enable them to develop their own leadership role in their primary care research careers – knowledge of current leadership theories, scenario planning, media skills
- To enhance lifelong learning skills and personal development and the use of these in their leadership of primary care research – networking with current leaders and own peer group, coaching skills, insight into own developmental needs and ways to fulfill these
- To broaden the participants' knowledge of the current leaders and awareness of the position of primary care research both nationally and internationally.

“It was a great way to consider different types of people in an organisation and the range of strategies needed for good leadership. Meeting and working with my fellow cohort members will prove to be the most enduring benefit of the programme.”

Fiona Stevenson, Cohort 10

“Unknown to us beforehand was the key outcome of the course: to make us work as a collaborative self-supporting group of researchers at a similar level in our careers. The benefits from such a “bonding” exercise are obvious ranging from independent advice on work issues to research collaborations.”

Evan Kontopantelis, Cohort 10

Society for Academic Primary Care

SAPC PHOCUS GROUP

The Society for Academic Primary Care (SAPC) established the Primary Health Care Scientists (PHoCuS) group in 2012 to understand and address the career development needs of members who don't come from a medically qualified background. 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 the group can be found here: <https://sapc.ac.uk/article/primary-health-care-scientists-phocus>

SAPC SPECIAL INTEREST GROUPS

SAPC hosts and supports a number of Special Interest Groups (SIGs). SIGs are an important part of our work to achieve impact through collaboration.

- Behaviour Change
- Conversation analysis
- Dermatology
- Digital Technologies in Primary Care
- Education research
- Genetics
- Health Literacy
- Learning disability research group
- Palliative care
- Patient and public involvement and participatory research approaches in academic primary care
- Personal Care
- Physical activity / Exercise as medicine
- Sexual and reproductive health
- The self in primary care

More about SAPC's special interest groups can be found here: <https://sapc.ac.uk/special-interest-groups>

More 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.

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.

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. Find out more about One NIHR here: www.nihr.ac.uk

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. A good quality plain English summary, submitted as part of the standard application form, is 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/

“I AM RESEARCH”

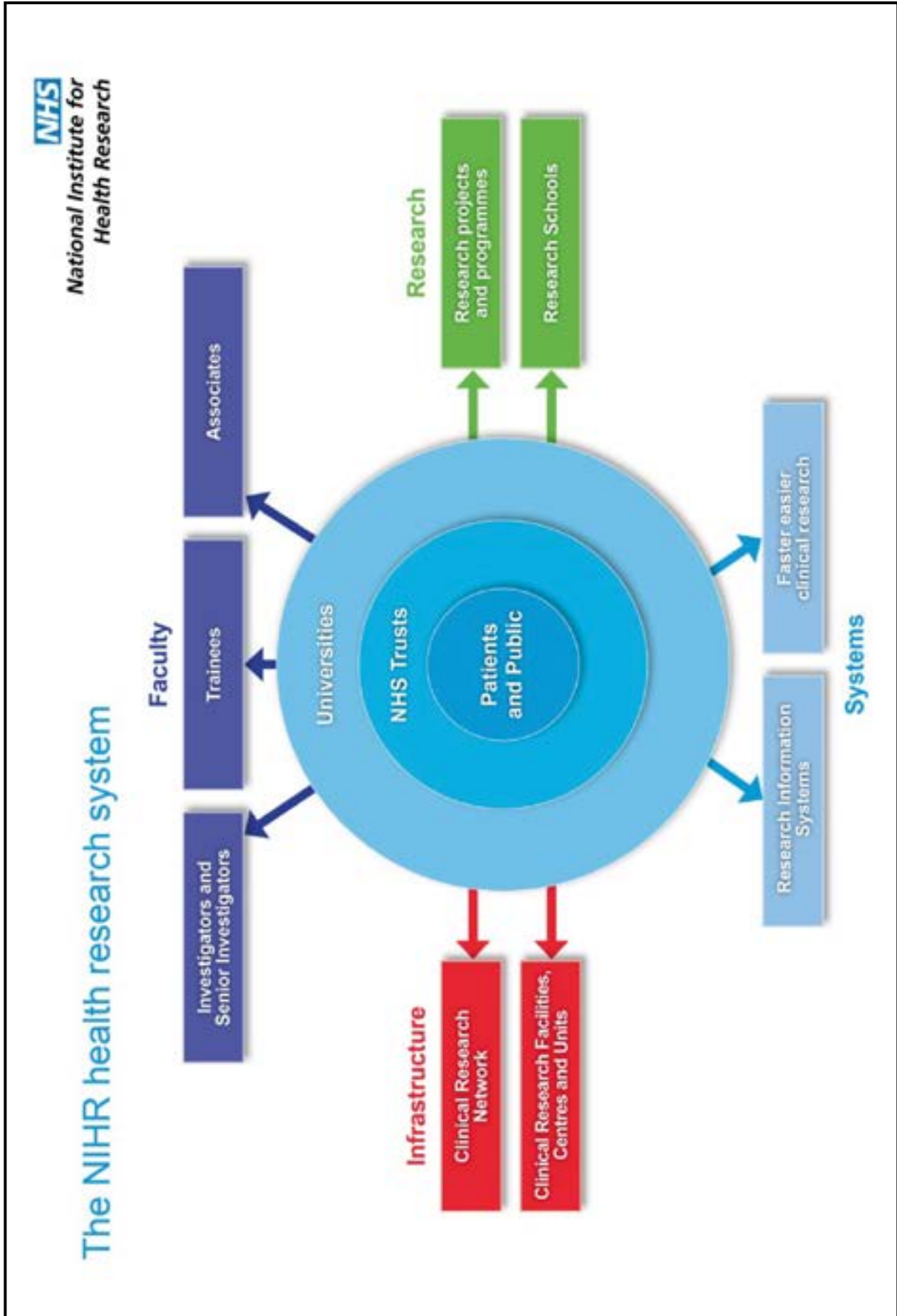
The NIHR aims to raise awareness of the benefits of research and the positive impact it has on people's lives through the "I Am Research" campaign. Patients, the public and health and social care research professionals can express how fantastic research is by talking about why research is so important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

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.

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:

- 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 annual Let's Get Digital competition: <https://www.nihr.ac.uk/news-and-events/support-our-campaigns/lets-get-digital.htm>



NIHR Academic Career Development: Fellowships

Summary

NIHR's provision of awards provided through the current NIHR Fellowship Programme, the NIHR Research Methods Programme and Clinician Scientists are being combined into a new NIHR Fellowship Programme. The changes described within this document will not affect the HEE/NIHR Integrated Clinical Academic Programme or Academic Clinical Fellowships (ACFs), Clinical Lectureships (CLs) and In-practice Fellowships (IPFs) provided through the Integrated Academic Training Programme

The new NIHR Fellowship Programme will support individuals with the potential and on a trajectory to become future leaders in NIHR research. The Fellowships have been designed to support people at various points of their development to become leading researchers, from initial pre-doctoral training right through to senior post-doctoral research. Four different types of Fellowship will be available:

- Pre-Doctoral Fellowship
- Doctoral Fellowship
- Advanced Fellowship
- Development and Skills Enhancement Award

Applicants for a Fellowship will need to be proposing research and/or research training that falls within NIHR's remit (<https://www.nihr.ac.uk/funding-and-support/documents/Fellowships/TCC-NIHR-Remit-For-Personal-Awards.pdf>). The majority of Fellowships will be awarded in response mode but a strategic component will also be introduced, further details of which will be announced prior to the launch of each funding round. Doctoral and Advanced Fellowships will be launched twice a year with Pre-Doctoral Fellowships once a year.

NIHR Pre-doctoral Fellowship – 100% strategic

This Fellowship will be at pre-doctoral level and aimed at giving people the necessary skills and experience required to undertake a PhD. It will form part of NIHR's pre-doctoral training provision alongside In-Practice Fellowships for General Practitioners (GPs) and General Dental Practitioners (GDPs), and HEE/NIHR Pre-doctoral Clinical Academic Fellowships for non-medical clinicians. Applications will only be invited from individuals looking to undertake research training with a view to submitting a future PhD application in one of the NIHR Academy's defined Strategic Themes (further information provided below). As developing research capacity amongst methodologists remains an important long-term aim for NIHR, this will include anyone looking to build a research career in any of the areas previously supported by the NIHR Research Methods Programme (medical statistics, health economics, clinical trial design, operational research and modelling), as well as other relevant methodologies more widely.

SCHOOL FOR PRIMARY CARE RESEARCH

Established in 2006, the NIHR School for Primary Care Research is a partnership between nine leading academic centres for primary care research in England. The School brings together academics and practitioners from across the country to collaborate on cutting edge, topical primary care studies that have an impact both at policy level and in general practices around the country. 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. Our mission is to increase the evidence base for primary care practice, and to increase research capacity in primary care.

WEBSITE

www.spcr.nihr.ac.uk

TWITTER

[@NIHRSPCR](https://twitter.com/NIHRSPCR)