

## Member profile for QNI Community Nursing Research Forum



**Name:** Jayne Longstaff

**Job title:** Research and Respiratory Nurse

**Employing organisation:** Oaks Healthcare, Hampshire

**Country of residence:** England

### How would you describe your current role and research interests?

I am a Research and Respiratory Nurse at Oaks Healthcare, a GP practice in Southeast Hampshire. I have completed a BSc in Respiratory Long-Term Conditions, at the University of Warwick and specialise in respiratory and research. I currently work part-time to support the set-up and delivery of all respiratory studies within a GP Practice. This involves feasibility assessment, patient screening and recruitment and completion of all study-related documentation. I also work closely with the Clinical Research Network, Industry partners and local Universities. I also run respiratory clinics and deliver national-level respiratory education on asthma, COPD and spirometry.

### How did you first get involved in doing clinical research / your own research?

I have had a passion for nursing for over 30 years, after qualifying as an RGN in 1991 at the Westminster School of Nursing. Over the past 22 years I have always had a belief in trying 'to make a difference' and through a lot of hard work, drive, and tenacity I have worked and championed the improvement of respiratory and research medicine both in primary and secondary care. I have developed the national Asthma UK Emergency Care Program whilst working for Asthma UK, worked with industry delivering the ESyDoc COPD project and the COPD case finding Community Pharmacy project. In secondary care I have developed the FeNO project with Circassia Niox, the Message Dynamics project (an interactive communication patient tool) and collaborated with NHSIQ and the Wessex Academic Health and Science Network in the development of the national 'breathlessness' project. I have also published real life research and influenced standards in respiratory care that included the development and delivery of the Wessex Asthma Toolbox (practical tools to deliver respiratory clinics) and the innovative, national multi award-winning [MISSION ABC](#) 'onestop, collaborative respiratory clinic and education' (Asthma, Breathlessness and COPD) research project.

More recently I have been delivering on numerous research studies in primary care and was delighted to receive the NIHR 'Outstanding Research Professional' winner in 2019 and again in 2021.

Research has really made me feel that I have made a difference and the fact that you truly are able to leave a legacy in delivering high quality patient care.

## What difference has your research training and experience made to your career / clinical practice / academic practice?

My research experience has enabled me to think innovatively, challenge new and novel ways of working and has allowed me to undertake a variety of research roles across numerous national and local multi-disciplinary organisations of care. Research nursing has developed my inquisitive mind and has enabled me to be involved in the science behind health care and to find new and exciting ways of improving the quality of patient care. More importantly it has developed my understanding and involvement with patient and public groups, to improve greater accessibility to research, raise awareness of research, reduce the myths behind research and to utilise their incredibly diverse skills and experience to drive 'real life' solutions. For example, some years ago I led on a project that aimed to deliver novel solutions to support self-management of chronic respiratory conditions. During the delivery of the project, many patients highlighted the need for a readily accessible self-management plan. This led to the development of the Asthma self-management fridge magnet.

The skills and knowledge gained through research has opened different career opportunities. It has enabled me to work with countless organisations and engage in study set up, drive study, delivery and ensure the timely and successful study completion of over 50 studies. It has also allowed me to share my experience and knowledge through education, publications and training for patients, carers, and healthcare professionals.

I feel truly blessed to have had such a diverse and varied career and to have been given the chance and opportunities to champion some incredible research, that often, from my experience, has mixed perception and beliefs within healthcare. In my humble opinion we cannot move forward without research and education, and I truly believe research is all 'our business' and I hope that others, like me catch the 'research bug'!

## What are your top tips for anyone wanting to become a clinical academic / become more research active?

- **Positivity and solution driven**, never give up and keep trying no matter how challenging and difficult some days will be. Just when you think you have seen it all you will be surprised how positivity can pull you through. Always remember research does give you so much reward and immense pride!
- **Communication and networking** are essential to help support any research work. People in the NHS have an insatiable appetite to help and the more support you can muster the better the outcome and the more robust your work will be.
- **Being flexible, adaptable, and open to change**, from my experience are all fundamental qualities to any research work. Every day is a different day and often has so many varied and quite unexpected twists and turns!
- **Changes to project scope of 'scope creep'** is inevitable in research but try.

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