Member profile for QNI Community Nursing Research Forum

Name: Pretty Manyimo

Job title: Specialist Palliative Care Nurse/PhD Student

Employing organisation: Leicestershire Partnership NHS Trust/ University of Warwick

Country of residence: United Kingdom

How would you describe your current role and research interests?

My background is specialist palliative care nursing, and I am a part-time PhD student with the University of Warwick. I am interested in community palliative and end-of-life care. As a clinical academic, I am interested in reducing end-of-life health inequalities that may be experienced in community settings. My PhD study aims to understand complex palliative needs of patients in the community and how healthcare system and community contexts influences a "good death." My research aims to influence future community palliative care services.

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

As part of my MSc in Health and Social Care, I conducted a Rapid Evidence Assessment (REA) on individualising end-of -life care in the community. One of my recommendations was exploring challenges faced by community nurses in looking after end-of-life patients in their homes.

In October 2020, I applied for a two-year Clinical Research Associate (CRA): an initiative that my employer has introduced to encourage research engagement at all levels. I proposed a research topic on experiences of community nurses caring for patients from the ethnic minority, and I was successful. This marked a milestone in my research career as it was an opportunity for me to develop primary research. I had support from an academic supervisor, clinical mentors and the Trust's research and development team, and I have submitted a paper for publication. Through their mentorship, I learnt about the benefits of networking and engaging in research.

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

As a clinical academic nurse researcher, flipping between the two roles can be challenging but exciting. I have been actively involved in research and conducted my own primary

research. This has allowed me to gain more in-depth knowledge about caring for patients from diverse backgrounds at their end of life and what may help to reduce health inequalities. Furthermore, I have promoted a research culture within my team. The quality of my research has been recognised and I was awarded with the 2022 NHS England Community Nursing Research excellence in community nursing research. I am now developing my research as a part-time PhD student, and hope to gain more research skills and change patient outcomes.

What has been your favourite research experience so far?

Conducting qualitative interviews during the pandemic has been my favourite experience so far. My resilience, determination and information technology skills were tested as I progressed with the research. The plan was to conduct face-to-face semi-structured interviews with participants, but then COVID-19 struck. Due to infection control regulations, I had to change the research methods and use virtual interviews. I had to use electronic documents to gain consent, plan and schedule virtual interviews and record and transcribe the interviews verbatim. For a novice non-tech savvy researcher, it was a memorable challenge, and I was thrilled with my achievement.

How did you develop your research career?

My research career started when I did my nurse training. I opted to do an extra module, which was a research module, and saw me graduate with an Advanced Diploma in Adult Nursing instead of a diploma. The module involved writing a proposal for a practical-based research project based on a professional enquiry. The outcome was encouraging as I developed a passion for academic writing and curiosity to delve into evidence-based care. I then self-funded for my first degree and MSc, which introduced me to more research activities. I studied both degrees as a part-time student which allowed me to put theory into practice. As part of my MSc degree, I conducted a REA on individualising end-of -life care in the community. In October 2020, I used the CRA opportunity to research on one of my REA recommendations. Two months before completing the CRA secondment, I secured a PhD fellowship, and I started my PhD studies in January 2023.

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

I would advise anyone who want to become a clinical academic to:

➢ **Follow your dreams and believe in yourself!** Despite my background, I always had a desire to do an academic role and be a change agent in my community, and I am doing this through my clinical academic role. As a novice researcher, you may get discouraging criticism. Accept the criticism but turn these points into building blocks, focus on the positives and thrive.

➢ **There is power in networking and it helps you thrive.** Find the most influential researchers in your area and finding the best research mentors. Stand on the shoulders of the giants.

➢ **The more you research the more curious you become.** As a result, research may take up most of your time. Time management is vital and do not neglect your social life.

Where can we access your recent work?

➢ **Manyimo, P.M.** & De Vries, K. (2022) End-of-Life Care in The Patient's Home: An Exploration of Experiences of Nursing Staff Caring for Patients from the Black and Asian and Minority Ethnic Background. Available from: http://dx.doi.org/10.1136/spcare-2022-SCPSC.83. BMJ Palliative Care, 12:2.

➢ **Manyimo, P.M.** & De Vries, K. (2022) End-of-Life Care in The Patient's Home: An Exploration of Experiences of Nursing Staff Caring for Patients from the Black and Asian and Minority Ethnic Background. Available from: https://www.youtube.com/watch?v=C5ssfNjG8bE. Poster Presentation at the Health Services Research UK Conference; 5th July 2022; Sheffield, United Kingdom.

Find out more about the QNI's Community Nursing Research Forum.