

## Member profile for QNI Community Nursing Research Forum



**Name:** Dr Lee Yarwood-Ross

**Job title:** Senior Research Officer

**Employing organisation:** University of Essex

**Country of residence:** England

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

I conduct research around the physical and mental impact of military and civilian trauma, and I am co-editing a book that is broadening the different perspectives of trauma that occurs when service personnel leave the armed forces.

I also have a special interest in the management of long-term conditions, and I am currently working on a research project surrounding stroke disparities.

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

I became interested in research during my nurse training. After completing my BSc(Hons) in the management of long-term conditions. I was awarded a scholarship to carry out my own PhD study surrounding the impact of combat-related limb-loss on service personnel and veterans from the Iraq and Afghanistan conflicts. Whilst doing my doctorate, I took part in several other research projects spanning nurse education, tissue viability and methodology.

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

Having completed a PhD, I have been able to supervise doctoral students and this is a passion of mine. I have also made an impact on the pre-registration nursing curriculum through teaching on the independent inquiry module for third year student nurses in my past role as a lecturer in adult nursing at the University of Wolverhampton. I have been able to guide students through the process of planning and carrying out literature reviews and to become more confident in relating their research findings to their clinical practice. Holding a PhD has also enabled me to take on the role as a senior research officer at the University of Essex.

### What has been your favourite research experience so far?

I would have to say it has been working with military personnel/veterans and being fortunate to gain an insight into their world. This experience has enabled me to raise awareness of combat-related limb-loss and to show others how these men and women deal with their physical, mental and professional losses.

## **How did you develop your research career?**

I began by researching how to develop a research proposal through making use of literature in books, journals and social media. I made sure I attended masterclasses and seminars at my university that helped me to implement my study and write my thesis. I made contact and networked with many different people that were involved in the care of service personnel and veterans. I was fortunate to become the editorial assistant for the Grounded Theory Review journal, which was the methodology I was using for my doctoral research. Being recognised by the editor in chief really helped me develop as a researcher. I ensured that I presented at conferences as much as possible locally, nationally and internationally to gain feedback on my work. More recently, I have joined the Society for Academic Primary Care and will be mentored by a senior academic to continue to develop my career trajectory. I currently sit on editorial boards, which I find is vital to understanding and contributing to a particular field of knowledge. I have undergone training to become a doctoral supervisor. Also, I have created research projects with colleagues from different universities and I am co-writing articles, a book and book chapters.

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

If you are wanting to pursue a higher degree, make sure that you take your time choosing a university/programme. Don't rush into things! If it is a doctorate, remember you are going to be studying for at least 3 years. Think about what type of doctorate you want to do i.e. PhD (traditional or by publication) or professional doctorate.

Make sure that you network, network, network! You can learn so much from other people. Don't feel alone doing research as you can connect with others via many routes e.g. social media and conferences.

Join some research networks in your field of interest. Quite often universities will do book/journal clubs.

Contact senior academics who may be willing to mentor you or can suggest others who may be able to do so.

Remember to get used to reading academic books and other publications. There are many tools available now to help you develop your academic writing, both in universities (via seminars) or tools such as Grammarly.

## **Where can we access your recent work?**

Google Scholar Citations: <https://scholar.google.com/citations?user=p8ZasUYAAAAJ>

**[Find out more about the QNI's Community Nursing Research Forum.](#)**