

## Member profile for QNI Community Nursing Research Forum



**Name:** Rohit Sagoo

**Job title:** Director & PhD Candidate

**Employing organisation:** British Sikh Nurses / University of Bedfordshire

**Country of residence:** England, United Kingdom

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

My research focuses on community-led child and maternal health programmes, child nursing, innovation and leadership, and professional and pastoral development for ethnically diverse nursing associations. My years as a children's nurse, nurse academic, and director of British Sikh Nurses contribute to my professional role in research and nursing. I am also interested in Examining the opportunities and challenges nurse entrepreneurs face in developing and implementing innovative solutions to improve public healthcare delivery for South Asian communities, such as exploring successful nurse-led startups or examining the impact of nurse-led innovations on healthcare outcomes. In addition, researching the effectiveness of various interventions and healthcare models in improving outcomes for expectant mothers, children, mothers and their families.

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

I have a strong interest in child and maternal health, community-led interventions nursing, and grassroots nurse entrepreneurship and leadership. This led to a desire to contribute to the advancement of knowledge in these fields. This keen interest motivated me to carry out a PhD investigating child and maternal health.

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

Research training has made a massive difference to my academic career, and this includes critical thinking skills, allowing me to critically analyse evidence, data and literature related to nursing practice. These skills are invaluable in making evidence-based decisions and providing quality care to patients. This allows me to also identify gaps in practice and seeking evidence-based solutions and address complex healthcare challenges effectively. My research training and experience has opened new career opportunities for me over the years, such as roles in academia, innovation and entrepreneurship in nursing, and leadership positions focused on quality improvement and evidence-based practice. For me, engaging in research and contributing to the nursing profession fosters a sense of confidence and professional growth.

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

My favourite research experiences have been collaborating with fellow academics and writing papers that make an impact in nursing practice, as well as contributing to the advancement of nursing and wider healthcare knowledge. It is also a joy to present results at conferences, publish in peer-reviewed journals and share findings with stakeholders to reach a wider audience and promote knowledge translation.

## How did you develop your research career?

I began my research journey with small projects and research collaborations. These projects allowed me to gain experience, build research skills, and familiarise myself with the research process. I also connected with experienced clinical academics and researchers in my field of interest. Fellow academics and mentors provide guidance, support, and valuable insights into academic and research career paths. They also helped me help to navigate challenges and identify opportunities for growth. When the opportunities to write came along, it was also about disseminating my work and increasing my visibility and establishing my credibility as a researcher. More importantly, it was about finding a balance between my clinical practice and research commitments. Engaging with researchers from diverse backgrounds has given me new perspectives and opportunities to collaborate. Becoming a clinical academic is a journey that involves continuous learning and dedication. I aim to stay curious, passionate about my research interests, and be proactive in seeking opportunities to contribute to the advancement of healthcare knowledge.

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

1. Define your career and research goals. Identify the areas of healthcare that interest you the most and align your research interests accordingly. Having clear goals will provide direction and motivation for your academic pursuits.
2. Consider pursuing advanced degrees, such as a Master's or PhD, in a relevant field of study. Advanced education equips you with the necessary research skills and expertise to conduct high-quality research and contribute to the academic community.
3. Embrace a growth mindset, be open to learning from failures and view challenges as opportunities for growth. This approach allows you to adapt to new research developments and continuously improve your skills.

## Where can we access your recent work?

1. Children's care: family centred but child focused  
<https://www.britishjournalofnursing.com/content/professional/childrens-care-family-centred-but-child-focused>
2. Managing fever in children: developing guidelines that turn evidence into practice  
<https://pubmed.ncbi.nlm.nih.gov/34719901/>
3. Dismantling racism in education: In 2020, the year of the nurse & midwife, "it's time."  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7354251/>

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