Member profile for QNI Community Nursing Research Forum

Name: Lucy Speakman

Job title: Secondment to Research and Development and Community Respiratory Nurse (dual role)

Employing organisation: Oxford Health NHS Foundation Trust

Country of residence: England

How would you describe your current role and research interests?

My current role consists of 3 days a week secondment to Research and Development and 1 day a week with the Community Respiratory Team. In my role in Research and Development, I am tasked with developing the Research Pillar of Nursing and embedding research in community teams by trying to improve the research readiness and engagement of community teams. This involves changing the culture of the organisation, focusing on how clinicians engage with research. Recognising that post COVID, so many clinicians are feeling somewhat burnout and exhausted, this presents a challenge, but in also working clinically, I am well placed to understand the practical challenges for teams when working towards this goal.

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

I undertook a Professional Doctorate in Nursing at Oxford Brookes University. This consisted of 2 years MPhil where we learnt about research methodologies, ethics, writing a literature review etc in a taught, modular course then undertook 3 years (which became 4 due to COVID) self-directed doctorate research. I used Hermeneutic Phenomenology to examine the experiences of Community Respiratory Nurses supporting people with breathlessness. I completed the thesis in June 2023 and had my Viva in Sept, I am in the process off writing the amendments. This opportunity has sparked my interest in learning more about other aspects of research.

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

Doing the doctorate has been a gateway to my current secondment in Research and Development but has also helped me be more reflective as a clinical nurse. Working in a specialty, it is easy to make generalisations about people with the same disease e.g., COPD, and focus on the generics of care. But, the methodology I used recognises the situatedness and uniqueness of every individual, valuing a person-centred approach. I recognise the importance of research when developing clinical practice, improving morale and job satisfaction, developing skills and networking with others.

October 2023

What has been your favourite research experience so far?

My favourite research experience so far was probably pressing send to hand in my thesis! This was the culmination of 6 years work which by the end took significant time, effort and energy so knowing it was submitted was a wonderful feeling! Professional Doctorates are undertaken by those working in clinical practice and enables relevant, clinically based research. Choosing the topic for my thesis and working with my supervisory team was a tremendous privilege, I recognise my research topic is niche and might not have been explored in the standard PhD pathway. It has enabled further insight into an unexplored area of study.

How did you develop your research career?

My research career is in its infancy, but I am keen to balance it with a clinical role. I joined ARNS (Association of Respiratory Nurses) Research and Education subcommittee which has enabled me to meet others in my field around the UK and gain experience in planning conferences, organising webinars and sitting on a strategic committee. I continue to take opportunities to join research forums to network with others in a similar position and within my new role I am keen to support others with an interest in research. Having now completed my thesis, I am currently writing several papers for publication in order to disseminate my findings. I will also share my project by speaking at two national conferences next summer.

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

My tips for developing a research career would be to go on the NIHR website to navigate the wealth of resources. I would recommend doing the Good Clinical Practice (GCP) training. This is a free module but is well recognised as a gateway to understanding the world of research.

Signing up to do Principal Investigator training (also NIHR) will put you in a good position to be research ready for any relevant studies.

Contacting your Trust Research and Development department to express your interest in research can be a catalyst to getting involved in research; whether you choose to become a PI for a study through a secondment or discussing your own research interests with someone who could signpost you to your local university to enrol in further academic study.

Where can we access your recent work?

➢ [Speakman. L and Walthall. H (2017) Assessment and Management of refractory breathlessness in interstitial lung disease BJCN vol 22, no 9](#)

➢ [Speakman. L (2018) The Challenges of "Being with" patients nearing the end-of-life Nursing Times Vol 114, no. 4 pp28-30](#)

➢ [Speakman. L, Butcher. D and Schutz. S (2021) Bearing witness to the challenges of breathlessness BJCN vol 26, no.4 pp 162-166](#)

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