



Testimonial

**Susan Guthrie, Speech and
Language Therapist, LYPFT**



How I started in research ... In 2013, I completed an MSc at Manchester Metropolitan University (MMU) and my dissertation topic explored choking in adults with learning disabilities and mental health conditions. This led to a research secondment working on a project exploring dysphagia competency development for Speech and Language Therapists (SLTs). I continued working clinically as an SLT clinical lead dysphagia and spent some time with academics at MMU, Uclan (University of Central Lancashire) and University of Lancaster finding out about NIHR funding.

My PhD with LYPFT and University of Leeds

In 2018, I was awarded a Cardinal (Clinical Doctoral Nurses and Allied Health Professionals) clinical academic research fellowship. This is a funded post for a clinical and academic combined role in LYPFT. I work as an Advanced practitioner Speech and Language Therapist at LYPFT and the other 50% of my time is spent working on my PhD. My research study has been exploring the perspectives and experiences of patients on inpatient mental health wards at mealtimes.

Working with Royal College of Speech and Language Therapists (RCSLT)

I chair the UK network [#SLTsinMH](#) and work with our RCSLT on various workgroups and projects related to people with mental health conditions. I have a RCSLT clinical advisor role which involves advising and mentoring SLTs and promoting the role of SLT in mental health settings.

I was recently invited to Houses of Parliament as an expert in communication difficulties.

Dissemination and planning future research

All being well, I will complete my PhD Fellowship in 2024 and I then plan to progress to Post Doc. Dissemination of my findings will include patients and caregivers as well as colleagues in the Multi Disciplinary Team (MDT).



Testimonial

Continued ...



I'm looking forward to collaborating with the Trusts Help from Experts by Experience for Researchers (HEER) group and other patient and staff groups to design how to implement best practice on mental health wards following on from my PhD study.

Ideas to get started in research: ask for help!

- Present your dissertation – to colleagues or at a conference
- Service evaluation – explore and write a summary of your practice. Include ideas for how you would change things.
- Write a case study – an interesting or complex case and present to colleagues or send to a bulletin/journal.

Follow research projects on Twitter and Researchgate

Most important – talk to patients and caregivers about what's important for improving clinical practice – and write about it!

Contact details:

Twitter/X [@SusanGuthrieSLT](https://twitter.com/SusanGuthrieSLT) [#SLTsinMH](https://twitter.com/SLTsinMH)



Researchgate – list of research papers and projects