



Testimonial

**Lee Martin, Specialist Dietitian,
LYPFT.**



Hi, I'm Lee Martin a specialist dietitian working within Connect eating disorder service at LYPFT. My role involves supporting those with eating disorders with nutritional psychoeducation and behaviour change. My passion for research grew when studying for my undergraduate degree in Dietetics with a particular interest in critiquing research and understanding how research informs clinical guidance and best practice. I was lucky enough to gain some research experience whilst studying.

Like other AHPs interested in research, once I started my role time to dedicate to research reduced due to ongoing clinical demands. Although enjoying my clinical work I was still keen to continue and progress my interest in research. This led to my applying and being accepted to study the PG certificate in clinical research delivery at Newcastle university. To support with this qualification required gaining practical experience within the trust through a supervisor.

This led to me meeting Wendy (Research Programme Manager), and I am glad I did. From the start Wendy was supportive and passionate about enabling me to gain various research experience within the trust. This led to me getting involved in LYPFTs Research Activities Programme for clinical members of staff and students, supporting me becoming active in various aspects of research. Opportunities so far include; shadowing/observing opportunities at various research meetings held within the trust, attendance at various workshops and courses such as PI essentials and research idea to practice, alongside assisting with data analysis and recruitment for active projects. Wendy is continually supporting me to gain further opportunities within the trust to continue building on my research knowledge and experience. I cannot state how grateful I am for receiving this support and guidance from Wendy so far. I feel other AHPs could significantly benefit from also undertaking a similar programme as the need to support AHPs in clinical research is paramount. Enabling time to be involved in research will improve the confidence and skills of AHPs which will improve job satisfaction, career progression, staff retention alongside improving patient satisfaction, outcomes, and ultimately patient care.

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Gaining this experience of research within the trust aligns with my professional aims. These are to continually develop dietetic provision and improve patient care, experience, and outcomes. My future career aspiration is to lead on research projects alongside delivering clinical work in a hybrid role. My research journey is just starting, but with the support and opportunities provided to me by the R&D team, I feel confident I can reach both my professional aims and career aspiration.