



Testimonial

**Susan Guthrie, Principal 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 Principal 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).

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

Contact details:

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