

# BJGP

## Research Conference

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# Building a Career in Primary Care Research

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# Introduction



- PCU training lead
- NIHR School for Primary Care Research Cambridge training lead
- CRUK CanTest programme annual residential school



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# Career paths

Maybe a maze.....?



A straight line.....?



Or a long and winding path..?



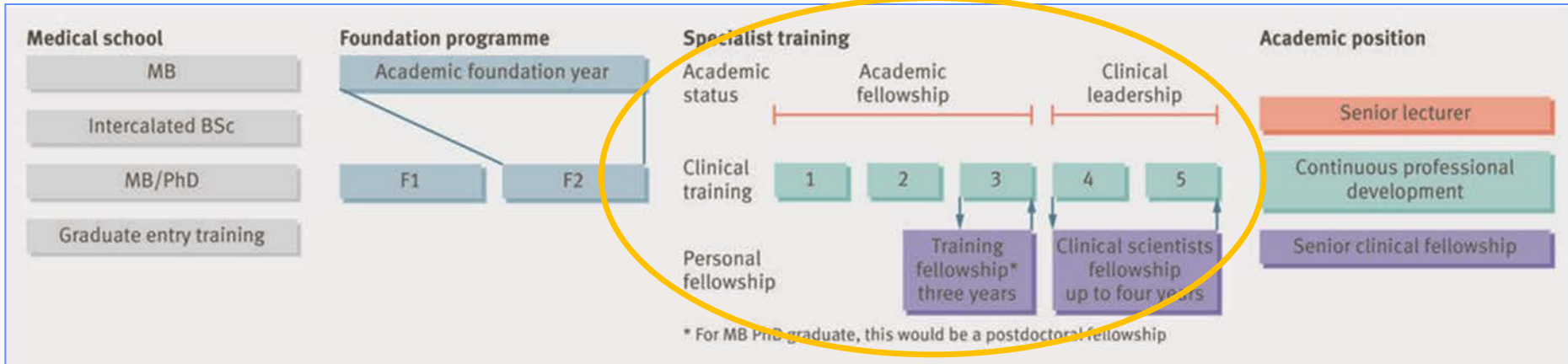
# The straight line version



- 10 years learning medicine & general practice
- 10 years GP partner
- 10 years learning research
- Set up Primary Care Cancer Research group



# The straight line version



# The integrated academic training pathway

# The long & winding path

- Enjoy the journey
- Take chances



A scenic view of a green valley with a winding path and evergreen trees. The path starts in the foreground and winds through the valley, surrounded by lush green grass and tall evergreen trees. The background shows rolling hills and more trees under a soft, hazy sky.

**Building a career in primary care  
research**

**TEN TOP TIPS**  
**on how to enjoy the journey**  
**and take (good) chances**



# 1. Clinical skills matter- don't ignore them

- Be curious
- Listen to your patients...
- ... and your wider healthcare team
- Use your observations to drive new research questions



ORIGINAL ARTICLE

Incidence of second and higher order smoking-related primary cancers following lung cancer: a population-based cohort study

Matthew E Barclay,<sup>1</sup> Georgios Lyratzopoulos,<sup>1,2,3</sup> Fiona M Walter,<sup>1</sup> Sarah Jefferies,<sup>4</sup> Michael D Peake,<sup>3,5</sup> Robert C Rintoul<sup>6,7</sup>

## 2. Teaching skills matter too - enjoy developing them

Take every opportunity

- Clinical students
- Masters & PhD students
- Allied health professionals
- Patient groups
- School students

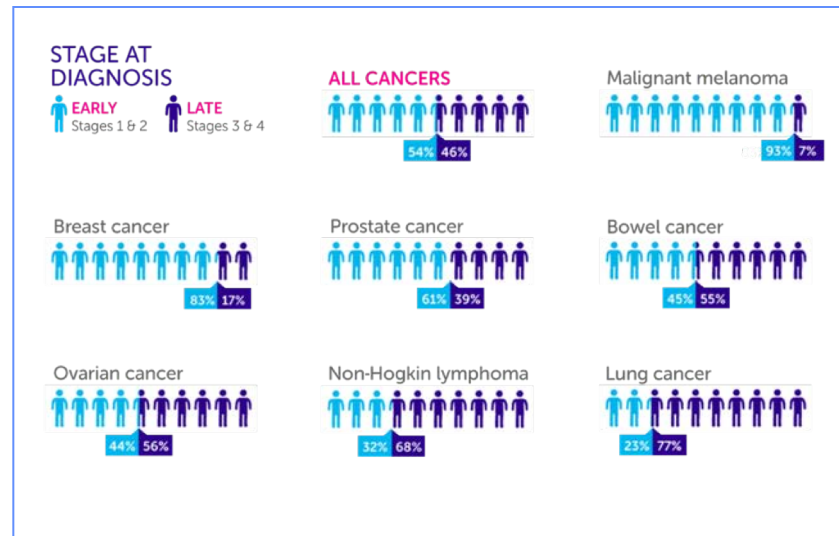


# 3. Aim to become a topic expert

- an area e.g. cancer
- a topic e.g. early detection
- a (range of) skill/s e.g. mixed methods, using routinely collected data

Does it excite you?

Is it an increasing problem?



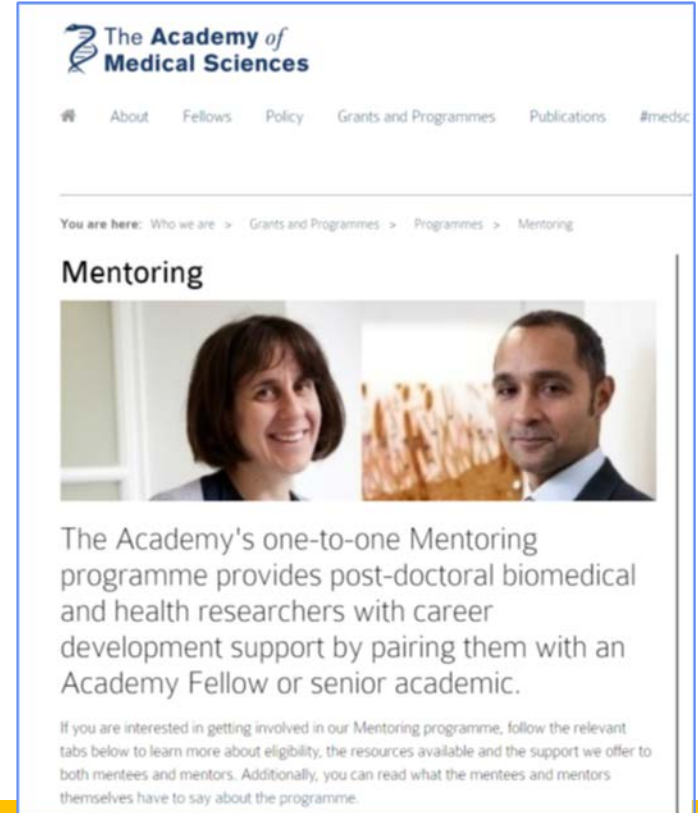
Stage at diagnosis for patients diagnosed in England in 2012 as a proportion of all cancers where the stage is known (NCIN)

*‘Enjoy what you do and do what you enjoy’*

# 4. Look out for role model/s and mentor/s

What are you impressed by?

- academic excellence
- support for juniors
- work-life balance




The Academy of Medical Sciences

# About Fellows Policy Grants and Programmes Publications #medsci

You are here: [Who we are](#) > [Grants and Programmes](#) > [Programmes](#) > [Mentoring](#)

## Mentoring



The Academy's one-to-one Mentoring programme provides post-doctoral biomedical and health researchers with career development support by pairing them with an Academy Fellow or senior academic.

If you are interested in getting involved in our Mentoring programme, follow the relevant tabs below to learn more about eligibility, the resources available and the support we offer to both mentees and mentors. Additionally, you can read what the mentees and mentors themselves have to say about the programme.

# 5. Be bold - reach out to possible collaborators

## Across academic networks

- Same discipline
- Multidisciplinary
- In own institution, UK, international

## Across social networks

- Peer group
- Workshops, conferences
- Twitter, blogs



## 6. Be brave - learn to say 'no'

- if deadlines loom
- if task isn't directly relevant
- If it conflicts with other demands

IT'S ONLY BY SAYING "NO"  
THAT YOU CAN CONCENTRATE  
ON THE THINGS  
THAT ARE REALLY IMPORTANT.

STEVE JOBS

*'Be clear on your priorities: don't be afraid to ask and don't be afraid to refuse (politely)' Jenni Burt*



## 8. Family and friends matter...



*'Life is about much more than a career, but work you enjoy is a huge privilege'*



# 9. ...and work with people you like



# 10. Be prepared to take risks

- Apply for personal fellowships
- Develop project applications
- Leadership roles
- Funding bodies
- Editorial boards
- Travel e.g. Harkness



# TEN TOP TIPS

1. Clinical skills matter - don't ignore them
2. Teaching skills matter too - enjoy developing them
3. Aim to become a topic expert
4. Look out for role model/s and mentor/s
5. Be bold - reach out to possible collaborators
6. Be brave - learn to say 'no'
7. Write as much as you can
8. Family and friends matter...
9. ...and work with people you like
10. Be prepared to take risks

# The long & winding path

- Enjoy the journey
- Take chances



# THANK YOU

Happy to take questions

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