

# Best of both worlds: Less than full time research

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# Why do research?

- Go back to your scientific roots
- Take ownership of a project that interests you
- Learn how trials develop from concept to recruiting
- Develop new skills- RT planning, lab skills
- Come off the clinical conveyor belt
- Attend lectures unrelated to your work
- Time to experience other aspects of work- management
- Submit publications
- Make your CV competitive

DISCLAIMER: Research can also be completed full time even with other commitments

# LTFT research takes time

## This has advantages...

- Research has delays outside of your control- you lose a relatively shorter proportion of research time
- More time for thinking and making mistakes/ switching projects
- You can take on trials as you will have longer time to recruit
- You have longer to submit papers
- Longer for writing thesis (although may not be such a good thing)



# LTFT research takes time

## This has disadvantages...

- Harder to 'gain momentum'
  - Different to clinical work
  - Supervisor meetings can help to maintain your goals
- You will miss meetings and events on your days away from work
  - You may need a willing friend to cover you
- You may forget things over time
  - Write methods as you go along
  - Think about the timing of courses
- Longer time out of training makes you 'rusty'
- Increases the time to becoming a consultant on top of any maternity leave or LTFT training

# Balance with other commitments

- In general research is more flexible than clinical work
- Adjust your schedule according to family or other commitments
- Work load will vary
  - Busier with work targets, publication submission, abstract deadlines
  - Try to work these into your diary
- Think about time away for conferences and meetings

# Part-time 'fish out of water'

## LTFT lab based research

- Very dependent on the project or experiment
- Working days
  - 'Fixed days' may be harder
  - Dependent on defined time-points and lab protocols
  - May need a certain number of consecutive days
  - Could involve a greater number of shorter days rather than three longer days
- Longer time for sequencing results etc. to come back
- Still more flexible than a clinical job

# LTFT research comes with a pay cut

## Ways to make your money stretch further

### Subscription discounts

- GMC, RCR, MDU, BMA...
- MDU will vary depending on clinical duties

### Get your student card

- Council tax discount
- Reductions for conferences and student software
- Railcard, cinema...

### Bump up your bank balance

- Locum- locally or in private hospitals
- Online case based questionnaires
- Other- cremation form 5



# Practical points to consider

## Before you apply

- What type of research do you want to do and whether that includes a higher degree
- Does the post have clinical commitments
  - Clinics, MDT, contouring
  - How much in proportion to research
  - Is there flexibility during busier times
- When you apply for OOPR
  - Current employer needs three months notice
  - Think carefully if you would like to count some research time towards CCT- this **cannot** be done retrospectively
  - Try and complete some of the registration process before you start



# What next?

- Let people know that you would like to do research
- Approach supervisors of posts advertised
  - Explain that they get a good deal!
- Discuss options
  - 60% FTE 80% FTE
  - Changing the number of days over time
  - Working from home

# In Summary

Lots of advantages to research

LTFT research takes a looong time but is worth it!

Think about the timing that suits you best

Adjust your schedule to make the most of the additional benefits

Approach supervisors- “if you don’t ask, you don’t get...”

Enjoy your research time and Good Luck!

Thank you for your attention

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