

Developing Research in Health & Social Care: Perspectives From.....**a Physiotherapist**

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Research context



JOINT PAIN, SELF-MANAGEMENT, DIGITAL TECHNOLOGY, MULTIPLE LONG TERM CONDITIONS, INTERVENTIONS

Success Stories



NIHR | National Institute
for Health Research

[TIPTOE - Centre for Trials
Research - Cardiff University](#)



Research skills & Development



Asking questions and challenging practice



Find a mentor or research friends, talk about research



PhD



Writing
Grants
Papers

Challenges



Navigation



Funding



Confidence

Reflections & Advice

- *Speak to lots of people and listen*
- *Don't give up on a good idea*
- *Listen to feedback*
- *Be prepared to keep learning and evolving*



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