



Ymchwil lechyd a Gofal Cymru Health and Care Research Wales

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

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Research context



Ymchwil lechyd a Gofal Cymru Health and Care Research Wales



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

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Success Stories

TIPTOE

NIHR National Institute for Health Research

<u>TIPTOE - Centre for Trials</u> <u>Research - Cardiff University</u>





Bwrdd lechyd Prifysgol Caerdydd a'r Fro Cardiff and Vale University Health Board





Ymchwil Iechyd a Gofal Cymru Health and Care Research Wales

Research skills & Development



Asking questions and challenging practice



Find a mentor or research friends, talk about research



PhD



Writing Grants Papers











Navigation

Funding

Confidence





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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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