



*“Working alongside CLAHRC researchers has made me more aware of the importance of delivering clinically focused research that is meaningful to patients and front-line NHS staff in their everyday work and lives.”*

Funded by Health Education England (HEE), working across North Central and East London (NCEL), our Academy delivers a research fellowship scheme for nurses, midwives and allied health professionals. It aims to raise levels of research activity amongst these groups and develop future research leaders.

Physio Emma Dunphy spent a year with us developing research skills, working towards a successful application for an NIHR Clinical Doctoral Research Fellowship application in her chosen area - rehabilitation of sports injuries.

Emma Dunphy is a musculoskeletal physiotherapist with a particular interest in rehabilitation of sports injuries. Emma’s current role is at Homerton University Hospital Sports and Musculoskeletal Medicine Clinic. The fellowship presented an opportunity to address issues that had arisen during her NHS practice:

*“I applied for the CLAHRC fellowship because I had been developing research ideas through clinical audit and I needed guidance and protected time to develop my ideas and my skills as a clinical researcher in North Thames.”*

This chance came at an opportune moment in Emma’s career for her to capitalise and plan a route to a clinical academic career:

*“The fellowship came at a transitional moment for me and my supervisors encouraged me to apply.”*

Discussing how working with us built on research work she had already completed Emma commented:

*“I was interested in developing eHealth interventions to support patient self-care in a population of postoperative knee patients. I had already developed collaboration with an experienced research physiotherapist in Cardiff University and I wanted to develop this work to meet the needs of a London population.”*

Emma developed content for an existing website and tested this web-based intervention to support patients in rehabilitation who wanted more independence

and better information:

*“My project looked at how the website was accepted by the population and the physiotherapists who used it in order to inform future development.”*

Looking forward to how the impact of her work will contribute to knowledge and research in the area Emma said:

*“In the long term, this will inform future studies on eHealth in physiotherapy.”*

Emma offered a final reflection on the fellowship:

*“Working alongside CLAHRC researchers has made me more aware of the importance of delivering clinically focused research that is meaningful to patients and front-line NHS staff in their everyday work and lives.”*

For more information about the fellowship [visit our website](#)

[Read more](#) about Emma’s successful NIHR application