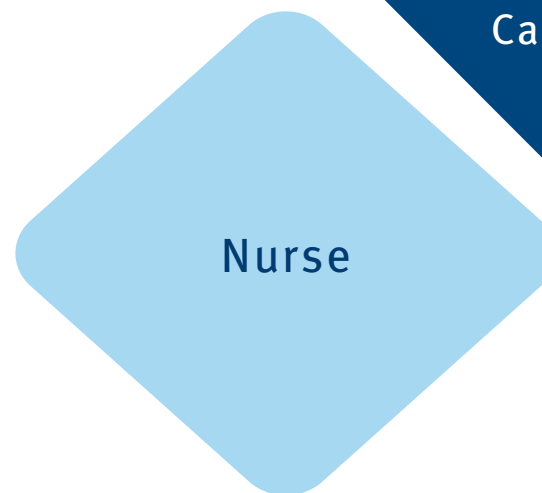


Imperial College
Academic Health
Science Centre
Improving Patient Care



Nurse



Research
Careers
Case Study



Smaragda Lampridou

Nurse/NIHR Doctoral Fellow

RESEARCH: SUPPORTING PATIENTS WITH PERIPHERAL ARTERIAL DISEASE WITH TREATMENT ADHERENCE.

What stage of your research career are you currently at, and what are your research interests?

I started my NIHR Doctoral Research Fellowship in October 2023. My specialist interest is in cardiovascular risk modification through patient-centred evidence-based behavioural interventions. During my PhD, I will be looking at supporting patients with peripheral arterial disease following their guideline recommended treatment plan.

How did you get into research?

I was first introduced to research during my MSc in Preventive Cardiology at Imperial College London (2016). I was the only student awarded the Philip-Poole Wilson Prize for Excellence from Imperial College London (October 2017) which gave me further confidence to pursue a research career. This led me to apply for a clinical research nurse post. As lead research nurse for electrophysiology at ICHNT (2018-2019), I led fourteen studies on medical devices (pacemakers). I developed proficiency in participant screening, recruitment, study management, reporting adverse events and protocol deviations. In 2021, I was lucky enough to be awarded two pre-doctoral fellowships: Imperial Health Charity and the NIHR PCAF starting September 2021. During my pre-doctoral fellowship, I was able to enhance my research methodology skills and develop my PhD project and was awarded a NIHR Doctoral Fellowship in July 2023 and started my PhD in October 2023.

What do you enjoy about research?

Making a positive impact to my research participant's life as well as a bigger impact on the wider community. Additionally, I do enjoy the fast-paced continuous learning environment. The potential that my research could lead to an improved, patient-centred healthcare system definitely feels very fulfilling!

What challenges do you face as a researcher?

Some things may take longer than expected so you have to be prepared for that.

What do you think is the greatest misconception about clinical academia?

A misconception may be that clinical academics are not "real clinicians" anymore and are not aware of current clinical practice. Clinical academics are able to bridge the gap research and day-to-day practice, focusing on improving clinical practice, whilst collaborating with clinical teams and actively involving patients and the public in research initiatives.

What difference has your research training and experience made to your career?

I definitely feel that my research training, since the early stages of my career, has contributed to my development to date. I have been fortunate enough to secure multiple research grants to conduct my research, collaborate with leading clinicians and researchers in my area of expertise, present my research in conferences, publish my research in academic journals, teach about research as well as supervise others and support their research development.

How has research changed your clinical practice?

Research forms the foundation to evidence-based practice. As a junior nurse, delving into clinical guidelines and literature enhanced my skills. As a nurse specialist, my understanding of current research empowered my shared decision-making skills. My patient-focused, co-designed PhD project is proof of my passion about person-centred healthcare.

What has made a difference to progressing your research career?

My supervisors and collaborators have offered me guidance and expertise during the past years, and I am extremely grateful for their support. I have secured a number of research grants which have given me the freedom to concentrate on my development as a researcher. These include the Imperial Health Charity Pre-Doctoral Fellowship (2021), the NIHR PCAF (2021), the NIHR Doctoral Fellowship (2023) and the BHF Training Fellowship for Nurses (2023).

Where do you see your clinical academic career going over the next 5 years?

During my PhD, I aim to expand my network and grow as a cardiovascular nursing researcher. Afterward, I plan to continue my academic development in the NIHR Patient Safety Research Centre, focusing on influencing behaviours for safety. I will apply for post-doctoral fellowships to develop my research portfolio and establish myself as a nurse leader in cardiovascular and behaviour change. In the next 5-10 years, I aim to progress to a Senior Lecturer role.

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