# Lothian Clinical Academic Pathways Partnership

# Clinical Academic Research Gateway Funding

# First Steps into Research Opportunities 2023

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| Institution & Department | School of Nursing, Midwifery and Paramedic Practice: Robert Gordon University, Aberdeen |
| Contact – name, role & email | Prof. Flora Douglas Email: [f.douglas3@rgu.ac.uk](mailto:f.douglas3@rgu.ac.uk) |
| Research Theme | **All** |
| Specific Research Project | **Food insecurity and diabetes self-care and clinical management**  People living with diabetes and food insecurity in high income countries have poorer glycaemic control and related health outcomes than those who are food secure. Poverty-driven household food insecurity directly affects health outcomes including obesity and diabetes, poor health condition management, increased health care use and admissions and premature death. In the UK, in the context of the current and looming Cost of Living Crisis it has been estimated that UK households in the highest deprivation quintile would need to spend 47% of their household income to follow the Eatwell healthy eating guidelines compared to 11% of household income required by the least deprived households. And it is estimated that people living with disabilities and ill health in the UK are five times more likely to be food insecure than those without health problems.  Nearly 6% of the Scottish population are currently living with diabetes, and 88% of those have Type 2 diabetes. Food insecurity is associated with an increased risk of developing Type 2 diabetes and poorer glycaemic control in individuals with diabetes.  International evidence suggests that people who are food insecure and living with diabetes are  not only dealing with significant challenges accessing the suitable and stable food supply they need to manage their condition but are with living with significant poverty stress and discrimination which compromises optimal condition management according to clinical guidelines. Emerging evidence suggests that healthcare professionals (HCPs) in the UK are encountering patients who strive to manage their diabetes through dietary changes are failing to sustain any changes achieved due to financial challenges and associated stress.  Building on previous undertaken and current research underway, Prof Douglas is interested in receiving applications from clinicians interested in undertaking research that focuses on people living with food insecurity and diabetes (or other diet related or dependant condition), and/or health professionals (nurses, doctors’ midwives or AHP providing support for self-care people so affected. Research in this area is intended to inform public health and health care policy and practice and help develop preventative interventions for patients, and educational support for health care professionals.  **Background**  This project area is in the planning stage and would give an individual an opportunity to help work up a project proposal with a research team and explore related research questions in this novel topic area.  For example:  The applicant could undertake a systematic literature or scoping review to explore, for example:   * Self-care experiences and coping strategies of food insecurity for people living with diabetes in the UK, including women living with gestational diabetes.   or   * Experiences and perspectives of health professionals who have a general or specialist role providing support for self-care for people living with diabetes, who are food insecure.   Or they could discuss and agree with own NHS manager the possibility of undertaking some limited, service evaluation investigation with clinical colleagues about the topic area and related questions, with a view to establishing a case for a funding application for a further study during their internship. |
| Opportunities for candidate | Project specific opportunities:   * Develop a literature review protocol as a starting point for a future research study * Work with RGU’s library and information staff to develop knowledge and understanding of literature searching, retrieval and storage of data. * Possible involvement in Patient and Public Involvement stakeholder groups meetings depending on the time of year and research question of interest.   General opportunities:   * Depending on start date, it may be possible to participate in the Sept / Oct intake of RGU’s Post-graduate research student induction events * Participation in SNMPP research committee, School ethics committee meetings and research seminars. * Attendance at RGU PGR [PgCert Researcher Development](https://www.rgu.ac.uk/research/the-graduate-school/researcher-development) events. * Participate in peer review and ethics approvals processes within the SNMPP. * Meet staff within the RG research Office to get understanding of processes around research bid development, costing and approval processes. * Work with teams working on ongoing research projects (where ethics approvals allow) to observe and learn about research project delivery in real time. * Work with an author or team on the process of writing a manuscript, to develop knowledge and understanding about writing for publication. * Dependent on the applicant’s existing level of expertise and interests, further development opportunities within the SNMPP and RGU may be suitable and available and can be discussed with their mentor. |
| Any other considerations for potential candidates? | * Opportunities to be part of RGU’s health and wellbeing research theme which would help to develop an understanding of public health, health care and interdisciplinary research. * Hybrid working with some time on campus where appropriate and possible. |
| Dates available | Dates can be flexible depending on applicant’s preference and availability |
| Mentor(s) | [Prof. Flora Douglas](https://rgu-repository.worktribe.com/person/152159/flora-douglas)  [Prof. Catriona Kennedy](https://rgu-repository.worktribe.com/person/149684/catriona-kennedy) |