**7. Kelly Owens**

0:00  
Hello, my name is Kelly Owens and I'm the Nurse Consultant in Children's Emergency Department at the Royal Alex Children's Hospital in Brighton.

0:09  
Thank you for asking me to speak to you all today about my experience as an Associate Principal Investigator and over the next few minutes I thought I would just share with you some top tips that wish that either I wish I'd known or tips that I have found useful whilst being on the API scheme. Forgive me for looking down occasion, I've just got a few notes in front of me just to jog my memory.

0:33  
So I thought it might be useful to, and perhaps helpful. Just to start off by giving you a bit of background as to how I ended up being involved in the API scheme.

0:42  
My background in research was pretty much nonexistent. My career has predominantly been in paediatric nursing and I've worked in various places both nationally and internationally, were excluding working for charities and I've worked in both community and acute settings.

1:00  
I did my Masters in Advanced Practise in Liverpool many years ago now and as part of that we had to do a selection of evidence based assignments, including writing a systematic review.

1:10  
So really, my experience of research was largely about critiquing the quality of it rather than any first hand experience of taking part in clinical trials or research.

1:22  
And if I'm honest, my interest and passion lies with clinical practise and education rather than research. But as some of you will be aware, advanced practise roles are underpinned by the full pin 4 pillars of clinical practise, education, leadership and management and research.

1:41  
And I was becoming acutely aware that perhaps I had been less attentive

1:46  
to the research pillar, particularly in terms of active engagement and research.

1:52  
When you have an interest in other areas, I suppose it's very easy to steer yourself away from activities that you're less interested in.

1:59  
And other than being involved in audits, looking evidence based for practise guidelines et cetera, I didn't really feel I was were filling the research pillar requirements and didn't know how to, other than perhaps carrying out my own research, which was very unlikely.

2:14  
But then an e-mail was circulated asking for interested in interest in being an API for the high flow study.

2:22  
I hadn't heard of it before, but when I read the information it seemed perfect, a way of being involved in clinical research and gaining practical experience alongside your job. So I applied and joined the scheme,

2:35  
so having effects on Mike Pence as an API. I've got a few top tips to share with you, as I say things I wish I'd known and things that I found useful.

2:45  
So firstly I would suggest a ideally joining a study as it starts. I joined the high flow study when it was well established. The study was looking at high flow humidified oxygen as an early intervention in the in sorry intervention in children with acute and severe asthma. It was paused during COVID

3:07  
and I joined as it was restarted.

3:10  
But the benefits of joining your study as it starts is that it's so much easier to fulfil some of the OR probably a big majority of the checklist of activities for the API scheme. And when the study is well established that's a little harder because a lot of that stuff so other elements have already been done. So that's just one thing I would suggest if you're going to do it then try and do it as part of a study that starting.

3:35  
Have a really good look at the information on the API scheme the website up. Sorry, have a really good look at the information on the API scheme on the NHIR's website. Once you have registered with the scheme you have, you sent login details for NIH, R learn

3:53  
and on that part of the website there is a lot of information on there about the API scheme. So I would really suggest that before you do too much that you've become really well versed with the information on there and there are so many resources and and it just means that you're going to be very well prepared and equipped before you start.

4:12  
There's also information on there about an API forum which is really useful to join and provide an opportunity to engage with other API's and share experiences and challenges. It's a really good way of of learning from other API's as well. That's my second top tip.

4:30  
Also, make sure that you meet with the principal investigator regularly.

4:34  
Your Pi will be hopefully motivated and passionate about the API scheme,

4:40  
so I would suggest meeting with them as early in the process you can to ensure that you're really both familiar with what is required for the API scheme and for the checklist to be completed,

4:51  
and this will enable you both to make a plan and ensure you are involved and contribute to all the relevant research activities.

4:58  
Once you are advised on the scheme, I would suggest aiming to meet with them with the Pi at least every 10 days to a fortnight.

5:07  
And it may be that you only need 1015 minutes at a time. But it's really useful to have keep that dialogue on that communication open. And it's a good way of making sure that you hold just your how to account if you like. So to make sure that you achieve deadlines and targets. And obviously they're there to support you in that process and and be sure to record all, all your meetings that you have and any minutes and that's really useful for your evidence for the checklist

5:35  
that leads nicely into my next point or top tip which is how making sure you keep all your evidence and and keep a diary of meetings minutes, all those kind of things. It's really important because that's how you demonstrate the activities you've contributed to and that you've been involved in. So any kind of minutes of research, meetings or any teaching that perhaps you deliver relating to the trial examples when you've been involved in recruitment or consent, all these all these activities would be really helpful as part of your

6:06  
evidence for the API checklist.

6:10  
We didn't have a WhatsApp group, but I would suggest setting up a WhatsApp group. I know we've got all got so many groups that we belong to and they can be a bit overwhelming. But I think having a WhatsApp group including yourself and the research team can be really helpful, particularly if you're clinical and and perhaps a shift worker where you might not be always be able to attend meetings. It's a really nice quick way of keeping up to date with what's going on at a glance if you like. So that's one thing I would in hindsight would have been useful

6:39  
communicate with the rest of the clinical team that you work with that you're taking part in. This role is really helpful to be able to be the eyes and the ears of the research team working with your clinical colleagues so that you can actually point of contact between them and the research team and you'll really be helpful in terms of supporting recruitment and and screening and just being a real advocate for the trial. So I think that's really important that you communicate that you're doing this role with a team that you you work with.

7:08  
So though my main top tips may be nothing earth shattering, but just just elements and ideas that I think have been useful and it would be useful if I were to do it again.

7:19  
So what's now? What the next steps? Well, for me it's certainly been a really useful process. It's given me a real insight into undertaking clinical research and the challenges, but really understanding the process, it's been really helpful.

7:32  
Interestingly, it has sparked a bit more interest in me. It's sparked a bit more of an interest in research. And in Ed, we have recently embarked on the PRESENT trial looking at the effect of carbogen and the time to terminate seizures. And I'm finding that I'm becoming more involved in disseminating information about the trial and education amongst my colleagues and peers and looking at ways to generally make the process easier for clinicians and just being real advocate for the study. So I've subconsciously finding myself

8:03  
much more drawn to being involved in this particular project.

8:07  
I do hope that if you decide to apply to be an API or if you already are, that you enjoy it and you find it productive experience.

8:14  
Thank you all for listening.