

How to get involved in research

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Why does
research
matter to OH
practitioners?

Evidence base for what we do

Evidence base for what policy makers do

Test existing interventions

Test new interventions

Understanding new occupational diseases



How to get involved

- Developing a research idea
- Collaborator/recruiting centre
- Expert steering group
- Join a bid as a co-applicant
- User and implementor of research
- Guideline development group
- Securing funded time for research



Research idea



The research process

Identify an important research question

Formulate the question into a researchable one

Make sure it hasn't already been answered

Select appropriate methodology for the question

Data collection (ethics and governance)

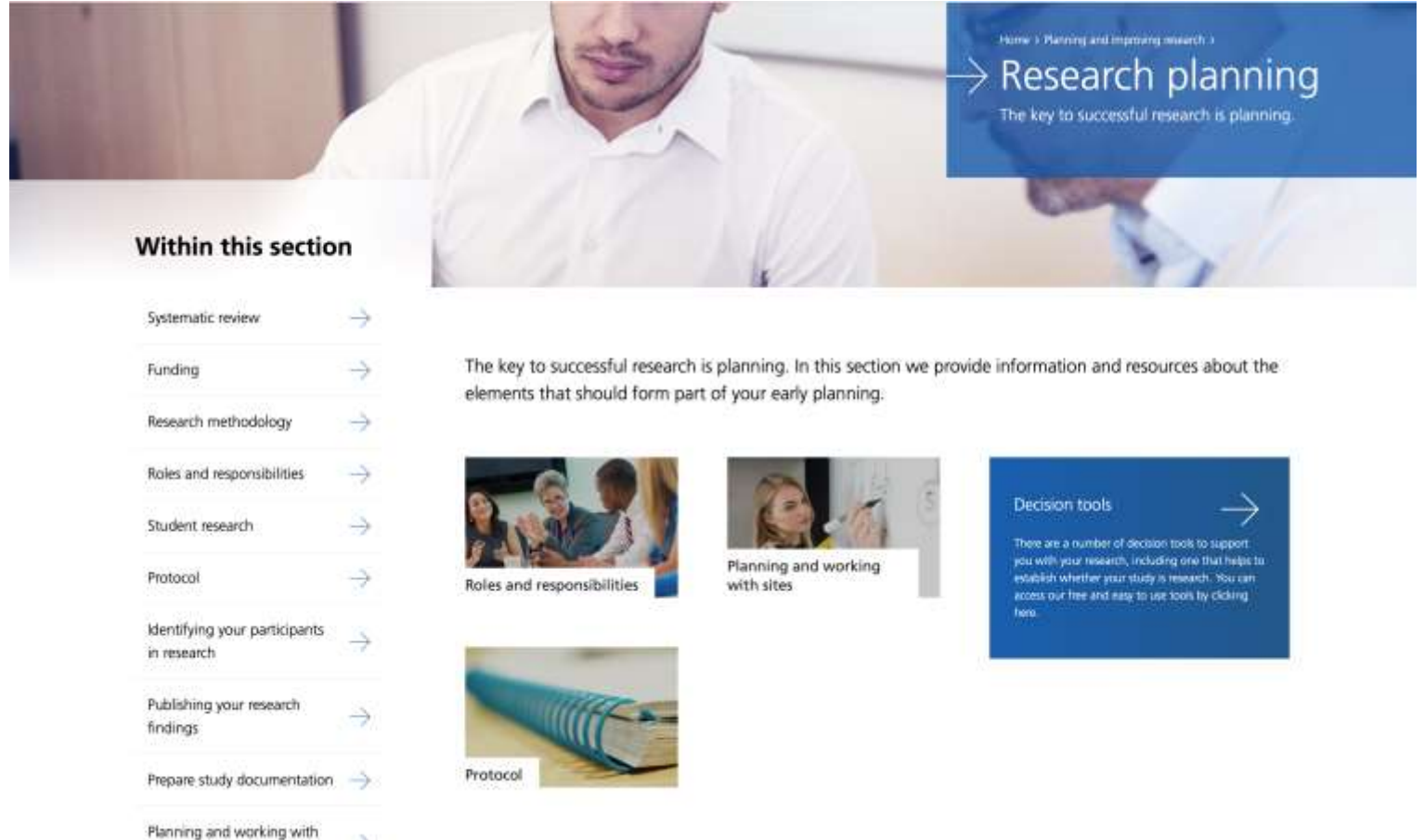
Analysis

Dissemination/ knowledge transfer



Consult with others

Health Research Authority



Home > Planning and improving research > **Research planning**
The key to successful research is planning.

Within this section

- Systematic review →
- Funding →
- Research methodology →
- Roles and responsibilities →
- Student research →
- Protocol →
- Identifying your participants in research →
- Publishing your research findings →
- Prepare study documentation →
- Planning and working with →

The key to successful research is planning. In this section we provide information and resources about the elements that should form part of your early planning.

Roles and responsibilities

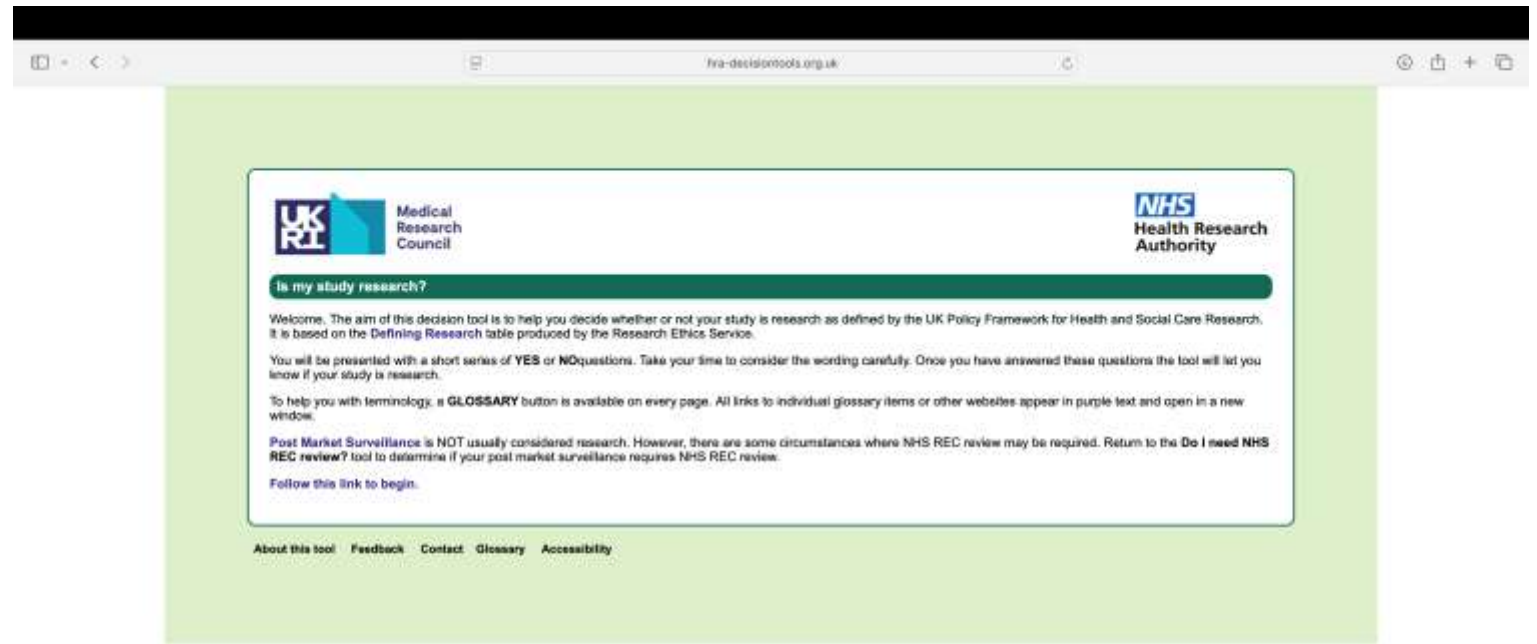
Planning and working with sites

Decision tools →

There are a number of decision tools to support you with your research, including one that helps to establish whether your study is research. You can access our free and easy to use tool by clicking [here](#).

Protocol

Is my study service evaluation, or research?



Small projects

- Make sure it is feasible
 - Have you got the right team?
 - Make sure you have ethics approval
 - Statistical support?
 - Knowledge mobilisation
 - Funding
-
- Present at a conference
 - Publish
 - Impact

How to publish

- Writing and publishing your first paper –an Authors workshop on 5 December 2025. Occupational Medicine

Occupational Medicine

JOURNAL OF THE SOCIETY OF OCCUPATIONAL MEDICINE

VOLUME 68 NUMBER 2 MARCH 2018

<https://academic.oup.com/occmed>

- Organizational justice and the psychological contract
- Impact of liver transplantation on employment
- Chronic obstructive pulmonary disease and work-related outcomes
- Underestimation of spirometry in the workplace

London Centre for **Work** and **Health**

Expert input

- Recruiting centre
- Project steering group
- Expert co-applicant
- Guideline development group
- Peer reviewer for a journal or research body



Accessing and implementing research



LUNCH AND LEARN



CONFERENCES



AT WORK
PARTNERSHIP



PEER-REVIEWED
JOURNALS



BUT WHAT ABOUT
IMPLEMENTATION?

The Engage Study

NIHR funded: 10 months

Improvement of knowledge mobilisation and impact

Exploring how work and health research is accessed and utilised by different groups (work and health practitioners, business leader, HR, researchers)

Focus groups (Nov-25-Feb 26)

National survey of practitioners (engagement with evidence and research) (Mar-May 26)

Output: Multidisciplinary and multicentre action plan



Guidelines

- Post Covid Syndrome
- Upper limb pain
- OH principles for healthcare professionals
- Return to work after carpal tunnel release
- (Return to work after hip replacement)



Return to activities after carpal tunnel release

- Desk-based activities: 4–14 days, e.g. writing or typing using a keyboard and mouse, filing or handling documents
- Repetitive gripping and releasing: 14–28 days, e.g. hand-sorting or picking, assembly, hairdressing, cleaning, gardening, or driving for work
- Use of hand-held vibrating tools: 21–42 days, e.g. dental or surgical tools, drilling, use of pneumatic hammers or drills.

Adding research into your career

- Anything is possible
 - Private or public sector
 - Any discipline, clinical or non-clinical
 - Skin surveillance project
-
- Become a peer reviewer to hone academic critical thinking <https://academic.oup.com/occmed/pages/become-a-reviewer>

Change in funding landscape

THE COLT
FOUNDATION

NIHR | National Institute for
Health and Care Research



London Centre for **Work** and **Health**



Current opportunities with NIHR



[Work and Health Research Initiative | NIHR](https://sites.google.com/nihr.ac.uk/work-and-health/home)

<https://sites.google.com/nihr.ac.uk/work-and-health/home>

Funding opportunities



Starting out as a researcher

Are you interested in a research career, but not sure where to start? Find out what opportunities we can offer you.

→ [Start your research career](#)

Our research career development funding programmes

Predocctoral-level opportunities

Awards to help you advance your health and social care research career at masters level. Our Predocctoral Award offers support for individuals working in health and care, local authority settings, primary care, and methodology.



Doctoral-level opportunities

Funding and salaried time to help you complete a PhD in applied health or social care research.



Postdoctoral-level opportunities

Fellowships and development opportunities to support your career development post PhD. Includes our Fellowship Programme, Global Health Programme, Integrated Academic Training Programme, Integrated Clinical and Practitioner Academic Programme and Local Authority Academic Fellowship Programme.

Professorships and Senior Investigators Award

Funding if you are an established senior researcher and future leader. Includes our Senior Investigator Award and our Research Professorships.

Current opportunities with The Colt Foundation

PhD Fellowships

Scientific Non-Clinical Fellowship:

- 5 years salary at 100% for post-doctoral researcher plus up to £150k research costs

NIHR Colt Foundation Advanced Fellowship:

- Clinically active academic
- Applications via NIHR

Project Grants:

- Awarded twice a year
- No themed calls

Future

- Bright, enthusiastic people from different backgrounds
- Another centre in the UK based on LCWH
- Funding
- We are in demand



London Centre for **Work** and **Health**



Thank you!

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