

REFLECTIONS ON MY RESEARCH INTERNSHIP

Eleora Mansi 2024/25

I am a 3rd year adult nursing student at the University of Leeds, School of Healthcare who undertook a National Institute for Health and Care Research (NIHR) research internship alongside my studies from 2024-2025. I carried out the research internship with two other undergraduate nursing students - Adrianna Montgomery and Ellie Little.

Training on research



During my NIHR undergraduate internship run by Gemma Louch, Reena Devi and Kirsty Haunch, we received training on research ethics, qualitative methods, data coding, thematic analysis, and literature reviews. The training was valuable in enhancing my ability to conduct qualitative research and critically appraise studies.

Internship celebration event

Presenting at the internship celebration event with interns from around the country was a nerve-wracking experience. Despite my initial anxiety, the experience was valuable in improving my public speaking and critical thinking skills. Engaging in the Q&A session helped me practice articulating the research more effectively and thinking on the spot. This experience highlighted the importance of clear communication in research dissemination and strengthened my ability to think quickly and respond to challenging questions.



NIHR Insight conference

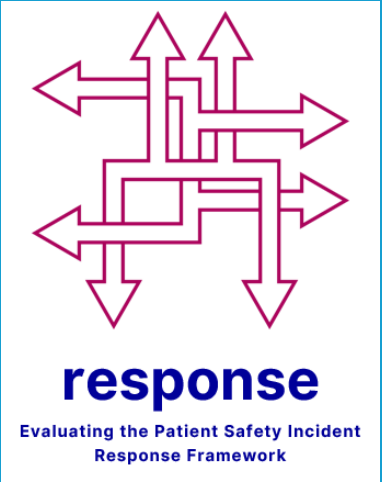


I had the privilege of speaking at the NIHR INSIGHT Conference 2025 alongside Adrianna and Ellie, where we reflected on our experiences during the NIHR Undergraduate Internship and how it shaped our research journeys. We also served as table hosts, facilitating discussions about research opportunities for students. Speaking at the conference and facilitating discussions allowed me to reflect on the impact of the internship on my research journey. It also highlighted the importance of networking and learning from others, as well as how early involvement in research can shape future career opportunities. The talks on PPI and taking initial steps into research emphasized how integral patient involvement and early career exploration are in advancing healthcare research.

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Response study

During my NIHR Undergraduate Internship, I worked on the RESPONSE Study, which evaluates the implementation of the Patient Safety Incident Response Framework (PSIRF) across the NHS. I conducted content analysis of an online patient safety forum, coding responses to identify themes from professionals involved in PSIRF implementation, and analysed stakeholder survey responses to assess their experiences. The experience was valuable in enhancing my analysis skills and highlighted the importance of real-time evaluation in improving patient safety policies and demonstrated the value of stakeholder feedback in framework implementation.



NICHE Leeds



During my NIHR Internship, I contributed to the Nurturing Innovation in Care Home Excellence in Leeds (NICHE-Leeds) care and science partnership, focusing on improving life, care, and work in care homes. I analysed data for the Freedom Study on wandering in care homes and attended the NICHE-Leeds International Living Lab event, where researchers explored ways to enhance research participation in care settings. The experience provided practical insights into research methodologies and the complexities of improving care in care home settings. The Living Lab event highlighted the importance of aligning research goals with the priorities of care home staff and the need to address practical barriers to research engagement.

Meeting with researchers with a nursing background



We had the opportunity to meet with Professors with a nursing background who told us about their journeys into research. Meeting these experienced researchers was an invaluable experience, as it allowed me to gain practical advice and understand the challenges and rewards of a research career. It emphasized the importance of mentorship and learning from others who have successfully navigated their careers in research. Their insights on perseverance, networking, and continuous learning were especially helpful.

Nursing live conference

Attending the Nursing Live event in Liverpool was a highlight of my NIHR Undergraduate Internship. The event brought together nurses from across the profession, offering insights into clinical advancements, career pathways, and personal wellbeing. The event was incredibly valuable, exposing me to alternative career pathways and leadership journeys that I had not previously been exposed to. The exhibitor stands expanded my understanding of non-traditional nursing roles. Engaging with professionals from diverse backgrounds also highlighted the value of networking and continuous learning.



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