



British Society  
of Echocardiography

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## **Foundations in research skills and techniques (FIRST)**

**Thursday 15 October 2026  
Manchester Central  
3 BSE points**

# Programme

12:30

## Registration

13:00

## Welcome and introduction

Mr Peter Luke, Lecturer in Clinical Physiology and Clinical Scientist, Newcastle University and Mrs Sadie Bennett, Cardiac Clinical Scientist and NIHR Pre-Doctoral Clinical Academic, University Hospitals of North Midlands NHS Trust

## Session 1

Chairs

## Clinical academia - what's right for you and your career

Mr Peter Luke and Professor Martin Stout, Consultant Cardiac Physiologist, Wythenshawe Hospital, Manchester

13:05

## Integrating research into your career: Why, when and how

Ms Alexandra Savis, Senior Chief Paediatric Cardiac Physiologist, Evelina London Children's Hospital

13:20

## First steps into research with practical tips

Dr James Willis, Senior Clinical Scientist (Cardiology), Royal United Hospitals Bath NHS Foundation Trust

13:35

## What a career in research looks like and how to achieve it

Dr Maria Paton, NIHR Clinical Lecturer and Honorary Cardiac Scientist, University of Leeds and Leeds Teaching Hospitals NHS Trust

13:50

## Question and answer session and refreshment break

## Session 2

Chairs

## Research approaches

Ms Alexandra Savis and Mr Andrew Fletcher, Cardiac Clinical Scientist, Royal Papworth Hospital and University of Oxford

14:05

## Literature reviews

Professor David Oxborough, Professor of Echocardiography and Cardiovascular Physiology, Liverpool John Moores University

14:20

## Qualitative research

Dr Alex Hall, Lecturer and Deputy Lead, Healthy Ageing Research Group, University of Manchester

14:35

## Quantitative research

Dr Emma Rees, Associate Professor, Swansea University

14:50

## Small group discussion and question and answer session

15:05

## Refreshment break

### Session 3

Chairs

#### How to

Dr Maria Paton and Professor David Oxborough

15:25

#### How to read a scientific paper

Mr Peter Luke

15:40

#### How to complete a clinical audit

Mr Andrew Fletcher

16:55

#### How to involve patients and the public in writing lay summaries

Mrs Sadie Bennett

16:10

#### Small group discussion and question and answer session

### Session 4

Chairs

#### Keynote lecture

Dr Emma Rees and Dr James Willis

16:25

#### My journey into research

Professor Martin Stout

16:50

#### Question and answer session

16:55

#### Closing remarks

Mr Peter Luke and Mrs Sadie Bennett

17:00

#### Close of meeting

**BSE points: 3**



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