



British Society
of Echocardiography

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 Dr 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

Dr 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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