



**Job Title:** Senior Research Exercise Physiologist

**Grade:** 7

**Salary:** £38,205 to £44,263 per annum, pro rata if part-time

**Department:** Cardiovascular Sciences

**Hours/Contract:** Full-time, or job share considered, fixed term contract for 24 months

**Job Family:** Teaching and Research

**Reference:** 10548

## Role Purpose

The SCAD team is a multidisciplinary research group running a portfolio of clinical and laboratory studies investigating biomedical, clinical, and psychosocial aspects of spontaneous coronary artery dissection (SCAD) (a cause of heart attacks predominantly affecting young to middle-aged women), exploring the mechanisms underlying these effects, and developing and testing strategies for implementing interventions in clinical practice.

The primary purpose of this job is to take responsibility for the day-to-day management of physical activity project for patients who have had SCAD. The role will be specifically responsible for collecting and analysing historical and current physical activity data from fitness wearables used by SCAD survivors, testing safe exercise parameters after SCAD and conducting a feasibility randomised controlled trial of a remote SCAD recovery intervention.

The post will be based at the Glenfield General Hospital but may involve travel to other sites across England and Scotland. The post will start on November 1<sup>st</sup> 2024.

## Main Duties and Responsibilities

### Principle Accountabilities (Responsibilities)

Daily operational running of the Heart Research UK funded developing remote exercise support and rehabilitation after spontaneous coronary artery dissection (SCAD) study. This will include but is not limited to:

- Establishing methods for accessing and analysing wearable fitness data for SCAD patients, carrying out analysis, qualitative work to understand the barriers and facilitators of wearable usage in this group, and evidence synthesis through systematic and scoping reviews. To lead the writing up and publication of these findings
- Recruiting patients with SCAD to exercise-based research studies and carrying out Cardiopulmonary Exercise Testing and clinically supervised strength testing
- Testing of a remote SCAD exercise recovery intervention, establishing relevant physical/clinical outcomes and assessing acceptability for a future full randomised controlled trial
- Support work defining relevant implementation models and frameworks suitable to support acceleration of clinical research findings into clinical practice

Additional research activities





- Preparation of research reports, papers and presentations;
- To develop and carry out a plan to extend an area of personal research, or contribute as a team member to the development of a broader programme, this may include contributing to the writing of research bids/grants;
- Contribute to research protocol development, the IRAS application process for new clinical studies, and amendments to existing ones;
- Supervision and support of other research staff and students;
- Attend and contribute to team, departmental and partner meetings and seminars.

### Professional Development

- Duties and opportunities to engage in work that support your own professional development
- With the support of colleagues, identify opportunities to apply for fellowships and/or further project grants

### Impact and Knowledge Exchange

- Network and contribute to the maintaining and furthering of the wider research programme and research area
- To represent the research group by disseminating results/findings at national and international conferences and broader community
- To contribute to wider internal and external collaborations
- To consult effectively on own specialism directly with people external to the University
- To engage positively and pro-actively in research impact

### Leadership and Citizenship

- Guidance to other team members both research staff and students
- Pro-actively build networks and collaborations
- Providing mentoring and coaching to Early Career Researchers and research students

### Internal and External Relationships

- Regular meetings with members of the programme research group
- Meeting members of the team for critical discussion of the research and exchange of new ideas and approaches that might benefit the research
- Liaison with external collaborators particularly the University Hospitals of Leicester NHS Trust, the Leicester Biomedical Research Centre, Researchers at Edinburgh Napier University
- NHS patients & staff

### Planning and Organising

You will be required to effectively manage your time to plan your research activity and to deliver





on the priorities of the programme:

- Prioritise tasks within agreed work schedules;
- Plan for specific aspects of research incorporating issues such as deadlines, project milestones, and overall research aims;
- Adapt daily and weekly plans to accommodate new developments and be flexible to the changing priorities of the project;
- This will include travel between university, hospital, and primary care sites.

## Qualifications, Knowledge and Experience

### Essential

- PhD (awarded or submitted) or equivalent in appropriate discipline or the equivalent professional qualification and experience \*
- BSc in Sport and Exercise Sciences or equivalent discipline \*
- Current registration with BASES or CEP-UK (or evidence of working towards)
- Substantial evidence of experience working as a health and / or research professional (including period of post-graduate study) \*
- Experience of designing and/or delivering exercise programmes in chronic disease populations \*
- Experience of conducting appropriate exercise/functional testing in chronic disease \*
- Evidence of quality peer-reviewed presentation and/or publication of research findings
- Evidence of proven analytical problem-solving capability \*
- Familiarity with mixed methods research and PPIE \*
- Familiarity with clinical trial design and delivery \*
- Experience of interacting with patients in clinical practice of research studies \*
- Sound understanding of the principles of NHS research ethics, GCP \*

### Desirable

- Experience delivering studies that involve a digital health intervention
- Experience of working in a healthcare environment \*
- Knowledge of implementation science methodology
- Experience of delivering research / interventions to communities and translation into practice
- Experience of statistical methods applied to research
- Experience of supervising junior members of staff

## Skills, Abilities and Competencies

### Essential

- Willingness and ability to work with internal and external stakeholders \*
- Evidence of continued development of subject expertise \*
- Excellent communication skills – written and verbal evidenced by the ability to communicate complex information \*
- Evidence of working effectively as part of a team and the ability to work independently \*
- Evidence of working independently and ability to be involved in collaborative research/projects





- Evidence and commitment to Continuous Professional Development (CPD) for yourself, and encourage commitment to learn and develop in others
- Evidence of prior student supervision (undergraduate and/or postgraduate level) \*
- Able to work to high standards of professionalism, confidentiality, health and safety, and respect for study participants
- Excellent organisational and time management skills
- A high level of accuracy and attention to detail\*
- Sound IT skills and statistical analyses (e.g., Microsoft Office, SPSS, STATA, NVivo) \*

**Desirable**

- Budget management skills
- Current driving license

***\*Criteria to be used in shortlisting candidates for interview***

**Reason for Fixed Term Contract**

The reason for the fixed term contract is stated in section 1.9 in the summary of contractual terms in your contract of employment.

**Criminal Declaration and Disclosure and Barring Service (DBS).**

If you become an employee, you must inform your manager immediately, in writing, if you are the subject of any current or future police investigations/legal proceedings, which could result in a criminal offence, conviction, caution, bind-over or charges, or warnings.

This post is exempt from the Rehabilitation of Offenders Act 1974 because the appointee will have substantial access to young people and/or vulnerable adults. Therefore, an appointment to this post will be subject to checking through the Disclosure and Barring Service (DBS). The successful applicant for this post will, therefore, be required to give consent for the University to check and obtain appropriate clearance with the DBS for the existence and content of any criminal record in the form of an Enhanced check with Child & Adult Barred List

Information received from the DBS and the police will be kept in strict confidence and will be destroyed once the University is satisfied in this regard.

**NHS Research Governance**

Where it is determined that the duties of this post for the purposes of research involve work with the NHS, it is necessary to ensure that the performance of the duties attached to the post are covered by NHS research governance arrangements and the appointee must comply with all such arrangements, which may include occupational health clearance and DBS clearance.

**Supporting University Activities**

As a University of Leicester citizen, you are expected to support key university activities such as clearing, graduation ceremonies, student registration and recruitment open days. We expect all staff as citizens to work flexibly across the University if required.





## University Values

**Inclusive** - We are diverse in our makeup and united in ambition. Our diversity is our strength and makes our community stronger.

**Inspiring** - We are passionate about inspiring individuals to succeed and realise their ambitions. We challenge our community to think differently, to get involved, and to constantly embrace new ideas.

**Impactful** - As Citizens of Change we will generate new ideas which deliver impact and empower our community

## Equity and Diversity

We believe that equity, diversity and inclusion is integral to a successful modern workplace. By developing and implementing policies and systems that challenge stereotypes across all aspects of our work, we have a culture that recognises and values the diverse contributions of our staff which benefits everyone. Our strong values of inclusivity and equity support our efforts to attract a diverse range of high quality staff and students, and identify our University as a progressive and innovative workplace that mainstreams equity, diversity and inclusion.

