

**Job Title:** Research Dietitian

**Grade:** 6

**Salary:** £33,002 to £37,694 per annum, pro-rata if part-time

**Department:** Diabetes Research Centre

**Hours/Contract:** Full-time, or job share considered, fixed term contract for 24 months with possibility of extension subject to funding

**Job Family:** Teaching and Research

**Reference:** 12046

### Role Purpose

We are looking for a talented, motivated individual to join the [Leicester Lifestyle and Health Research group](#) (LLHRG) as a Research Dietitian. The LLHRG are part of the Diabetes Research Centre (DRC), [Leicester Diabetes Centre \(LDC\)](#), and [NIHR Leicester Biomedical Research Centre](#) with a diverse research portfolio that investigates how 24-hour lifestyle behaviours including diet, nutrition, physical activity, sedentary behaviour and sleep can be optimised to prevent and manage obesity and long-term conditions, such as type 2 diabetes, in multi-ethnic populations.

The post holder will provide dietetic expertise to support the delivery of clinical research trials in populations with long-term conditions such as obesity and type 2 diabetes, both directly and through the supervision and direction of others. This will include leading dietetic consultations and related activity for participants undertaking a variety of different dietary or nutritional interventions, including dietary manipulation and novel approaches to energy restriction (such as time-restricted eating or intermittent fasting), and low energy diets. These may occur in isolation or alongside other clinical interventions such as weight-lowering pharmacotherapy, exercise training programmes or as part of multi-factor complex clinical interventions. The post holder will also oversee and support directly the measurement and analysis of dietary/nutritional habits and responses to laboratory-based meals in various research designs, including cross-sectional studies, surveys and clinical trials.

Alongside this, the postholder will support the general operations of the research portfolio, including contributing to the development of funding applications or protocols within their area of expertise, coordinating participant visits, and leading other measurements of cardiometabolic health such as resting metabolism and body composition. The latter may include undertaking training to become an iDEXA operator (full training will be provided). They will also contribute to the oversight of the safe and effective running of related research spaces (including metabolic kitchen), preparing and organising these facilities and ensuring at all times that the work environment and equipment is maintained to a very high standard. This will include working to established processes and procedures, contributing to the development, implementation and reviewing of new ones, and supporting ongoing training/support of new and existing users of these facilities.

Located within the Leicester Diabetes Centre (LDC) at Leicester General Hospital, the post-holder will work with a multidisciplinary clinical and non-clinical team of senior and junior researchers, delivery staff, management and administrative support and undergraduate/postgraduate students, and will contribute to the daily supervision of junior research delivery staff, PhD students, and placement students or other visitors. They may also support with data cleaning, collation, and analysis under the guidance of senior researchers, contributing to research outputs.

### Resources Managed



The post holder will support senior members of the team in the deployment of resources within research budgets, including procurement of food items, equipment, and purchasing and stock control of research study consumables.

## Main Duties and Responsibilities

### Research

- Provide technical dietetic and nutrition expertise into research studies conducted by the group, including overseeing and contributing directly to the measurement of dietary/nutritional habits, and the delivery of a range of dietetic/nutritional interventions.
- Support the set-up, delivery and management of experimental research projects conducted by the group. This may include (but is not limited to) assisting with the development of study protocols, obtaining of regulatory approvals, supporting research visits, and contributing to overall project management.
- Contribute to the oversight of the safe and effective running of research facilities run by the group, with particular focus on those involving dietetic/nutritional measurement or intervention delivery. This will include the development, review and update of standardised processes and procedures used within these spaces.
- Determine requirements and maintain adequate stock levels to support the departments activities, advising on pricing and compiling requisitions to purchase equipment and consumables with outside suppliers.
- Assist with collation, analysis and interpretation of diet/nutrition data to support the development of research outputs. There may also be the opportunity to contribute to the writing of outputs (including journal articles and presentations), where capacity allows.
- Lead other measurements of cardiometabolic health within research projects led by the group, in line with expertise, training and capacity. This may include becoming an iDEXA operator, with full training provided.
- Carry out administrative duties related to specific projects and the overall research portfolio, as required by the study teams.
- Provide advice and support to staff and students within own area of expertise including the practical supervision of students.

### Teaching

- Whilst primarily a research role, the post holder may on occasion be asked to assist with the development and/or delivery of lectures, seminars, tutorials and other classes or public presentations within their areas of expertise, in support of teaching or other education activities delivered by the Diabetes Research Centre (e.g., UoL Diabetes MSc, healthcare professional training, public education sessions etc.), as reasonably required by lead researchers or education leads.

### Other

Ensure compliance with health and safety requirements in all aspects of work.





## Internal and External Relationships

The post holder will be situated in the Diabetes Research Centre, located at the Leicester Diabetes Centre, Leicester General Hospital, sitting within the Lifestyle Theme of the NIHR Leicester BRC (as part of the wider Leicester Lifestyle and Health Research Group).

The Diabetes Research Centre and NIHR Leicester BRC host bespoke clinical research facilities with capacity for detailed clinical, anthropometric, physiological and cardiometabolic testing, as well as a state-of-the art exercise testing and training laboratory and dietetic/nutritional research spaces, in-person and remote consultation areas, and analytical biochemistry laboratories. The post holder will work closely with the clinical staff, research scientists, laboratory technicians and other support staff to support studies utilising these facilities.

Within the role, the appointee will be expected to communicate and liaise with colleagues and collaborators involved in the research projects that the team is undertaking on a regular basis to review and plan research activities. This will include working closely with all of the teams within the Leicester Diabetes Centre and the research themes within the NIHR Leicester BRC, and will involve working with groups across the University of Leicester, University Hospitals of Leicester NHS Trust, and with other local, national and international collaborative organisations as appropriate.

Working with their line manager and senior researchers, they will plan and deliver tasks on a daily basis and supervise staff and students where appropriate within their area of expertise. They will assist and lead in the technical training of staff, undergraduate, postgraduate students and visiting workers who are using the group's research facilities.

They will also attend project/group meetings to update on relevant work/projects and disseminate any issues or updates as required. They may also attend operational meetings and discuss updates related to the department and broader topics.

The post holder will also have contact with participants and their families involved in the research studies conducted by the Centre.

## Planning and Organising

The post holder will be expected to:

- With guidance from the Principal Investigator, or equivalent, plan own work and prioritise research and project activities on a regular basis, including organising resources and co-ordinating with other individuals and teams within the Diabetes Research Centre, as well as external collaborators, to design and implement collective workplans to meet project timelines and other deadlines.
- The post-holder will be required to effectively manage their time to deliver on the priorities of the research programme with the support of their line manager.
- Attend suitable training courses or equivalent and be proactive in terms of continued professional development.

## Qualifications, Knowledge and Experience

### Essential

- BSc (Hons) Dietetics, or relevant postgraduate qualification in Dietetics\*





- HCPC registration\*
- Good depth of knowledge of dietetic practice, including measurement of habitual diet/nutrition and delivering dietetic/nutritional interventions\*
- Experience of interpretation of clinical and nutrition data\*
- Evidence of commitment to continuing professional development\*
- Good clinical practice training\*
- Experience of providing daily supervision within a team\*
- Familiarity with a range of software packages for data analysis
- Basic life support training (or ability to obtain)\*

## Desirable

- Practical experience of applying research skills and techniques\*
- Clinical experience in obesity, type 2 diabetes and/or cardiovascular disease\*
- Experience of working clinically within the NHS\*
- Experience of working within a multidisciplinary team, ideally in a clinical and/or research environment\*
- Understanding of and experience in using evidence-based behaviour change models
- Immediate life support (or willingness to obtain)
- Experience with cardiometabolic measurement, including body composition, indirect calorimeter and/or measurement tools for the assessment of physical activity or other lifestyle behaviours
- Previous experience in research, including data analysis and/or publication of academic papers in respectable research journals
- Experience with management/supervision and support
- Active involvement in relevant professional membership groups (e.g British Dietetic Association)

## Skills, Abilities and Competencies

### Essential

- Excellent interpersonal skills and ability to work independently and as part of a research team and supervise junior staff and students\*
- Proficient user of relevant specialist software packages\*
- IT skills especially in Microsoft Office applications and databases\*
- Well-developed understanding of Health and Safety regulations and procedures
- Excellent oral and written\* communication skills
- Accuracy in work and attention to detail\*
- Ability to analyse problems and develop/implement effective appropriate solutions
- Ability to initiate and develop professional relationships within the group and wider department, including external contacts
- Excellent time management

***\*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 Adult & Child Barred DBS

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.

