**Employment**

**Clinical Research Assistant, Surrey Clinical Research Centre**

University of Surrey, Guildford June 2014 - Present

My role involves supporting clinical conduct within early phase vaccinology, sleep and wake, psychopharmacology, nutrition and oncology research at the Surrey Clinical Research Centre. I have been able to utilise and develop my clinical and research skills through the wide range of responsibilities encompassed within my role including:

Working to good clinical practice standards

Carrying out data collection utilising practical clinical competencies such as phlebotomy, recording ECGs, measuring vital signs and urinalysis tests.

Use of actiwatches to monitor sleep and wake cycles, such as calibrating watches, downloading data and analysing data to check for compliance to study requirements

Conducting psychometric testing and sleep questionnaires.

Assisting with study project management such as creating and reviewing study specific protocols, participant information sheets and study documents, and completing ethics submission forms.

Processing blood samples in a clinical laboratory.

Being flexible and able to adapt quickly to changes in study requirements and schedules, and the ability to manage time pressures for study completion.

My role also includes supervising 6 junior clinical research assistants. From organising their induction process to carrying out clinical training and monitoring performance I have been able to develop managerial and teaching skills. I also created a training workbook to support their practical clinical competencies and to provide an introduction into clinical research.

**Bupa Wellness** March 2013 – June 2014

London

My role involved carrying out a range of health assessments during which I offered a detailed picture of the client’s current health through tests such as fitness (*V*O2 max), blood tests, ECG, lung function, body composition, anthropometry, blood pressure, vision and hearing tests. I completed my venepuncture training as part of my role.

Through this role I learnt how to interpret complex clinical results and relay this information and consequential health implications to clients using accessible language and in an understandable written document. I provided personalised nutritional, exercise and lifestyle advice on how to ensure good health in the future based on their health assessment findings. In the clinical laboratory I was able to use equipment, machinery and software to accurately record and test blood, urine and stool samples, following guidelines on correct storage and transportation where required. I liaised with doctors and the clinical team to manage the clients’ screening process using a flexible and responsive approach. I also developed excellent time management skills to ensure assessments ran according to schedule.

**Education**

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| **MSc Exercise Physiology** | 2010 – 2011 |
| Loughborough University |  |

Modules include: Physiology of Exercise and Sport, Current Research in Exercise Physiology, Sport and Exercise Nutrition, Laboratory Techniques in Sport and Exercise Physiology, Exercise and Immunology, Quantitative Research.

Laboratory skills acquired: Blood analysis and interpretation via pipetting and spectrophotometry. Exercise testing for aerobic capacity, lactate threshold, muscle power output and energy expenditure.

Research project: The presence of a bilateral deficit during maximal and explosive isometric knee extensions in untrained males.

Skills acquired: Measuring voluntary and electrically evoked muscle torque via surface EMG, knowledge of neuromuscular function, analysis and interpretation of data, project write up adhering to specific journal guidelines.

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| **BSc Sport and Exercise Science (2.1)** | 2007 - 2010 |
| Loughborough University |  |

Modules include: Exercise and Environmental Physiology, Sport and Exercise Medicine, Nutrition Health and Sports Performance, Research Skills, Structural Kinesiology.

Research Project: Does sweat composition change over time during exercise in the heat? Skills acquired: Knowledge of hydration, assessment of hydration status, collection and analysis of sweat samples, data analysis, interpretation and presentation.

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| **A Levels:** |  |
| Biology (A), Physical Education (A), Art (A) | 2005 - 2007 |
| **GCSEs:** | 2003 - 2005 |

11 GCSEs including Biology (A\*), Chemistry (A\*), PE (A\*), English Lit/Lang (A\*/A), Maths (B)

**Further Qualifications and Achievements**

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| Good Clinical Practice | Full course June 2014, Refresher Jan 2016 | |
| Crawley Netball League Player of the Season |  | Sept 2015 |
| Immediate Life Support | Full course July 2014, Refresher June 2015 | |
| Southwater Netball Club Player of the Season |  | May 2015 |
| REPs Level 3 Personal Trainer |  | Sept 2011 |
| Duke of Edinburgh’s Gold, Silver and Bronze Awards | | 2004 – 2007 |

**Profile**

My passion lies in the area of research and innovation, in particular that relating to nutrition, physiology and health. My work experience and education at university have fuelled my motivation to pursue a career in this field, and I’m determined to make a difference within clinical research. Keeping fit and healthy plays a large role in my everyday life and I enjoy running and playing competitive netball.

**First Name of Application CV No:** **1656342**

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