

Transcript

[MUSIC PLAYING]

Pauline Lyseight-Jones

OK, tell us your story then.

Debbie Chagadama

Mine, well, I was practicing at a very advanced level in my specialist area, which is rheumatology. And I think I got to a point where I was asking myself a lot of questions about-- I was challenging myself in terms of whether I could push myself further. People saw the potential in me to do greater things.

Pauline Lyseight-Jones

In terms of who I thought I was professionally, I suppose I would characterise myself at that point as being that phrase, a senior education professional. That's where I was. I'd done a number of jobs, which would fit happily into that kind of CV. But it was to do with I think I'd never thought that I had a body of knowledge. And there's always that idea of lots of people knowing lots more than you.

Debbie Chagadama

I knew that I had to be at the top of my game in terms of my organisational skills, in terms of just knowing exactly what I had to do in the five-year period, and then also in trying to juggle things between my full-time work commitments in the NHS and my home commitments. I have a family. So it was just, I would say, a juggling act for me trying to just find a balance that worked well for me without making myself suffer

And I think I managed to find my balance well into my first year of the research programme. I had the support of colleagues throughout the top component of the programme. So that was really helpful. People, when they realise that you are studying at that level, they tend to look at you in a different way.

In terms of the professional relationships, I think that you always find one or two people who are negative about you being a nurse embarking on this journey. But I think on the wall, the encouragement was absolutely amazing, encouragement from medical colleagues, from medicine colleagues, encouragement from the trust.

I think that was really helpful to me, and just being assured that I would get the support that I needed throughout the programme, and just knowing that there were some colleagues who had gone through the process themselves, and they'd been successful. So that was a big encouragement for me.

I think it's well worth embarking on this journey. It's very satisfying. It's fulfilling on so many levels professionally, personally. I also feel that after this many years of nursing practise in my area, I felt also that the time was right for me to add some new knowledge to that area and be an expert, if you may want to call it that.

Pauline Lyseight-Jones

That word expert is one which I've toyed with, this notion of having done this particular piece of work, or gone down this journey, whether you are now in the expert phase, or that expert frame. And it seemed to me to be one which was really quite difficult to own because it seemed to be so elevated.

I am prepared much more now to say that even if I think expert is a really big thing to be, the work that I've done in the area which I've done, nobody knows more than I do. And that's enough. And hearing you say expert, I certainly understand the-- not so much the drive towards it, but the wanting to capture it.

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