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Research Mentorship scheme



Dr Adrian Brown, NIHR Advanced Fellow and Senior Research Fellow in Nutrition and Dietetics, Senior Specialist Weight Management Dietitian

[University College London, UK](https://profiles.ucl.ac.uk/6560-adrian-brown)

Adrian Brown is a NIHR Advanced Fellow and Senior Research Fellow/Lecturer in Nutrition and Dietetics in the Centre of Obesity Research at University College London and programme co-lead of the MSc Dietetics (Pre-registration) course at UCL. He is also a Senior Specialist Weight Management and Bariatric dietitian with over 18 years of clinical experience and a PhD in Medicine from Imperial College London.

Adrian is Chair of the Specialist Obesity Group for the British Dietetic Association, on the board of trustees for the Academy of Nutrition Science, an Honorary Academic for Office for Health Improvement and Disparities, on the strategic council for APPG on Obesity, Steering Committee for Obesity Empowerment Network and is on the scientific council of the British Nutrition Foundation.  He is also Associated Editor for Clinical Obesity and one of the editors of the Manual of Practice.

#### Clinical and research interests

His research interests centres around obesity, type 2 diabetes, bariatric surgery, weight stigma, ultra-processed foods, weight related terminology, food insecurity and sustainability in people living with obesity and the use of formula-based diets in different patient populations. With his NIHR Advanced fellowship focusing on weight loss in people living with obesity and kidney failure on haemodialysis prior to kidney transplant.

#### Motivations for mentoring

I am passionate about help dietitians get into research whether that be within clinical practice in the form of audits, service evaluations or quality improvement. Or to mentor them in apply for funding to conduct their own research through competitive grants e.g. GET grant, BAPEN, NIHR fellowships. I feel a sense of pride in helping the dietetic profession share their outcome and improve clinical practice.

Too few dietitians are involved with sharing their outcomes and examples of excellent practice and often this is due to them feeling they do not possess the skills conduct research. Having a mentor helps with this, as my journey into research involved have a mentor who supported my journey.

#### My mentoring style

My mentor style is individualized to the dietitians needs and stage of their projects. I aim to offer support and supervision to help them gain the confidence to conduct research. I have supported multiple dietitians through the process of project development, data analysis and publication of their audits, service evaluations or quality improvement and independent research projects.

If you would like to look here (<http://www.healthresearchmentor.org.uk/website/54-2/> ) you can see lots of examples of mentor descriptions.