

Research:

Being an IBD Clinical Nurse Specialist in the NHS: Challenges, Stressors, and **Coping Mechanisms**



Institute for Lifecourse Development

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Being an IBD Clinical Nurse Specialist in the NHS: Challenges, Stressors, and Coping Mechanisms

About this research

Researchers at the University of Greenwich are seeking participants from across the UK for a study to explore the personal stressors and factors which affect wellbeing amongst IBD Clinical Nurse Specialists.

We would like to ask you to help us understand what it is like to be an IBD CNS in the NHS. We are interested in exploring the factors which impact negatively on your wellbeing, as well as strategies which sustain and enhance you and your role. This work will help provide evidence to service managers about the need to maintain IBD CNS wellbeing, and help us develop a followon study involving a survey and series of workshops to develop an wellbeing support algorithm for application across the NHS IBD-CNS workforce.

We are looking for IBD-CNSs from all four member countries of the UK, representing both genders, and a range of clinical grades, years of experience in the role, and ethnic backgrounds, who: 1) are registered with the Nursing and Midwifery Council in the UK; 2) are currently employed as an IBD-Clinical Nurse Specialist (or equivalent title) in either England, Scotland, Northern Ireland, or Wales OR 3) have recently (within three years) left their post as IBD-CNS due to work-related stress; and 4) feel they do or do not have personal effective strategies for managing work-related stress and their own wellbeing.

For information and independent guidance about taking part in medical research, please visit: http://www.nihr.ac.uk/get-involved/take-part-inresearch.htm

If you need more information, please contact Dr Lesley Dibley L.B.Dibley@Greenwich.ac.uk. Lesley will do her best to answer your questions.



Follow this link to find out more: IBD-CNS wellbeing study

Participant information sheet