

# Mentoring for European health professionals

Jo Adams, professional lead for occupational therapy at Southampton University, takes time to explain the preparation for a new programme being introduced by EULAR Health Professionals

*research questions for studies would be useful. I also think mentees might benefit from learning how to present data on poster and oral presentations. I think a mentor could support individuals through a grant application process."*

People have suggested that they would see academic mentoring as including support on...

*"Networking, managing relationships (with supervisors, other academics, clinical managers etc), applying for funding, publishing and accessing training."*

and

*"Reflective practice, learning needs analysis skills, role competencies and training matched to them, research into practice, guidelines and care pathway development."*

The systems already in place to support health professionals to develop skills and confidence in academic roles vary across Europe. Some health professionals already have established systems to support them through clinical academic mentorship and pathways, whilst other professionals and countries are still developing these pathways. This is where the potential benefit in sharing these resources may come.

Experienced academic health professionals have already shown a willingness to share their learning resources across Europe and indicated a willingness to act as mentors with the appropriate support and training.

## So what next?

We are excited about the possibilities of developing a European-wide health professional academic mentorship programme and need to know your views. We want to know how such a system could help support your academic development and whether you would be willing to contribute as a mentor to such a programme.

I AM THINKING ABOUT SUBMITTING A CONFERENCE ABSTRACT AND WISH SOMEONE COULD GIVE ME SOME GUIDANCE

I AM A HEALTH PROFESSIONAL WHO NEEDS TIPS ON GIVING PRESENTATIONS

I WOULD LIKE HELP IN LEARNING HOW TO WRITE A SUCCESSFUL RESEARCH GRANT APPLICATION

I AM A RESEARCHER WHO WOULD LIKE TO SUPPORT ANOTHER HEALTH PROFESSIONAL DEVELOPING THEIR CAREER

I WORK IN THE COMMUNITY AND WOULD LIKE TO DISCUSS A PROJECT I AM THINKING ABOUT DESIGNING AND RUNNING IN MY PRACTICE

A multidisciplinary European working group has been set up to explore the feasibility of developing a EULAR health professional academic mentorship programme across Europe. The opportunity for developing such a programme was identified by the EULAR Health Professional's Scientific Subcommittee and responded to the potential for EULAR health professional members to benefit from either becoming a mentor or from accessing mentorship to support their own development.

A multidisciplinary working group has now been established and consists of Associate Prof. Jo Adams (occupational therapist, UK), Yvonne van Eijk-Hustings (nurse, The Netherlands), Dr Rikke Moe (physiotherapist, Norway) and Prof. Rinie Geenen (psychologist, The Netherlands).

The group has already met and developed strategic aims and objectives about what such a mentorship programme may consist of and what such a programme could achieve. We will be seeking consultation and feedback at EULAR 2015 in Rome. We want to hear your own views on whether you think you may be able to offer skills in becoming a health professional mentor or would like to access such mentorship.

From initial contact with health

professionals across Europe, colleagues have already indicated that they see benefit in a mentorship programme.

*"I lack confidence and practice with reading a paper critically at the level of academic skill that I think is necessary and appropriate. Writing abstracts and designing a research study would be useful to learn."*

*"I think help with writing research publications including abstracts, opinion pieces and papers, and formulating important*



Please do come and join the health professional session Thursday 11 June at 13:45 in Room 10 H to contribute to the discussion and development of a European academic mentorship programme.

**We look forward to seeing you there.**

JO, YVONNE, RIKKE AND RINIE