

Senior Editors, Winter 2021-22

Haleemah Asharaf

Cardiff University

Hello, my name is Haleemah Asharaf and I am a fourth year medical student reading at Cardiff university. I have a keen interest in medical education alongside having a curiosity in the development and integration of technology and artificial intelligence within medicine. The appeal of being a senior editor for this journal stemmed from my desire to be more involved in the research process alongside my passion to evolve my critical appraisals skills, academic writing, and general medical research knowledge. I identify with the journal's goal to immerse students into research through various mediums and hope that our work as a team will encourage our readers to take academic opportunities as a student and as future clinicians. I am elated for the opportunity to aid the progression of many student's research to publication and look forward to contributing to the Inspire journal.



Ellie Best

Cardiff University

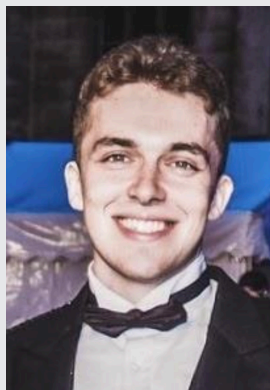
I joined the INSPIRE team last year as I really wanted to learn more about the publication process. Since completing my intercalated degree, I have become really interested in completing more research and becoming an INSPIRE Editor seemed like a great way to experience a different side to the research process. We also launched the INSPIRE Podcast this year, which was designed to increase engagement in research and help communicate novel research in a fun and accessible way. I have had the chance to chat to some incredible students and academics about their research and I have really enjoyed being part of this amazing team. Creating a podcast is something that I had always wanted to do, and this process allowed me to learn more about editing and promoting a new podcast. As an editor, I was able to develop my peer reviewing skills and copy-editing skills, which I feel are really important skills to be aware of when writing or submitting your original research to journals. I have learnt so much over the last year and am really grateful for my INSPIRE experience! The INSPIRE Journal is a great way of getting your undergraduate research published and I thoroughly enjoyed my experience as an editor. I would really encourage anyone who is interested to apply to get involved next year!



Sam Deutsch

Cardiff University

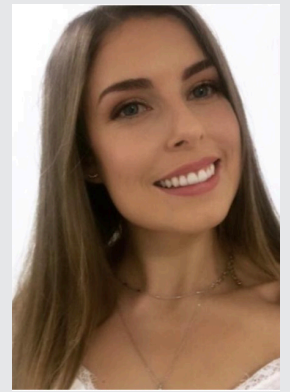
I'm a preliminary year medical student at Cardiff University with a particular interest in neuroscience. I started my medical career at Cardiff in 2020 after graduating from the University of Cambridge with a bachelor's degree in Psychological and Behavioural Science in 2018 and have experience in both Psychology and Medical research. During my undergraduate studies I gained experience presenting at a national BPS conference and focused especially on the neuroscience of addiction and in my interim between undergrad and medical school I worked at the University of Oxford in research into Parkinson's Disease and sleep disorders. I continue to work in the field of neurodegenerative disease research alongside my studies. I am passionate about research and am involved in education with secondary school students in psychology and clinical neuroscience, as I believe being at the forefront of discovery in such a currently pioneering field is something that can really demonstrate the excitement and enjoyment of research to future medics!



Seanain Henry

University of Plymouth

Hi, I'm Seanain and I'm a third year postgraduate dental student at Plymouth University. My journey with INSPIRE started during my undergraduate degree when I undertook a research studentship to develop a chair-side biomarker test for periodontal disease. I have really enjoyed being an editor for the journal this year. Coming from managing a small dental society magazine to working with a fantastic group editing the INSPIRE journal, I have learned so many skills which I know will transfer into my career once I graduate. I particularly enjoyed the creative aspect of the journal. I worked in a small team dedicated to the design and compilation of the journal meaning we could each discuss and add our own touch to both editions. Furthermore, having the chance to work directly with authors to improve and publish their work was very satisfying. It gave me a better insight into the peer-review process from an editor point of view and what makes a good submission. To anyone deliberating whether to get involved in any such way, you won't regret it.



Qui Lim

University of Bristol

I am so grateful to have had this opportunity to be a senior editor and be a part of a fantastic team for the INSPIRE Journal this year. This experience has given me an insight and understanding to the publishing process, and shown me the range of skills, knowledge and people which are required to create the finished piece. As editors, we were also given the freedom to use our creativity and ideas to shape the journal to our envisions; I was particularly involved in the formatting/style and appearance of the journal, as well as hosting the first training session and creating a support group for our peer reviewers. I also featured on the newly founded INSPIRE podcast which was launched this year, which was a fun opportunity to bust some myths and misconceptions in dentistry. For me, this has been a fantastic thing to be involved with, especially during the pandemic; we met regularly online throughout the year, and it was a great opportunity to work with other students from different universities, learn and develop skills used in the publishing process, including academic writing and critical appraisal skills. I would definitely recommend getting involved with INSPIRE if you're interested.



Anastasia Mirza-Davies

Cardiff University

I'm a final year medical student at Cardiff University and first became interested in research after completing a summer vacation studentship examining the role of the complement system in schizophrenia. Being an editor for INSPIRE has provided a fantastic opportunity to develop key skills in teamwork and leadership. In particular, it has allowed me to meet like-minded editors and peer reviewers from a number of different institutions and disciplines.



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Rajeev Ravi

University of Plymouth

Hello all, I'm Rajeev, and I'm a post-graduate 4th Year Medical Student at Plymouth University. I've really enjoyed being a Senior Editor for the INSPIRE this year as I've been able to learn about various topics across the scientific field submitted by our excellent authors. As an editor this year, I directly contributed to the journal and impacted the issue you are reading now. I worked with a small sub-team, and I was able to explore my creative side and implant my ideas on how the issue could be improved from previous years. Being an author for the journal and now a senior editor, I have found that I have improved my leadership skills, making decisive decisions, time management, and notably my knowledge in and around medicine, which will be helpful in my aspirations of being a surgeon. I am also grateful to have made a wonderful group of friends I wouldn't have met without INSPIRE, and I would highly recommend you get involved, whether through submitting a piece of work or impacting the next issue directly by being an editor. Thank you, I hope you enjoy reading our issue and please reach out to the team if you would like to know more.



Yusuf Sarwar

University of Exeter

Hi, I'm Yusuf - a 3rd year Medical student at the University of Exeter. I am passionate about becoming a research-driven physician and contributing to medical breakthroughs that can provide innovative and novel therapeutic options for patients whilst hoping to influence health policy and potentially impact on a wider scale. This stems from my experience having undertaken a number of fascinating research projects at various institutions. These experiences have given me a deeper appreciation for medical research and the benefits this may have on everyday life. Being a senior editor for the INSPIRE journal has allowed me to also continue building on the necessary skills required for a research-driven career. Being on the INSPIRE editorial team has been a fantastic opportunity which I would highly recommend to anyone deliberating, it has given me an insight into research from perspectives I never would have previously considered!



Natasha Singhal

University of Plymouth

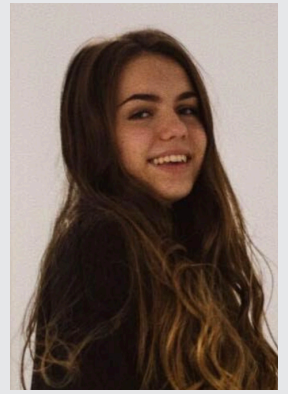
I am a third-year medical student at University of Plymouth. I had previously been involved in many aspects of the INSPIRE programme, which includes conducting a retrospective study as part of the INSPIRE summer project in first year and publishing in an earlier issue. Through these experiences, I realised that clinical research excites me, and I wanted to delve into and explore the opportunities it presents. I identified with the journal's initiative to empower students to explore the fantastic world of research. As a Senior Editor, I hope I have encouraged students and supported them through an academic publication process. This role has helped me refine skills such as academic writing and peer-review skills for clinical research which is an important part of clinical practice. This year, I have also Co-Hosted and Co-Founded the INSPIRE Podcast with three other members of the senior editor team. This successful podcast is designed to discuss the latest research in medicine, dentistry and veterinary medicine with students and academics in a language that everyone can understand. I have enjoyed this experience and learnt many skills and have broadened my interest in reading medical and non-medical literature and explored various perspectives.



Virginija Vilkelyte

University of Exeter

Ever since starting my degree in medicine at the University of Exeter, I had an underlying interest in the research that forms the basis for overall concepts in clinical medicine. Being an INSPIRE student journal editor has indeed allowed me to explore this interest and develop an insight into the field of research, which is otherwise not as often explored in medical schools. Another aspect of my interest in this journal is the values and goals that it upholds. Aiming to be an accessible journal for students across the nation, I believe the INSPIRE journal provides a fantastic opportunity for motivated students making me grateful to be a part of the editorial team. As a current second-year student, I hope to continue my work with INSPIRE for many years to come as I wish to incorporate research in my future and encourage others to do the same.



Unaiza Waheed

University of Exeter

I'm a final year medical student at the University of Exeter with a keen interest in Medical Education and Research. I have experience in delivering national conferences to medical students and university applicants alike. I have also presented at international conferences and published in prestigious journals. I strongly identify with the need to encourage students to partake in research projects, understand the publication process, and effectively disseminate their findings, which is where my role as senior editor for the INSPIRE journal is relevant. I have an intercalated degree in Neuroscience, and my current area of interest is the role of Motor Simulation Theory in the Rehabilitation of Stroke Patients. Next year, I will be undertaking the Academic Foundation Programme and completing my Postgraduate Certificate in Clinical Education alongside my training. My interests outside medicine include reading, photography, yoga and pilates, and brunch with my pals!



Aimee Wilkinson

University of Bristol

It has been such a pleasure to work as a senior editor of the Inspire Student Journal this year. In particular, I have loved working with such a talented team of editors and peer-reviewers to create this journal edition. A key highlight of the year for me was hosting the first ever peer-reviewer training session, which brought reviewers together to learn more about the importance of peer review and how to critically appraise scientific literature. From my experience as a senior editor, I will take away a greater appreciation for the role of teamwork that is embedded in the publishing process. My newfound understanding of what makes a good paper will also undoubtedly assist me in my future career. I am so grateful for the opportunity to take on this role and would recommend becoming involved in the Inspire Student Journal to anyone.



Advisory board, Winter 2021-22

Aarti Jalan,
University of Bristol

Viktorija Kaminskaite,
University of Exeter

Weronika Nasterska,
University of Plymouth

King-David Nweze,
University of Plymouth

Temidayo Osunronbi,
University of Plymouth

Christina Wainer,
University of Bristol

Emily Wales,
Cardiff University

List of referees, Winter 2021-22

Lispeth Abraham, *University of Exeter*

Fatima Adamu-Biu, *Oxford University Hospitals NHS Foundation Trust*

Ernestine Ago, *University of Exeter*

Aris Alexiadis, *University of Exeter*

Zaina Aloul, *Cardiff University*

Umaima Arif, *Cardiff University*

Lelyn Osei Atiemo, *University of Bristol*

Giulia Bankov, *University of Glasgow*

Joel Braganza, *University of Bristol*

Isabel Burridge, *University of Bristol*

Sneha Chotaliya, *University of Bristol*

Michael Daldry, *University of Plymouth*

James Declan Daly, *University of Bristol*

Lusyan Dayalan, *University of Bristol*

Steven Denby, *University of Bristol*

Gabriella Rosa Maria Fecci, *University of Plymouth*

Lili Fillip, *University of Bristol*

Olivia Iturmendi Gamble, *University of Bristol*

Hollie Garbett, *University of Bristol*

Danika George, *University of Bristol*

Aharabie Jeyabavan, *University of Exeter*

Harvey Johnson, *University of Bristol*

Atchchuthan Kanagasabai, *University of Bristol*

Keya Karan, *University of Bristol*

Kyriakos Keklikoglou, *University of Bristol*

Sara Lam, *University of Bristol*

Joseph Rhodri Lewis, *University of Exeter*

Pavel Loginovic, *University of Exeter*

Niamh Mackdermott, *University of Bristol*

Jack McAlinden, *University of Bristol*

Alice McBride, *Croydon University Hospital*

Rosie McDonald, *Cardiff University*

Jordan Mistry, *University of Plymouth*

Tomas Lewis Nicholas, *University of Plymouth*

Taiwo Oki, *University of Bristol*

Catherine Ollerhead, *University of Bristol*

Temidayo Osunronbi, *University of York*

Ajjjola Oyedele, *Cardiff University*

Conall Quigley, *Cardiff University*

Tushar Rakhecha, *University of Bristol*

Charlotte Reid, *University of Exeter*

Anna Richards, *University of Exeter*

Paul Rival, *Southend University Hospital*

Muskaan Sharma, *University of Plymouth*

Jacob Tan, *University of St Andrews*

Isobel Taylor, *University of Bristol*

Arina Toma, *University of Plymouth*

Jack Tremlett, *University of Exeter*

Tiffany Tuhirman, *University of Bristol*

Benedict Turner, *Imperial College London*

Lara Wirt, *Cardiff University*

Idrees Zafar, *University of Plymouth*