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and it's These times we've worked together with other national stakeholders and experts in the field at speed and I can't emphasise that enough the speed to ensure that we support UK paediatricians and paediatric subspecialties with guidance to ensure that the best but also equity of care exists across the UK in these particular areas.

And then just a few other final areas, were doing a lot of work to increase the

And, you know, this is where I go back to this element of time, it's important that we give UK paediatricians that wish to do that the time to be able to develop those protocols to be locally, regionally or nationally competitive. And then there's other some other ways in which this can be done. So there's fellowships so this tends to be focus towards trainees but consultants and other UK paediatricians can can do this as well. So there are fellowships and a number of different bodies such as NIHR, MRC and wellcome but also some of the major charities as well,

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an interesting question and probably probably a good one that's that nonimmune amenable to a short podcast, but just to give you a flavour of how I started out, so I'm a I'm a paediatric endocrinologist. And actually, when I went into paediatric, endocrine, or wanting to go into paediatric endocrinology, there was a requirement that I needed to get some research experience. Now I was already interested in research, but actually that encouraged me to, to undertake a PhD, and I did this in the field of endocrinology and metabolic bone. And it was an enormously valuable experience. And actually, you know, that that PhD, and my experience with researchers has really been been the foundation the springboard to get into a number of different areas of research.

And, and I would strongly recommend trainees to do research. And if they have the opportunity of research degree, either an MD or a PhD, **7 18.8 13.6 20 8.1 4.9 In**

So that's technology, innovation, transforming child health, which started in 2014, by me, working with colleagues across the country, to set up a network that

