

Real-life story - Lizzie Dobson

Lizzie loves her job which combines science and working with people.

Lizzie Dobson

Trainee clinical scientist (respiratory physiology and sleep)

Employer or university

University Hospitals Coventry and Warwickshire NHS Trust

Salary range

£25k-£35k



This year I am doing short placements in different departments.

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**How I got into
the role**

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I have a biological sciences degree and was looking for a career that combined science and working with people. I heard about the three-year NHS Scientist Training Programme and did some work experience in [physiology](#) ^[1] departments at my local hospital.

I also volunteered on an elderly care ward for a few months and really enjoyed spending time with the patients. Both of those experiences confirmed that I would enjoy a job in healthcare science.

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What I do

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I'm currently in my first year of the NHS Scientist Training Programme. This year I am doing short placements in different departments to learn new skills and about the links between different departments.

I spend four days a week in the [respiratory](#) ^[2] [physiology](#) ^[1] and sleep department, assisting with clinical work such pulmonary function testing and observing my colleagues running exercise tests, oxygen clinics and sleep clinics to learn more.

I then have a day each week to study in the library, keep my work-based training competencies up to date and work on my Master's study work.

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The best bits and challenges

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The best thing is that my job is patient-facing most of the time and I learn new things every day.

There's quite a high workload and I make some mistakes, but there are always new things to learn.

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**Life outside
work**

**Expand /
collapse**

I love running and singing. Both are fantastic ways to switch off after work!

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**Career plans
and top tips for
others**

**Expand /
collapse**

It's important to enjoy caring for and being with patients every day and it's important to be compassionate, energetic and diligent.

There are lots of new things to learn so you should be willing to have a go and ask questions.

Source URL: <https://www.healthcareers.nhs.uk/explore-roles/healthcare-science/roles-healthcare-science/physiological-sciences/respiratory-physiology-and-sleep-sciences/real-life-story-lizzie>

Links

[1] <https://www.healthcareers.nhs.uk/glossary#Physiology>

[2] <https://www.healthcareers.nhs.uk/glossary#Respiratory>