



Advisory role: use your ICU recovery experience to guide research on nutrition after critical illness

Who are we looking for?

We are looking for 8-10 individuals who meet the following criteria from across the UK:

- Former intensive care unit (ICU) patient: someone who has been critically unwell and spent time in an intensive care unit
- Caregiver/Family Member: someone who supported a critically unwell patient during their stay in the ICU and their later recovery

What is the background to the research study?

A stay in the Intensive Care Unit (ICU, also called critical care) can have serious aftereffects on the body. Critical illness often leads to significant muscle loss and weakness, making recovery and returning to normal life very difficult. To help patients recover, dietitians often provide different kinds of feeding support, such as tube feeding, nutritional drinks, or intravenous (IV, given directly into the veins) nutrition.

The problem is it can be very difficult for dietitians to accurately check how well these nutrition treatments are working and to know if a patient's recovery is on track.

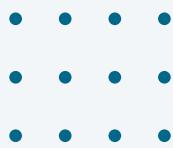
Our research aims to find out what tools and checks dietitians are currently using (e.g., weight, strength tests, blood markers) to measure if a critically ill patient is getting better from a nutritional point of view. By finding out what is being done in hospitals now, we can help develop better and more consistent ways to measure recovery. This could lead to better support and faster recovery for future patients.

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Why do we want former patients or caregivers/family members to be involved?

When developing research, it is important to understand patients and carers needs. This is to ensure that the research aligns with the lived experience of patients and families. For this reason, we want to invite people with experience of and/or affected by critical illness to act as advisers to our research.

What involvement means?

You would be joining a small advisory group to act as advisors to the researcher. This would include:

- attending a series of online meetings with the researcher to discuss your experiences of recovery and feedback on the research proposal
- review research materials for feedback

You do not need any previous experience, just a willingness to attend meetings and to give your perspective as someone with experience of critical illness. Participation will help shape the study design and not be part of the main data collection. Participation will be voluntary, and training will be provided.

Here is a [link](#) to more information about helping with research.

What will you get in return for being part of the advisory panel?

Help shape research and the future care of those who are critically unwell or recovering from critical illness.

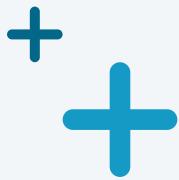
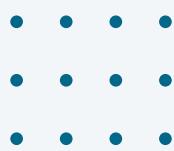
Gift vouchers will be provided at the end of the research project (Autumn 2026) and will be up to £100 for completing 4 sessions (£25 per session) involving:

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- Online training session for being part of an advisor panel (60 minutes)
- Focus group 1: explanation of study and discussion of experiences as patients and/or caregivers of critical illness (60 minutes)
- Review of materials by email: copy of survey to be used in the research study to be provided for feedback from advisory panel (60 minutes)
- Focus group 2: explanation of findings and discussion on future research (60 minutes).

A copy of the final report will be provided.

Further information

If you are interested in finding out more or wish to be involved, please contact the researcher Emma via email listed below:

Researcher: Emma Gaskin

Email: emmagaskin@nhs.net

Deadline for expression of interest: 28th February 2026

*Due to limitations in numbers and a need for a representative group, not everyone will be contacted to be involved.

About the researcher: Emma is a critical care dietitian, currently completing a Masters in Clinical Research at The University of Manchester. This is funded by the National Institute for Health and Care Research (NIHR) and supported by The University of Hertfordshire.

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