

RESEARCH CULTURE

Must do better

H1	ACT	PLAN	TRACK	PARK	OPP	THR	NEU
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COVID-19 has thrown science into the spotlight and created a [pandemic effect](#) - inspiring more people to apply for science courses at university. But [recent research by the Wellcome Foundation](#) paints what Director Jeremy Farrar describes as “a shocking portrait of the research environment – and one we must all help change.” Key findings include that the research culture enables unhealthy competition, bullying and mental health issues:

- 78% of researchers think that high levels of competition have created unkind and aggressive conditions. 61% of researchers have witnessed bullying or harassment; 43% have experienced it themselves
- 53% of researchers have wanted professional help for depression or anxiety

It also highlights a lack of managerial skill

- Most researchers (80%) are confident in their people management skills - but only 48% have received any training. Those being managed often miss out on critical aspects of good management – only half have received feedback on their performance (55%) or had a formal appraisal (49%) in the past year

Critically, perhaps, the report highlights that creativity - one of the most commonly cited features of an ideal research culture - is being squeezed out by a system that favours quantity over quality:

- 75% of researchers believe creativity is being stifled
- 69% of researchers think that rigour of results is an important research outcome - but one in five junior researchers and students (23%) have felt pressured by their supervisor to produce a particular result
- 43% believe the workplace puts more value on metrics than on research quality

Wellcome sets out [a challenge to the community](#): to make meaningful progress against the inequalities in the sector and to build the culture researchers want to see. A culture, of course, that will make science a better career for all those inspired to enter it and join the global fight against disease.

TECHNOLOGY CARES

Supporting healthy living

H2	ACT	PLAN	TRACK	PARK	OPP	THR	NEU
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CES2021, the consumer electronics show, unveiled a range of technology designed to support elders [who want to continue living at home](#) instead of moving into nursing homes.

- [Zibrio](#), a scale that assesses users’ balance to predict if they are at risk for a fall, can also be incorporated into at-home routines
- For people with chronic conditions, [Folia Health](#) helps monitor the progress of treatments
- [Mighty Health](#), an app that pairs users with health coaches, certified trainers and personalised nutrition plan
- [FallCall Solutions’](#) Apple Watch apps that send alerts when a fall is detected and help family members check on users
- [Nobi](#), a smart lamp that automatically turns on when users stand up and sends alerts to family members if they fall. Some are aimed at caregivers who need assistance
- [Caregiver Smart Solutions](#) is a multifaceted platform that makes it easier for seniors to stay at home with a machine-learning-based app for early detection of potential health issues, fall sensors, monitors and emergency buttons
- For people with incontinence, [DFree](#), a wearable device, can reduce stress by monitoring how full their bladder is with an ultrasound sensor and keeping track of their average time between bathroom visits. It’s available for both consumers and healthcare facilities
- [Rendever](#) is a virtual reality platform that wants to help reduce isolation. It can be used with reminiscence therapy, which guides individuals with dementia through experiences that remind them of their pasts and to allow virtual travel to landmarks. [Cutii](#), a companion robot, also seeks to reduce loneliness. While companion robots have been around for years, Cutii sets itself apart with entertainment like music, games and live events. It also has video call and night patrol features

FURTHER READING