

# Dr NICOLA DAVIES, BSc (Hons); MSc Comm.; PhD; MBPsS; MBACP

Consultant Psychologist | Therapeutic Counsellor | Researcher | Writer



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## Profile

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I am passionate about writing and offer a wide range of editorial and consultancy services to individuals, organisations, and published media. My passion is evident in the high quality of work I deliver, testimonials, and repeat custom. Most companies falsely promise quality but rely on often substandard staff. I guarantee quality because I deliver the work.

## Objective

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To provide a hassle free writing and research service that delivers high quality output on schedule.

## Key Skill Sets

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- **Writing** • I can write to publishable standard for peer-reviewed academic journals and off-the-shelf magazines. At time of writing, I have hundreds of copy in 74 publications in 10 countries. I also write regular columns for Natural Health, Pick Me Up!, and LMD Business.
- **Research** • I have over 14 years' experience in both quantitative and qualitative research. I have developed questionnaires and new theories, as well as facilitated the design and analysis of government research;
- **Patient Outcomes** • I trained in patient-reported health outcomes at Oxford University and have written literature reviews on a variety of disease-specific and generic outcome measures. I can assess the psychometric properties and operational characteristics of outcome measures, as well as apply outcomes to government policy and NHS service redesign.
- **Counselling** • As a Person-Centred Counsellor, I have strong communication skills that I utilise throughout all of my work. Such skills enable me to offer an individualised service to meet customer-specific needs

## Career Performances

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### ***As a Consultant:***

- A review on total hip replacement outcomes, commissioned by KMHO Ltd | April 2014
- Behavioural economics guidance to the Money Advice Service | December 2013
- Octavia Healthcare website information for women seeking rapid access diagnostic and treatment services in gynaecology | November 2012
- Involved in a rapid review for the NWL Delivery Support Unit as part of the NWL Out of Hospital Strategy | Sep 2012
- Royal College of Nursing essential guidance on supporting patients' cancer treatment choices | May 2011
- National Cancer Survivorship Initiative pilot study of the supported self-management programme for breast cancer survivors | September 2010
- National Cancer Survivorship Initiative advise on lifestyle for cancer survivors | July 2010
- National Cancer Survivorship Initiative guidance for developing self-management interventions | March 2010
- National Cancer Survivorship Initiative guidance for developing a personalised approach to aftercare | November 2010

- National Cancer Survivorship Initiative protocol for the delivery and evaluation of the Advanced Development Programme (ADP) for Professionals as part of the Birmingham East and North PCT Improvement Project | August 2009
- National Cancer Survivorship Initiative protocol for the delivery and evaluation of the HOPE self-management programme for breast cancer patients as part of the Birmingham East and North PCT Improvement Project | August 2009
- Macmillan Cancer Support self-management programmes for cancer survivors – outcome measures | April 2009
- Report to the Department of Health on patient-reported outcome measures for breast cancer | 2009
- Report to the Department of Health on patient-reported outcome measures for chronic obstructive pulmonary disease | 2009
- Report to the Department of Health on patient-reported outcome measures for epilepsy | 2009
- Developed a CPD article for nurses in the topic of caring for older people with learning disabilities, as published in the *Nursing Standard Journal* | Jan 2008
- Provided advice to Guys and St Thomas' Hospital regarding the appropriate instruments to use when assessing the health outcomes of a cancer support group | Sep 2007

***As an Administrator:***

Assessment of bursary applications | Sep 2007

- Successfully conducted the organisation, publicity, and evaluation activities of the DHP 2007 Annual Conference satellite workshop on CBT.

Assessment of poster presentation submissions and bursary applications | Jul 2007

- Successfully conducted the organisation, publicity, and evaluation activities of a postgraduate one-day workshop on Behaviour Change Interventions.

***As a Researcher:***

**Successful Research Collaboration | August 2006**

*Bedford Hospital • Bedford, UK*

The most prominent collaboration has been with Professor Robert Thomas of the Primrose Oncology Unit of Bedford Hospital and Cambridge and Addenbrooke's NHS Hospital Trust.

*Research* with Professor Thomas has included:

- Investigating how lifestyle can improve quality of life and disease outcomes following a diagnosis of cancer;
- The role of cognitions in the quality of life of patients with breast and prostate cancer;
- Audits of information satisfaction and information-seeking behaviours;
- Assistance with a patient-centred cancer information site, Cancernet.

*Results:* A number of publications in high impact academic and clinical journals.

***As a Ghostwriter:***

*Health:*

- Occupational Psychology      Learning Disabilities      Learning Disabilities
- Myasthenia Gravis              Mental Illness              Obesity

*Environmental:*

- Biomimicry                      Energy

*Business:*

- Behavioural Economics      Marketing

***As an Editor:***

*Books:*

- Peace in the Storm: After the Death of your Mother by Melanie Sparks
- The Metabolic Solution by Christian Guthrie
- The Eve Story by Sally Hunt
- Beyond Survivors: Rising from the Ashes of Childhood Sexual Abuse by Jan Frayne

## Employment Overview

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- Committee Secretary** [administrative role] **November 2012 – Present**  
*BalancED MK* Milton Keynes, UK
- Oversee the running of the organisation and develop its strategy for helping sufferers and carers experiencing and recovering from eating disorders.
- Health Psychology Consultant and Professional Writer** **January 2011 – Present**  
*Freelancing | Sole Practitioner* Bedford, UK
- The provision healthcare and well-being for a number of well-known magazines.
  - **Project in progress:**
    - Write and prepare for publication a self-help book for Inuit, Kugluktuk, in order to improve the mental health and well-being of Inuit.
- Person-Centred Counselling Trainee** **January 2010 – Present**  
*Mind* St Neots, Cambridgeshire
- Brief Synopsis of Counselling Research:*
- Integrate self-awareness, counselling theory, practise and research in order to engage therapeutic processes in the person-centred counselling relationship.
- Research and Evaluation Co-Ordinator** [administrative role] **May 2009 – January 2012**  
*Macmillan Cancer Support | National Cancer Survivorship Initiative* London, UK
- The provision of various research protocols and reports for commissioners.
  - Produced a report and recommendations for outcome measures appropriate to the National Cancer Survivorship Self-Management Initiative | Feb 2009-Mar 2009
- Research Officer and Systematic Reviewer** [grade 7] **October 2007 – January 2009**  
*University of Oxford | Unit of Healthcare Epidemiology* Oxford, UK
- Provided systematic reviews of patient-reported outcome measures for a number of chronic conditions, including cancer, epilepsy, and COPD based on all outcome measures underwent rigorous psychometric and operational evaluation.
  - Written recommendations were made to the Department of Health in order to provide greater patient choice and quality of care within the National Health Service.
  - **Achievement:** Designed of a gold standard template for large scale systematic reviews | Jun 2008
- Health Advisor** **November 2006 – September 2007**  
*NHS Direct* Bedford, UK
- Provided patient prioritisation via telephone by communicating with patients by using a clinical assessment computer programme.
  - Identified of crisis calls and child protection situations.
  - Actively involved in district nurse services for the elderly and those with chronic illness.
  - Efficiently liaised with clinical teams.
- Person-Centred Planning Facilitator** **April 2005 – October 2006**  
*Mencap* St Albans, UK
- Supported adults with learning disabilities to access the community, whilst also ensured that all of their healthcare needs are being met via the development of health action plans.
  - Helped the individuals with learning disabilities to identify their goals and to achieve them by planning and making it possible.

## Education

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- Bedford College** • Bedford, UK **2010 - [in progress]**  
Therapeutic Counselling Level 4 • *[in progress]*  
Counselling Studies Level 3 [CPCAB validated] • *[pass 2012-2013]*  
Counselling Skills Level 2 [CPCAB validated] • *[pass 2011-2012]*  
Counselling Introduction Level 2 [CPCAB validated] • *[pass 2010-2011]*  
**Achievement:** Certificate of Outstanding Achievement for Level 3
- Cranfield University** • Cranfield, UK **2006-2012**  
PhD: Health Baseline Comparison in Oncology • *pass Aug 2010*

*Brief Synopsis of Research:*

The role of subjective health status evaluation methods in psycho-oncology:

- Development of a new measurement instrument in order to identify different ways in which people evaluate their health following a cancer diagnosis, including the impact of these evaluation methods on quality of life and well-being outcomes.

**University of Bedfordshire** • Bedfordshire, UK

**2004-2005**

MSc Health Psychology • *Commendation*

Thesis: Health Baseline Comparison: Adjustment to Rheumatoid Arthritis

*Brief Synopsis of Research:*

The role of health evaluation methods in adjustment to rheumatoid arthritis:

- Development of a new theory, which is subsequently being explored further as part of a PhD.

**Achievement:** Contributed to the design of a quality of life module for the chronic illness and stress aspect | Apr 2008

**University of East London** • London, UK

**2001-2002**

**University of Lincolnshire and Humberside** • Lincoln, UK

**1999-2001**

BSc Health Psychology • [2:1]

Thesis: The role of Social Comparison Based Cognitive Dissonance on the Maintenance of Eating Disorders

*Brief Synopsis of Research:*

The influence of social comparison based cognitive dissonance in the maintenance of eating disorders, as explored via internet groups.

**Sandringham Secondary School** • St Albans, UK

**1997-1999**

A-Level • English Literature [A] Nutrition and Food [B] Science Psychology [A]

**Sandringham School** • St Albans, UK

**1995-1997**

GCSE's • [A-C]

## Membership

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The BPS and DHP • Membership No: 145323

The BACP • Membership No: 749509

## References

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Supporting documentation and contact information furnished upon request

## APPENDIX OF PUBLIC OUTPUT: ARTICLES/ REVIEWS/REPORTS

### Health Psychology: \_\_\_\_\_

- Davies, N.J. (2011) Lifestyle-related health behaviour change: The nurse's role. *Nursing Times*, 107(23), pp. 20-23.
- Davies, N.J. (2011) Inequalities in healthcare: The older person. *Nursing Standard*, 25(41), pp. 49-55.
- Davies, N.J. (2011) Public health: Employing the 'nudge theory' in practice. *Nursing Standard*, 25(26).
- Davies, N.J. (2011) Promoting healthy ageing: The importance of lifestyle. *Nursing Standard*, Jan 12-18; 25(19), pp. 43-49.
- Davies, N.J. (2010) Improving self-management for patients with long-term conditions. *Nursing Standard*, 24(25), pp. 49-56.
- Davies, N.J. (2008) The role of supervision in the learning, teaching and assessment of health psychology. *Health Psychology Update*, 17(1), pp. 64-66.
- Davies, N.J. (2008) Questionnaire design in health research. *Health Psychology Update*, 16(4), pp. 62-64.
- Davies, N.J. (2008) Caring for older people with learning disabilities. *Nursing Standard*, 22(24), pp. 42-48.
- Davies, N. and Kinman, G. (2006) Health baseline comparison theory: Adjustment to rheumatoid arthritis. *Health Psychology Update*, 15(3), pp. 31-36.
- Davies, N. (2006) Biological aspects of ageing. *Nursing Standard*, Nov 22-28; 21(11), p. 59.
- Davies, N. (2006) Learning disabilities. *Nursing Standard*, July 12-18; 20(44), p. 67.

### Cancer: \_\_\_\_\_

- Davies, N.J. (2011) Patient decision-making about cancer treatment: Supporting patients' treatment choices. Leaflet commissioned by Roche and the Royal College of Nursing.
- Davies, N.J. and Batehup, L. (2011) Towards a personalised approach to aftercare: A review of cancer follow-up in the UK. *Journal of Cancer Survivorship*, 5(2), pp. 142-151.
- Davies, N.J. (2010) How tailored information is used to help patients who have survived cancer. *Cancer Nursing Practice*, 9(8), pp. 32-37.
- Davies, N.J. (2009) Cancer survivorship: Living with or beyond cancer. *Cancer Nursing Practice*, 8(7), pp. 29-34.
- Davies, N.J. (2009) Measuring health-related quality of life in cancer patients, *Nursing Standard*, 23(30), pp. 42-49.
- Davies, N.J., Kinman, G., Thomas, R.J. and Bailey, T.A. (2008) Information satisfaction in breast and prostate cancer patients: Implications for quality of life. *Psycho-Oncology*, 17(10), pp. 1048-1052.
- Davies, N.J. (2008) Prostate cancer. *Nursing Standard*, 22(28), p. 59.
- Scullion, F., Rudge, J., and Davies, N.J. (2010) Health and well-being clinics: Transition from patient to survivor. The National Cancer Survivorship Initiative, Assessment and Care Planning Workstream, Macmillan Cancer Support.
- Thomas, R.J., Williams, M., and Davies, N.J. (2007) Should oncology units establish lifestyle advice clinics? *Focus on Cancer Medicine*, 1(2), pp. 38-48.
- Thomas, R.J. and Davies, N.J. (2007) Empowering cancer patients to make informed decisions by measuring information needs and satisfaction. *Focus on Cancer Medicine*, 1(1), pp. 3-8.
- Thomas, R.J. and Davies, N.J. (2007) Lifestyle during and after cancer treatment. *Clinical Oncology*, 19(8), pp. 616-627.
- Thomas, R. and Davies, N. (2007) Cancer: The role of exercise in prevention and progression. *Nutrition and Food Science*, 37(5), pp. 319-328.

### Career Development Series: \_\_\_\_\_

- Davies, N.J. (2012) Broaden your cultural base. *Nursing Standard*, 27(5), p. 64.
- Davies, N.J. (2011) Make a note of this. *Nursing Standard*, Jan 19-25; 25(20), p. 64.

Davies, N.J. (2010) A workplace menace. *Nursing Standard*, Jun 23-29; 24(42), p. 64.

Davies, N.J. (2010) Onwards and upwards. *Nursing Standard*, Jan 20-26; 24(20), p. 62.

Davies, N.J. (2010) Essential care: The Boorman Report. *Nursing Standard*, Mar 2-9; 24(24), p. 78.

Davies, N.J. (2009) Emotional labour in nursing: Working through your emotions. *Nursing Standard*, 24(12), p.61.

Davies, N.J. (2009) Measures to stop the rot: How do you recognise and deal with a bad apple? *Nursing Standard*, 23(39), p. 64.

Davies, N.J. (2009) Build an effective team. *Nursing Standard*, 23(29), p. 72.

#### **Systematic Reviews:** \_\_\_\_\_

Davies, N.J. (2012) A rapid review of workforce skills mix in the delivery of care to people with long-term conditions. Commissioned by the NWL Delivery Support Unit as part of the NWL Out of Hospital Strategy.

Davies, N.J. and Batehup, L. (2010) Lifestyle-related health behaviour change: Physical activity and diet guidance on developing a health behaviour change training model for cancer clinicians. Macmillan Cancer Support, NCSI.

Davies, N.J. and Batehup, L. (2010) Self-management support for cancer survivors: Guidance for developing interventions. An update of the evidence. Macmillan Cancer Support, NCSI.

Davies, N.J. and Batehup, L. (2009) Cancer follow-Up: Towards a personalised approach to aftercare services. *National Cancer Survivorship Initiative*, Macmillan Cancer Support, November 2009.

Davies, N.J. (2009) A structured review of outcome measures for a cancer self-management programme: HeiQ addendum. Macmillan Cancer Support, May 2009.

Davies, N.J. (2009) A structured review of outcome measures for a cancer self-management programme: Patient, service, and commissioner outcomes. Macmillan Cancer Support, April 2009.

Davies, N.J. (2009) A structured review of patient-reported outcome measures for breast cancer. Department of Health, January 2009.

Davies, N.J. (2009) Measuring health-related quality of life in cancer. Cranfield University, 2009.

Davies, N.J. (2009) A structured review of patient-reported outcome measures for COPD: An update 2008. Department of Health, January 2009.

Davies, N.J. (2008) Structured review of patient-reported outcome measures for epilepsy: An update 2008. Department of Health, December 2008.

Thomas, R.J., Davies, N.J., and Batehup, L. (2010) Advising cancer survivors about lifestyle: A review of the evidence. *National Cancer Survivorship Initiative*, Macmillan Cancer Support.

#### **Invited Commentary:** \_\_\_\_\_

Davies, N.J. (2010) Commentary on: The process of transformation in rehabilitation: What does it look like? By Dubouloz, C.J., King, J., Ashe, B., Paterson, B., Chevrier, J., and Moldoveanu, M. *International Journal of Therapy and Rehabilitation*, 17(11), p. 614.

#### **Research Reports:** \_\_\_\_\_

Davies, N.J., Batehup, L., and Lynall, A. (2011) HOPE supported self-management programme for post-treatment breast cancer survivors: A report on the 12-month outcomes of one cohort. Macmillan Cancer Support, February 2011.

Davies, N.J. and Batehup, L. (2010) HOPE supported self-management programme for post-treatment breast cancer survivors: Interim findings. Self-Management Workstream, Macmillan Cancer Support.