

RESEARCH CENTRE FOR HEALTH

Welcome

Welcome to our final ReaCH newsletter of 2023, showcasing a huge array of exciting and impactful research. We invite you to join us at our “Power of Partnership” Event on 24 January 2024, highlighting the importance of partnerships in translating our research into action. Hear about GCU researchers working with LGBTQI+ communities to improve health, take part in a functional fitness MOT, or learn more about overdose prevention, living with leg pain, the pelvic floor and patient and public involvement in research.

In this issue, we are particularly inspired by the work of our very talented early career researchers (ECRs). Huge congratulations to Dr Hamish Innes who has won the Emerging Leader prize from the Medical Health Foundation, recognising him as a future leader in hepatitis research. We also welcomed an incredible cohort of ECRs to our competitive Crucible ECR leadership programme, spanning disciplines within the School of Health and Life Sciences and the Yunus Centre for Social Business and Health. The programme focuses on building skills for ‘outward facing’ research leaders of the future, equipping them to work with practitioners, policymakers, third sector, industry, the media and the public to improve health and wellbeing for all. Our ECRs enjoyed media & social media training from our expert team (a trial by fire!), discussed networking, creating impact and public engagement with our GCU professionals and travelled to the Scottish Parliament to meet MSPs and Ministers, observe First Minister’s Questions and learn more about engaging with health committees. They even had an opportunity to test out their ‘elevator pitch’ when we met Anas Sarwar, the Leader of the Scottish Labour party in the lift! Expect to hear more from our rising stars, and please enjoy the features about them within.

Finally, we are delighted to highlight our new World Health Organization Collaborating Centre (WHOCC) in Sustainable Child and Adolescent Health and Wellbeing, and new grants investigating how ultrasound scans may improve painful musculoskeletal foot problems, how physical activity and good nutrition impact on brain health, and how people affected by stroke can benefit from telerehabilitation.

Following a creative and productive few months, we would like to wish all our colleagues and PhD researchers, as well as our research partners and their families, a peaceful and joyful festive time – with all the very best for the new year!

***Prof Carol Emslie and Prof Frederike van Wijck,
Co-Directors of ReaCH***

Photo of ReaCH Crucible early career researchers – leaders of the future

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GCU
Glasgow Caledonian
University

Research Centre
for Health (ReaCH)

Power of Partnership

Improving health and wellbeing through research

Wednesday 24 January 2024 | 9.30am - 2pm
Glasgow Caledonian University, Annie Lennox Building

The Research Centre for Health (ReaCH) is holding a ***Power of Partnership - Improving health and wellbeing through research*** event to showcase the importance of partnership working in turning research into action.

The event will be held in Glasgow Caledonian University's Annie Lennox Building on **Wednesday, January 24, 2024, from 9.30am-12.30pm, with a lunch provided until 2pm.**

ReaCH, in the School of Health and Life Sciences (SHLS), is home to 10 different research groups working with the public, people with lived experience of a range of health conditions, and a number of partners such as the Scottish Government, NHS Scotland, Public Health Scotland, industry and charities. It aims to find new ways of tackling health conditions that may affect us all, from stroke to cancer, to substance use, women's health issues and infections.

The event will be an opportunity for the SHLS Associate Dean Research Professor Sharron Dolan, ReaCH Co-Directors Professor Carol Emslie and Professor Frederike van Wijck, and their team of world-leading researchers, to say a big thank you to partners for their invaluable contributions, continued support and commitment.

The audience will be made up of high-profile MSPs, and representatives from Glasgow City Council and other councils, NHS health boards, third sector organisations, community groups, health practitioners, people with lived experience and their families, staff and students, who have all been instrumental in making a difference to our communities.

They will be treated to a series of interactive workshops from some of the Centre's key researchers showcasing how research is already changing and improving lives through the power of partnership. These include: *Are you being served?* with Professor Jamie Frankis; *Overdose prevention using take-home naloxone - everyone's business* with Professor Andrew McAuley and Mariebeth Kilbride from Scottish Drugs Forum; *Functional Fitness MOTs* with Professor Katrina Bannigan and Doug Anthony, Health and Wellbeing Manager at Age Scotland; *Meet your pelvic floor: where is it and what does it do?* with Professor Suzanne Hagen; *Grin and bear it: understanding living with leg pain and arterial disease and why walking is so important* with Dr Chris Seenan and Cathy Gormal, who lives with the disease; and *Get involved! Patient and public involvement and engagement in research* with Professor Alex Todhunter-Brown.

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“This is a testament to Professors Antony Morgan and Candace Currie who have worked incredibly hard and with great determination and enthusiasm to get to this point. I know they have always seen this as a University-wide venture and will work with colleagues in ReaCH to ensure there is maximum opportunity to achieve great things for the University.”

Professor Anita Simmers, SHLS Dean

GCU London designated WHO Collaborating Centre for Sustainable Child and Adolescent Health and Wellbeing

Glasgow Caledonian University's GCU London campus has been designated a World Health Organization Collaborating Centre (WHOCC) in Sustainable Child and Adolescent Health and Wellbeing (SCAHW).

GCU London's Professor in Public Health Antony Morgan and Professor in Global Adolescent Health Candace Currie are Co-Directors of the new Centre. They are members of the ReaCH Child and Adolescent Health Research Group and are confident that the WHOCC will contribute significantly to their goals and the broader context of the University's 2030 strategy. Professor Peter Jones, Director of GCU London, said the new designation highlights the expertise in global child and adolescent health at Glasgow Caledonian University's GCU London campus and School of Health and Life Sciences (SHLS) Research Centre for Health (ReaCH) in Glasgow. The new WHOCC is part of an international collaborative network of centres, designated by the WHO Director-General, with the role of supporting WHO's strategic programmes around world.

[Read more](#)

MSK team wins GREAT Foundations Award for podiatric research in foot health

A team of researchers in the School of Health and Life Sciences' Research Centre for Health (ReaCH) have received funding to investigate how ultrasound scans may improve painful musculoskeletal (MSK) foot problems.

The project starts in February 2024 and Dr Lisa Wright, Senior Lecturer in Podiatry in the Department of Podiatry and Radiography, is Principal Investigator in the study with former PhD student Anika Hoque out in the field working with NHS Ayrshire and Arran and NHS Lanarkshire gathering data. The Glasgow Caledonian University team behind the successful £121,613 bid for the Great Foundations Award funding were Dr Wright, Anika, Dr Ruth Barn, Dr David Hamilton and Dr Diane Dickson, from the ReaCH Musculoskeletal Health Research Group. Anika explained that over the next two years she will be working with MSK Advanced Podiatrists Katy Knox and former GCU student Dr Aimie Patience, along with Dr Andrew Brown, an Advanced Practice Podiatrist in Orthopaedics, from NHS Ayrshire and Arran, who use ultrasound in foot health diagnosis. She will also be working with Stuart McNeill, an MSK Clinical Lead Podiatrist, and Dr Claire James, from the University's partner health board NHS Lanarkshire, where ultrasound is not commonly used for this purpose.

[Read more](#)





GCU is improving brain health as part of new £2.4m boost for collaborative research

Glasgow Caledonian's School of Health and Life Sciences is involved in new £2.4m pioneering Scottish research alliances (ARCs) officially launched at the Royal Society of Edinburgh in October.

The four ARCs are part of an ambitious Scottish Funding Council (SFC) led initiative to establish collaborative, multi-disciplinary partnerships between universities and other parts of the research and innovation sector based around societal challenges.

They include the Brain Health Alliance: creating new collaborations with a shared vision of improving brain health, the Scottish Research Alliance for Energy, Homes and Livelihoods: helping to achieve an equitable and sustainable net zero future, and the Scottish Alliance for Food: health, equity and sustainability – reimagining the food landscape and how to build a better future for all. A key aim of the alliances is to provide support for Scottish universities to respond to national and international funding opportunities. Building on Scotland's strong culture of research collaboration, the alliances are focussing on areas aligned to the Scottish Government's national priorities.

"The Brain Health Alliance means that we can collectively tackle issues such as dementia, Alzheimer's disease and poor mental health that plague Scottish society. It will allow transdisciplinary research from biological to social determinants of brain health and hopefully develop integrated solutions for preventing poor brain health in the future. I am delighted to lead on behalf of GCU, the lifestyle arm of the alliance looking into how physical activity, good nutrition and other lifestyle factors can preserve our brain health."

Professor Sebastien Chastin

The School of Health and Life Sciences is playing a major role in the Brain Health Alliance with Professor of Health Behaviour Dynamics Sebastien Chastin at the helm. Professor Chastin co-leads the Data Science for the Common Good Research Group in the Research Centre for Health (ReaCH).

[Read more](#)

SHIP team supports WHO work on modelling the cost effectiveness of Infection Prevention and Control interventions

In 2016, the Safeguarding Health through Infection Prevention (SHIP) research group conducted a systematic review on the **effectiveness of national infection prevention and control interventions**. This work, funded and commissioned by the World Health Organization (WHO), was used by WHO to inform the development of the guidelines on core components of infection prevention and control (IPC) programmes. This **systematic review** was recently updated and the findings of this work are being used to provide evidence for WHO and The Organisation for Economic Co-operation and Development (OECD) work on modelling the cost effectiveness of IPC core components. This work will help to inform the development of IPC programmes to support countries around the world to prevent healthcare-associated infections and improve patient safety.

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Thousands of women could benefit from new research into the self-management of pelvic organ prolapse

New research has shown that self-management of a pessary used to treat pelvic organ prolapse in women leads to fewer complications and could save the NHS money while maintaining quality of life.

The findings of this large clinical study, carried out by experts from Glasgow Caledonian University School of Health and Life Sciences' Research Centre for Health (ReaCH) and funded by the National Institute for Health and Care Research (NIHR), is great news for the 40% of women over 50 in the UK who suffer from this condition.

Pelvic organ prolapse is a common condition that can be distressing to women. One treatment option for prolapse is a vaginal pessary. The pessary is inserted into the vagina and holds the prolapsed organs back in place. In the UK, most women who use a pessary attend clinics for their care and have to return every six months for check-ups. However, lead researchers Professors Carol Bugge and Suzanne Hagen have identified big benefits from pessary self-management.

The six-year £1.1million study, Treatment of Prolapse with Self-Care Pessary (TOPSY), involved 340 women of all ages from 21 NHS centres across the UK and the results could change the lives of thousands of women with pelvic organ prolapse.

The trial involved a large collaborative team including Chief Investigator Professor Bugge and co-Chief Investigators Professor Hagen, from the University's School of Health and Life Sciences' Nursing, Midwifery and Allied Health Professions Research Unit, and Dr Rohna Kearney, of Saint Mary's Hospital at Manchester University NHS Foundation Trust. It is hoped self-management can be rolled out more widely across the UK but more research is needed into how it can be made routine practice.

[Read more](#)



"This research is great news for women in the UK who suffer from prolapse because it shows that women can safely self-manage their pessary from home. No matter their age, they may experience fewer complications and there will be less cost to the NHS in the long-run by freeing up appointments."

Professor Carol Bugge

Funding success

Congratulations to Dr William Johnson (ECR) who has been awarded a pilot grant of £19,802 from Tenovus Scotland. The project will focus on *strategic drug repurposing for biofilm-associated bacterial vaginosis (BV) treatment*. Dr Catherine Wright has also been awarded £95,000 from the British Skin Foundation for a PhD Studentship. The studentship will focus on *stress hormone metabolism - a novel anti-fibrotic therapeutic pathway for chronic wounds*.



University experts help shape new European public health guidance

A team of experts from Glasgow Caledonian University have been instrumental in shaping new European public health guidance to prevent and control infections among people who inject drugs.

Six key interventions have been outlined by the European Centre for Disease Prevention and Control (ECDC) and the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) to address infectious diseases in this population, reflect new evidence, infectious disease treatments and public health concepts.

The team, from the School of Health and Life Sciences Research Centre for Health (ReaCH), who played a key role in the guidance were public health experts Dr Norah Palmateer, Professor Sharon Hutchinson, Dr Victoria Hamill, Dr Kirsten Trayner, Chris Biggam and Shanley Smith. Dr Palmateer and Professor Hutchinson were involved in the previous guidance published in 2011.

[Read more](#)



“We were delighted to be involved in producing this updated European guidance, which is based on the latest evidence of effectiveness of interventions in preventing and controlling infectious diseases among people who inject drugs. This guidance will give countries the knowledge and tools to be able to deliver these evidence-based interventions at scale, and will have an impact in Europe and potentially beyond.”

Dr Norah Palmateer

Liver disease expert wins Medical Research Foundation Emerging Leaders First Prize



“It was absolutely amazing to win this Emerging Leaders Top Prize and hugely exciting in terms of my research. I still cannot believe it. It's fantastic news and huge kudos, not just for me but for this University.”

Dr Hamish Innes

The Medical Research Foundation has awarded Glasgow Caledonian University's Dr Hamish Innes the coveted Emerging Leaders First Prize, recognising him as a future leader in hepatitis research.

Dr Innes, a Research Fellow in the School of Health and Life Sciences' Research Centre for Health (ReaCH), was awarded £100,000 to further his life-saving research into hepatitis C antiviral therapy.

The Medical Research Foundation awarded Dr Innes first prize for his “outstanding” research into tackling both viral and autoimmune hepatitis at a special prize-winners award ceremony in London on Wednesday, November 22. The Emerging Leaders Prize awards are designed to support research leaders of the future with flexible funding that can be used to enhance career development as well as their research.

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“We want to understand the experience of service improvement in occupational therapy because service improvement helps to improve outcomes for patients, their families and carers. Mapping this information will create a resource for occupational therapists to guide service improvement. This research needs to be done now because the knowledge about service improvement is not collected in one place which means it is hard for occupational therapists to know how to approach service improvement.”

Katie Roddick

OT researchers on mission to improve services for patients and families across the UK

Occupational therapy researchers at Glasgow Caledonian University are on a mission to improve vital community services for patients and their families across the UK.

Occupational Therapy Lecturer and Research Fellow Katie Roddick and Professor of Occupational Therapy Katrina Bannigan were awarded £20,000 from the Royal College of Occupational Therapists (RCOT) to fund a year-long research project, entitled Mapping Service Improvement in Occupational Therapy. The study is a scoping review which involves searching for all the information that has been written about service improvement in occupational therapy, analysing it and uncovering what works and what doesn't. The researchers, from the School of Health and Life Sciences' Research Centre for Health (ReaCH), will set up a patient and public involvement group with people who have experience of occupational therapy. They will be working with the University's partner health board NHS Lanarkshire, who will help them reach out to patients and services users. The group will be involved in discussions at each stage of the project, including the protocol, the searching, the analysis of findings, and how we share the information.

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Ground-breaking analytic method developed at Glasgow Caledonian boosts heart health findings

Researchers used a ground-breaking analytic method developed at Glasgow Caledonian University to discover that replacing sitting with as little as a few minutes of moderate exercise a day tangibly improves heart health.

The study, led by UCL and the University of Sydney and sponsored by the British Heart Foundation (BHF), was published in the *European Heart Journal*. It is the first to assess how different movement patterns throughout the 24-hour day is linked to heart health. It is also the first evidence to emerge from the international Prospective Physical Activity, Sitting and Sleep (ProPASS) consortium. Glasgow Caledonian University's Professor Sebastien Chastin is one of their world-leading experts and said: “This landmark study rests on a ground-breaking analytic method developed by our group at Glasgow Caledonian University. The novel approach was adopted by an international consortium of researchers on physical activity to analyse the largest amount of data on human physical activity ever assembled. The method showed that small changes in how you move can have a big impact on heart health.”

[Read more](#)



EU Horizon-funded DIALECT Autumn School and project mid-term meeting - Copenhagen 21-25 Nov

As a major partner on the EU-Horizon Marie-Curie Doctoral Network (€4million), GCU was represented by Musculoskeletal Health (MSK) research group doctoral candidate Niloofar Sedighi, and MSK group affiliate members Professor Patricia Munoz-Escalona from the School of Engineering, and their key industrial partner Dr Jari Pallari from Taika 3D, at the recent mid-term project meeting in Copenhagen. The Diabetes Lower-Extremity Complications European Research and Training Network (DIALECT), led at GCU by Dr Ruth Barn, is a major component of the MSK research group's diabetes-related foot complications work stream. DIALECT is a research and training network for diabetes-related foot ulcer and amputation prevention, which involves multiple clinical, multi-disciplinary academic and industry partners from across Europe, who are all working together to address the main objective: to establish an innovative, interdisciplinary and intersectoral research and training effort on diabetic foot disease to deliver the next generation of leading, entrepreneurial, and creative scientists who have the expertise, skills and experience to lead the paradigm shift towards personalised medicine to successfully combat diabetic foot disease and prevent ulcers and amputations.

The Autumn School was an opportunity for all 11 doctoral candidates to meet in person for the first time and undertake a comprehensive training programme including topics central to the network on personalised medicine, epidemiology, data quality and outreach. The project officer was impressed with the progress to date and satisfied all objectives in line with the goals of the mid-term meeting.

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[Grant agreement No 101073533](#)



MSK Health Research Group partnership with NHS Lanarkshire Podiatry

The Musculoskeletal Health (MSK) research group and the NHS Lanarkshire Podiatry Service are taking the GCU-NHS Lanarkshire academic clinical partnership to new levels. NHS Lanarkshire Podiatry will be hosting three major multi-centre projects over the next 3 years (TREADON, MIDI, and PODSCAN) funded by the NIHR HTA, CSO and Great Foundations respectively.

Dr Gordon Hendry was recently invited to the NHS Lanarkshire Podiatry Service annual education event at Daziel Park Hotel, Motherwell, to raise awareness of the MIDI trial and to update the service on current collaborative projects and clinical research opportunities. Dr Hendry, Dr Barn and Dr Hamilton and Debbie Wilson are working closely with NHS Lanarkshire Podiatrists Dr Claire James, Scott McNab, Steve McMillan, Kaye McIntyre, Stuart McNeill, and Victoria Neilson to deliver on projects with shared goals across the 3 main work streams for the MSK group (Rheumatic and Musculoskeletal Diseases, Osteoarthritis and Orthopaedics, and the Diabetic Foot) for improving the health and wellbeing of the people of Lanarkshire.



New study will assess the use of telerehabilitation to support stroke survivors

New research to look at how people affected by stroke can benefit from telerehabilitation will involve a team of experts from England and Scotland, including Professor Lisa Kidd from Glasgow Caledonian University.

The new study is led by Dr Niki Chouliara from the School of Medicine at the University of Nottingham and is called TELSTAR (TELerehabilitation in STroke CARE).

The work is funded by the Stroke Association and aims to clarify whether, how and for who stroke telerehabilitation may be beneficial in community settings. The team will work with rehabilitation professionals, stroke survivors and family carers, Integrated Stroke Delivery Networks and NHS England to develop recommendations for practice that consider clinicians' and stroke survivors' needs and priorities.

Telerehabilitation is the remote provision of rehabilitation services including assessment, therapy and education using a range of technologies such as telephone and video conferencing, digital applications and virtual reality programmes. Telerehabilitation complements face-to-face care and could help community stroke services provide more therapy to more people, regardless of where they live. Although telerehabilitation is increasingly being used in practice, there is a lack of recommendations to inform whether and how it should be offered to different groups of stroke survivors.

[Read more](#)

University status for Lanarkshire's Health and Social Care Partnerships

An agreement between Glasgow Caledonian University and health and social care services aims to transform lives across Lanarkshire and Scotland.



The University has granted prestigious University status to the area's two Health and Social Care Partnerships (HSCPs). Leaders from all organisations met at Glasgow Caledonian University to mark the significance of this recognition - and their ambitions for partnership working. They included Professors Soumen Sengupta and Ross McGuffie, respective Chief Officers of the newly-named South Lanarkshire University Health and Social Care Partnership and University Health and Social Care North Lanarkshire.

Provost and Deputy Vice-Chancellor Professor Ehsan Mesbahi and Dean of the School of Health and Life Sciences Professor Anita Simmers represented Glasgow Caledonian University. Professor Jann Gardner, Chief Executive of NHS Lanarkshire, was joined by North Lanarkshire Council Chief Executive Des Murray and South Lanarkshire Council's Depute Chief Executive Paul Manning.

As part of the agreement, Glasgow Caledonian also renewed its strategic partnership with NHS Lanarkshire and signed Memorandums of Understanding with both Councils - consolidating the formal, multi-agency collaboration.

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“We were delighted to welcome Jenni Minto MSP to our campus to meet our fantastic Blood Borne Virus Prevention Team and find out more about their crucially important research. Glasgow Caledonian really is at the forefront of helping Scotland achieve its ambitious target to end transmission of HIV by 2030.”

Professor Steve Decent, Principal

Glasgow Caledonian welcomes health minister Jenny Minto MSP

Glasgow Caledonian’s Principal Professor Steve Decent was delighted to welcome Scotland’s Minister for Public Health and Women’s Health Jenni Minto MSP to our Glasgow campus in November. The Minister was on campus to learn more about the University’s ground-breaking Blood Borne Virus (BBV) Research Programme. Following introductions, the Minister held discussions with the University’s Pro Vice-Chancellor Research Professor Andrea Nelson and Professors Claudia Estcourt and Sharon Hutchinson, who lead the BBV programme, and other team members.

The Blood Borne Virus Prevention Team in the University’s School of Health and Life Sciences’ Research Centre for Health (ReaCH) are at the forefront of international work to reduce the impact of HIV and other blood borne viruses. Their award-winning research into patterns of infection and how to prevent them is key to achieving the Scottish Government’s ambitious target to end transmission of HIV in Scotland by 2030. In June, the team won Research Project of the Year at The Herald Higher Education Awards. The University has announced that it is investing £2.5m over 10 years in a new Beyond BBV - Drawing a line under HIV and Hep C research programme, working in collaboration with the Scottish Government and Public Health Scotland.

[Read more](#)

Professor shares falls prevention expertise with the Scottish Parliament

Professor of Ageing and Health Dawn Skelton shared her expertise at the Cross-Party Group (CPG) on Accident Prevention and Safety Awareness at the Scottish Parliament in November.



She was there to outline the importance of the World Falls Guidelines, which she co-authored, and the evidence-base and cost-effectiveness of falls prevention interventions. Professor Skelton, who co-leads the School of Health and Life Sciences’ Research Centre for Health Ageing Well Research Group, was part of an international expert group behind the landmark publication of the World Guidelines for Falls Prevention.

The World Guidelines for Falls Prevention is a global initiative which aims to provide a framework and expert recommendations to healthcare and other professionals working with older adults on how to identify and assess the risk of falls. They recommend which interventions, alone or in combination, should be offered to older people as part of a person-centred approach to preventing and managing falls.

[Read more](#)



Hepatitis C expert informs Scottish Parliament on elimination progress

Glasgow Caledonian University Professor Sharon Hutchinson CBE was invited to the Scottish parliament to share her expertise on the elimination of Hepatitis C with MSPs from across the political spectrum.

The Professor of Epidemiology and Public Health, in the School of Health and Life Sciences, attended an *Eliminating Hepatitis C in Scotland* roundtable event, hosted and chaired by Miles Briggs MSP, and organised by Waverley Care, Scotland's HIV and Hepatitis C charity. Professor Hutchinson, who is also a Public Health Scotland (PHS) Consultant Scientist, outlined Scotland's Hepatitis C elimination progress, and the solutions and barriers to achieving elimination by March 2025. Working between Glasgow Caledonian and PHS, Professor Hutchinson leads a research programme on the prevention, diagnosis, and treatment of Hepatitis C and other blood borne viruses, with a particular focus on the most marginalised and disadvantaged in society.

[Read more](#)



"The event clearly demonstrated the important collaborative efforts being made across Scotland between NHS boards, third sector organisations, public health and academia."

Professor Sharon Hutchinson

Award-winning HIV expert shares expertise on global stage

Professor Claudia Estcourt was invited to share her expertise on HIV transmission elimination in Scotland at an international World Health Organization (WHO) and European Centre for Disease Prevention and Control (ECDC) meeting in Spain.

The joint WHO/ECDC meeting was held in Seville and Glasgow Caledonian's world-renowned award-winning Professor of Sexual Health and HIV took centre stage.

Professor Estcourt, from the School of Health and Life Sciences' Research Centre for Health (ReaCH), said: "In drawing together international experts from Europe and Central Asia, this meeting aimed to operationalise global and regional HIV goals and targets to end AIDS by 2030. I was honoured to present our work on HIV transmission elimination in Scotland and the underpinning rationale for how we are setting out to accomplish it by 2030."

[Read more](#)



Glasgow Caledonian 'honoured' to be part of Scottish Health Awards

Glasgow Caledonian University was "honoured" to be a double sponsor of this year's Scottish Health Awards celebrating the dedication of the selfless heroes in the health and social care service.

The Scottish Health Awards are the most prestigious and recognised awards run by the Daily Record in partnership with NHS Scotland and the Scottish Government.

The School of Health and Life Sciences (SHLS) sponsored the Paramedic Award, which was won by Lynn Henderson of the Scottish Ambulance Service, and the School's Research Centre for Health (ReaCH) sponsored the Leader of the Year Award, won by Derek Kennedy from NHS Greater Glasgow and Clyde.

Paramedic Lynn, who was unable to attend the ceremony to receive her award in person, was awarded for her dedication to providing emergency care and going beyond the call of duty when she recently saved a boy's life while on holiday abroad. Derek has been the focal point for the development and continued growth of CIRCLE Recovery Hub, a unique mental health and addiction service.

Janice McClymont, who is a School of Health and Life Sciences Honorary Fellow and Head of Profession in the Occupational Therapy Services at the University's partner health board NHS Lanarkshire, was a finalist in the Leader of the Year Award and the People's Choice Award. Although she didn't win this time around, Professor of Occupational Therapy Katrina Bannigan said she was a winner in the eyes of the University.

[Read more](#)



"It was wonderful to present the Leader of the Year Award on behalf of the Research Centre for Health. Our aim is to improve health and wellbeing for all, and this goal was shared by all 500 participants at the Scottish Health Awards. It was an inspiring evening which showcased the amazing work of our NHS in Scotland and GCU ReaCH was proud to be part of it."

Professor Carol Emslie



Diagnosis Zombie project wins top e-Learning Excellence Award

The University's School of Health and Life Sciences' Diagnosis Zombie; An Interactive Lesson on Brain and Behaviour project has won an e-Learning Excellence Award at the 22nd European Conference on e-Learning (ECEL) in South Africa.

Dr Jane Guiller, Senior Lecturer in Psychology and Learning and Teaching Advisor in the Department of Psychology, was in Pretoria representing the team of staff and students behind the project. *Diagnosis Zombie* is part of the Co-Creating Immersive Learning Experiences project, which explores the effectiveness of using virtual reality to teach psychology versus more traditional methods such as text books or video. It was awarded pilot funding by the University's Strategy for Learning Innovation Fund 2030.

[Read more](#)





Professor of Occupational Therapy receives highest honour in the profession

Congratulations to Professor Katrina Bannigan who received a prestigious Fellowship of the Royal College of Occupational Therapists at a special award winners' ceremony in London.

The Professor of Occupational Therapy (pictured front and centre), who is a key researcher in the School of Health and Life Sciences' Research Centre for Health (ReaCH), was awarded the "highest honour" for her outstanding contribution to the profession. The Royal College of Occupational Therapists' Chair of Council Odeth Richardson said she was delighted to award the Fellowship to Professor Bannigan. She added it was in recognition of the "extensive contribution" she has made to the profession, the British Association of Occupational Therapists and to the Royal College over many years. Ms Richardson described Professor Bannigan's "commitment to and influence on the development of the occupational therapy profession" through her many research papers and books, and her significant international collaborations, as "outstanding". Professor Bannigan said she was "humbled" by the honour and thanked those who nominated her for the accolade.

Leading health expert is on top of the world for fourth year running

Glasgow Caledonian University Professor of Health Behaviour Dynamics Sebastien Chastin has been named as one of the most influential researchers in the world by Clarivate for the fourth year running.

He has received the highly-cited award from [Clarivate](#) for the fourth time in the field of Social and Health Sciences after another successful year of life-changing health research.

Professor Chastin, who co-leads the Data Science for the Common Good Research Group in the Research Centre for Health (ReaCH), has been named in the top 1% of the world's most influential researchers in the Clarivate's Web of Science Highly Cited Researchers 2023 list. He made it onto the 'who's who' of influential researchers for the fourth year running for demonstrating significant influence in the field of social and health sciences through the publication of multiple highly-cited papers.

Professor Chastin was also recently appointed as Adjunct Professor by the University of South Australia. The world-renowned polymath with a unique background in physics, data science and physiotherapy, is delighted to have landed the new post, which is based in the Alliance for Research in Exercise, Nutrition and Activity ([ARENA](#)) research centre.



"I am delighted to be awarded the Clarivate Highly Cited Research award again this year for the fourth year in a row. This is important recognition for impactful research coming out of Glasgow Caledonian University and shows that we punch well above our weight."

Professor Sebastien Chastin

[Read more](#)





Child Health Award for psychology lecturer

Glasgow Caledonian University Lecturer in Applied Psychology Dr Liza Morton was part of an expert team who scooped the Child Health Award at the Royal College of Nursing (RCN) Nursing Awards in November.

For the past four years, Dr Morton has been involved in the iSUPPORT international team, which is committed to improving medical care for children. She is delighted the team have received such recognition for their hard work from the RCN. Dr Morton became part of iSUPPORT after team lead and children's nurse Professor Lucy Bray invited her to work as an external collaborator with the team, based at Edge Hill University, developing standards on the clinical holding of children for medical procedures.

iSUPPORT works with children, parents and healthcare professionals to ensure a child's emotional and psychological wellbeing is central to all key decisions about care and procedures. The team represents a collaboration between 50 multidisciplinary professionals from 16 countries, inspired by Katie Dixon, who experienced multiple traumatic procedures as a child and has since been diagnosed with post-traumatic stress disorder. The team developed a set of standards that outline what good procedural practice looks like, designed to minimise anxiety and stress experienced by children when undergoing procedures.

[Read more](#)

Top SHLS team win Interprofessional Global Award

Four staff members from the School of Health and Life Sciences (SHLS) have received an Interprofessional Global Award recognising their contribution to collaborative research in the area of interprofessional education and collaboration (IPECP).

Members of the SHLS on the winning team were: Strategic Lead for IPE Dr Nichola McLarnon, Senior Lecturer Physiotherapy and Interprofessional Education Dr Sharron Blumenthal, Assistant Head of Learning Teaching and Quality Jamie McDermott, and Senior Lecturer in Radiotherapy Louise Boyle. The team are part of the Centre for the Advancement of Interprofessional Education (CAIPE) Research Experience Sub-Group. Interprofessional Global is the Global Confederation for Interprofessional Education and Collaborative Practice that facilitates support and exchange between regional interprofessional education and collaborative practice (IPECP) networks. The award was given to the CAIPE Research Experience Sub-Group for outstanding interprofessional teamwork and collaboration in relation to IPECP. The SHLS faculty members formed part of a CAIPE Research Experience Subgroup. CAIPE is the leading organisation in the UK for Interprofessional Education and Collaborative Practice.

[Read more](#)



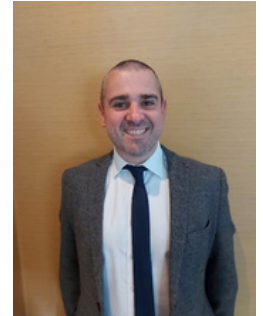
Welcome to Professor Gordon Ramage



[Professor Gordon Ramage](#) joined the Department of Nursing and Community Health in Oct. Gordon joins the Safeguarding Health through Infection Prevention (SHIP) group, bringing over 25 years of experience in working in clinical microbiology, with a particular interest in fungal infections. Since arriving at GCU he has set up a laboratory with Biological Sciences and has begun work on a portfolio of projects associated with his UK Research and Innovation (UKRI) funding. Currently, Gordon's main Engineering & Physical Sciences Research Council (EPSRC) project is focused on wound care through understanding the microbiology (microbiome) and developing effective therapeutic strategies (e.g. cold atmospheric plasma). He is also supervising two Biotechnology and Biological Sciences Research Council (BBSRC) PhD studentships that focus on the development of pre-clinical models that are used to develop and test new antimicrobials. He also has an interest in using bioinformatic techniques to undertake 'big data' analysis.

Musculoskeletal Health Research Group under new leadership

Dr David Hamilton and Dr Gordon Hendry, both Readers in Musculoskeletal (MSK) Health, now co-lead the [MSK Health Research Group](#). The group is comprised of a core staff of multi-disciplinary clinical academics and research project management, and affiliate members including NHS clinicians, engineers, data scientists and patient partners.



David and Gordon bring combined expertise across rheumatology and orthopaedics and co-ordinate the group's research work streams across musculoskeletal disease, orthopaedics, rehabilitation and diabetes related foot complications. Group members work together across these themes with a common goal to enable people with musculoskeletal disease to lead healthier lives.

PhD Viva success

Congratulations to the following students on successfully defending their PhD theses:



- Anika Hoque (pictured), "Development, validation, and interpretation of the Rheumatoid Arthritis Foot Disease Activity Index (RADAI-F5)"
- Niamh Smith, "Leveraging urban blue spaces for health: a multi-method investigation into the salutogenic impact of urban blue spaces"
- Joe Hall, "Life after Stroke: Lessons from Personal Stories of Survival, Managing Change and Overcoming Adversity"
- Nicholas Verger, "The effects of parent-child creative activities on early childhood resilience: a multi-method study of cross-cultural differences and similarities"



Spotlight on Patient and Public Involvement (PPI) at GCU

Patient and Public Involvement in research refers to actively engaging patients, caregivers and the public in various stages of the research process to make sure that the research addresses their needs, values and perspectives and ultimately leads to more relevant and impactful outcomes. In each future edition of the ReaCH newsletter we would love to **shine a spotlight** on PPI excellence at GCU.



Thank you to those who have already provided their information on how you incorporate PPI into your research - I will share the survey results with you all in the new-year. If you have some great PPI successes or challenges you would like to share, please get in touch so that we can all learn from each other! If you would like to be added to the GCU PPI email list, please email ppi@gcu.ac.uk

I am excited for a great year of PPI in 2024!

Dr Kirsteen Goodman, SHLS Patient and Public Involvement Group Lead

Support the Department of Biological and Biomedical Sciences fitness fundraiser



Staff and students from the Department of Biological and Biomedical Sciences are keeping fit and raising funds for charity this month.

They are undertaking 25 minutes of exercise activity every day in December, including Christmas Day, and hope the University community will sponsor them to support local charities.

Senior Lecturer Gillian Hunter said: "Following the success of last year's event, 12 staff and 10 fourth-year, one third-year and one PhD student are once again teaming up to raise money for charities and boost feel-good activity hormones. It's a great way to informally engage with students while supporting local charities. This year we will be supporting Tenovus Scotland and we have selected Glasgow Children's Hospital as our Common Good charity via a poll."

[Sponsor the team and support Glasgow Children's Hospital by donating through this link](#)

[Sponsor the team and support Tenovus Scotland by donating through this link](#)





ReaCH Crucible: Research Leaders of the Future



Twelve lucky early career researchers have been chosen as future leaders in the Crucible career development programme which has returned for the first time since the COVID-19 pandemic.

The three-day Crucible Research Leaders of the Future programme is open to post-doctoral early career researchers in the School of Health and Life Sciences and the Yunus Centre for Social Business and Health.

Congratulations to this year's successful applicants - Drs Melanie Dembinsky, Diane Dickson, Linda Fenocchi, Kirsteen Goodman, Emma Green, Timothy Humpton, Karen Maxwell, Bryan McCann, Boatemaa Ofori-Frimpong, Jack Rendall, Dave Whiteley and Kathryn Wilson.

Crucible Lead and Co-Director of the Research Centre for Health (ReaCH) Professor Carol Emslie said: "I am delighted that our Crucible Research Leaders of the Future programme is back after COVID – and what a fantastic, energetic and talented cohort we have this year! Crucible aims to develop outward facing early career researchers who can expertly communicate their research, and are committed to civic engagement and working with partners, practitioners and policymakers, to deliver positive social change."

During the programme, the researchers get expert advice from leading researchers in ReaCH, and colleagues from our Communications and Research Impact and Knowledge Exchange teams, culminating in a meeting with policymakers at the Scottish Parliament.



The visit to the Scottish Parliament took place on the 23rd November and our twelve early career researchers shared their research interests and expertise with Jenni Minto, Minister for Public Health and Women's Health, and Graeme Dey, Minister for Higher and Further Education and Minister for Veterans. The group was kindly hosted by Bob Doris MSP for Glasgow Maryhill and Springburn and his team, and they spent time chatting with Paul Sweeney MSP and Dr Julie Simpson, Chief Scientist Office Research Manager (Capacity Building and Information). As well as a tour around the Parliament building and a trip to First Minister's Questions, the team also met with representatives from the Clerk's Office and from SPICe, the Scottish Parliament Information Centre, where they received invaluable information on how to approach policymakers and their teams.

[**Find out more about Crucible**](#)



Crucible is our competitive leadership programme for ECRs. It features input from leading researchers within ReaCH and experts from GCU's Media team and Research Impact and Community & Public Engagement and culminates in a meeting with Ministers and policymakers at the Scottish Parliament. Here is an introduction to 6 of our 12 rising stars from the 2023 cohort; the others will be introduced in the next newsletter.



Melanie Dembinsky

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Research Online: <https://researchonline.gcu.ac.uk/en/persons/melanie-dembinsky>

I'm a trained social and medical anthropologist, receiving my PhD from the University of Kent, Canterbury. My PhD thesis is on lived breast cancer experiences of Yamaji, an Aboriginal group, women in Western Australia. I have a keen interest in health research with a specific focus on marginalised and vulnerable groups, both in the UK and overseas. I have worked on several very different projects, in different cities across the UK, since receiving my PhD. I came to Scotland in 2018 to start work on the TOPSY study, which is the longest project I have worked on so far. In addition to research, I have lectured in the Undergraduate programme in anthropology at the University of Kent, Canterbury, as well as the Master's of Research at the University of Stirling. I'm currently supervising 1 Masters in Public Health student at GCU. As part of my work experience, I have presented at national and international conferences, published in peer-reviewed journals and worked with PPIE representatives. My future aim is to lead a project that allows me to focus on my research interests and passions.



Diane Dickson

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Research Online: <https://researchonline.gcu.ac.uk/en/persons/diane-dickson>

Diane joined GCU in 2012 as Lecturer in Diagnostic Imaging from an advanced practitioner sonographer role within the NHS. She was promoted to Senior Lecturer in 2018 and appointed Head of Department in 2021. Diane completed her PhD in 2020 and is an active member of the Musculoskeletal Health research group with interest in the role of ultrasound imaging as an enabling tool in the management of long term conditions. Current doctoral supervision includes projects on measurements of inflammatory foot disease in rheumatoid arthritis.

Diane is responsible for the strategic leadership of activities across the Department of Podiatry and Radiography and the wider School of Health and Life Sciences as member of the Senior Management Group. Diane is an elected member of Senate.

Diane leads the education and training for the National Abdominal Aortic Aneurysm screening course and introduced the department's first-ever transnational education programme in the United Arab Emirates. She acts as an external accreditor for the Consortium for the Accreditation of Sonographic Education (CASE) and is a member of the National Abdominal Aortic Aneurysm screening lead screener and workforce group. She is a member of the AHP academic heads group and represents AHP academics within the Scottish Government AHP Public Health implementation plan National Oversight Group.





Linda Fenocchi

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Research Online: <https://researchonline.gcu.ac.uk/en/persons/linda-fenocchi>

Dr Linda Fenocchi is based in the Yunus Centre for Social Business and Health and works with colleagues in the School of Health and Social Sciences and other departments across the University. Linda is a health economist and her research focuses on economic evaluation methodology, with application to clinical trials and to complex interventions influencing public health, patient-reported outcome measures for economic evaluation, and health service and community support service intersections. Currently Lecturer of Health Economics for the Masters Public Health programme Linda is exploring pedagogy for teaching health economics alongside a programme of study for professional recognition of Academic Practice.

Linda previously worked in central government policy roles for 16 years as a policy manager, including as a private secretary to successive Health Ministers. This experience informs Linda's approach to research and teaching, where she seeks to highlight the practical application and impact of research on real-world decision-making.

Linda is the founding Chair of the Scottish Health Economics Early Career Network, a member of the UK Health Economic Study Group (HESG) Early Career Researcher subcommittee, and an Auroran (2022 programme).



Kirsteen Goodman

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Research Online: <https://researchonline.gcu.ac.uk/en/persons/kirsteen-goodman>

I have worked in the NMAHP Research unit at Glasgow Caledonian University since 2007 as a Senior Trial Manager/Researcher. I have degree in Pharmacology (Glasgow University) and a PhD in pharmaceuticals and novel imaging techniques (University of Strathclyde). I have over 15 years' experience in managing both drug and non-drug trials in a breadth of disciplines including rheumatology, cardiology, Multiple Sclerosis, Parkinson's disease and in women's health. I am currently involved in a portfolio of trials including being Chief Investigator of a pilot study assessing the feasibility of abdominal massage for the treatment of constipation in people with learning disabilities. My trial operation expertise has been enhanced by sitting on one of the West of Scotland Research Ethics Committees and being an executive member of the UK Trial Managers Network. Patient and Public Involvement (PPI) has been at the forefront of my clinical trials work since 2007 and in 2018, I set up NMAHP's PPI group. I am currently the PPI lead at GCU. I am also a keen Trial methodologist and collaborate in many projects to increase evidence on recruitment and retention best practice in health research. I am currently leading on a project to determine the effect of people's preference and mode of data collection on trial retention.





Emma Green

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Research Online: <https://researchonline.gcu.ac.uk/en/persons/emma-green>

Emma Green is an experienced occupational therapist, educator and early career researcher. She qualified as an occupational therapist in 2002 and worked in a range of practice, research and managerial roles. She achieved her PhD in 2014 and has been working as a lecturer in occupational therapy at GCU since 2015. Emma has a strong track record in learning and teaching, having become the learning and teaching advisor for the Department of Occupational Therapy, Human Nutrition and Dietetics in 2019. She has won GCU students teaching awards in 2017 and 2021 for “fantastic feedback” and won the inaugural GCU teaching impact award for “inclusive practice” in 2023. Building on this strong learning and teaching profile, Emma has dedicated her early career research activity to educational research. Emma has been a lead for a successful international collaboration with University of Sydney and Curtin University focused on designing, implementing and evaluating the implementation of simulation. This has led to dissemination activity at local, national, and international conferences. Emma has recently been commissioned as the lead editor for a book on practice education for allied health professionals. Emma has also successfully secured a GCU Strategy for Learning grant in 2022-23 for the innovative project “snack-size selfcare” which is an education research project focused on implementing selfcare resources within the curriculum to support student wellbeing.



Timothy Humpton

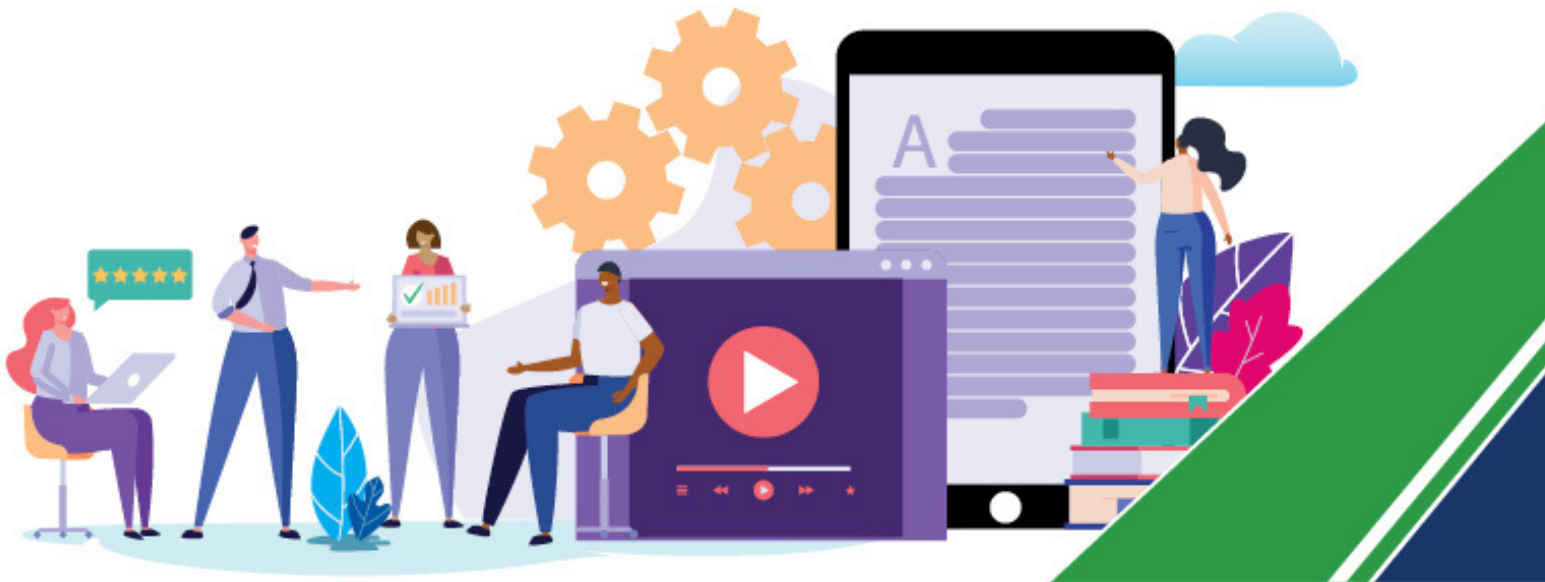
Email: Timothy.Humpton@gcu.ac.uk

Research Online: <https://researchonline.gcu.ac.uk/en/persons/tim-humpton>

Tim obtained Bachelor of Science degrees in Biology and Chemical-Biological Engineering from the Massachusetts Institute of Technology in 2010. During this time, his interest in cancer biology was cemented by formative undergraduate research. Tim obtained his PhD in Biochemistry from the University of Cambridge in 2014 as a Gates Scholar. His dissertation focused on elucidating the role of reactive oxygen species in promoting pancreatic cancer. As a post-doc at the CRUK Beatson Institute (2014-2021), Tim focused on the biology of p53, a potent tumour suppressor. Here, Tim uncovered protective functions of p53 in the liver and helped to develop new tools to visualise p53 activity.

At GCU, Tim is excited by the chance to combine an enthusiasm for teaching with pursuit of world-class research. He is particularly interested in uncovering novel protective functions for p53 and other cancer-associated genes during the development of ‘Western’ diet-induced liver disease. Using tools and techniques established within cancer biology, Tim hopes to uncover insights into liver disease that could lead to new preventative treatments and biomarkers to benefit patients. In support of his research, Tim has been awarded funding totalling more than £1 million from the MRC, Academy of Medical Sciences, and Tenovus Scotland.





Conferences and events

A round-up of all the latest and forthcoming event news from the Research Centre for Health.

Professor of Nursing gives international keynote presentation at Stroke 2023

Glasgow Caledonian University Professor of Nursing, Lisa Kidd, delivered an international keynote presentation at Stroke 2023 in Melbourne.

Stroke 2023 is the joint annual scientific meeting of The Stroke Society of Australasia (SSA) and Smart Strokes Nursing and Allied Health Scientific Committee and brings together interdisciplinary professionals working in stroke care and research, and people with lived experience. The theme of this year's conference was 'Championing Care' and showcased the latest in stroke research and its management as well as featuring a programme of sessions co-designed with and co-delivered by people with lived experience.



Lisa, who is a member of the SYNERGY Research Group in the School of Health and Life Sciences' Research Centre for Health (ReaCH), was one of three international keynote speakers invited to speak at the conference. Lisa delivered a talk based on her current programme of research on supported self-management in stroke, issuing a call to arms for stroke professionals to work courageously, confidently and collaboratively in supporting people after stroke.

Lisa, who is the current chair of the UK Stroke Forum, the UK's largest multidisciplinary organisation for stroke professionals, has drawn on her programme of research to inform and underpin the development and implementation of the Scottish Government's new Progressive Stroke Pathway, and at the conference in Melbourne was also awarded an honorary life membership with the Stroke Society Australasia.





SHIP team turns the university blue for World Antimicrobial Resistance Awareness Week

Researchers in the School of Health and Life Sciences' Research Centre for Health (ReaCH) pulled out all the stops to mark World Antimicrobial Resistance (AMR) Awareness Week in November. The ReaCH Safeguarding Health through Infection Prevention (SHIP) Research Group joined the World Health Organization (WHO) 'Going Blue for AMR' colour campaign by encouraging staff to wear blue for a photoshoot and sharing it on social media. The 'Going Blue for AMR' social media campaign was organised by SHIP PhD researcher Pranitha Murali.

Gordon Ramage, Professor of Infection Prevention and Control in the SHIP team, has written a blog entitled [Killer Fun Killer Fungi: A Neglected and Dangerous Kingdom of Microorganisms?](#)

Challenging our assumptions in stroke care

The Scottish Stroke Allied Health Professions and the Scottish Stroke Nurses Forum hosted their joint conference, with the title Taboo or not taboo? Challenging our assumptions in stroke care on 28 September 2023 in Perth. The conference was organised by Professor Lisa Kidd and Professor Frederike van Wijck from the Stroke and Neurological Rehabilitation Research Group (SYNERGY) at GCU, and their partners from the SSAHPF and SSNF, ably supported by Chest Heart and Stroke Scotland.



The conference was opened by a moving speech from Gillian MacKay MSP. The programme included topics on women's health, sexuality, continence, and mental health. Douglas Horn, co-chair of the Scottish Government National Stroke Voices, himself a stroke survivor, delivered an inspirational plea for the need for holistic, patient-centred care, along the entire stroke pathway.

Presenters included the following SYNERGY PhD researchers:

- Stefanie Scnabel. *What are the views of stakeholders on how motivation of stroke survivors and support from therapists help with rehabilitation including self managed practice.*
- Ciara Ryan. *Bridging the gap: integrating patient and public involvement in the development of VISUALISE, a tailored self management intervention for stroke related visual impairment.*
- Katherine Elliot. *Evaluating implementation of the goal setting and active planning framework (G-AP) in community rehabilitation settings: Understanding the context.*

Conference success for knee rehabilitation research

David Hamilton represented the Musculoskeletal Health (MSK) research group at a suite of clinical conferences recently, presenting work carried out in NHS Lothian with Geoff Cowan highlighting the value of rehabilitative management in patients with degenerative meniscal tears of the knee. In recent months, talks were given at the British Orthopaedic Research Society meeting in Cambridge, at the Chartered Society of Physiotherapy meeting in Glasgow, and at the Scottish Society for Rheumatology meeting in Dunblane where he took home the best presentation award for the work.





Professor Dawn Skelton has her name in lights

Professor of Ageing and Health Dawn Skelton has her name in lights after a research poster prize was named after her at the International Conference on Falls and Postural Stability in September.

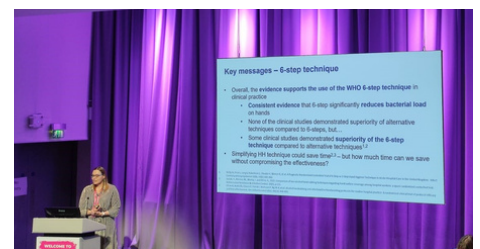
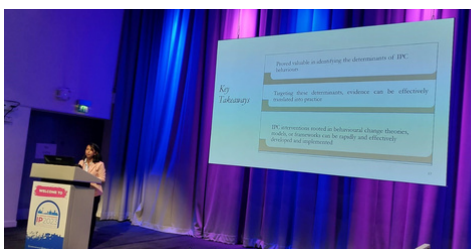
She found out about the honour during the 24th annual conference, run by the British Geriatrics Society, in Newcastle, where Professor Skelton chaired one of the sessions. The newly-established Masud – Morris – Skelton Prize is named after Professor Skelton, Professor Tahir Masud, Consultant Physician from Nottingham University Hospitals NHS Trust, and Professor Richard Morris from the University of Bristol, who all set up the conference 24 years ago and are still working together now.

In September, she was also a key speaker on a Royal Osteoporosis Society #BoneMatters series webinar, entitled Avoiding falls and breaking bones, with Professor Masud and other experts from the UK. They were discussing ways of reducing falls and maintaining bone health, independence, and improving quality of life.

[Watch video](#)

Presentations from the SHIP team at Infection Prevention 2023

Three researchers from the Safeguarding Health through Infection Prevention (SHIP) group were invited to speak at the Infection Prevention 2023 conference in Liverpool, 17th-19th October. PhD student Deepti KC delivered a talk on behaviour change theories for prevention and control of COVID-19. Dr Andrew Kalule, a former PhD student at SHIP, presented findings from his PhD study exploring the implementation of IPC guidance in a Ugandan setting. Finally, Dr Lucyna Gozdzielewska's talk challenged the status quo of the World Health Organization's 6-step technique for hand hygiene.



OT expert brings out the big guns for Professorial Lecture



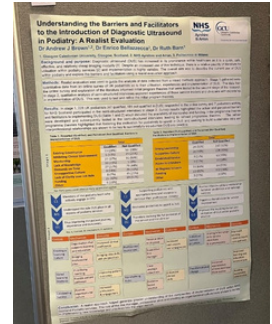
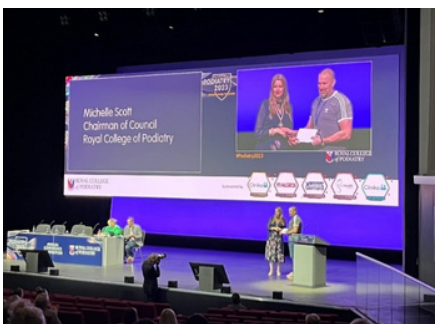
Professor of Occupational Therapy Katrina Bannigan brought out the big guns for her Professorial Lecture entitled *The formula for life (and it's not beer, cycling and sausages)* in November. Professor Bannigan, from the Department of Occupational Therapy, Human Nutrition and Dietetics in the School of Health and Life Sciences, is a member of the Ageing Well Research Group in the Research Centre for Health (ReaCH). She reflected on her 20 years of working in academia and used examples from her own research to illuminate how occupational therapists enable people to reach the “pinnacle of health”.



MSK research group postgraduate alumni make a splash at the Royal College of Podiatry Conference

Musculoskeletal Health (MSK) research group doctoral graduates Dr Andrew Brown, Dr Aimie Patience and Dr Jodi Binning recently starred at the largest podiatry conference in Europe, The Royal College of Podiatry Annual Conference in Liverpool on the 23rd-25th November. Dr Andrew Brown, currently a specialist podiatrist in orthopaedics at NHS Ayrshire and Arran, shared his work from his Prof D thesis supervised by Dr Ruth Barn on the role of ultrasound imaging in podiatry, and landed the People's Choice Poster Prize. Dr Brown and Dr Barn's work has been instrumental in generating evidence for a recently successful proposal for Dr Anika Hoque's Post-Doctoral Fellowship project known as PODSCAN (Great Foundations, £125k), which seeks to evaluate additional benefits of ultrasound in the management of musculoskeletal foot problems and continues the group's collaboration with Dr Brown beyond his doctoral studies.

Dr Aimie Patience shared work from her PhD studies, supervised by Dr Gordon Hendry, on the novel use of ultrasound imaging for assessing Achilles tendon pathology in people with Psoriatic Arthritis. In recognition of Dr Patience's expertise, she was also an invited speaker for the conference session on Dermatology and Rheumatology, where she delivered a lecture on enthesitis pathology. Dr Patience is currently a rheumatology specialist podiatrist at Ayrshire and Arran and continues to work closely with the MSK research group for delivery of several externally funded projects including PODSCAN and the NIHR HTA-funded (£1.8million) TREADON multicentre trial of exercise and foot orthoses for plantar heel pain. Dr Jodi Binning was an invited speaker in recognition of her expertise as one of the UK's leading clinical academics on motivational interviewing and behaviour change techniques for the prevention of diabetic foot ulceration. Dr Binning's PhD, supervised by Dr Ruth Barn, involved identification of a gap in knowledge for motivational interviewing in diabetes and generation of preliminary evidence for the feasibility and acceptability for this intervention to be delivered by podiatrists to promote positive behaviour change in people with diabetes who are at risk of ulceration. Dr Binning's work has led to a successful bid for funding from the CSO (£300k) led by Dr Barn and Dr Hendry, to upscale and evaluate motivational interviewing via a pilot trial (MIDI), for delivery by podiatrists for prevention of ulceration in people exposed to multiple deprivation.



Other events

Highlights from conferences and events over the last few months.



PhD researchers presented their work at the annual SHLS PGR Conference at GCU in September



Ageing Well research group presented a workshop on pelvic floor dysfunction at the National University of Samoa in the summer



Dr Gaby Vojt and PhD student Amy McEwan presented at the International Conference on Health and Hepatitis in Geneva, Switzerland in October



Dr Ryan Kean spoke at the Scottish Universities Life Sciences Alliance (SULSA) Industry Academic Conference in Edinburgh in November



Prof Dawn Skelton and Dr Alexandra Mavroeiidi presented at the Lydia Osteoporosis Symposium in Edinburgh in October



Professor Carol Emslie presented on the impact of minimum unit pricing on people with experience of homelessness at the Global Alcohol Policy Conference in Cape Town, South Africa in October





Selected Publications

Some of the latest selected publications from GCU staff are listed below. To view an article, please click on the title.

- “Availability is the poor cousin of marketing and pricing”: qualitative study of stakeholders’ views on policy priorities around tobacco and alcohol availability
- Building capacity for point of care alcohol-based handrub (ABHR) and hand hygiene compliance among health care workers in the rural maternity and surgical units of a hospital in Cameroon
- Child appraisals of injustice in the context of acute and chronic pain: An interpretative phenomenological analysis
- Clinical effectiveness of vaginal pessary self-management versus clinic-based care for pelvic organ prolapse (TOPSY): a randomised controlled superiority trial
- Determining minimum number of valid days for accurate estimation of sedentary behaviour and awake-time movement behaviours using the ActivPAL3 in nursing home residents
- Enabling health and maintaining independence for older people at home (HomeHealth trial): a multicentre randomised controlled trial
- Glass half full: A diary and interview qualitative investigation of flourishing among adolescents living with chronic pain
- Increased risk of non-fatal overdose associated with non-prescribed benzodiazepine use in Scotland, UK
- Inter-rater reliability of the ‘Tool for assessing determinants of health in public space’ in a co-creative urban design process with care home residents in Barcelona: a Health CASCADE study
- Is it scientifically valid, sensible, or safe to use biomarkers to diagnose concussion?
- No changes in bone mineral density following total knee arthroplasty using an all-polyethylene tibial component
- Novel clinically meaningful scores for the ICIQ-UI-SF and ICIQ-FLUTS questionnaires in women with stress incontinence
- Performing solidarity? A scoping review of alcohol marketing to sexual and gender minorities
- Prevention and control of infectious diseases among people who inject drugs - 2023 update
- Steady and Straight: UK consensus statement on physical activity and exercise for osteoporosis
- Supporting physical activity for mobility in older adults with mobility limitations (SuPA Mobility): study protocol for a randomized controlled trial
- The effects of high velocity resistance training on bone mineral density in older adults: A systematic review



- The measurement and reporting of falls: Recommendations for research and practice on defining faller types
- The MoxFo initiative – outcomes: Outcome measures in studies of exercise training in multiple sclerosis; scoping review of reviews and classification according to the ICF framework
- Time for You: A process evaluation of the rapid implementation of a multi-level mental health support intervention for frontline workers during the COVID-19 pandemic
- What are the Effects of Exercise on Trabecular Microarchitecture in Older Adults? A Systematic Review and Meta-analysis of HR-pQCT Studies
- When physical activity increases risk of injurious falls: right activity, right person, right time



Clyde Built Radio debut for Substance Use Research Group

Glasgow Caledonian University substance use experts took to the airwaves on the Clyde Built Radio show to share their LGBTQ+ research. The School of Health and Life Science's Research Centre for Health (ReaCH) Co-Director and Substance Use Research Group co-lead Professor Carol Emslie and PhD researcher Beth Meadows appeared on the Good Clean Fun series to discuss a range of topics related to their LGBTQIA+ alcohol research.

They were also asked to choose three song tracks each that most reflected their research. They chose Comfortably Numb by the Scissor Sisters, Pink Pony Club by Chappell Roan, Black Tie by Grace Petrie, Aretha Franklin's Respect, Heart of Glass by Blondie and Harry Styles' Treat People with Kindness. Presenter Amy Rodgers uses Clyde Built Radio to discuss issues about sobriety and to promote her alcohol-free club nights at Garnethill Community Centre. [Listen to Professor Emslie and Beth's interview here](#)

[Read more](#)

Spotlight on Rheumatology Podcast – the foot in inflammatory joint diseases

Dr Gordon Hendry was recently invited to participate in an interview by the British Society for Rheumatology for their Spotlight on Rheumatology podcast. Dr Hendry explained to how the Musculoskeletal Health (MSK) group's research on outcome driven foot care informed by Patient Reported Outcome Measure (PROMs) and imaging for people with rheumatic and musculoskeletal diseases underpins the next steps towards advancing current practice and improving clinical outcomes. Dr Hendry went on to discuss a new line of inquiry building on the success of Dr Aimie Patience's PhD, focusing on the addressing a major unmet need and gap in knowledge concerning the rehabilitation approaches to enthesitis (painful inflammation of attachment of tendon to bone) in people with psoriatic arthritis. This work found that people with actively inflamed Achilles entheses experience severe functional limitation comparable to Achilles tendon rupture, in the context of low rehabilitation care provision. Dr Hendry explained that at present little is known about which approaches to rehabilitation for enthesitis are effective and safe. The MSK group are currently working to address these questions through a combination of human movement science, ultrasound imaging, and intervention feasibility evaluations. [Listen to the podcast here](#)



Common Good Podcast

In the latest episode of the Common Good Podcast, Professor Katrina Bannigan shares her experiences of being nominated, and nominating others, for Points of Pride. Katrina talks about why it's important to celebrate our successes and what the event means to her.

[Listen and subscribe here](#)



Bishopton veterans win trophy at Sporting Senior Games

Veterans from Bishopton celebrated after winning the John Bowman Trophy at this year's Sporting Senior Games. Teams from care homes across Scotland competed in the event at Glasgow Caledonian University co-organised by Professor Dawn Skelton. [Read more](#) in The Renfrewshire Gazette.

Living with congenital heart disease

Psychologist Dr Liza Morton shares her experience with congenital heart conditions and mental health with the British Heart Foundation (BHF). [Read more](#) from Dr Morton in BHF's Heart Matters Magazine.

Professor Dawn Skelton's views on doing the splits on Strictly at 78

Professor of Ageing and Health Dawn Skelton featured in a Guardian newspaper article on TV presenter Angela Rippon's surprise standing splits on the BBC Strictly Come Dancing show. Professor Skelton said: "It's a reminder that we don't all have to become frail – because a lot of people are at Angela's age." [Read here](#)



Rainbows in June: Selling alcohol to LGBTQ+ people

Dr David Whiteley explains why his increasing anger at the alcohol industry targeting the LGBTQ+ communities with marketing led to carrying out a scoping review.

[Read more](#) in the Institute of Alcohol Studies blog.

Steady and Straight: UK consensus statement on physical activity and exercise for osteoporosis

Read the latest [British Journal of Sports Medicine blog](#) featuring Professor Dawn Skelton.





Drugs experts share their expertise after drug consumption room approval

Glasgow Caledonian University's drugs expert Professor of Public Health Andrew McAuley has given his expert opinion in the media about the approval of the first official consumption room for illegal drugs in Glasgow.

Professor McAuley, who has researched widely on the facilities, appeared on [LBC TV](#) with Andrew Marr and [Sky News](#) after the announcement was made.

Glasgow Caledonian University Honorary Clinical Fellow Dr Saket Priyadarshi, Associate Medical Director and Senior Medical Officer with Glasgow Alcohol and Drug Recovery Services, told the board the service would both reduce drug-related harms for users and also provide opportunities for treatment, care and recovery.

[Read more on BBC Online](#)

RCN Research Forum podcast

Dr Gordon Hill recently joined the first episode of the Royal College of Nurses (RCN) Research Forum Podcast. Gordon and Professor Bridget Johnston (University of Glasgow) discussed their route into nursing, their research experience, and how nurses can get involved in research and with the RCN Research Forum. [Listen here](#)

The promise of PROTACs

Stefan Corradini and Dr Mark Williams explore the development and use of PROTACs, and how their unique pharmacology can be utilised to effectively treat diseases including cancer. [Read more in Pharmacology Matters](#)

Occupational Therapy Blog

[Read the latest blogs](#) from the Department of Occupational Therapy & Human Nutrition and Dietetics including:

- Make your voice heard!!
- Glasgow Caledonian University host The OT Research Conference
- A-Z of Occupational Therapy: A is for Activity Analysis
- Wellbeing in Later Life Symposium

SHIP Blog

[Catch-up on the latest blogs](#) from the Safeguarding Health through Infection Prevention (SHIP) research group including:

- The SHIP Group at Explorathon 2023
- Killer Fungi: A Neglected and Dangerous Kingdom of Microorganisms?

NESSIE Blog

[Read the newly launched blog](#) from the NIHR Synthesis Scotland Initiative (NESSIE) to keep up to date with what projects the team are working on, information about how they are carrying these out, and what they learn.