

RESEARCH CENTRE FOR HEALTH

Welcome

A very warm welcome to the September issue of our Research Centre for Health (ReaCH) Newsletter. It is a great pleasure to showcase a vibrant collection of research activities, aimed at improving the lives of people living with a range of health conditions.

Advances in **Public Health** include ground-breaking research on blood-borne viruses led by Prof Sharon Hutchinson and Prof Claudia Estcourt, which won the Research Project of the Year Award at the Herald HE Awards. The elevated risk of death in people cured of hepatitis C was highlighted in a seminal study in the British Medical Journal led by Dr Hamish Innes, whilst awareness of the high drug-related death rates amongst people dependent on opioids in Scotland was raised in a study – the largest of its kind – by Prof Andrew McAuley in the Lancet Public Health.

Within **Long Term Conditions**, research on physical activity for older people is being advanced by Prof. Sebastian Chastin, who identified evidence for an optimal 'slow walking' recommendation to improve function and reduce hospital re-admission, whilst Prof Dawn Skelton continues to lead the way in the prevention of falls and frailty. An innovative project, led by Prof Lorna Paul, has explored how people in Ghana could access much-needed neurological rehabilitation through tele-rehabilitation.

The strength of our research lies in our **partnerships**, and therefore it is wonderful that the Collaboration of Aphasia Triallists (CATs), led by Prof Marian Brady over the last decade, has won the Robin Tavistock Award.

Underpinning all our work is our **methodological expertise**. World-class expertise in evidence synthesis, developed by Prof Todhunter-Brown and her team, has been recognised with a prestigious NIHR award for their new collaboration NESSIE (NIHR Evidence Synthesis Scotland InitiatiVE), which will address important knowledge gaps to inform policies.

As you will see when reading this newsletter, it's not only our established researchers who do research that makes a real difference; it is fantastic to see everyone including our Early Career and PhD researchers being rewarded for their efforts.

We hope this very short introduction may entice you to read on, and we trust you will enjoy!

**Prof Frederike van Wijck (left) and Prof Carol Emslie (right),
Co-Directors of ReaCH**

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GCU leads the way in health and social care research

A team of Glasgow Caledonian University health researchers are involved in a new multi-million-pound research project which will address knowledge gaps within healthcare, public health and social care, and is expected to inform major changes in health and social care policies.

The team, from the School of Health and Life Sciences' Research Centre for Health (ReaCH) and the Yunus Centre for Social Business and Health, is part of a Scottish group who will conduct reviews of research evidence that the National Institute for Health and Care Research (NIHR) considers high priority for making decisions about health and social care policies. This Scottish group has been named NESSIE, short for NIHR Evidence Synthesis Scotland Initiative, and is co-led by Glasgow Caledonian University and the University of Edinburgh, and also involves the University of Stirling and University of Newcastle. NIHR has funded nine research groups who will each receive £2.5million over five years, totalling £22.5 million in funding. Each group will carry out projects requested directly by stakeholders, such as public health and social care providers, patients and the public. Professor Alex Todhunter-Brown is co-leading this Scottish group. Other GCU staff involved include Dr Pauline Campbell, Dr Katie Thomson, Dr Bridget Davis and Dr Ceri Sellers from ReaCH, and Dr Julie Cowie from the Yunus Centre.

[Read more](#)



"I am really excited to be co-leading NESSIE. Our selection as one of the nine evidence synthesis groups from across the UK recognises the skills and expertise which researchers from Glasgow Caledonian have in conducting evidence syntheses relating to health and social care. Partnering with University of Edinburgh and other institutions brought real strength to our bid."

Professor Alex Todhunter-Brown

People with a hepatitis C cure still face substantial risk of death

People who have been cured of hepatitis C infection still face a substantially greater risk of death compared with the general population, research led by Glasgow Caledonian University has revealed.

The largest study of its kind, funded by the Medical Research Foundation and published in the prestigious British Medical Journal (BMJ), found that deaths were three to 14 times higher in patients cured of hepatitis C, depending on liver disease stage. Based on data from more than 20,000 patients with a hepatitis C cure, the results show that drug and liver-related causes of death were the main drivers of excess deaths, and highlight the importance of continued support to fully realise the benefits of a hepatitis C cure. Glasgow Caledonian researchers leading the study have raised concerns that antiviral treatment for hepatitis C is not enough to save lives and more must be done to support patients post-cure. The study's Principal Investigator Dr Hamish Innes, Senior Research Fellow in the Research Centre for Health (ReaCH), was delighted the research paper, entitled Mortality rates among patients achieving a hepatitis C cure in the interferon-free treatment era: population based cohort study, has been published in the BMJ's flagship journal.

[Read more](#)





"When you look at alcohol-related harms, LGBTQ+ people are disproportionately affected across the board. Within that, lesbians, bisexual, trans and queer women seem to be at particular risk, so are really important groups to focus on. We hope this research will give us real insight that will help improve community health both here in Scotland, and further afield."

Dr David Whiteley

New research project to help LGBTQ+ women challenge drinking social norms

Glasgow Caledonian University's Research Centre for Health (ReaCH) has teamed up with experts from America to find new ways to help LGBTQ+ women reduce their alcohol intake.

Sober curiosity is a growing wellness movement that challenges the social norms around alcohol and encourages people to become more aware of their drinking behaviour. The team from the ReaCH Substance Use Research Group, led by Dr David Whiteley, along with the Centre's Co-Director Professor Carol Emslie and PhD researcher Beth Meadows, will look at how sober curiosity could be useful for sexual minority lesbian, bisexual, trans and queer women. Their US collaborators are Principal Investigator in the study, Professor Tonda Hughes, and Dr Lauren Bochicchio, both from the Columbia University in New York, and Professor Laurie Drabble, from San Jose State University in California. The year-long study is funded through a grant from the Columbia University School of Nursing (Elaine Larson Global Development Fund).

[Read more](#)

New research prescribes 25 minutes of slow walking for older patients in hospital

New research has revealed that as little as 25 minutes of slow walking each day for older patients in hospital could improve physical function and cut the number of return admissions.

World-leading experts, including Glasgow Caledonian University Professor of Health Behaviour Dynamics Sebastien Chastin and Professor Borja del Pozo Cruz, from the University of Cádiz in Spain, insist this is the best prescription for patients to stay active and reduce return hospital admissions after discharge. An international research collaboration investigated the detrimental effects of hospitalisation on the health of older adults and how it can be counteracted by a physical activity programme during acute hospital stays. Researchers say that most older people are very sedentary in hospital, often spending 95% of the day in bed or sitting, and they can lose physical function very rapidly in a matter of days, leading to more health problems and re-hospitalisation after being discharged. The research team of scientists from Glasgow, Bristol, Spain, Norway, Belgium and Australia analysed all the research ever conducted worldwide into this topic – 19 studies involving 3,783 patients – to reach a conclusion about the benefits of physical activity in hospital.

[Read more](#)



Drugs-related deaths trebled over 10 years among people with opioid dependence in Scotland

Drug-related death (DRD) rates among people who were dependent on opioids in Scotland more than trebled between 2011 and 2020, new research published in Lancet Public Health and led by Glasgow Caledonian University has found.

In one of the largest studies of its kind ever conducted, involving almost 50,000 people over 10 years – representing the majority of people who are opioid dependent in Scotland – researchers found strong evidence of the protective effect of drug treatment as DRD rates were three and a half times higher for those not in treatment. The study involved experts from Public Health Scotland, University of Bristol, Scottish Drugs Forum, Glasgow Alcohol and Drug Recovery Services and a number of other researchers from the Research Centre for Health (ReaCH). Compared to other countries and global reviews, Scotland is both at the upper end of community levels of drug-related mortality and the protective effect of drug treatment in reducing mortality risk. A critical next step is to estimate how many lives have been saved by current interventions in Scotland to inform public and policy debate on what other interventions are required to reverse trends in drug-related deaths.

[Read more](#)

"This was one of the largest studies of its kind ever conducted, covering a period where Scotland's DRD rates had reached globally high levels and been labelled a 'public health emergency'. We found that DRD rates among people prescribed opioid-agonist therapy (OAT) in Scotland more than trebled between 2011 and 2020 and are among the highest ever recorded."

Professor Andrew McAuley



Can light therapy and specialised glasses curb short-sightedness in Scottish children?

The number of children with short-sightedness (myopia) in the UK is on the rise, likely due to changes in lifestyle with more children now spending less time outdoors.

In addition to the financial cost to the NHS of spectacle correction, myopia increases the risk of eye diseases in adulthood and subsequent visual impairment. Vision Sciences researchers, from the Research Centre for Health (ReaCH), have teamed up with the Lumie light company to explore if seasonal affective disorder (SAD) lamps may provide an alternative way of slowing down the worsening of myopia for the first time in children. Lumie is a member of the Society for Light Treatment and Biological Rhythms (SLTBR), an international group devoted to promoting research and knowledge about the biological effects of light. Dr Stephanie Kearney said: "There are specialised glasses and contact lenses available in the UK which aim to reduce excessive growth of the eye in myopia and reduce the likelihood of a child developing high levels of myopia. However, these are not yet funded by the NHS, and not every child responds to treatment and treatment effects can be small. Therefore, the research group is also exploring the cost effectiveness of commercially available treatments for the first time in the UK."

[Read more](#)





GCU Professor joins mission to free Scotland from stigma of mental illness

Glasgow Caledonian University's Professor of Applied Psychology Simon Hunter has joined an expert group on a new Mental Health and Wellbeing Strategy "to achieve the vision of a Scotland, free from stigma".

"This builds directly on the results of the Scottish Mental Illness Stigma Survey where we identified the extraordinary breadth and depth of stigma relating to mental illness experienced by adults across all aspects of their lives. This expert group means we now have the opportunity to help translate those findings into real and meaningful change in the lives of people across Scotland."

Professor Simon Hunter

The move follows the publication of a Scottish Mental Illness Stigma Study last year, which Professor Hunter helped to lead and design. The study revealed the full impact of stigma and discrimination on people with severe, enduring and complex mental illnesses. The Scottish Mental Illness Stigma Study was carried out by See Me, Scotland's programme to end mental health stigma and discrimination, in collaboration with the Mental Health Foundation, VOX Scotland and Glasgow Caledonian. The Scottish Government has launched a new Mental Health and Wellbeing Strategy and See Me plans to bring a group of experts together to look at how best to achieve its "vision of a Scotland, free from stigma". The aim of the expert group is to offer advice and recommendations on specific action needed to create a step change in the reduction of mental health stigma through strategic, collaborative and accelerated action.

[Read more](#)

'Chemo brain' course to be rolled out by cancer charity following GCU research

A course to help people overcome long term 'chemo brain' is being rolled out across the UK after Glasgow Caledonian University research found it to be successful with cancer patients in Scotland. It is now to be introduced in 16 Maggie's centres across England and Wales after being shown to be effective in Scotland in a research study conducted by Andrea Joyce, Trainee Health Psychologist at the University.



'Chemo brain' - or Cancer Related Cognitive Change (CRCC) - is experienced by some people who have had cancer treatment, particularly chemotherapy but not solely, manifesting as issues with memory, attention, executive function (e.g. planning, organising), and the speed at which people process information. For some people this ends after treatment, but for others this can be a continuing problem which stops them moving forward with their lives. Andrea discovered those who had taken the course in a Maggie's centre found it helpful in dealing with symptoms of 'chemo-fog', while coming together in a group at Maggie's helped lessen feelings of isolation.

[Read more](#)



Glasgow Caledonian scoops Research Project of the Year Award

Glasgow Caledonian University's Blood Borne Virus (BBV) Prevention Team won the prestigious Research Project of the Year Award at The Herald Higher Education Awards.

The Awards celebrate the extraordinary work being carried out in universities and colleges across Scotland and is run by the Herald newspaper. The Research Project of the Year was sponsored by the Scottish Funding Council. Professors Sharon Hutchinson and Claudia Estcourt, and their Blood Borne Virus Prevention Team, are at the forefront of international work to reduce the impact of HIV and other blood borne viruses. Their ground-breaking 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. Both Professors Hutchinson and Estcourt paid tribute to key research partners, in particular those who attended the awards ceremony including our Honorary Professor Rak Nandwani and Dr Ceilidh Grimshaw, Consultant in Sexual Health and HIV in NHS GGC, as well as other NHS boards, Public Health Scotland and third sector organisations.

[Read more](#)



"It's fantastic that the work of our Blood Borne Virus Prevention Team has been recognised with the top Research Project of the Year, and that we were nominated for two further awards. Huge congratulations must go to all those involved in this crucially important research."

Glasgow Caledonian Principal and Vice-Chancellor Professor Steve Decent



"Receiving this prestigious grant from the Royal Society of Edinburgh will enable us to bring together researchers, practitioners and, crucially, LGBTQIA+ communities for the first time to tackle our mental health and wellbeing inequalities. Working across our multiple communities is critical as we face distinct yet interconnected challenges to our health and wellbeing."

Professor Jamie Frankis

Health Psychology Professor clinches top RSE Award

Glasgow Caledonian University Professor of Health Psychology Jamie Frankis has received a Royal Society of Edinburgh (RSE) Award to develop the very first LGBTQIA+ mental health network for Scotland.

Professor Frankis, in collaboration with Dr Hazel Marzetti from University of Edinburgh, was awarded £17,000 to set up the network, and it is one of only 33 "exceptional research projects" chosen to receive a share of the £617,000 funding in the RSE spring 2023 Research Awards Programme. Professor Frankis, who is the Sexual Health and Blood Borne Viruses Research Group Co-Lead and a Professor in the Department of Nursing and Community Health, was delighted at the funding announcement. The two-year project entitled Developing an Interdisciplinary LGBTQIA+ Mental Health Network for Scotland builds on years of mental health research carried out by Professor Frankis over the years. He will be Principal investigator in the study alongside Dr Marzetti as Co-investigator.

[Read more](#)



Bioscientist wins Scottish early career researcher award



Glasgow Caledonian University bioscientist Dr Will Johnston has clinched the prestigious Scottish Universities Life Sciences Alliance (SULSA) ECR Prize.

SULSA only awards the ECR Prize to outstanding early career scientists whose work shows excellent potential to make an impact in the field of life sciences. Dr Johnston, from the Department of Biological and Biomedical Sciences, also received £1,000 to further his research into finding treatments for bacterial biofilms and a funded tour of three universities to help him make new collaborations. Dr Johnston, who has a PhD in Microbiology and Immunology and is an early career researcher in the Research Centre for Health (ReaCH) Molecular Mechanisms of Long-Term Conditions Research Group, was thrilled to win the award. He has been working with supervisor Dr Ryan Kean as a postdoctoral researcher looking at new treatments for bacterial biofilms. Biofilms are communities of bacteria that stick to surfaces and create a slimy protective layer around themselves, and are responsible for a number of conditions such as bacterial vaginosis, chronic wounds and urinary tract infections.

[Read more](#)

“This SUSLA ECR Prize reflects Will's outstanding work in this field of research. It's of the greatest importance that early career researchers have a support network to allow progression and retention. This prize not only allows Will to raise his profile in the scientific community, but to visit other institutions and make new collaborations. Well done to Will and his supervisor, Dr Ryan Kean, who has been, and continues to be an excellent mentor. Thanks also to SULSA who are instrumental in supporting early career researchers.”

Dr David Welsh

CATs got the cream after winning The Robin Tavistock Award

The Glasgow Caledonian University-led international Collaboration of Aphasia Trialists (CATs) has been awarded another two years of funding to support its research aimed at improving the lives of stroke survivors with speech problems.

The Robin Tavistock Award is presented annually to an individual, or group, who is inspirational and who has made a significant contribution in the field of aphasia. The network currently involves more than 300 aphasia researchers across 41 countries and recently marked its 10th anniversary in Iceland. Aphasia, a speech problem caused by damage in the language area of the brain, affects about 50,600 stroke survivors in the UK every year.



Stroke researcher Professor Marian Brady is the founder and Chair of CATs. Other key CATs members, who are Glasgow Caledonian staff, include Dr Myzoon Ali, Dr Lesley Scobbie and Jaclyn McArthur.

[Read more](#)



Professor of Infection Prevention recognised in NHS 75th anniversary celebration



Glasgow Caledonian University Professor of Infection Prevention Jacquie Reilly's contribution to the NHS has been recognised by the Nursing Times in a special edition marking 75 years of the NHS.

To celebrate the 75th anniversary of the NHS, the Nursing Times compiled a list of 75 members of the profession who have made a significant contribution to the service, and shared their stories on social media in the run up to the big day on July 5.

As a career clinical academic, Professor Reilly has authored more than 200 peer-reviewed publications, contributed extensively to national and international guidelines, including the World Health Organization (WHO) core components for Infection Prevention Control. She is a member of the WHO technical advisory group on Hand hygiene and a Trustee for the Florence Nightingale Foundation. She is a fellow of the Faculty of Public Health (FFPH) and the Royal Society of Biology (FRSB). She was awarded a CBE in 2022 for services to healthcare and public health.

Professor Reilly CBE, who is the School of Health and Life Sciences' Research Centre for Health (ReaCH) Safeguarding Health through Infection Prevention (SHIP) Research Group Co-Lead, said: "It is an absolute privilege to be included in this prestigious Nursing Times list of nurses and midwives making an impact in the NHS over the last 75 years. It is recognition of the wider impact from the fantastic teams I have worked with over the years in the NHS and in the SHIP Research Group."

[Read more](#)

Nursing and Community Health marks two major milestones on 75th anniversary of the NHS

Glasgow Caledonian University's Department of Nursing and Community Health marked two major milestones in providing educational training for NHS staff as the service celebrated its 75th anniversary in July.

The Department, in partnership with NHS Education for Scotland (NES), celebrated the success of the first cohort of Non-Medical Cystoscopy Advanced Clinical Nurse Specialists (ACNS) to complete a university approved post-graduate diploma (PgD). The Department has also just trained all sexual health practitioners in Scotland's 14 NHS health boards, from the Highlands and Islands to Dumfries and Galloway, on a new injection technique. In collaboration with NHS Scotland Sexual and Reproductive Health, doctors and nurses were given educational training on Ventrogluteal and Vastus Lateralis intramuscular injecting of medicines in the School of Health and Life Sciences' state-of-the-art simulation centre. Martin Murchie, Lecturer in Adult Nursing with a specialist background in sexual health, said: "It's very exciting. One of our key research groups in the Research Centre for Health (ReaCH) is Sexual Health and Blood Borne Viruses, which has a whole host of sexual health experts. This collaboration links with our research themes and strengthens our civic partnerships, and we've been utilising all the fantastic knowledge we have here to collaborate with NHS partners to improve the patient experience."

[Read more](#)



Evaluating Scotland's first heroin assisted treatment service

Professor Andrew McAuley was recently invited to present his CSO funded research evaluating Scotland's first Heroin Assisted treatment service to the new Minister for Alcohol and Drugs, Elena Whitham MSP. Ms Whitham was given a tour of the service and met patients and staff representatives before a dedicated session with Professor McAuley and colleagues from NHS GGC on evaluation results. Andrew is pictured here at the service with (L-R): Anne McLaughlin MP, Dr Daniel Carter NHS GGC (Consultant in Public Health), Dr Emilia Crichton NHS GGC (Director of Public Health), Elena Whitham MSP, Dr Saket Priyadarshi NHS GGC (Associate Medical Director and GCU Honorary Clinical Research Fellow), and Alison Thewliss MP. [Read the CSO evaluation summary](#)



Health Professors recognised with honours

Congratulations to Professor Sharon Hutchinson who has been made a Commander of the British Empire (CBE) and to Professor Lesley Price who has been made a Member of the Most Excellent Order of the British Empire (MBE). Both were presented with their honours by King Charles at a ceremony at Holyrood Palace in July.

[Read more](#)

Professor in Nursing retires as COVID-19 study comes to an end

Professor in Nursing Lesley Price MBE retires in September as the University's involvement in the UK-wide SIREN study analysing COVID-19 immunity among hospital-based healthcare workers comes to an end. She is leaving the School of Health and Life Sciences after 26 years as a lecturer, Reader and Professor, and 46 years in nursing. Professor Price led the three-year research project awarded to GCU to set up and run the Scottish arm of the highly successful SIREN study. We wish Lesley a long, happy and healthy retirement!

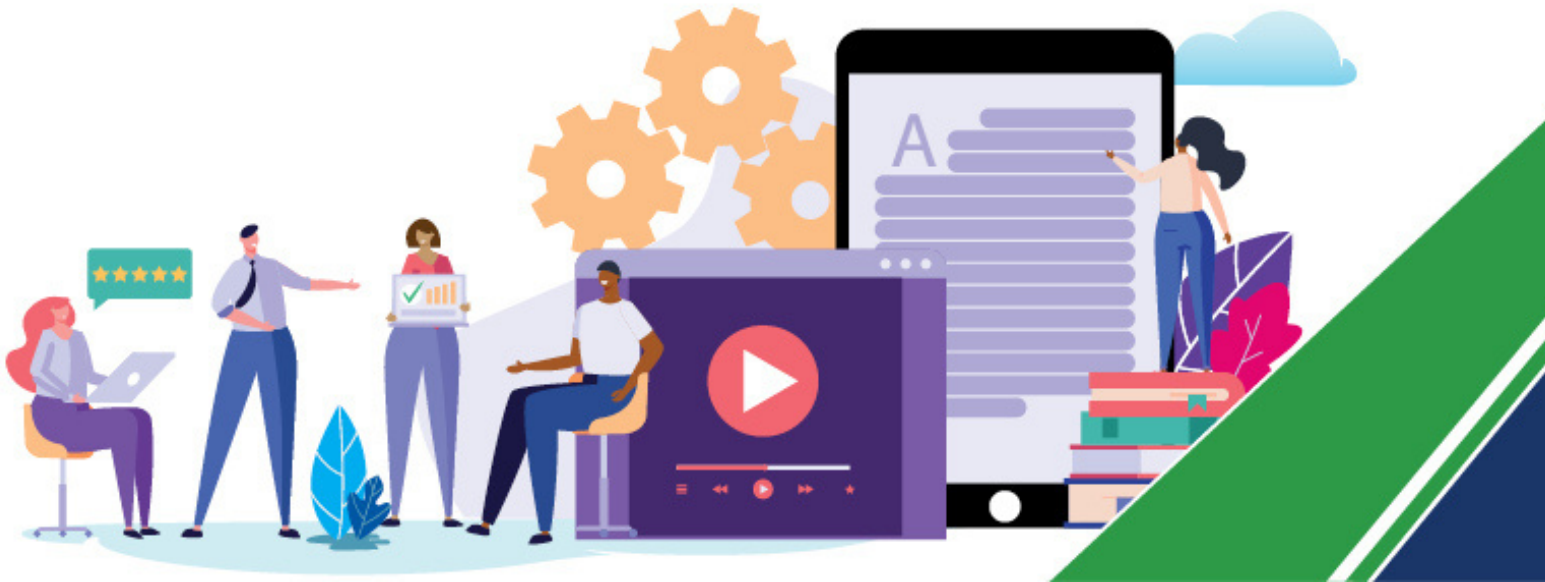
PhD Viva Success

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



- Ciara Ryan, "Development of VISUALISE, a supported self-management intervention for individuals with stroke-related visual impairment"
- Michail Georgiou, "Nature-based solutions, health and health inequalities: The salutogenic and equigenic impact of urban blue spaces"
- Ayo Matuluko (pictured), "Exploring influences on the implementation of interventions to improve antibiotic review in Scottish acute care hospitals"





Conferences and events

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

Professor Katrina Bannigan to give 2024 Elizabeth Casson Memorial Lecture

Internationally-renowned Glasgow Caledonian University occupational therapist (OT) researcher and educator Professor Katrina Bannigan has been invited to give the 2024 Elizabeth Casson Memorial Lecture.

The Royal College of Occupational Therapists (RCOT) only awards the lectureship to a member whose peers consider them to have made and be making a significant contribution to the profession's development.



With over 26 years' expertise, Professor Bannigan was awarded because of her "impactful leadership which has greatly fuelled the growth of evidence-based practice in occupational therapy". She was nominated by Janice McClymont, Glasgow Caledonian University School of Health and Life Sciences (SHLS) Honorary Fellow and occupational therapist at NHS Lanarkshire. Janice said Professor Bannigan's "expertise not only inspires students and colleagues but also the entire OT community to adopt evidence-based practices by merging research, practice and education for meaningful impact". The prestigious lecture will take place online in April 2024. The lecture is a memorial to Elizabeth Casson (1881–1954) in honour of her contributions to the profession of occupational therapy.

Professor Bannigan said: "I am humbled to have been nominated and even more so to have been chosen to do the Elizabeth Casson Memorial Lecture. It is an incredible opportunity to play a small part in Elizabeth Casson's legacy to the profession. I am looking forward to the challenge and will do my best to justify the faith that has been placed in me."

[Read more](#)



New Occupational Therapy Research Conference: Integrating research into your role

Glasgow Caledonian University's Occupational Therapy team are running their first Occupational Therapy Research Conference on October 11. The online event is part of the 60-year anniversary celebrations of occupational therapy education in Glasgow. The keynote speaker will be Chris Lovegrove, National Institute of Health and Care Research (NIHR) Clinical Doctoral Research Fellow. There will be presentations from Gillian Ward and Elizabeth Taylor, from the Royal College of Occupational Therapists (RCOT) Research and Innovation team, who will give the delegates an opportunity to think about research in the context of their roles in the profession.

[Read more](#)



Professor Dawn Skelton stars in Global Ageing Conference

GCU Professor of Ageing and Health Dawn Skelton delivered the final keynote speech at the Global Ageing Conference in Glasgow earlier this month. Hundreds of experts and delegates from 48 countries worldwide attended the major international conference on global ageing at the Scottish Event Campus (SEC) in September. The conference theme was Care about Our Future: Global Symposium for Sustainable Care and Support, and the event was hosted in partnership with Scottish Care and the National Care Forum – leading care and support provider associations in Scotland and England.

Professor Skelton wants to get across the message that falls and frailty “are preventable and reversible” and “frailty is not a one-way street - we do not have to just get frailer”. She said that not enough is being done at present to intervene when older adults are “transitioning” into frailty or to emphasise the vital importance of exercise in keeping people stronger, healthier and more independent for longer.

Professor Skelton was featured in a Special Report about the conference in the [Herald Scotland](#) and she also featured in an in-depth article in [healthandcare.scot](#). Professor Skelton is also the Scottish Ambassador of a new ageing well national health campaign entitled [Take Five to Age Well](#), developed by The Open University, in collaboration with many other charities and organisations supporting healthy ageing.

[Read more](#)

GCU hosts another successful Senior Sporting Games

The Sporting Senior Games 2023, hosted by Glasgow Caledonian with Erskine Veterans charity, was a huge success again this year. More than 20 staff and students volunteered to help out at the ARC sport and exercise facility on Saturday, August 26, to make the day special for the care home residents taking part. GCU Sporting Senior Games organiser Professor of Ageing and Health Dawn Skelton said a huge thanks to volunteers for giving up their time to support the participants taking part in basketball, boccia bowls, tenpin bowling, curling and javelin.



Department of Biological and Biomedical Science Early Career Researcher Day

The ECR Day took place in August and was organised by Dr Patricia Martin and Dr Boatemaa Ofori-Frimpong. MSc student Oluwasetomi Akinyemi volunteered alongside PhD students Alicia Ware and Marina Swanzy-Krah to make the event a success. The event, hosted by the Research Centre for Health (ReaCH), had 30 attendees from Glasgow Caledonian University, University of Strathclyde and Virginia Tech Carilion, USA.



Keynote Speaker, Dr Scott Johnstone from Virginia Tech Carilion, USA, gave an outstanding presentation on immunity in the control of neointima formation. Dr Grant Sinclair from Sartorius gave an interesting overview of the functions of the Incucyte, the must have lab imaging equipment for cell culture-based assays. Postdoctoral Research Associate from the University of Strathclyde, Dr Liam Rooney, creatively explained the mesoscopic visualization of bacteria across spatial scales. Drs Johnstone, Rooney and Sinclair are former students at GCU and gave the attendees their career progression advice for academia and industry. Presentations were followed with engaging question and answer sessions. Attendees visited MSc, MRes and PhD poster displays and then networked over lunch. Many thanks to our sponsors [Sartorius](#), [Starlab](#), [Proteintech](#), [Miltenyi Biotec](#), [SciQuip](#) and to Prof Sharron Dolan, Associate Dean of Research, School of Health and Life Sciences, for sponsoring the best poster prize which went to MRes student Zainab Bilal who said "It was a fantastic day and I had so much fun hearing about all the different research being carried out with our department and at different institutions. Thank you for organising such a great event!"



Visually impaired cyclists have victory in sight at UCI championships after GCU steps in

Visually impaired athletes competing in the UCI Cycling World Championships got a helping hand from eye experts at Glasgow Caledonian University. The University's [Vision Centre](#)

opened its doors to provide free optometry facilities, and staff and student support, to the Championship's team of Vision Classification Assessors to allow them to run all the necessary sight testing before the event kicked off in Glasgow.

[Read more](#)

Transplant games athletes get psychological support for first time thanks to GCU

Athletes taking part the British Transplant Games 2023 got psychological support for the first time in its 40-year history thanks to staff and students at Glasgow Caledonian University. Dr Elaine Duncan and two DPsych Sport and Exercise Psychology trainees Abi Lind and Rachele Nateri volunteered to help athletes control their emotions, focus and boost motivation during the Games in Coventry in July.



[Read more](#)



Global Commission on Drugs Policy

Professor Andrew McAuley and Professor Sharon Hutchinson, from the Sexual Health and Blood Borne Viruses Research Group, were invited by the Minister for Drugs and Alcohol Policy to a Scottish Government hosted event of The Global Commission on Drug Policy (GCDP) in Edinburgh in July. The GCDP was created in January 2011 by a group of personalities from the Americas and Europe, including former Heads of State and Government wishing to inspire better drug policy globally. Over 10 years old now, membership grew to encompass Commissioners from around the world. Global leaders from the political, economic and cultural arenas, aware of the failure of the current drug control regime, felt that they must advocate for drug policies based on scientific evidence, human rights, public health, and security, leaving no-one behind. The GCDP are keen to engage with the Scottish Government and Glasgow City Council to offer support for our public health approach, learn about our work and share their expertise and experience. A number of former heads of State were in attendance along with other high-level individuals. The meeting focused on drugs policy in Scotland, engaging with our international guests and local actors on key aspects of our national mission to improve and save lives.

[Read more](#)



Glasgow Science Festival

Researchers from Glasgow Caledonian University were part of this year's Glasgow Science Festival in June – the largest in the UK attracting around 100,000 people of all ages. Dr Yvonne Dempsie, Dr Gillian Hunter, Dr Jim Reilly, Dr Mark Williams, PhD researcher Stefan Corradini, Dr Boatemaa Ofori-Frimpong and Dr Paul Baker, from the Department of Biological and Biomedical Sciences in the School of Health and Life Sciences (SHLS), ran workshops which included: A ceramic exploration into the ever-changing landscape of cancer; Under the Surface of Our Skin; The Tick Army; and Bodies: How they work.

Let's Talk Diabetes

Staff and students from the Department of Biological and Biomedical Sciences held a successful patient and public involvement and engagement (PPIE) event about diabetes. The Let's Talk Diabetes event was held on campus and 16 people, including health professionals, diabetic patients and members of the public attended. Lead organiser was Dr Boatemaa Ofori-Frimpong, and PhD student organisers were Fatimoh Idowu Ojuade, Chukwunonyerem Ogwudire, Deborah Reid, Marino Swanzy-Krah and MRes student Karim Gulwal.

Dr Ofori-Frimpong said: "This patient and public involvement and engagement event was held to discuss diabetes to gather information aimed to bridge the communication gaps between patients, health professionals and researchers. This event hopes to promote discussions that will lead to a more patient centred care approach for diabetes health care aimed at preventing diabetes and associated conditions such as obesity." The team from the University's School of Health and Life Sciences' Department of Biological and Biomedical Sciences gave presentations and gave an insight into the current understanding and views of patients and the public on diabetes health and care, research, technology and innovation.



Other events



Professor Andrew McAuley recently attended and presented at the 3rd International Take-Home Naloxone Conference (ThINC-3) in Oslo, Norway. The day included presentations on overdose prevention and take-home Naloxone. Themes included: Local experiences and common challenges; Existing and growing target groups; What works? The current evidence base; and the international perspective: main challenges and trends.

The event was preceded by a research summit which aimed to bring together international naloxone researchers, clinicians, and decision makers to exchange ideas and participate in conversations about the future of naloxone research. The summit was held at the Norwegian Maritime Museum where attendees (including Prof McAuley) are pictured.

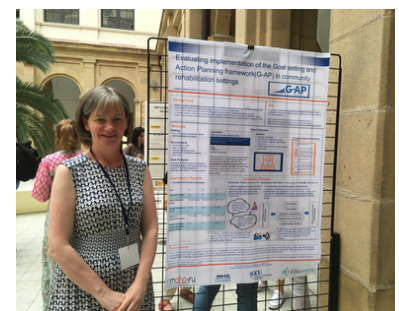
Rebecca Johnson recently presented work from her PhD to an audience at the Scottish Government. Rebecca partnered with Jo Finlay from the Mental Health Foundation who was talking about the Scottish Mental Illness Stigma Study which GCU partnered on. Their talks related to the experience of stigma and discrimination relating to poor mental health and mental illness among both young people and adults. The seminar attracted over 70 participants from Government.



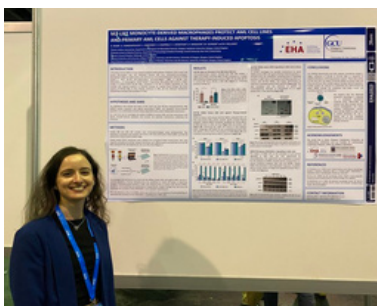
Researchers from SHIP and BIO were at the British Pharmacological Society Science Safari in Glasgow in July. They delivered hand hygiene and 'make your own bug' activities.



The Health CASCADE team shared their research in various posters, presentations and symposiums at the ISBNPA Conference in Sweden in June.



Katie Elliott presented her research on implementing the GAP framework in rehabilitation at the Implementation Research Scientific Conference in Spain in June.



Katie Miari (left) presented her PhD research at the European Hematology Association Congress in Germany in June.

Professor Lisa Kidd (right) delivered a keynote talk at the Stroke Society of Australia Conference in Melbourne in August.





Selected Publications

Read a selection of the latest publications co-authored by GCU staff. To view a publication, please click on the title.

- A process for Decision-making after Pilot and feasibility Trials (ADePT): development following a feasibility study of a complex intervention for pelvic organ prolapse
- Alcohol minimum unit pricing and people experiencing homelessness: A qualitative study of stakeholders' perspectives and experiences
- Can Arthroplasty Stem Influence Outcome (CASINO): A Randomized Controlled Trial of Stem Length in Cemented Total Hip Arthroplasty
- Computerized Cognitive Behavioral Therapy for Anxiety and Depression in Farming Communities: Mixed Methods Feasibility Study of Participant Use and Acceptability
- Dance for Multiple Sclerosis: A Systematic Review
- Delivering equitable pain care: Lessons from the Scottish Service Model for Chronic Pain
- Does stretching of anterior structures alone, or in combination with strengthening of posterior structures, decrease hyperkyphosis and improve posture in adults? A Systematic Review and Meta-analysis
- Early muscle recovery following robotic-assisted unicompartmental knee arthroplasty
- Establishing a Health CASCADE Curated Open-Access Database to Consolidate Knowledge About Co-Creation: Novel Artificial Intelligence-Assisted Methodology Based on Systematic Reviews
- Exploring the experience of a cognitive rehabilitation intervention for cancer-related cognitive change in people living with cancer: An interpretative phenomenological analysis
- Exploring the influence of local alcohol availability on drinking norms and practices: A qualitative scoping review
- Graft dysfunction in compassionate use of genetically engineered pig-to-human cardiac xenotransplantation: a case report
- Impact of practice on quality of life of those living with an indwelling urinary catheter - an international evaluation
- Intersectionality as a theoretical framework for researching health inequalities in chronic pain
- Lay Text Summarisation Using Natural Language Processing: A Narrative Literature Review
- National increase in the community supply of take-home naloxone associated with a mass media campaign in Scotland: a segmented time series analysis
- Pannexin and connexin signaling in cell death and tissue health and disease
- Quality of life of patients living with a urinary catheter and its associated factors: A cross-sectional survey in Egypt



- Revisiting the personal protective equipment components of transmission-based precautions for the prevention of COVID-19 and other respiratory virus infections in healthcare
- Risk factors for developing symptomatic COVID-19 in older residents of nursing homes: A hypothesis-generating observational study
- Social and emotional loneliness among older people living in nursing homes in Spain: a cross-sectional study
- The impact of alcohol minimum unit pricing on people with experience of homelessness: Qualitative study
- The use of technology to support lifestyle interventions in knee osteoarthritis: A scoping review
- We need to talk about research ethics committees (RECs)
- What are the effects of exercise on trabecular microarchitecture in older adults? A systematic review and meta-analysis of HR-PQCT studies
- Women's perceptions and experiences of physical activity and exercise interventions to improve bone health: a systematic review
- Women's Experiences of Urinary Tract Infections and Impact on Quality of Life: An Exploratory Qualitative Study

Healing hearts and minds: A holistic approach to coping well with congenital heart disease

Dr Liza Morton's co-authored book "Healing hearts and minds" has been attracting a lot of media interest and you can see examples on [Liza's website](#). The book has been having an international impact, and inspired an 8-week self-help group that has been developed at the Adult Congenital Heart Disease Center, Mount Sinai Hospital, New York. Liza has also been talking across the UK with the aim of rolling the self-help programme out more widely. Liza's work on psychologically informed medicine also led to her being invited to write articles for the Trauma Research Consortium on Medical Trauma ([republished here](#)) and the International Journal of Cardiology, Congenital Heart Disease ([see here](#)).

Muscle-healing gel could be a 'new frontier' for treating pelvic floor damage, very early study suggests

An early study in rats and human tissue found that a new injectable gel could help mend people's pelvic floors if they've suffered damage during childbirth. [Read more](#) from Professor Suzanne Hagen in Live Science.

Exercising during a hospital stay linked with faster recovery - new research

Read about the latest research showing that just 25 min of light walking per day while in hospital can speed up recovery and prevent adverse events. [Read more](#) from Professor Sebastien Chastin in The Conversation UK.

NMAHP-RU Newsletter

Find out the latest news from the Nursing, Midwifery and Allied Health Professions Research Unit (NMAHP-RU) in the July issue of their newsletter. [Read here](#)



The Ferret podcast series

A new three-part podcast series by The Ferret – a local award-winning investigative journalism platform for Scotland and beyond – has recently been launched and features School of Health Life Sciences Professor Andrew McAuley. It showcases work that The Ferret has been doing with Greater Govanhill magazine over the last year as part of the 'Mind the health gap' project, investigating not only the problems of health inequalities but responses to it that might work.

The three episodes are based on the three main drivers of health inequalities in Scotland as defined by the Health Foundation's report from earlier this year, 'Leave no-one behind'. Prof McAuley features in episode two: Finding connection – which is about drug deaths. It features some powerful voices of experience from the Simon Community's We See You project, an interview from Vancouver's Overdose Prevention Society (OPS) and a package about how indigenous people are disproportionately impacted by the drug death crisis there. It also features a conversation between Claire Longmuir of the Simon Community and Andrew. [Listen to all three episodes](#)

Common Good Podcast

Dr Karen Lorimer joins the latest episode of the GCU Common Good Podcast to discuss her new research into working-class women's experiences of sexual violence. Dr Lorimer, a Reader in Social Science and Health, talks about why this study fills a specific gap in research into this area, what we mean by the term 'working class' and how her research can be put into a practical context. [Listen and subscribe to the podcast](#)



Occupational Therapy Blog

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

- Reflection on activities relating to equity, diversity and belonging by Lisa Forrest and Sandra Robertson
- Making sense of the evidence you find (qualitative research) by Dr Katie Thomson, Dr Lesley Scobbie and Janice McClymont

SHIP Blog

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

- A nurse with a vision, a mission and a passion by Anna Munro, Nurse Manager Infection Prevention and Control, ARHAI Scotland
- Skills and knowledge gained through the SIREN study: A visual overview by Desy Nuryunarsih
- PhD student Deepti KC discusses her journey as a Three Minute Thesis participant and unveils how this competition transformed her approach to research communication

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.