



Welcome to the June issue of the Research Centre for Health (ReaCH) newsletter highlighting the latest research from the School of Health and Life Sciences at Glasgow Caledonian University (GCU).

Welcome to this brand-new edition of our ReaCH newsletter, which seems to be getting bigger every time! It chronicles a fitting farewell to colleagues Prof. Kay Currie and Prof. Laurie Elliott, wishing them a joyful retirement after years of dedicated contributions to ReaCH (and its predecessors).

As always, this newsletter provides a rich and varied showcase of achievements by our ReaCH colleagues; from successes in grant applications (e.g. the hot-off-the-press grant by the Medical Research Council to Dr. Timothy Humpton and Dr. Jennifer Crowe to develop their immuno-oncology research, and the double Springboard Award for Dr. Timothy Humpton and Dr. Kean, all in the Molecular Mechanisms of Long-Term Conditions Research Group), getting new trials underway to improve women's health (e.g. Prof. Suzanne Hagen, co-lead of the Ageing Well Research Group; and Professor Carol Bugge and Research Fellow Dr. Melanie Dembinsky in the Department of Nursing) to presenting revelatory study findings on intimate partner violence at the Scottish Parliament (Prof. Jamie Frankis from the Sexual Health and Blood Borne Viruses Research Group) to engaging with local communities about preserving urban blue spaces (Niamh Smith together with Prof. Seb Chastin of the Data Science and Ageing Well Research Groups). The many ways in which colleagues disseminate their work and engage with communities is also inspiring, and it is great to see PhD researchers taking initiative (e.g. Amy McEwan, PhD researcher in the Substance Use, and Sexual Health and Blood Borne Viruses research groups).

Prof. Maggie Lawrence and Prof. Carol Bugge, Dr. Judy Wasige and Public Health Masters student Hannah Lynch led the way in sharing insights in how their research is creating impact with Nursing students. It is especially inspiring to see the great work undertaken by our PhD researchers, for example Julze Alejandre on Blue-Green Prescribing, whilst PhD students Ciara Ryan and Matilde Pieri (of the Stroke and Neurological Rehabilitation Research Group) shared their experiences of undertaking their research during the COVID-19 pandemic in their unique podcast. And, as always, there is a growing list of publications to enlighten our readership.

We would like to congratulate all contributors, their collaborators and the teams supporting them, on their achievements, and thank Janice Burns (our Senior Communications Officer) and Karen McDairmant (our Senior ReaCH Administrator) to enable us to present this showcase of good work to you all. We hope you will enjoy!

Prof Carol Emslie and Prof Frederike van Wijck (ReaCH co-directors)

Find our more on our website www.gcu.ac.uk/reach or follow us on twitter



Glasgow Caledonian cancer research receives £1 million cash injection

Two cancer scientists from Glasgow Caledonian University's Research Centre for Health (ReaCH) have been awarded a £1 million grant by the Medical Research Council (MRC) to develop their immuno-oncology research.



and Dr Crowe is Co-Investigator in the new MRC-funded study entitled Investigating hepatic p53-mediated neutrophil suppression in non-alcoholic steatohepatitis.

Both are delighted at the announcement. Dr Humpton said: "Funding of this magnitude will be transformational for our research ambitions at GCU. I'm over the moon!" Dr Crowe added: "This level of support for early career researchers like us is incredible and will be a massive kickstart towards our research goals."

Their research centres around immuno-oncology - the study and development of treatments that take advantage of the body's immune system to fight cancer. The research project is multidisciplinary and includes a strong network of collaborators from Glasgow - including at the CRUK Beatson Institute and the University of Glasgow - and across the UK, with support from the Francis Crick Institute in London. The consortia includes experts in cancer biology, immunologists and clinicians. They will focus on the relationship between liver cells and a type of immune cell called Neutrophils, in the context of high fat and sugar, the so-called 'Western diet- induced liver disease'

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New trial hopes to improve the lives of patients using catheters

Researchers at Glasgow Caledonian University and the University of Southampton are hoping to improve the lives of patients who use urinary catheters by reducing infections and long-term discomfort. A new clinical trial will test whether a new design of catheter can overcome some of the issues experienced by long-term users which can have a hugely detrimental effect on their lives. Glasgow Caledonian University Professor Suzanne Hagen, who is the Scottish Lead and Co-Investigator on the Catheter Designs, Evaluation and Trial (CaDeT), and Dr Cathy Murphy, the CaDeT Chief Investigator at the University of Southampton, have just started recruiting patients. In the UK, around 90,000 people use urinary catheters. These are flexible tubes which are inserted into the bladder to drain urine. New innovations in catheter design could help to reduce the risk of complications and improve patients' quality of life, but so far there has been very little research into how effective and safe these new designs are. Now, the CaDeT clinical trial is testing whether a new design of catheter called the Optitip could provide a safe and more cost-effective alternative. The Optitip has specific features aimed at reducing infections and other complications.



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The invisible story of intimate partner violence against gay and bisexual men in Scotland

One in four gay and bisexual men (GBM) in Scotland have experienced intimate partner violence (IPV) in the past year, yet face multiple barriers to accessing support, according to an evidence briefing led by Glasgow Caledonian University researchers. The "We are INVISIBLE!" Same-Sex Male Relationship Intimate Partner Violence research brief, which was presented to the Scottish Parliament in April, brings together recent findings from two studies carried out at the University by Professor in Health Psychology Jamie Frankis and Dr Steven Maxwell. GBM were able to share their personal and sometimes harrowing stories with the researchers during an in-depth study looking at the sexual, mental, and wider health of this group, led by Professor Frankis, and qualitative research of Scottish GBM IPV victims' experiences, led by Dr Maxwell, who is now Researcher in Health and Social Sector Leadership at the University of Glasgow. The evidence brief for the Scottish Government makes recommendations to improve support and understanding of IPV experienced by GBM, through improving policies and service provision.

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Drunk witness research reveals potential benefits of delayed police follow-up interviews

Research into the memory recall of heavy drinkers who witness harrowing incidents has revealed insights for police investigative approaches to complex and emotionally charged cases. The study from Glasgow Caledonian University, University of Glasgow and Abertay University found that carrying out a second, delayed police interview with people who had witnessed an incident may yield more information than relying solely on details given directly by a drunk witness or victim at a scene. Published in academic journal *Frontiers in Psychology*, the project was funded by GCU and involved 60 participants who were all assessed as heavy drinkers. The findings have implications for the criminal justice system, showing that witnesses and victims who drink after seeing an incident may benefit from a second interview with officers, which could add further details to the police investigation. Glasgow Caledonian PhD researcher Benjamin Butterworth and Dr Karen Lorimer, in the Research Centre for Health (ReaCH), worked on the project with Dr Julie Gawrylowicz, of Abertay University's Division of Psychology and Forensic Sciences, and Dr Christopher Hand, from the University of Glasgow.



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Double Springboard Award success for bioscientists

Two bioscientists from the School of Health and Life Sciences (SHLS) have won £200,000 funding in the Academy of Medical Sciences (AMS) Springboard Awards.



Cancer researcher Dr Timothy Humpton has received £100,000 over two years to investigate the protective function of tumour suppressor gene p53 in advanced liver disease associated with metabolic syndrome. Metabolic syndrome is caused by obesity, insulin resistance, high blood pressure and elevated cholesterol. Those with type 2 diabetes are more at risk of going on to develop non-alcoholic steatohepatitis liver disease that can lead to liver cancer.

Clinical Microbiologist Dr Ryan Kean was also awarded £100,000 over two years to explore drug repurposing to combat chronic vaginal infections. Dr Kean's research focuses on finding new treatments for bacterial vaginosis (BV) infections which affect 30% of women of childbearing age in the Western world. BV patients have a three to five times increased risk of miscarriage, two-fold risk of pre-term birth and increased STI transmission risk.

Dr Humpton and Dr Kean are lecturers in the Department of Biological and Biomedical Sciences and key researchers in the Research Centre for Health (ReaCH) Molecular Mechanisms of Long-Term Conditions Research Group. They were among 90 emerging research leaders to be awarded funding to advance medical science. Last year, the Department's blood cancer scientist Dr Mark Williams became the first Glasgow Caledonian University researcher to win a Springboard Award.

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GCU health researchers behind new stroke guidelines

Researchers at Glasgow Caledonian University have made a huge contribution to the new National Clinical Guideline for Stroke for the UK and Ireland, published in April. This guideline provides authoritative, evidence-based practice guidance to improve the quality of care delivered to every adult who has a stroke in the UK and Ireland, regardless of age, gender, type of stroke or location. It is intended as a guideline for nurses, doctors, therapists and care staff who provide care to stroke patients and for those patients receiving care, their families and carers, and anyone else seeking to improve stroke care. The guideline is an initiative of the Intercollegiate Stroke Working Party.



Researchers from the Research Centre for Health (ReaCH) Stroke and Neurological Rehabilitation Research Group (SYNERGY) made important contributions to the development of the guideline. They include Dr Lesley Scobbie, Professor Lisa Kidd, Professor Maggie Lawrence, Gillian Capriotti, Dr Gillian Sweeney and Professor Frederike van Wijck. Research papers published by a number of colleagues within SYNERGY, including Professor Marian Brady, Dr Pauline Campbell, Davide Corbetta, Dr Christine Hazelton, Megan Lloyd, Professor Dawn Skelton, Professor Todhunter-Brown and Professor van Wijck, were cited as evidence underpinning the guideline. Professor van Wijck led the working party's Long-Term Management Topic Group, which covered vocational rehabilitation, post-stroke fatigue management and further rehabilitation. She also contributed to the guideline as a member of the Arm Rehabilitation and Motor Impairment Topic Groups.

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New study explores surgical treatment options for women with prolapse

Glasgow Caledonian Professor of Nursing Carol Bugge and Research Fellow Dr Melanie Dembinsky, from the Research Centre for Health (ReaCH), are involved in a new study exploring surgical treatment options for women with pelvic organ prolapse. Half of all women will experience pelvic organ prolapse in their lifetime. The new study is being led by Dr Laura Jones, from

the Institute of Applied Health at the University of Birmingham, in collaboration with Glasgow Caledonian University, University of Exeter, University of West of Scotland, Birmingham Women's and Children NHS Trust, University Hospitals Plymouth NHS Trust and Royal College of Obstetricians and Gynaecologists.

The multi-method feasibility study, funded by the National Institute of Health and Social Care Research Health Technology Assessment, will involve discussions with women and the clinicians who care for them to understand treatment decisions and preferences around surgical options for pelvic organ prolapse. Researchers are also working closely with patient partners and a patient advisory group to explore whether it is possible to conduct a study comparing the two surgical treatment options, via a clinical trial, in the future. Women and clinicians will be identified from across the UK through NHS clinics, local community groups, national women's voice groups and charities, to ensure that the researchers hear from those with different views and experiences.

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Blue space experts give local communities a voice and call for action

Researchers at Glasgow Caledonian University are calling for action to preserve and revitalise urban blue spaces after talking to hundreds of local people who use the Clyde and Forth Canal towpaths. Lead researcher Niamh Smith has been investigating the health benefits of blue spaces for the past six years and this is the first survey that gives the local community a voice. She shared the views of more than 200 local people and findings from previous research with key stakeholders, and produced a Leveraging Blue Space for Health blueprint for action and policy with 12 recommendations. One of the locals from Maryhill, who uses the towpaths regularly, is Hayden Atkin, Member of the Scottish Youth Parliament (MSYP) for Glasgow Maryhill and Springburn, and Chairperson of the Canal Youth Forum. He is delighted his local community is being given a voice. Niamh has been researching the benefits of blue spaces with colleagues from the School of Health and Life Sciences' Research Centre for Health (ReaCH) Professor Sebastien Chastin and Michail Georgiou, and Dr Zoë Tiegies, from the SMART Technology Research Centre. They have been working with Scottish Canals on the studies, funded by The Data Lab, Scotland's innovation centre for data and artificial intelligence.



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Research shows infection-prevention evidence is lacking in low-income countries

Glasgow Caledonian University health research, funded and commissioned by the World Health Organisation (WHO), shows that evidence of infection prevention in low-income countries is lacking. The study Effectiveness of national and subnational interventions for prevention and control of health-care-associated infections in acute hospitals in high-income and upper-middle-income countries: a systematic review update has been published

in a prestigious journal - The Lancet Infectious Diseases. Authors were researchers from the Research Centre for Health (ReaCH) Safeguarding Health through Infection Prevention (SHIP) Research Group - Professors Lesley Price and Jacqui Reilly, Dr Lucyna Gozdzielewska, Katie Hendry and Agi McFarland. In 2016, the SHIP team conducted a systematic review on the effectiveness of national infection prevention and control interventions, which was also commissioned and funded by WHO. This research and the findings were used by WHO to inform the development of the guidelines of infection prevention and control programmes' core components. The aim of the guidelines was to support countries to develop and implement effective strategies for preventing healthcare-associated infections and improve patient safety.

[Read more](#)

GCU research aims to reduce pharmaceutical pollution in Scotland through 'blue-green prescriptions'



A PhD researcher at Glasgow Caledonian University is developing Scotland's first blue-green prescribing programme - a sustainable approach to reducing pharmaceutical pollution by using nature-based health interventions and environmentally-informed prescribing of medicines. To coincide with World Health Day in April, Julze Alejandre launched a Blue-Green Prescribing Survey asking healthcare professionals, such as GPs, nurses and pharmacists, what would help and support them to practice blue-green prescribing. Julze has been researching the relationship between nature and human health for the past six years and has lived experiences of the benefits that blue space activities have had on his own mental health. He is working with scientists in the School of Computing, Engineering and Built Environment (SCEBE) Water Research Group and the School of Health and Life Sciences' Research Centre for Health (ReaCH) to develop the new blue-green prescribing model. The research is funded by the Scottish Government and supported by the James Hutton Institute, NHS Highland, One Health Breakthrough Partnership, Queensland University of Technology, Scottish Environment Protection Agency, Nature Scot, and Scotland's Centre of Expertise for Water.

[Read more](#)



ReaCH scientists share their research with nursing students

Leading health scientists at Glasgow Caledonian University have shared their life-changing research with 800 first-year nursing students. As part of their Health, Wellbeing and Inequalities module, nursing students were given an insight into how evidence-based research is improving healthcare practice from experts

in the Research Centre for Health (ReaCH). Key researchers involved were Professors of Nursing Maggie Lawrence and Carol Bugge, Lecturer in Public Health Dr Judy Wasige and former GCU graduate in Human Nutrition and Dietetics and Public Health Masters student Hannah Lynch. Professor Lawrence is an expert in life after stroke research with a focus on self-management of mood disorder, Professor Bugge is an expert in women's health, Dr Wasige is a community engaged researcher who undertook her research as part of her PhD at GCU, and Hannah Lynch is a Learning Disabilities Dietitian with NHS Greater Glasgow and Clyde. Each researcher recorded a short video interview with one of the nursing lecturers, outlining their research and how it is involved in improving peoples' lives. The videos were shown to the nursing students as part of their Health, Wellbeing and Inequalities module, developed in accordance with the Nursing and Midwifery Council's Future Nurse programme.

GCU shortlisted for three Herald Higher Education Awards



Glasgow Caledonian University has been shortlisted in three categories in The Herald Higher Education Awards 2023. The prestigious Awards, which are now in their eighth year, celebrate the extraordinary work being carried out in universities and colleges across Scotland. Run by The Herald newspaper, the Awards highlight innovation in teaching and explore how higher education institutions market themselves, support students, and engage with employers, as well as recognise outstanding students.

The Research Centre for Health (ReaCH)'s Blood Borne Virus Prevention team has been shortlisted for Research Project of the Year - sponsored by the Scottish Funding Council. The Blood Borne Virus Prevention team is at the forefront of international work to reduce the impact of HIV and other blood borne viruses. Its ground-breaking research into patterns of infection and how to prevent them is key to achieving the Scottish Government's ambitious target end transmission of HIV in Scotland by 2030.

The Herald Higher Education Awards 2023 will be held on June 1 at the Radisson Blu hotel in Glasgow.

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Prestigious UN/WHO appointment for Emeritus Professor Kofi Aidoo

Emeritus Professor Kofi Aidoo has been appointed to the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) Joint Expert Committee on Food Additives and Contaminants (JECFA). The Professor of Food Safety and Microbiology at the Department of Biological and Biomedical Sciences, School of Health and Life Sciences (SHLS) at Glasgow

Caledonian University, will remain on the expert committee of the United Nations in Rome until 2027. The Committee evaluates food additives, contaminants and naturally occurring toxins in food, and residues of veterinary drugs. The Committee is made up of international experts from 29 countries, all members of the UN. At Glasgow Caledonian, Professor Aidoo's research interests include food safety - chemical, microbiological and physical contaminants - and the nutritional composition of foods.

PhD viva success

Congratulations to Peter Glover who successfully defended his Prof Doc viva in March. Pete works as a Principal Educator in NHS Education for Scotland (NES). His thesis is entitled 'Selection and initial content validation of a self-administered collaborative practice measurement instrument for Scottish community-based integrated health and social care teams'.

Congratulations to Elaine Cutajar who successfully defended her PhD viva in March. Elaine's thesis is entitled 'Education and enablement towards the recommended self-management of uncomplicated UTI symptoms: Making Evidence-Based Recommendations for women in the Maltese Context'.

Congratulations to Susan Bennett-Slater who passed her PhD by prior publication after an excellent defence of her thesis entitled 'The streamlining of the West of Scotland Specialist Virology Centre in-house molecular diagnostic service based on syndromic multiplexing'.

Fitting retirement farewell for two top SHLS Professors

Professors Kay Currie and Lawrie Elliott received a fitting retirement farewell for their many years of dedication to the School of Health and Life Sciences (SHLS) and the Research Centre for Health (ReaCH). Colleagues from across the Schools flocked to the retirement celebrations at the end of March, organised by the Department of Nursing and Community Health, to pay tribute to the University stars. Both Professors Currie and Elliott were delighted with the turnout. Professor of Nursing Kay Currie, who had recently stepped down as Associate Dean Research, came to Glasgow Caledonian in 1995, working her way up the ranks and leading the School's outstanding submission to the REF 2021. Professor of Nursing and Community Health Lawrie Elliott joined the University in 2016 and has produced some of the best and most impactful public health research in Scotland. During the event, Professor Currie reflected on her career and expressed her gratitude to everyone for their support over the years while Professor Elliott gave his top tips for success.



GCU SHLS Honorary Fellow receives Merit Award

GCU School of Health and Life Sciences (SHLS) Honorary Fellow and occupational therapist at NHS Lanarkshire Janice McClymont has been given a Merit Award for her outstanding work in occupational therapy. Janice is Head of Profession, Occupational Therapy Services, with our partner health board

NHS Lanarkshire. She was awarded for her "considerable innovation, impressive volume of achievements, work on post-COVID and the development of an occupational therapy model which has a national reach and influence". The Royal Society of Occupational Therapists Fellowship and Merit Awards recognises individuals nominated by their peers for their excellence and the individual's special contribution to their profession. Janice was nominated by SHLS Professor of Occupational Therapy Katrina Bannigan. Her colleagues at NHS Lanarkshire said: "This is so well deserved - we are privileged to be led by you!"

Chronic pain poster wins top prize leads to international recognition

PhD student Cassandra MacGregor and her team have won a top prize for their innovative poster on the acceptance of chronic pain. Cassandra is one of the first joint PhD Studentships to arise from Glasgow Caledonian's partnership NHS Lanarkshire. She is working as a physiotherapist with the health board. Her poster entitled An Ecosystem of Accepting Life with Chronic Pain: A Meta-ethnography has received high praise from the North British Pain Association (NBPA) panel of interdisciplinary health care professionals.



Cassandra is undertaking a PhD studentship jointly funded by NHS Lanarkshire and Glasgow Caledonian University. Her PhD research, under the supervision of Glasgow Caledonian's Dr Chris Seenan, Physiotherapy and Paramedicine Department and Professor Emmanuelle Tulle, and Dr David Blane from the University of Glasgow, takes a critical perspective on acceptance of chronic pain, and also covers health inequalities and intersectionality. She was delighted to win the prize and thrilled that it has led to international recognition. She hopes her research can bring about change.

Professor receives international recognition

Congratulations to Professor Linda Scobie, Head of Department, Biological and Biomedical Sciences who is the recipient of the 2023 Agnès Adimzadeh Award. The Award recognizes the accomplishments and significant contribution to the field of xenotransplantation by a woman.



Three Minute Thesis (3MT)

Congratulations to all the finalists of the 3MT competition organised by the Graduate School as part of the University's Research Celebration event. 3MT finalists had one slide and three minutes to present their research. Williams Joshua won with his study on 'Water Justice: Addressing the Water-related Crisis in Northern Nigerian Rural Communities'. The People's Choice winner was Lucy Mackay, who presented her thesis on 'Potential Legal Responses to

Gender-Based Public Harassment'. Congratulations to all the SHLS finalists including Katie Elliott, Deepti KC, Chukwudi Ogbueche, Oladele Olajide Onada and Fiona Roche.

Podcast explores COVID-19 impact on PhD nursing students action

GGU School of Health and Life Sciences (SHLS) nursing staff and PhD students have released a podcast which explores research challenges during the COVID-19 pandemic. The Nursing during difficult times podcast was produced by Dr Gordon Hill, SHLS Assistant Head for International, and Dr Mark White, Vice President of Research Innovation and Graduate Studies at South East Technological University in Ireland, in conjunction with the Journal of Research in Nursing. Dr Hill and Dr White are on the editorial board for Journal. SHLS Research Centre for Health (ReaCH) PhD students Ciara Ryan and Matilde Pieri, Stroke and Neurological Rehabilitation research group, shared their experiences and challenges during the pandemic, along with PhD students Patricia Hunt and Teresa Dowling, from South East Technological University. As well as discussing the challenges of researching during COVID-19, the PhD students also examined resilience in research and tips for current researchers.



[Read more](#)

Common Good Podcast

To celebrate International Women's Day, the Common Good Podcast brought us two special interviews with female members of the GCU community. The first is with Tabitha Nyariki, the Race Equality Charter Project Officer with the University. Tabitha looks back at her journey from the African Leadership College in Mauritius to studying and then working for GCU. She discusses her experiences at GCU, how she made Glasgow her home, and what International Women's Day means to her. The second interview is with Dr Yvonne Dempsie, a lecturer in pharmacology. Dr Dempsie talks about her career in academia, her experiences on the Aurora Programme and what GCU is doing to promote gender equality. The GCU Common Good Podcast talks to academics and staff from across the University about how their work benefits people and communities in Scotland, the UK and around the world. All views expressed within the Common Good Podcast are that of the participants and do not necessarily represent the views of GCU.



[Listen here](#)



Read the latest blogs from the Safeguarding Health through Infection Prevention (SHIP) research group including:

- World Hand Hygiene Day: Not just rinse and repeat!
- Reviewing the evidence: national infection prevention and control interventions
- Early Warning Surveillance for SARS-CoV-2 Omicron Variants
- SIREN Winter Pressure Sub-Study

[SHIP Blog](#)

PhD blog: Some days I'm Ross Geller, other days I'm Joey Tribbiani!

Amy McEwan, a PhD student in the Substance Use and Sexual Health and Blood Borne Viruses research groups at GCU, has written a blog for The PhD Place on 'The One Where You Survive A PhD In A Global Pandemic...'

[Read more](#)

Occupational Therapy blog

Catch-up on the latest including:

- AHPs in Scotland: Be Appreciated, Be Connected, Be Inspired by Anita Volkert
- 'Research Hacks' from Dr Katie Thomson, Dr Lesley Scobbie and Janice McClymont
- Occupational therapist develops new insights into case study research by Prof Katrina Bannigan

[OT Blog](#)

The right balance

Professor Dawn Skelton's approach to fall prevention is highlighted in the RoPSA Journal feature 'The Right Balance'.

[Read more](#)

Dawn also features in an article on 'Getting fit in your 40s to 60s could almost double your chances of a healthy retirement' in the Telegraph:

[Read more](#)



Recent events

SHIP research team at forefront of World Hand Hygiene Day campaign

The Safeguarding Health through Infection Prevention (SHIP) Research Group is behind a new report published by the World Health Organisation (WHO) to mark World Hand Hygiene Day on the 5th May.

Professor Jacqui Reilly, Research Group co-lead in the Research Centre for Health (ReaCH), represented the SHIP team on a WHO expert group tasked with producing the report on hand hygiene research priorities. Professor Reilly has been contributing to this work since 2021, as a member of the WHO Technical Advisory Group (TAG), which was set up to develop the research agenda on hand hygiene. TAG includes 27 international experts from various relevant disciplines, selected for their technical expertise, geographical representation, and gender balance.

This year's theme for the WHO World Hand Hygiene Day campaign was Accelerate action together. Accelerate action together is all about galvanizing action on preventing infections and antimicrobial resistance in health care. WHO states that strong and engaged communities of health workers, policymakers and civil society organisations (CSOs) can accelerate and sustain action at the point of care to keep people safe and healthy.

The SHIP team celebrated the day as part of their international leadership of hand hygiene research. Their research is used for the national and international guidance on hand hygiene. They also marked the day with a SHIP blog from one of their collaborators, Nurse Consultant Sophie French, in Antimicrobial Resistance and Healthcare Associated Infection at NHS National Services Scotland - read her blog World Hand Hygiene Day: Not just rinse and repeat!

[Read more](#)



Conference presentation

Anika Hoque's poster entitled "The Association between Musculoskeletal Ultrasound and the Rheumatoid Arthritis Foot Disease Activity Index in the Management of Rheumatoid Arthritis" was selected to be showcased in the poster exhibition at the annual conference of the British Society for Rheumatology (BSR) in April. As a leading event in the field of rheumatology, the BSR conference brings together professionals from across the United Kingdom, including allied health professionals. The poster was chosen as one of five that were specially highlighted. In addition, Anika was also awarded a £500 bursary from the Scottish Society for Rheumatology to support her attendance at the BSR conference.

Best presentation award

Congratulations to Substance Use research group PhD student Beth Meadows for winning the best carousel presentation for her work on substance free spaces in LGBTQIA+ communities at the Society for the Study of Addiction early career network conference in April. She also features in a short film highlighting early career stars at the event



GCU Bio Skin Research Team present at the British Society of Investigative Dermatology

The annual BSID meeting was held at Strathclyde University in March focusing on clinical and research advances in skin disease and therapies and was attended by over 90 delegates. Harry Scott, British Skin Foundation PhD student, presented his studies on the role of Connexin43 in wound healing events. Patricia Martin co-chaired the session on Cell Biology of the skin while Catherine Wright and Patricia Martin presented posters on studies on wound closure and fibrosis events. Highlights of the meeting included an overview of the Skin Microbiome in ageing and the BSID skin club focus on diverse skin cancers and therapeutic avenues. Congratulations are due to Dr Catherine Wright who was nominated to join the BSID committee and to Scott Reid, third year Pharmacology student, who has been awarded a BSID 2023 summer studentship and will join our research labs over the summer to work with Catherine Wright.

Presentations included:

- **The human discs large protein (Dlg1) controls connexin 43 (Cx43) plasma membrane localization and gap junctional communication in keratinocytes** - Harry Scott, Li Dong, Sharmila Srinivasan, Andrew Stevenson, Alasdair MacDonald, Paola Massimi, Lawrence Banks, Patricia Martin, Scott Johnstone and Sheila Graham
- **Fibrosis in delayed wound healing in diabetes: the role of insulin-like growth factor binding proteins** - Sharlene Were, Taryn Wilson, Patricia Martin and Catherine Wright
- **miR-6727-5p contributes to the impact of high-density lipoprotein on fibroblast wound healing in vitro** - Khaled Bastaki, Jamie Tarlton, Richard Lightbody, Patricia Martin and Annette Graham

Effects of 'COVID lockdown de-conditioning' webinar becomes blockbuster

Glasgow Caledonian Professor of Ageing Dawn Skelton led a sell-out Deconditioning: Where Are We Now? webinar on the three-year anniversary of the first COVID-19 pandemic lockdown in the UK. Within less than 24 hours of tickets becoming available, the webinar which originally had a limit of 150 people, was completely sold out. It then had to be opened up to more than 500 attendees because of the high demand. Professor Skelton said lockdown deconditioning – a syndrome of physical, psychological and functional decline that occurs as a result of prolonged inactivity and associated loss of muscle strength – has triggered a rehabilitation pandemic.

The School of Health and Life Sciences Research Centre for Health (ReaCH) team hosted the webinar on behalf of the 4 Nations Falls Collaborative group, which brings together stakeholders involved in the prevention of falls, including those from the NHS, public health, allied health professions (AHPs) and the third sector. Professor Skelton, Ageing Well Research Group Co-Lead in the School of Health and Life Sciences ReaCH, who chaired the webinar on behalf of the 4 Nations Collaborative, was blown away by the turnout.

During the webinar, Professor Skelton gave an overview of evidence of the effects of deconditioning over the three years since the first lockdown. She also spoke about innovative projects aimed at preventing deconditioning in hospital and in those diagnosed with dementia, a community-based exercise project and the use of the electronic frailty index to support frailer older people preparing for elective surgery. Speakers included Julia Clayton, AHP Dementia Specialist Physiotherapist, Betsi Cadwaladr, University Health Board, Wales; Hannah Niland, Senior Physiotherapist, Fordingbridge Hospital, England; Éamonn Doherty, Physiotherapist and Community Falls Coordinator, Belfast Health and Social Care Trust, Northern Ireland; Lianne McNally, AHP Senior Manager, East Ayrshire Health and Social Care Partnership, Scotland.

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Forthcoming events

International Play Association Conference

Professor John McKendrick has brought the 22nd International Play Association Triennial World Conference to Glasgow Caledonian University, and the conference will take place from the 6th to the 9th June 2023. The theme of the conference is "Play: Rights and Possibilities". The conference includes a panel discussion led by an address from the Minister for Children, Young People, and Keeping the Promise, Natalie Don. There will also be presentations from Dr Kareena McAloney-Kocaman, Deputy Lead of the Child and Adolescent Health Research Group (CAHRG), Emily Whyte (CAHRG member and PhD student), and Bernadette Bradley (CAHRG member).



[Read more](#)

Glasgow Science Festival

Researchers from Glasgow Caledonian University are playing a big part in this year's Glasgow Science Festival – 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), will be running bioscience workshops. School of Computing, Engineering and Built Environment (SCEBE) Research Fellow in the Department of Civil Engineering and Environmental Management Dr Ania Escudero and Dr George Loumakis, Programme leader MSc Environmental Management, will have stands showcasing their work.

This year's theme for the Glasgow Science Festival 2023 is Glasgow's Looking Forward, which will take place from June 1-11. More than 100 events will take place in venues across the city, including the Botanic Gardens, Kelvin Hall, the Mitchell Library, and the Kelvingrove, Riverside and Hunterian Museums.

The principal aim of the Festival is to showcase the outstanding contribution Glasgow and Glasgow-based researchers make to the worlds of science, technology, engineering, art, maths and social science (STEAM).



[Read more](#)



Latest publications

The latest publications from GCU staff are listed below and to view the article, please click on the title.

Congratulations to Margaret Graham on her article in *Trials* detailing her personal experience of patient and public involvement as part of the TOPSY study. Margaret said "I feel pleased and rather amazed it's been published!".

'Commentary on my personal experience of patient and public involvement in the TOPSY trial' in *Trials*. Co-authored by Margaret Graham and Dr Kirsteen Goodman.

'A systematic review of the barriers associated with help-seeking among students at risk of suicide' in *PsyArXiv*. Co-authored by Giovanna Cameron, Prof Simon Hunter and Rachel McCartney.

'Adult attachment style and relationship satisfaction during the postnatal period: A systematic review' in *PsyArXiv*. Co-authored by Fern Copland, Prof Simon Hunter and Matthew Siami.

'Assessing the construct validity of musculoskeletal ultrasound and the rheumatoid arthritis foot disease activity index (RADAI-F5) for managing rheumatoid foot disease' in *Rheumatology Advances in Practice*. Co-authored by Anika Hoque, Prof Martijn Steultjens, Dr Diane Dickson and Dr Gordon Hendry.

'Contextual factors and programme theories associated with implementing blue prescription programmes: A systematic realist review' in *Health & Social Care in the Community*. Co-authored by Julius Cesar Alejandre, Prof Sebastien Chastin, Michail Georgiou, Dr Zoe Tiegies, Niamh Smith, Prof Lesley Price and Dr Karin Helwig.

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