



Welcome to the March 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).

We are delighted to welcome you to this newsletter as the new co-Directors of Glasgow Caledonian's Research Centre for Health (ReaCH). Between us, we span ReaCH's public health and long term conditions themes, and bring complementary expertise, experiences and networks to this role. We believe that co-leadership supports inclusive cultures, builds capacity and increases diversity.

The aim of ReaCH is to showcase our world-leading health research and build lasting, meaningful connections with communities, practitioners, policy makers, NHS, third sector and other stakeholders. Our goal is always to translate our research into action, in line with Glasgow Caledonian's role as a leading civic university delivering our Common Good mission. We also aim to enrich research culture and support all our researchers to make a real difference in the quality of people's lives in Glasgow, Scotland and around the world.



This month, we celebrate the recognition of our world class public health researchers. Many congratulations to Sharon Hutchinson (CBE) and Lesley Price (MBE), honoured for their public health research in blood borne viruses and infection prevention in the King's New Year's honours list. Jacqui Reilly also received a CBE at Holyrood Palace in January for services to healthcare and public health this year. We are very proud of you all!

As always, the range of ReaCH research is remarkable, ranging from our food scientists John Butcher and Ryan Kean shortlisted for the Innovation of the year in the Scottish Knowledge Exchange awards, to Katrina Bannigan receiving the highest award from the Royal College of Occupational Therapists. It's also great to see the achievements of our next generation of long term conditions researchers, including Allison Scott leading a project on foot care for people with dementia, poster prizes for blood cancer researcher Stefan Corradini and pain researcher Cass Macgregor, and Amy Webster discussing how virtual reality games could help people with multiple sclerosis.

Finally, ReaCH researchers are always striving to understand the lived experience of different conditions. Psychology lecturer Liza Morton joins Glasgow Caledonian's Common Good Podcast to talk about her experience of living with congenital heart disease as well as how to support people with this condition and their families. She will represent the views of patients on a new group set up by Healthcare Improvement Scotland.

Find out more on our website www.gcu.ac.uk/reach or follow us on twitter [@GCUREach](https://twitter.com/GCUREach)

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



Food scientists shortlisted in Scottish Knowledge Exchange Awards

Food scientists Dr John Butcher and Dr Ryan Kean, Molecular Mechanisms research group, have been shortlisted for Innovation of the Year in the prestigious Scottish Knowledge Exchange Awards 2023 for their collaborative work with a prebiotic

company. GCU and The Prebiotic Company were revealed as finalists for collaborating on a study to prove the health benefits of prebiotic fibre-infused water, and its impact on improving cardiovascular health, mood, sleep and reducing the risk of type 2 diabetes and colorectal cancer. They are among 22 nominees shortlisted in the eighth Scottish Knowledge Exchange Awards. The showcase of impactful collaborations and individuals highlights the remarkable achievements which have the potential to create positive change in Scotland and beyond. They will find out if they have won the Innovation of the Year award at the Scottish Knowledge Exchange Awards, the annual celebration of business-academic partnerships hosted by Interface in Dundee, on Thursday, 23 March. The Prebiotic Company Co-founder and Head of Partnerships and Business Development, Alyssa Reid, said: "We are delighted and honoured to be nominated for this prestigious award with Glasgow Caledonian University. The findings of our study proved the significant impact ió fibrewater could have on millions of people's health and well-being."

[Read more](#)

Save the date - Research Celebration

The University will hold its annual Research Celebration in May this year. The celebration, on **Thursday 18th May**, will be underpinned by the theme of 'collaboration'. The event is designed to inspire pride in our University identity, and to illustrate the impact we are making in our communities through our research, shaped by the Sustainable Development Goals - issued by United Nations in 2015 as a blueprint for peace and prosperity across the planet.





Lecturer to help create new guidelines for congenital heart disease patients

A psychology lecturer who underwent pioneering pacemaker surgery as a baby will play a key role in a new project to raise standards of care for people with congenital heart disease. Last month, NHS Scotland announced that Dr Liza Morton is at the centre of a drive to improve the way people born with heart abnormalities are cared for throughout their lives. She will represent the views of patients on a standards development group set up by Healthcare Improvement Scotland as part of the Congenital Heart Disease (CHD) Standards Project. The 23-strong expert group, co-chaired by a paediatric cardiologist and a consultant cardiologist, will publish a set of standards for levels of person-centred care and treatment that people with CHD can expect from the NHS in Scotland. Dr Morton wants to see everyone receive lifelong care and has called for details to be included in patients' emergency care summary - a record which all healthcare staff can access when a patient needs urgent treatment.

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GCU researchers help people with chronic pain be at work

A team of researchers at GCU are investigating psychological interventions to help people with chronic pain in the UK get back to work and stay at work. They are leading a £268,000 research project, funded by the National Institute of Health and Care Research (NIHR), the research partner of the NHS, public health and social care. About one in three UK adults suffer from chronic pain, which is pain that lasts three months or more. Chronic pain is a leading cause of disability and over one-third of people with chronic pain cannot work or are struggling to hold onto their jobs. Chronic pain sufferers need support to stay in work because being unable to work has knock-on effect on their quality of life and can lead to debt, mental illness, loss of confidence and feelings of isolation. The 18-month project will involve three researchers from GCU's School of Health Sciences' Research Centre for Health (ReaCH), in collaboration with the Universities of Strathclyde, Glasgow, Aberdeen and Monash in Australia, an individual with the lived experience of chronic pain and a clinician working in practice. Expert in chronic pain at GCU and Reader in Health Psychology Dr Jo McParland, Ageing Well research group is Principal Investigator for the project with GCU researchers Professor in Nursing Lisa Kidd and Physiotherapy Research Fellow Dr Ukay Abaraogu as project Co-Investigators. Patient and public involvement will be at the centre of their investigation to identify which interventions have the best effect. They have set up an advisory group and plan to hold a series of stakeholder events to interpret the findings from the review and translate them into practice.



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Research launched into foot care provision for people with dementia

GCU researchers have launched a study into the provision of foot care for people with advanced stage dementia in Scotland. Professional Doctorate research student and podiatrist Allison Scott, Musculoskeletal Health research group, is leading the project and looking for family or friends of care home residents with advanced stage dementia to take part. The study would involve one video interview or focus group meeting with Allison lasting no longer than an hour. She wants to know what podiatry provision is currently in place in the care home, and why and how family and friends make decisions for the person with dementia. Allison is a podiatrist who graduated from GCU in 2009, since then she has completed her MSc in Podiatry and has worked in the NHS and private sector including care homes.

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Call for more firms to join project to get workers moving more

Researchers from the School of Health and Life Sciences are calling for small-to-medium-sized enterprises (SMEs) in the Glasgow area to get behind a new project to combat sedentary behaviour in the workplace. Two SMEs, including Glasgow-based construction company [Multiplex](#), have already signed up but one other business in any sector is needed to complete the free study, which would cost a minimum of £5,000 on the open market. The [Workplace Health Co-Creation Study](#) is being run by GCU researchers Mira Vogelsang and Lauren McCaffrey who hope it will create a blueprint for other companies wishing to protect and improve the health of their employees. Public Health Scotland's [Healthy Working Lives](#), which has information and resources to help businesses support their workers' mental health and wellbeing, has helped promote the project. For Multiplex, the results are proving positive and they have already introduced a range of initiatives to improve the health of their workforce. The idea of the study is to encourage workers to form health groups to create solutions that will work for everyone in their particular workplace. Mira and Lauren are part of GCU's Europe-wide Health CASCADE project, aimed at developing co-creation into a scientific method and training the next generation of public health researchers.



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Getting Medicines from Cannabis: the Journey from CBD to Epidyolex

Professor Gary Stephens, University of Reading, was one of three scientists awarded the British Pharmacological Society Sir James Black Award for contributions to Drug Discovery for his role in the development of Epidyolex. Come and hear the story behind the drug at our seminar on **Tuesday 14th March**, 5.30pm-6.30pm at GCU.

[Register](#)

Health professors recognised with New Years Honours



Two leading health academics from Glasgow Caledonian University have been recognised in the King's first New Year Honours list. Professor Sharon Hutchinson has been made a Commander of the British Empire (CBE), while Professor Lesley Price has been made a Member of the Most Excellent Order of the British Empire (MBE).

Over the past 25 years, Professor Hutchinson has conducted epidemiological research to inform the design and impact of public health interventions. Working

between GCU and Public Health Scotland (PHS), she 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. Professor Hutchinson is leading a new GCU £2.5m 10-year Beyond BBV research programme with Professor Claudia Estcourt to support the Scottish Government's ambitious plans to become the first country in the world to end HIV transmission and eliminate Hepatitis C as a major public health concern. Both Professors and the SHBBV research team won the Emerald Publishing International Real Impact Award in April last year for demonstrating impactful results in BBV prevention among some of the most disadvantaged people in society through true collaborative working.

Professor in Nursing Lesley Price also spoke of her pride at being awarded an MBE for services to public health, particularly during COVID-19. She is leading the Scottish arm of the UK-wide SIREN study analysing COVID-19 immunity among hospital-based healthcare workers. She is also co-lead of GCU's Safeguarding Health through Infection Prevention (SHIP) research group in the Research Centre for Health (ReaCH). After more than 25 years of service at GCU and 46 years in nursing, Professor Price will be retiring in August 2023 after completing the SIREN study.

In addition, honorary graduate Professor Jacqueline Taylor received an MBE for services to medical education and to health. Past President of the Royal College of Physicians and Surgeons of Glasgow, Jackie has also been a consultant at Glasgow Royal Internal Medicine and Geriatric Medicine. GCU graduates Elaine Jean Boyd (OBE) and Francis Roy (CBE) were also recognised. Elaine is Director of Audit Quality and Appointments for Audit Scotland. Francis received his award for political and public service.

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Honour for services to healthcare and public health

Jacqui Reilly, a Professor of Infection Prevention and Control and lead of the Safeguarding Health through Infection Prevention research group, received a CBE for services to healthcare and public health from Princess Anne at an investiture at Holyrood Place in January. With a background in clinical practice, epidemiology, public health and clinical leadership in the NHS in Scotland, Professor Reilly has worked in a variety of settings, nationally and locally, inclusive of acute care and public health. She was the lead consultant for HAI, Antimicrobial Resistance (AMR) and Infection Prevention and Control (IPC) in Health Protection Scotland for more than 10 years. Having authored more than 200 peer-reviewed publications, Professor Reilly has contributed extensively to national and international guidelines, including the World Health Organisation (WHO) guidance on core components for IPC.



[Read more](#)



Professor of Occupational Therapy receives profession's highest honour

Professor Katrina Bannigan has been awarded a Fellowship of the Royal College of Occupational Therapists in recognition of her "extensive contribution" to the profession. The Professor of Occupational Therapy, who is a key researcher in the School of Health and Life Sciences' Research Centre for Health (ReaCH), has received the profession's "highest honour" and was described as "outstanding". Professor Bannigan said "I'm over the moon and quite humbled by this honour, especially when I read the words of the people who nominated me. Whilst I

have been honoured personally, I could not have achieved what I have without the people who have supported and worked with me throughout my career. I am inordinately grateful to be part of a profession that makes a difference to people's lives." Professor Bannigan will receive her accolade at the Royal College's award winners' ceremony in the Autumn.

[Read more](#)

PhD viva success

Congratulations to Aimie Patience, Musculoskeletal Health research group on passing her PhD viva. Aimie's thesis is entitled 'Ultrasound-driven pathology of Achilles tendon pathology in psoriatic arthritis'. Aimie started her PhD in July 2018 and despite being severely disrupted by COVID-19, she managed to recruit 33 participants to the study. Study assessments included clinical and ultrasound examination including a novel use of strain elastography imaging, performance-based testing and questionnaires. As part of the PhD, Aimie also completed a postgraduate certificate in medical ultrasound of the foot and ankle at GCU which now forms an important part of her new job role at NHS Ayrshire and Arran. The main findings of her study included:



- Significant levels of pain and disability were found in people who had psoriatic arthritis and Achilles pain
- Identified an unmet need for better management of Achilles tendon pain in people with psoriatic arthritis - currently there is no guidance or evidence to support non-pharmacological management
- Ultrasound-assessment of the Achilles tendon in people with psoriatic arthritis did not correlate with clinical findings

Aimie started in a new role as an Advanced Practice musculoskeletal podiatrist at NHS Ayrshire and Arran in January. She hopes to continue research into Achilles pain and pathology in people with psoriatic arthritis and the next steps would be to look at how we should treat and manage this pain from a rehabilitative perspective.

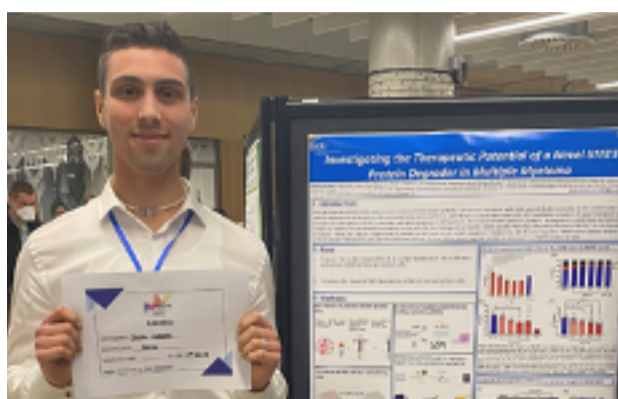


Congratulations to Andrew Kalule on passing his PhD viva. Andrew's thesis is entitled 'Striving: A Grounded Theory of Healthcare Workers' Struggles in Implementing Infection Prevention and Control Guidance in Uganda'. The thesis aimed at understanding the implementation process of infection prevention and control (IPC) guidance from healthcare workers' (HCWs) experiences as guideline users and the factors that influence the implementation of IPC guidance within these contexts. The study revealed that implementing IPC guidance in this context is a complex process involving unique challenges. Despite experiencing difficulties, HCWs demonstrated high motivation, resilience and commitment to adhere to the recommended IPC practices, which manifested in improvisation when faced with severely constrained resources and other challenges.

Andrew is currently working as a Healthcare Scientist with NHS National Services Scotland and hopes to carry out more research on IPC practices in low income countries particularly developing intervention strategies for IPC improvement.

Blood cancer researcher wins best poster prize

Blood cancer research PhD student Stefan Corradini, Molecular Mechanisms research group, won best poster prize at the 2nd Glasgow Life Science Symposium Early Career Researcher (ECR) meeting in February. Stefan works closely with Dr Mark Williams on research investigating new types of drugs to improve outcomes in therapy-resistant multiple myeloma (MM). Stefan began his PhD project under the supervision of Dr Williams last October just months after completing his undergraduate degree at the University in Cell and Molecular Biology. Dr Williams and Stefan are researchers in the Research Centre for Health (ReaCH). They are based in the cancer research labs in the School of Health and Life Sciences' Biological and Biomedical Sciences Department. Find out more about the ECR symposium held at the University of Glasgow's Mazumdar-Shaw Advanced Research Centre.



Research funding success

Professor Candace Currie, Child and Adolescent Health research group, is part of a consortium involving 19 countries who have been successful in winning EU Horizon funding for a 4-year project. The project will develop infrastructure, methods, and tools for what will be Europe's first comparative birth cohort survey titled GUIDE (Growing Up In Digital Europe: EuroCohort). This important study will provide high-quality longitudinal statistical evidence to support the development of social policies which will enhance the wellbeing of children, young people and their families across Europe for many years to come. Professor Currie will be appointing a post-doctoral fellow from October 2023 to support this work. Find out more on the project website: <https://www.guidecohort.eu/>.

Professor Sebastin Chastin, Ageing Well research group has been awarded funding from a Finnish research council for a visiting professorship at Jyväskylä University in the top ranking movement science department and national centre of excellence for music research. Currently funded for a visiting professorship at the University of South Australia in the Department of Physiotherapy and Allied Health Professions.

Dr Gillian Hunter, Molecular Mechanisms research group, has been awarded £550 from the Genetics Society, Public Engagement with Genetics. The funds will be used to develop a toolkit to take into schools that will provide interactive workshops on DNA, genetic inheritance and evolution. Two workshops coming up will take place in March at St Francis of Assisi Primary School and Oakgrove Primary School, followed by workshops for Glasgow Science Festival in June.

Congratulations to Dr Debbie O'Donnell, Molecular Mechanisms research group, who has become a Senior Fellow of the Higher Education Authority



Research study to explore the needs of adults with learning disabilities and incontinence

GCU is teaming up with the Tizard Centre at the University of Kent to explore the needs of adults with learning disabilities and incontinence, and their supporters. They will be running a research study to assess the toileting needs of

adults with learning disabilities with incontinence, and to offer them personalised and positive toilet training over three months. The study is open to adults with learning disabilities with incontinence who live in NHS Greater Glasgow and Clyde or NHS Lanarkshire. The research team will be hosting a series of free, online information-sharing events about adults with learning disabilities and incontinence. The first event will be on Tuesday, March 14, from 2pm to 3pm. If you would like to attend the event, or a future event (dates and times still to be confirmed), or have any questions about the study, please contact researcher Paul Ord at Paul.Ord@gcu.ac.uk.

International observership with SHIP team

The Safeguarding Health through Infection Prevention (SHIP) research group recently hosted Dr Maria Tseroni, a senior expert from the European Centre for Disease Control (ECDC) who has worked on national surveillance activities for the Western Balkans and Turkey in recent years and the European COVID-19 pandemic response. She has recently been elected as assistant professor for infectious diseases at the nursing school in the University of Athens in Greece. The visit involved learning about our research on Infection Prevention and Control and antimicrobial resistance, and how this connects to our national policy in Scotland and our curriculum for education. She spent time during the week with the national IPC and education teams in ARHAI Scotland and NES understanding these impacts nationally, and with colleagues at the QEUH seeing these impacts locally in clinical care. We look forward to future international collaborations across our shared interests in the field.



Spotlight on the APPLE study

The APPLY study started in September 2022 and was funded in response to an NIHR call about Dementia and Neurodegenerative Disease which encouraged current NIHR co-investigators to look at ways to include these groups within their current studies. APPLE is linked to the TOPSY study which is a multi-centre randomised controlled trial, with process evaluation, to test the clinical and cost-effectiveness of self-management of vaginal pessaries to treat pelvic organ prolapse, compared to standard care to improve women's quality of life. The APPLE study is a feasibility study that focuses on women who have dementia and use a vaginal pessary for pelvic organ prolapse. The study aims to:

- understand which services currently deliver pessary care for women with dementia and how those services manage/support the women and their unpaid carers.
- understand what women with prolapse and dementia and/or their unpaid carers would like from services to treat the woman's prolapse symptoms.
- investigate the feasibility of using routinely collected data to understand the scale of the problem.
- develop a team (grant holders, stakeholders and Patient and Public Involvement and Engagement [PPIE] members), who have the necessary expertise, for a future large-scale, robust grant application that will aim to improve the quality of life for women who have dementia and use a pessary for prolapse treatment.

Professor Carol Bugge is principal investigator at GCU along with a team of researchers including Melanie Dembinsky, Suzanne Hagen, Kirsteen Goodman and Lynn Melone along with partners Rohna Kearney and Lucy Dwyer at Manchester University NHS Foundation Trust. Carol said "The APPLE study aims to support understanding of a possible ethical issue in clinical practice. There is little known about what women with dementia who use a pessary to treat prolapse would like from services, as well as little information about what services can provide. This study aims to work with key stakeholders (women with dementia, their carers and health care professionals who provide care to the women) to develop an intervention to support women with dementia and prolapse using best practice and that is driven by women and services." Data collection started early January for the health professional elements of the study with the distribution of a survey and some interviews with Health Care Professionals. Data collection with women and carers will start imminently.

PPI support scheme for PhD students

The Patient and Public Involvement (PPI) pre-funding budget to support PPI activities prior to funding has now been opened up to PhD students. This will offer notionally up to £300 for PPI activities over the course of PhD studies. Special requests for further funding will be considered but will require additional justification. Please note that this can be applied for any time.

[Read more](#)



Four pillars podcast series launched for AHPs

GCU Senior Lecturer in Physiotherapy Dougie Lauchlan has launched a new Four Pillars podcast series featuring a range of experts in allied health professions (AHP) across Scotland. Dougie, from the Department of Physiotherapy and Paramedicine, initially came up with the idea to enhance the experience of his students on the Advancing Professional Practice module, which sits within our post-registration programmes MSc Advanced Practice and MSc Advanced Physiotherapy Practice. However, by placing the podcasts on Apple and Spotify

channels, he wants to reach out to the AHP community to encourage them to think about continued professional development (CPD). The name of the podcast series of six interviews came from the four pillars of practice that underpins everything AHPs do - clinical practice, leadership and management, education and research. The first podcast in the series has just been released - Advancing Professional Practice: Context for the AHP featuring Claire Rae, Interim Head of the Health and Social Care Partnership in South Lanarkshire.

[Read more](#)

Common Good Podcasts

Dr Liza Morton, joins the first Common Good Podcast of 2023 to talking about Healing Hearts and Minds: A holistic approach to coping well with congenital heart disease, her new book that explores the psychosocial, emotional, and practical challenges in living with congenital heart disease (CHD). Co-written with America psychologist Tracy Livecchi, this first-of-its-kind book aims to support people living with CHD, their families, and healthcare professionals. Dr Morton also talks about her own experiences of living with CHD and what inspired her to write it, as well as her hopes and aims for the book.

[Read more](#)

Dr Bryan McCann and Dr Ciara Reidy join the Common Good Podcast to discuss the ProActive Minds programme, a knowledge transfer partnership between the University and Sport Aberdeen designed to embed the principles of sports psychology in high schools. Dr McCann and Dr Reidy explain the genesis of the initiative, how the project has progressed so far, and how it could be rolled out to schools across Scotland. They also talk about the importance of KTPs and their benefits to both the University and industry.



[Read more](#)

Nursing during difficult times

The 9plus podcast is a collaboration between staff and postgraduate students of SETU and GCU. Listen to the latest episode in which they talk about how their PhD research was impacted by the COVID-19 pandemic, how their Nursing & Health-related studies were forced to adapt and what lessons might be learned if another untoward event were to occur. The panel comprised of Mark White, Patricia Hunt, Teresa Dowling (SETU) and Gordon Hill, Matilde Pieri and Ciara Marie Ryan (GCU). The podcast has been produced as companion piece for an upcoming special collection issue of the Journal of Research in Nursing which will focus on 'Nursing during difficult times'.

[Read more](#)



Health experts go on the Record

Two health experts from GCU shared their expertise and opinions in a Daily Record special series examining the NHS and what can be done to ease the current crisis. Professor of Ageing and Health Dawn Skelton, a researcher in the School of Health and Life Sciences Research Centre for Health (ReaCH), spoke about How

exercise and healthy lifestyle could be 'miracle cure' to relieve Scotland's NHS. She said: "Physical activity reduces our risk of heart disease, stroke and cancer. It reduces symptoms of disease. It is a miracle treatment but it is just not in a pill." Professor Antony Morgan, Dean and Professor of Public Health at GCU London, wrote a commentary piece about how managing and sustaining our NHS is a complicated business. He wrote: "So, the big question is - would the problem be solved more quickly if more resources and cash were thrown at the NHS? Undoubtedly it wouldn't. Some, however, would say that money is needed now to compensate for sustained under resourcing of the NHS over many years in terms of its people, technologies and buildings. Whatever the viewpoint, the current crisis points to a real need to reflect on how we resource and finance our NHS to ensure it delivers for all. We can't keep throwing cash at the NHS and it's everyone's responsibility to take care of it ourselves, and our NHS." The views and opinions of Professors Skelton and Morgan were also used to form the Daily Record editorial Record View.

[Read more](#)

BBC broadcast boom for health researchers

Health researchers from GCU's School of Health and Life Sciences have been hitting BBC TV and radio channels over the last month to share their expertise on a range of topical issues.

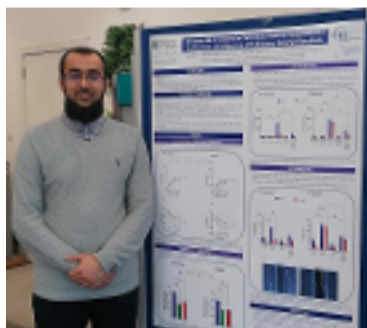


- Psychology lecturer Dr Jan Smith featured on the BBC Scotland Seven Days news programme with advice on how to cope with Blue Monday and the January Blues.
- Lecturer in Applied Psychology Dr Liza Morton talks about her new book, entitled Healing Hearts and Minds: A holistic approach to coping well with congenital heart disease, and the psychological effects of living with a lifelong heart condition.
- Professor of Ageing and Health Dawn Skelton appeared on BBC Scotland Radio's Mornings with Kaye Adams show to give her views and advice on becoming less sociable in older age after fears from friends that actor Jack Nicholson is becoming a recluse.
- Last month, Professor Skelton was also invited to join BBC Radio Scotland's Drivetime with Fiona Stalker programme to talk about Jo Biden as the first 80-year-old president, and what it takes to age successfully.
- She also asked to give her views on the new Alzheimers drug Lecanemab live on BBC Radio Scotland's Drivetime with John Beattie.

[Read more](#)

Poster presentation

Saad Wali, a final year PhD student in the Molecular Mechanisms research group recently presented his work at the Scottish Cardiovascular Forum which took place in Aberdeen in February.



You want me to accept what? Navigating acceptance and chronic pain

Revisiting the concept of acceptance with the help of an award-winning poster by Cass Macgregor and her team. Cass is studying acceptance of pain funded by a joint GCU and NHS Lanarkshire PhD studentship.

[Read more](#)

Living Cities: Blue space benefits

GCU researcher Niamh Smith talks about the importance of blue spaces for POLITICO Europe.

[Read more](#)

Health CASCADE

Read the latest blog on Co-creation for curriculum development: A case study from Barcelona.

[Read more](#)

Drug deaths are rising and overdose prevention centres save lives, so why is the UK unwilling to introduce them?

GCU Reader Dr Kirsten Trayner has co-written a piece on drugs overdose prevention for The Conversation UK.

[Read more](#)

How virtual reality games can make exercising more fun

Amy Webster, PhD student in the Stroke and Neurological Rehabilitation research group, is featured in article on the MS Society website as part of International Day for Women and Girls in Science. Amy discusses how research into how virtual reality games could help people with multiple sclerosis.

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Department of Biological and Biomedical Sciences Journal Club

After a brief break, the Department of Biological and Biomedical Sciences' (DBBS) journal club started for the 2022/2023 session in December. As part of the PhD program at GCU, new PhD students are required to present an RDC1 highlighting their individual projects and its impact to the scientific community. Organisers of the Journal club (Zainab and Marino) after consultation with the department's Postgraduate Research Tutor (Dr Patricia Martin) deemed it necessary for new students to be given an informal platform to present their research to prepare them for the department's formal presentation. This saw the attendance of both MRes and PhD students from the department, engaging with each other and hence building an approachable and supportive research environment. Below are the topics discussed:



- Michal Baran: Investigating novel ligands as treatment for Alzheimer's disease
- Pranitha Murali: Innovations in vaginal pessary to increase their biocompatibility and prevent bacterial vaginosis
- StefanCorradini: Investigating the therapeutic potential of a novel STAT3 degrader to overcome drug resistance in Multiple Myeloma

About the DBBS Journal Club

This an entirely student led research group headed by ZainabOlatuniji- (PhD candidate) and Marino Swanzky-Krah -(PhD candidate) with support from the department's Post Graduate Research Tutor, Dr Patricia Martin. The group meets once a month to discuss interesting developments across various biological and biomedical disciplines with the aim of strengthening the research community within the school and fostering a supportive environment. If you are interested in finding out more and/or joining the club, please contact Dr Patricia Martin.



Latest publications

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

'An unexpected journey: A physiotherapy student's experience of embodied learning online during the pandemic' in the International Journal on Innovations in Online Education. Co-authored by Laura Blackburn and Dr Sivaramkumar Shanmugam.

'Associations between the composition of daily time spent in physical activity, sedentary behaviour and sleep and risk of depression: Compositional data analyses of the 1970 British Cohort Study' in the Journal of Affective Disorders. Co-authored by Professor Sebastien Chastin.

'Early warning surveillance for SARS-CoV-2 Omicron Variants, United Kingdom, November 2021-September 2022' in Emerging Infectious Diseases. Co-Authored by Professor Lesley Price.

'Exploring the associations of daily movement behaviours and mid-life cognition: a compositional analysis of the 1970 British Cohort Study' in the Journal of Epidemiol Community Health. Co-authored by Professor Sebastien Chastin.

'Improved health-related quality of life after hepatitis C viraemic clearance among people who inject drugs may not be durable' in Addiction. Co-authored by Dr Scott McDonald, Norah Palmateer, Dr Andrew McAuley and Professor Sharon Hutchinson.

'In vitro bacterial vaginosis biofilm community manipulation using endolysin therapy' in Biofilm. Co-authored by Dr William Johnston, Alicia Ware, Willemijn Frederique Kuiters, Professor Suzanne Hagen, Dr Ryan Kean.

'Large-gap peripheral nerve repair using xenogeneic transplants in rhesus macaques' in Xenotransplantation. Co-authored by Jamie Tarlton, Natasha Gillepsie and Professor Linda Scobie.

'New Immunotherapeutic and Pharmacological Targets and Strategies in Haematological Malignancies' in Frontiers in Pharmacology. Co-authored by Dr Mark Williams.

'Stromal bone marrow and mesenchymal stem cells support acute myeloid leukaemia cells and promote therapy resistance' in the British Journal of Pharmacology. Co-Authored by Katie Miari and Dr Mark Williams.

'The HEADS:UP Development Study: Working with key stakeholders to adapt a mindfulness-based stress reduction course for people with anxiety and depression after stroke' in Healthcare. Co-authored by Professor Maggie Lawrence, Dr Bridget Davis, Professor Jo Booth, Sylvia Dickson, Dr Ben Parkinson and Matilde Pieri.

'The influence of facemasks on communication in healthcare settings: a systematic review' in Disability and Rehabilitation. Co-authored by Dr David Hamilton.

'WeWalk: walking with a buddy after stroke-a pilot study evaluating feasibility and acceptability of a person-centred dyadic behaviour change intervention' in Pilot and Feasibility Studies. Co-authored by Professor Frederike van Wijck and Professor Maggie Lawrence.

'24-hour movement behaviours and bone mineral density in older adults - a rapid narrative review' in the Journal of Orthopedic and Orthopedic Surgery. Co-authored by Professor Dawn Skelton and Professor Sebastien Chastin.

For more information and the latest articles, please visit the ReaCH website.

If you have any news stories, please contact Janice Burns, Senior Communications Officer
Email: janice.burns@gcu.ac.uk