

RESEARCH CENTRE FOR HEALTH

Welcome

A very warm welcome to our ReaCH newsletter for June 2024!

This newsletter places the spotlight firmly on our research partnerships and how they enrich our research. The ReaCH Power of Partnership was a wonderful event, with more than 100 delegates. Keynote speakers included our Principal Prof. Stephen Decent, Minister for Public Health and Women's Health Jenni Minto, Scottish Health Action on Alcohol Problems (SHAAP) Director Elinor Jayne, while Patient and Public Involvement representative Caroline Sincock, who lives with multiple sclerosis (MS), was in conversation with GCU's Dr. Kirsteen Goodman. After the plenary, there was a range of workshops on offer. Feedback about the event was resoundingly positive, with praise going to the workshop leads for their engaging sessions on important topic areas. Delegates valued the opportunity to interact with each other over a networking lunch, strengthening existing connections and building new ones. As ReaCH co-directors, we are hugely grateful to all our invited speakers, workshop leads and presenters, our amazing ReaCH Administrative Team, the GCU Events and Communications Teams and all our volunteers, who together made this event such a success.

With every edition of this newsletter, there is more to celebrate; with ReaCH colleagues being awarded prestigious research grants, delivering international keynote, memorial and professorial lectures, and bringing important conferences to GCU. And of course it is always wonderful to see our PhD researchers and Early Career Researchers being recognised for their outstanding achievements.

In keeping with the 'partnership theme', special congratulations go to Margaret Graham, who won the prestigious PPI Impact Award at the Patient and Public Involvement Event, hosted by NHS Research Scotland and the Chief Scientist Office of the Scottish Government.

We hope you will join us in celebrating the vibrant collection of achievements in this newsletter – as always please keep us up to date by sending your news to reach@gcu.ac.uk

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

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Caroline Sincock (PPI representative) and Dr. Kirsteen Goodman discussing partnering with people with lived experience at the ReaCH Power of Partnership event

Health minister reveals how the 'Power of Partnership' brings real benefits for patients and public

Minister for Public Health and Women's Health Jenni Minto spoke about the importance of research and innovation in tackling Scotland's biggest health challenges, at Glasgow Caledonian University's Research Centre for Health (ReaCH) 'Power of Partnership' event in April.



Ms Minto told the audience in a powerful recorded message: "I want to see people in Scotland live longer and healthier lives. However, as we all know, we face significant challenges to these aims and it is unwelcoming that health inequalities persist across the Scottish population. This is where research and innovation can play crucial roles - to better understand what drives poor health and inequalities in health, and by using this knowledge to develop, test and

implement innovative solutions that can help address these challenges. This in turn improves population health and helps to narrow health inequalities." Ms Minto cited many examples of impactful collaborative work on life-changing research which has received funding support from the Scottish Government's Chief Scientist Office (CSO).

Ms Minto was one of the key speakers at the 'Power of Partnership' event, along with Scottish Health Action on Alcohol Problems (SHAAP) Director Elinor Jayne, and Patient and Public Involvement (PPI) representative Caroline Sincock, who lives with multiple sclerosis (MS).

The event showcased the importance of partnership working in turning research into action and was opened by Professor Steve Decent, Principal and Vice-Chancellor at Glasgow Caledonian University. Professor Decent said: "I have been impressed by the world leading health research within the School of Health and Life Sciences which results in tangible improvements to people's lives.

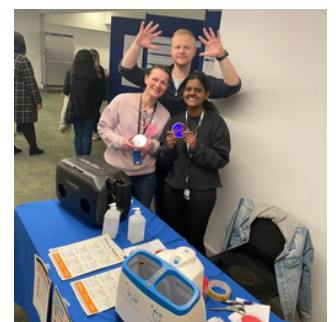


What is clear to me is that we could not achieve this without the valuable contribution and support of our many partners. Our researchers work closely with the public, people with lived experience of health conditions, the Scottish Government, Public Health Scotland, NHS Scotland and many charities. The most important research questions are co-created with our partners, as they know best what matters most to the members of the communities they serve. What makes GCU different from many other universities is that we bake impact into our research projects right from the start."

ReaCH Co-Directors Professors Frederike van Wijck and Carol Emslie were delighted at the turnout and thanked all their partners, colleagues and students for their continued support.

[Read more](#)





New MS Doctoral Training Centre launches at Glasgow Caledonian

Glasgow Caledonian University has become Scotland's first MS Doctoral Training Centre helping people with moderate to severe multiple sclerosis (MS) manage their symptoms with physical activity.

MS is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, fatigue or balance. Scotland has the highest rates of MS in the world with more than 15,000 people living with the condition and the University has been at the forefront of ground-breaking research into the condition for years. That is why experts in the School of Health and Life Sciences have been awarded £430,000 by the MS Society to set up a dedicated research centre at the Glasgow campus.



"We are really excited to be hosting the MS Society's only Doctoral Training Centre in Scotland. Within the centre we hope to answer the 'What, When and How?' questions in relation to physical activity for people with MS and higher levels of disability."

Professor Lorna Paul

Glasgow Caledonian's School of Health and Life Sciences' (SHLS) Professor in Allied Health Science Lorna Paul is leading the five-year project. The Centre will take on nine new PhD fellows, one registered at the University of Strathclyde, to investigate exercise and physical activity for symptom and disease management for people with moderate to severe MS. The MS Society's donation will fund four PhD students, Glasgow Caledonian is funding two students and NHS Ayrshire & Arran, through an endowment fund, will pay for one student specifically focused on people with high levels of disability. The project is also supported by Scottish Ballet, Glasgow-based PAL Technologies, who make physical activity monitors, and a further 31 co-applicants.

[Read more](#)

CAHPR Scotland – GCU ReaCH Fellowship 2024 winners announced

Glasgow Caledonian University's School of Health and Life Sciences (SHLS) Research Centre for Health (ReaCH) and the Council for Allied Health Professions Research (CAHPR) Scotland are delighted to announce the winners of three unique fellowships.

The new Fellows will work with world-leading experts within ReaCH and receive £1,000 towards research costs. The Fellows programme was designed to give allied health professionals (AHPs) the chance to get involved in research and help develop their research careers.

The first award winner is Katie Roddick, an occupational therapist, who will work with Professor Simon Hunter, ReaCH Child and Adolescent Health Research Group lead, on a project looking at young people's experience of traumatic brain injury. The second goes to Andrew Gilmore, a podiatrist, who will work with Professor Gordon Ramage, ReaCH Safeguarding Health through Infection Prevention (SHIP) Research Group lead, on a project looking at molecular technologies to evaluate diabetic wounds. The third winner is Morgyn Sneddon, a radiographer, who will work with Professor Suzanne Hagen, ReaCH Ageing Well Research Group co-lead, on a project looking at muscle tissue in pelvic floor dysfunction.

[Read more](#)



Scotland's first network is launched to improve mental health of LGBTQIA+ community

Scotland's first mental health network to improve the lives of the LGBTQIA+ community has been launched by researchers at Glasgow Caledonian and Edinburgh universities.

Glasgow Caledonian's Professor of Health and Society Jamie Frankis and University of Edinburgh Senior Research Fellow Dr Hazel Marzetti received funding from Scotland's National Academy, the Royal Society of Edinburgh (RSE) after describing the network as an "exceptional project".

Research has shown that LGBTQIA+ people have worse mental health and wellbeing than our heterosexual and cisgender (non-trans) peers.



The researchers launched the network because one of the key barriers to research, development and policy change in Scotland was that there was no way of bringing the LGBTQIA+ community, healthcare professionals, third sector organisations, academics and businesses together. 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 is leading the project, with Dr Marzetti as co-lead. Find out more about Scotland's LGBTQIA+ Mental Health Network on the [Queer Minds website](#).

[Read more](#)



Researchers win funding to improve lives of people with heart disease

A Scottish charity has awarded funding to health researchers at Glasgow Caledonian University to help improve the lives of thousands of people with Peripheral Arterial Disease (PAD).

Dr Chris Seenan, Senior Lecturer in the Department of Physiotherapy and Paramedicine in the School of Health and Life Sciences, (SHLS) secured the £14,090 funding from the [Scottish Heart and Arterial Disease Risk Prevention \(SHARP\)](#), with fellow Physiotherapy Lecturer and PhD researcher Sean Paul Carroll and Dr Les Wood, Senior Lecturer in Physiology, Department of Biological and Biomedical Sciences.

People with PAD have a poorer quality of life compared to those who don't have the disease and they are at higher risk of having a heart attack, stroke or amputation. Care guidelines recommend that people with PAD should receive the same treatment, including help to make changes to diet, smoking and exercise, as those with other heart conditions. This research will test a combination of two new treatments for PAD. The study will measure physical activity, walking and quality-of-life outcomes and compare to the people receiving usual care in NHS Lanarkshire.

[Read more](#)



Star patient and public involvement representative wins top impact award

One of Glasgow Caledonian University's star patient and public involvement (PPI) representatives has won a prestigious impact award for her dedication and commitment to our research.

Margaret Graham, 63, from Ayrshire, won the PPI Impact Award at the [Patient and Public Involvement Event](#), hosted by NHS Research Scotland and the Chief Scientist Office of the Scottish Government, in March.

She was nominated by researchers in the School of Health and Life Sciences' Research Centre for Health (ReaCH) for her amazing contribution over the years to vital pelvic organ prolapse research which has changed women's lives.



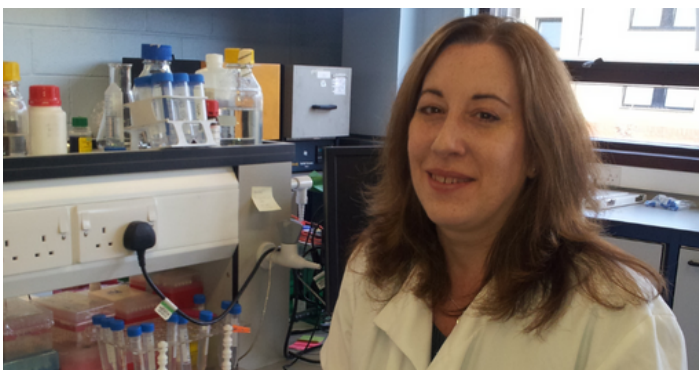
"I am so very pleased that Glasgow Caledonian University nominated me and that I have won an award. I really appreciate the recognition of my PPI contribution by the TOPSY team, NHS Research Scotland and the Chief Scientist Office of the Scottish Government."

Margaret Graham

Dr Kirsteen Goodman, Trial Manager in the ReaCH Nursing, Midwifery and Allied Health Professions Research Unit (NMAHP RU), put Margaret's name forward for the award because of the huge impact she had in getting the message out to the public about a new research project published back in December.

Margaret helped spread the word about the '*Treatment of Prolapse with Self-Care Pessary (TOPSY)*' study, which showed that self-management of a pessary used to treat pelvic organ prolapse in women leads to fewer complications and could save the NHS money while maintaining quality of life.

[Read more](#)



Researchers investigate if stress hormone metabolism can be used to help heal foot ulcers

Researchers at Glasgow Caledonian University have been awarded funding from the British Skin Foundation to find out if stress hormone metabolism can be used to help heal foot ulcers.

Foot ulcers are wounds that appear below the ankle that can lead to serious complications including amputation and death. They affect between 19-34% of people with diabetes and are more common in areas of multiple deprivation. The funding will pay for a PhD studentship with the British Skin Foundation to carry out diabetes and dermatology research entitled 'Stress hormone metabolism - a novel anti-fibrotic therapeutic pathway for chronic wounds', starting in October. The PhD student will join Dr Catherine Wright in her laboratory and be part of the School of Health and Life Sciences' Research Centre for Health (ReaCH) Molecular Mechanisms of Long-term Conditions Research Group.

[Read more](#)



Ballerina turns researcher to help improve the lives of people with MS

Ballerina Emily Davis gave up her professional career in the US and came to Glasgow to look at how dance could help people with multiple sclerosis (MS) in Scotland, which has one of the highest incidence rates of the disease in the world.



MS is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. There are more than 15,000 people in Scotland with MS.

Emily, 27, was a professional ballerina with the world-renowned Philadelphia Ballet company for six years while also studying for a Biology degree at the University of Pennsylvania and working as a volunteer researcher in neurorehabilitation at the Children's Hospital of Philadelphia. After graduating with the highest distinction, she moved to Scotland in 2021 to start a PhD in the emerging field of dance health, funded by the [Thouron Scholarship](#), and forging a unique partnership with Glasgow Caledonian University and the Royal Conservatoire of Scotland (RCS), in collaboration with [Scottish Ballet](#), Scotland's national dance company and a national centre for dance health. Emily has been working with Glasgow Caledonian's rehabilitation expert Professor in Allied Health Science Lorna Paul and RCS Senior Lecturer and Doctoral Degrees Coordinator Dr Bethany Whiteside, on her PhD study, which includes [Dance for Multiple Sclerosis – A Systematic Review](#), which was hailed the sixth most read research paper in the International Journal of MS Care in 2023.

[Read more](#)

PhD studentship launched to investigate what germs are lurking in our washing machines



Glasgow Caledonian University Professor of Infection Prevention and Control Gordon Ramage has won a four-year PhD studentship to investigate what germs are lurking in our washing machines and dishwashers.

Professor Ramage co-leads the Safeguarding Health through Infection Prevention (SHIP) Research Group in the School of Health and Life Sciences' Research Centre for Health (ReaCH) and is based in the Department of Nursing and Community Health.

He will be supervising the £165,000 PhD studentship, funded by the Biotechnology and Biological Sciences Research Council (BBSRC) and Unilever, with Dr Ryan Kean, Lecturer in Clinical Microbiology in the Department of Biological and Biomedical Sciences. The theme of his latest research project, entitled 'Understanding Material Interactions and Effects on Polymicrobial Communities at Surfaces', focuses on household health and the implications of fungi and bacterial biofilms in washing machines and dishwashers. The PhD student carrying out the study is Helen Laking. She graduated from Glasgow Caledonian in 2022 with a first-class honours degree in BSc (Hons) Food Science. She was also awarded the Institute of Food Science and Technology Prize for the Best Student.





“Hopefully this will lead to patients being more likely to receive effective, evidence-based treatment for their condition. When delivered effectively, exercise increases the distance people can walk and improves quality of life.”

Dr Chris Seenan

Researcher is helping heart disease patients get the treatment they need

Research has found that people with peripheral arterial disease (PAD) should receive the same treatment as those with other heart conditions.

Dr Chris Seenan, a researcher and Senior Lecturer in the Department of Physiotherapy and Paramedicine in Glasgow Caledonian's School of Health and Life Sciences and member of the Ageing Well Research Group in the Research Centre for Health (ReaCH) was a key author in the research paper.

PAD is an incurable and progressive type of cardiovascular disease. The cause of PAD is the narrowing and hardening of arteries of the legs through a process called atherosclerosis. The main symptom of PAD is pain in the legs when walking which often limits how much physical activity a person with the condition does. This is very important as reduced physical activity is linked to higher risk of having a heart attack or stroke, especially in someone with PAD who already has cardiovascular

disease. He reviewed and summarised the research around patient education for the condition. The paper, [Exercise therapy for chronic symptomatic peripheral artery disease](#), has been published in the European Heart Journal.

[Read more](#)

Innovative research project shortlisted for the Converge Challenge

A health start-up project developed in the School of Health and Life Sciences (SHLS) have been shortlisted in the Converge Challenge Competition, Scotland's springboard for university-born innovators.



Glasgow Caledonian University's Health CASCADE team, which is a Marie Skłodowska Curie Innovative Training Networks project funded by the European Union and led by Professor Sebastien Chastin, is through to the semi-finals in the KickStart category with the MosalQ project. The team is among 100 semi-finalists with the most advanced projects from 18 Scottish universities to be invited to attend in-depth business training invited to pitch their ideas live to an invited audience of investors, entrepreneurs and business leaders next month in Edinburgh.

Professor Chastin, who co-leads the SHLS Research Centre for Health (ReaCH) Data Science for the Common Good Research Group, and PhD students Danielle Agnello and Quentin Loisel will be involved in the intense Converge training and pitching period. The winners will be announced at the Converge Awards Dinner on October 3 in Edinburgh.

[Read more](#)



Better care integration needed for parents in substance use services

Glasgow Caledonian University psychology researcher Dr Martha Canfield has identified key areas to improve policy and practice for parents receiving treatment for substance use who are caught up in the legal system in England.



Dr Canfield joined Glasgow Caledonian's School of Health and Life Sciences (SHLS) Department of Psychology last October from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London where she began and led the research project. As Principal Investigator and author of a new report on the findings published by the Nuffield Foundation, Dr Canfield, who completed most of the work while at King's IoPPN, used electronic health records to identify how to better integrate policy and practice for parents involved in public family law proceedings cases (care proceedings) and receiving treatment for substance use in England.

The research, which was funded by the Nuffield Foundation, identified several key areas where care could be improved and has put forward a series of recommendations that reflect this. Approximately 162,000 UK children under the age of 18 currently live with an opiate dependant parent, while 200,000 live with a parent who is alcohol dependant. Parental substance use is considered a significant risk to a child's health, education, social and biological development, and is often linked to childhood maltreatment and neglect. Despite this, there is a lack of evidence-based practice to help address the needs of parents with substance use problems.

[Read more](#)

Researcher behind heart study wins Three Minute Thesis final

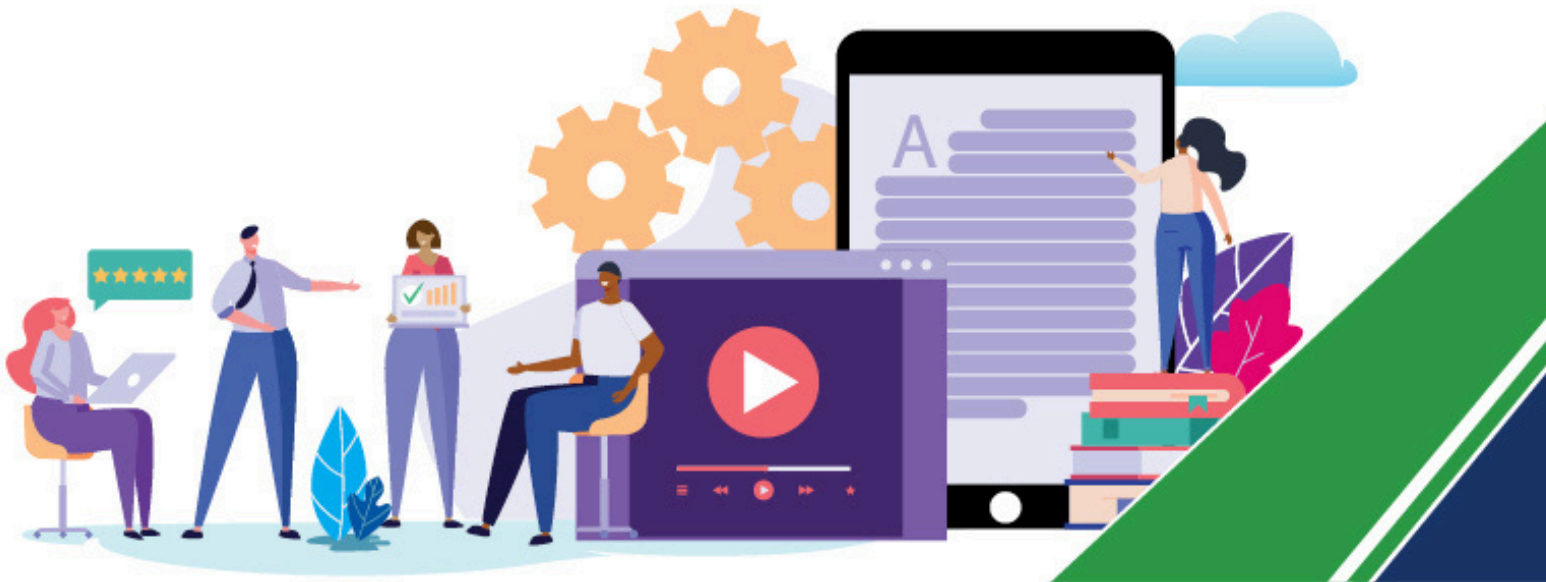
A study into heart failure has won the Three Minute Thesis (3MT) final. Zainab Olatunji, a PhD researcher in the University's Department of Biological and Biomedical Sciences in the School of Health and Life Sciences, wowed the judges with her presentation Remodelling heart failure with preserved Ejection Fraction. The judges said "it was such a high standard we are sure it will be used in future 3MT training at the University".

The Graduate School organised the annual final, which took place in front of live and online audiences. Developed by the University of Queensland to celebrate the exciting research conducted by PhD students, the contest gives 3MT finalists just one slide and three minutes to present their research in language appropriate to a non-specialist audience. You can watch winner Zainab's [3MT presentation here](#). The audience had its say through a People's Choice vote, which was won by Rianna Raymond Williams, a GCU London PhD student with her presentation How do Black Caribbean women experience sexual and reproductive healthcare (SRH) in the UK? You can [watch Rianna's 3MT here](#).

Zainab, as the Judges' Choice winner, will now go on to represent Glasgow Caledonian in the UK 3MT competition and will have her name added to the University's 3MT Trophy. Also competing were finalists:

- Sean Paul (SHLS): What a pain in the arteries! Navigating limb pain with walking exercise and electrical stimulation in peripheral arterial disease.
- Desmond Areghan (SCEBE): The impact of poor vision amid climate change in Nigeria.
- Usman Dankoly (SHLS): Can we truly understand our daily lives?
- Paul Ager (SCEBE): Reducing ergonomic oversight using Nanotechnology.





Conferences and events

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

Hundreds sign up to hear Professor Katrina Bannigan deliver 2024 Elizabeth Casson Memorial Lecture

More than 1,500 people signed up to hear Glasgow Caledonian University Professor in Occupational Therapy Katrina Bannigan deliver the prestigious 2024 Elizabeth Casson Memorial Lecture on April 24.



The internationally-renowned occupational therapist, researcher and educator was invited to give the 2024 Elizabeth Casson Memorial Lecture because of her “impactful leadership which has greatly fuelled the growth of evidence-based practice in occupational therapy”. 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.

Professor Bannigan has more than 26 years’ expertise in the field. She works in the School of Health and Life Sciences (SHLS) and is a prominent researcher in the SHLS Research Centre for Health (ReaCH). She was nominated to deliver the lecture 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 lecture is a memorial to Elizabeth Casson (1881–1954) in honour of her contributions to the profession of occupational therapy. Elizabeth Casson was the first woman to be awarded the degree of Doctor of Medicine from the University of Bristol in 1929, and specialised in psychiatry and introduced occupational therapy in England, setting up the first school of occupational therapy, Dorset House, in Bristol.

[Read more](#)



Researchers share their expertise at Glasgow Science Festival

Researchers at Glasgow Caledonian University shared their expertise with thousands of visitors of all ages at this year's Glasgow Science Festival.

Staff and students from the School of Health and Life Sciences (SHLS) and the School of Computing, Engineering and Built Environment (SCEBE) hosted a series of events during the Festival in June.

The theme for this year's Science Festival was 'Glasgow's Transforming' celebrating the city's past, present and future on the cutting edge of science and technology. The festival, now in its 18th year, brings together representatives from UK universities including Glasgow Caledonian, voluntary organisations and government bodies to lead more than 150 activities, talks, workshops, and exhibitions.

SHLS Research Centre for Health (ReaCH) Co-Director Professor Carol Emslie organised one of the main Festival events, entitled 'Imagining Scotland with Less Booze', where the audience learned about the relationship Scotland has with alcohol and how we can change this with Glasgow Caledonian University. The Substance Use research group asked the audience to explore what Scotland would look like with less alcohol and explained why this is so difficult to imagine in a society surrounded by alcohol. Professor Emslie discussed alcohol marketing including the #dontpinkmydrink campaign which highlights cynical alcohol marketing aimed at women and Dr Karen Maxwell presented findings about the public's views of alcohol and nightlife. Beth Meadows outlined her PhD on alcohol-free nightlife for LGBTQIA+ communities and the event finished with a fabulous taster DJ set from Amy Rogers ([Good Clean Fun](#)) who runs alcohol-free clubbing events in Glasgow.



Vision Sciences' lecturer Dr Eilidh Martin hosted a 'Vision Matters' session at Glasgow Botanic Gardens, and ReaCH Safeguarding Health through Infection Prevention (SHIP) Research Group researchers Professor Gordon Ramage, Dr William Johnston, Dr Anthony Slate, Dr Jontana Allkja, Mark Butcher, Pranitha Murali, Helen Laking and Ntani Suh Nsutebu ran sessions on 'Hand Hygiene and Antimicrobial Awareness'.



Physiotherapy researchers from the University's Europe-wide Health CASCADE project Lauren McCaffrey, Mira Vogelsang, Danielle Agnello and Quentin Loisel hosted 'The Magic of Collaboration: the Four Houses of Hogwarts Working Together to Co-Create a Better Tomorrow' at Glasgow Botanic Gardens.





Dr David Hamilton, Reader in Musculoskeletal Health, and Head of the Department of Podiatry and Radiography Dr Diane Dickson ran sessions on 'Looking at Injuries Inside the Body' at the Riverside Museum.

Dr Paul Baker from the Department of Biological and Biomedical Sciences hosted a session on 'Ticks are on the March. Be Tick Aware' at Glasgow Botanic Gardens. Staff and students from the same Department hosted a further six Glasgow's Transforming Healthcare activities.

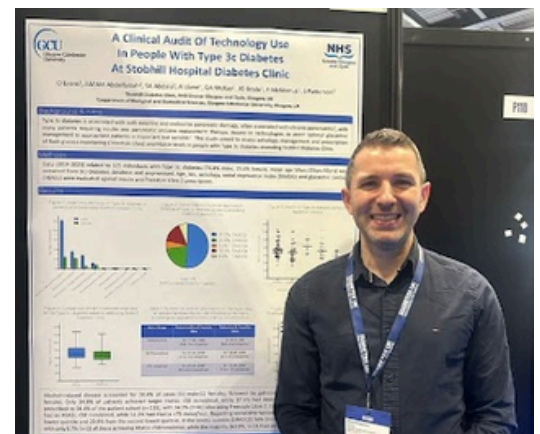


These included 'Oran-gene-ious' with Dr Gillian Hunter and student Kacy Chaudry, 'Holding Your Nerve' with Dr Jim Reilly, 'Listen to Your Blood Flow' with Dr Kathryn Wilson and PhD student Fatimoh Ojuade, 'Medicine Makers' with Dr Yvonne Dempsie and PhD student Kate Sloan, and 'A Ceramic Exploration Into the Landscape of Cancer' with Dr Mark Williams, and PhD students Stefan Corradini and Glen Watt. Dr Timothy Humpton, Dr Boatemaa Ofori Frimpong, Dr Liam Butler, PhD student Celine Wittke and research technician Nicola Clements focused their activity on the 'Importance of Healthy Eating'.

Lecturer takes to the stage at Diabetes UK conference

Lecturer in Biological Sciences Dr Steven Patterson shared his research into Type 3c diabetes at the Diabetes UK Annual Professional Conference in London in April.

Dr Patterson, from the School of Health and Life Sciences (SHLS) Department of Biological and Biomedical Sciences, gave a presentation on 'A clinical audit of the use of flash glucose monitoring technologies in people with Type 3c diabetes'.



Type 3c diabetes is a type of diabetes that develops when another disease causes damage to the pancreas. The conditions related to type 3c are pancreatic cancer, pancreatitis, cystic fibrosis or haemochromatosis. You can also develop type 3c if you have part or all of your pancreas removed because of other damage. Dr Patterson has been actively involved in diabetes research and education for more than 20 years, with his research interests including gaining a better understanding of the underlying causes of diabetes and development of novel strategies to improve diabetes treatment, care and management.

He is also passionate about diabetes education and awareness, and he is a researcher in the SHLS Research Centre for Health Molecular Mechanisms of Long-term Conditions Research Group. The work presented by Dr Patterson was carried out in collaboration with diabetes clinicians led by Dr Frances McManus and Professor Jim Boyle from Stobhill Diabetes Clinic in Glasgow.



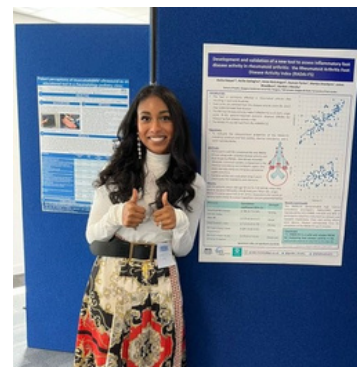
Musculoskeletal Health Research Group hosts Scottish Society for Rheumatology (SSR) Conference

In May, the Musculoskeletal Health Research Group, from the Research Centre for Health (ReaCH) proudly hosted the Scottish Society for Rheumatology (SSR) Spring Meeting at Glasgow Caledonian University.

Founded in 2001, the SSR works to promote the development of scientific knowledge about rheumatology and to further develop rheumatology as a speciality in Scotland. The conference brought together medical and allied health professionals, specialist nurses and pharmacists to explore advancing and innovative practice in rheumatology.

Dr Gordon Hendry and Dr Lisa Wright from the MSK Health Research Group in our Research Centre for Health (ReaCH) are members of the SSR committee and have led on the organisation of the event. Dr Hendry attracted world-renowned speakers to deliver plenary presentations during the conference, including Professor Lene Terslev, Head of the Rheumatology Musculoskeletal Ultrasound Unit at Rigshospitalet, Denmark, and Professor Ai Lyn Tan, Consultant Rheumatologist and Associate Professor at the Leeds Institute of Rheumatic and Musculoskeletal Medicine at the University of Leeds. Dr Tan and Professor Terslev presented their research on diagnostic imaging and enthesitis.

Dr David Hamilton, a reader in musculoskeletal health at Glasgow Caledonian, chaired sessions throughout the day, while other members of the MSK Health Research Group presented their latest research via a range of poster and oral presentations. Dr Anika Hoque presented her doctoral research during a presentation entitled 'Outcome-driven foot care in rheumatoid arthritis'. Dr Lisa Wright and Dr Ruth Barn presented their work from a collaborate research project with clinical partners from the Queen Elizabeth University Hospital, NHS Greater Glasgow and Clyde, during a presentation entitled 'Utility of diagnostic ultrasound in a rheumatology podiatry clinic'.





Community Engagement Professor leads keynote at Engage Conference

Glasgow Caledonian's Professor of Community Engagement in Research, Policy and Infrastructure Development Ima Jackson was the lead keynote speaker at the National Co-ordinating Centre for Public Engagement (NCCPE) flagship Engage conference.

The NCCPE is funded by UK Research and Innovation and the devolved Higher Education funding bodies, and informs the framework for HEI's and their funders to embed assessment and processes of community and public engagement in research and policy development.

[Engage Live 2024: Innovating Practice](#) took place in Bristol in May. It is the yearly large-scale opportunity for those with a stake in public and community engagement to come together, explore ideas, share new practice, and co-create new ways to approach ongoing challenges.

Professor Jackson is a community engaged researcher and her work has been built from working with those who are marginalised and adversely racialised within our systems and structures. Her work is based on developing anti-racism practice within the wider frame of social justice. Her research and policy work aims to disrupt usual process by supporting communities evidence their experiences of systemic marginalisation and racialisation through research for those that make decisions about them.

Professor to preside over international nutrition and and physical activity society

Glasgow Caledonian University Professor of Health Behaviour Dynamics Sebastien Chastin has been made President-elect of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA). The Professor's term as President-elect officially commenced on May 23, 2024, and run until June 2025. After that, he will be the ISBNPA President until June 2027.



ISBNPA is the largest behavioural science research society in the world with over 1,200 permanent members from 53 countries and an annual congress attended by over 2,000 people.

Professor Chastin, who co-leads the SHLS Research Centre for Health (ReaCH) Data Science for the Common Good Research Group, led Glasgow Caledonian University's winning bid to host the ISBNPA conference in Glasgow in 2029, in collaboration with the Universities of Glasgow and Strathclyde, and across the public sector.

The society is a thriving community with world-leading research on the impact of behaviour on health. Professor Chastin has pledged to lead the mission and objectives of the society, and his main mission will be to make ISBNPA more sustainable, environmentally friendly and inclusive.



Ageing and Health Professor reaches across the globe



Professor of Ageing and Health Dawn Skelton shared will share her expertise at two international conferences. She was been invited to speak at the Royal College of Physicians of Edinburgh [International Course on Medicine for the Older Adult](#) in May where she talked about immobility, falls and instability. In July, Professor Skelton will be the keynote speaker at the [13th Singapore-International Physiotherapy Congress \(SIPC\) 2024](#). Her speech is entitled 'It works if they do it! How can we engage the seniors in exercise to promote functional fitness and reduce frailty and falls?'

Professor Skelton, who works in the School of Health and Life Sciences (SHLS) Department of Physiotherapy and Paramedicine and co-leads Research Centre for Health Ageing Well Research Group, co-authored the World Guidelines for Falls Prevention published in 2022. She is also a Fellow of the Royal College of Physicians of Edinburgh and an Honorary Fellow of the Chartered Society of Physiotherapy.

As an Exercise Physiologist, Professor Skelton has a keen interest in exercise rehabilitation within a falls prevention scope, from the hospital based physiotherapy delivery to the community based specialist exercise instructor provision. Her current research ranges from motivation and patient preference to engaging the very frail, increasing adherence to long term exercise and working with the pre-frail to prevent poor outcomes later. Implementation, fidelity and quality of evidence-based interventions when delivered in different settings is also her passion.

Professor showcases her pelvic health research in Australia

Professor of Health Services Research in the School of Health and Life Sciences Suzanne Hagen is showcasing her pelvic health research at a major conference in Australia this week.

The Chartered Statistician and Deputy Director of the Nursing, Midwifery and Allied Health Professions Research Unit (NMAHP RU) at Glasgow Caledonian University is a keynote speaker at the [32nd National Conference on Incontinence \(NCOI\)](#).



The conference, which runs from runs from May 22 - 25 May, is Australia's national premier multidisciplinary meeting for health professionals working in bladder, bowel and pelvic health, attended by more than 500 delegates.

Professor Hagen, who also co-leads the Ageing Well Research Group in the Research Centre for Health (ReaCH), will take centre stage with her 'State of the Art: Self-Management of Vaginal Pessary for Pelvic Organ Prolapse' presentation, followed by two keynote presentations relating to her research on conservative management of pelvic floor dysfunction.



Psychologist brings major conference on paediatric pain to Glasgow

Glasgow Caledonian University's chronic pain expert Dr Jo McParland has been instrumental in bringing the [International Symposium on Paediatric Pain \(ISPP2025\)](#) to Glasgow. The Reader in Health Psychology co-led the successful bid to host the event at Glasgow's SEC from June 17-20, 2025, with Dr Line Caes, Associate Professor of Psychology at the University of Stirling. Dr McParland is Co-Chair of the local organising committee for the conference, and is planning to hold the pre-conference Pain Education Day at Glasgow Caledonian University.



The International Association for the Study of Pain, Pain in Childhood Special Interest Group hosts the biannual ISPP. The ISPP is the premier international, interdisciplinary conference on pain in infants, children, and adolescents. It attracts a global audience of professionals and scholars and provides attendees with the latest research in the management of acute, procedural, and chronic paediatric pain. This year's theme is 'A lifespan approach towards paediatric pain management: from neonates to young adults'.

Dr McParland is based in the School of Health and Life Sciences' Department of Psychology. She leads the Workplace Wellness Hub, affiliated with the Ageing Well Research Group in the Research Centre for Health (ReaCH) and is Deputy Lead of the Aging Well Research Group. Dr McParland said: "We are absolutely delighted that our bid to bring this extremely high-profile and important conference to Glasgow has been successful. It's great news for the city as it attracts more than 500 people from around the world. It's also great news for the University as we are planning to hold the Pain Education Day, which normally attracts up to 150 people, the day before the conference right here in our Glasgow campus."

Glasgow Caledonian to host international counselling psychology conference

Glasgow Caledonian University is hosting the British Psychological Society (BPS) Division of Counselling Psychology (DCoP) Annual Conference in July. Tasim Martin, DPsych Counselling Psychology Deputy Programme Leader and Lecturer in the Department of Psychology, is delighted the conference is coming to Glasgow Caledonian in what is the Division's 30th year celebration. Details can be found [here](#).



Tasim said: "We are honoured that this vibrant, international conference is taking place at Glasgow Caledonian. We have been working to support students to make submissions to the conference programme, with excellent results. We would like to express our appreciation to all our colleagues who contribute to the DPsych Counselling Psychology programme in various ways, and especially research supervisors who work with our students supporting them to achieve their research dreams. Getting the chance to present their research at the DCoP conference is a dream come true for many of us and we are really proud to have such a positive engagement and representation of our DPsych Counselling Psychology students and staff at the annual conference, and this year especially. So, thank you for your support!"



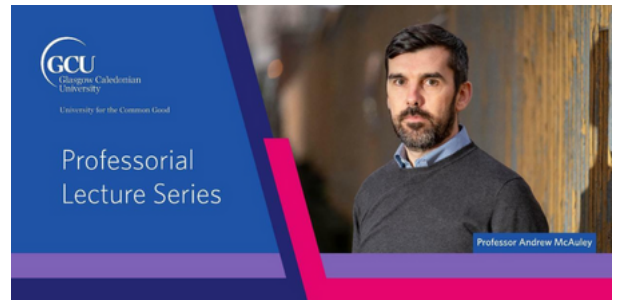
Needle and the damage done: injecting drug use in 21st Century Scotland

Professor of Public Health Andrew McAuley talked about the changing epidemiology of injecting drug use in Scotland over the past 25 years and its impact on related harms such as overdose and blood-borne viruses during his recent Professorial Lecture.

Professor McAuley, who is a researcher in the School of Health and Life Sciences' Research Centre for Health (ReaCH), spoke about Scotland's current injecting drug use landscape, the events that have shaped it and the future directions it might take. Professor McAuley said: "Injecting drug use in Scotland is a major public health issue and has been the subject of intense political debate in recent years. Drug-related deaths in Scotland are at globally high rates and were recently declared a public health emergency."

Professor McAuley also discussed his career working between Public Health Scotland and Glasgow Caledonian University, and focus on his 19 years working in the substance use field. He joined the University in 2014 and works across the Blood-Borne Virus and Substance Use Research Groups. He was promoted to Professor of Public Health in June 2023. His main research interests are harms related to injecting drug use and evaluation of interventions aimed at reducing risk.

[Watch Professor Andrew McAuley's lecture](#)



Let's talk about Sex & Drugs & all that Jazz

Professor of Health and Society Jamie Frankis delivered his Professorial Lecture in April and showcased his work to improve the sexual health and wellbeing of gay, bisexual and other men who have sex with men (GBM) in Scotland and beyond.



He is a Professor in the Department of Nursing and Community Health in the School of Health and Life Sciences, and co-leads the Sexual Health and Blood Borne Viruses Research Group in the Research Centre for Health (ReaCH). With over 20 years of research expertise, Professor Frankis' work addresses sexual health, HIV, and the multiple health inequalities experienced by LGBTQIA+ folk in Scotland, Wales, Northern Ireland, the Republic of Ireland and beyond.

In his lecture, Professor Frankis explored how the landscape of GBM's health has radically changed over the last 20 years, as well as highlight the changes still needed to address the multiple challenges around both mental and physical health. The audience learned how Professor Frankis' research has helped reduce sexual and mental health inequalities for GBM in Scotland and beyond. He also gave an insight into some of the cutting-edge LGBTQIA+ health research going on at Glasgow Caledonian, and explained why crochet just might be the answer.

[Watch Professor Jamie Frankis' lecture](#)



SHIP team supports World Hand Hygiene Day 2024

Each year, on the 5th May we celebrate World Hand Hygiene Day, which is led by the World Health Organization to promote good hand hygiene practices in healthcare and prevent healthcare-associated infections.



This year's campaign focused on the importance of promoting hand hygiene knowledge and strengthening hand hygiene training. To support this initiative, colleagues from the SHIP team invited students and staff in our university to practice the correct hand hygiene technique and to press their fingertips on agar plates to check how clean their hands were.

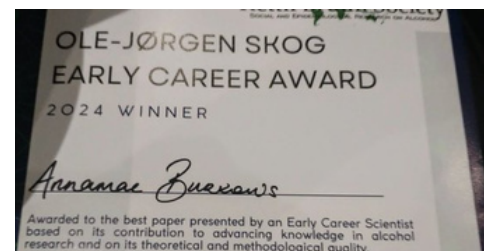
In addition, in their recent blog, the SHIP team shared their knowledge about hand hygiene by highlighting some of the key findings from their hand hygiene research. To find out more, please visit the [SHIP blog](#).

Other events

Highlights from conferences and events over the last few months.



SYNERGY attended the NHS Research Scotland Stroke Research event in Glasgow in April. Professor Lisa Kidd gave a presentation on the IMPETUS study, whilst Alvina Nawad provided information at our SYNERGY stall.



Congratulations to Annamae Burrows who has won the early career researcher prize at the KBS international alcohol conference in Australia

Professor Simon Hunter, Lead of the Child and Adolescent Health Research Group was an invited panel speaker at a recent seminar on 'Sharing learning and experience from collaborative research to understand mental illness stigma across Australia and Scotland'. Organised by See Me and jointly hosted by Strathclyde Centre for Health Policy & HASS Counselling Unit, the seminar shared learning from a coordinated international research project formed to understand more about the experiences of people living with complex mental illness and draw out study participant's views on what is needed to challenge the stigma and discrimination people continue to experience.





Selected Publications

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

- Adapting the Nominal Group Technique to a virtual version: an experience report
- An ecosystem of accepting life with chronic pain: A meta-ethnography
- Cost-effectiveness of two models of pessary care for pelvic organ prolapse: Findings from the TOPSY randomised controlled trial
- Exercise therapy for chronic symptomatic peripheral artery disease: A clinical consensus document of the European Society of Cardiology Working Group on Aorta and Peripheral Vascular Diseases in collaboration with the European Society of Vascular Medicine and the European Society for Vascular Surgery
- Health and sociodemographic determinants of excess mortality in Spanish nursing homes during the COVID-19 pandemic: a 2-year prospective longitudinal study
- Implementation of a Frailty Care Bundle (FCB) Targeting Mobilisation, Nutrition and Cognitive Engagement to Reduce Hospital Associated Decline in Older Orthopaedic Trauma Patients: Pretest-Posttest Intervention Study
- Pelvic organ prolapse: self-management of pessaries can be a good option
- Prevalence of urinary incontinence and associated factors in nursing homes: a multicentre cross-sectional study
- Risk of drug-related death associated with co-prescribing of gabapentinoids and Z-drugs among people receiving opioid-agonist treatment: a national retrospective cohort study
- SARS-CoV-2 vaccine uptake and risks of severe COVID-19 disease among people prescribed opioid agonist therapy in Scotland
- Tailored implementation of national recommendations on fall prevention among older adults in municipalities in Norway (FALLPREVENT trial): a study protocol for a cluster-randomised trial
- The impact of the COVID-19 pandemic on falls and fractures, 4 years on, are we any further forward?
- Views of Service Users, Their Family or Carers, and Health Care Professionals on Telerehabilitation for People With Neurological Conditions in Ghana: Qualitative Study
- Views of Specialist Clinicians and People With Multiple Sclerosis on Upper Limb Impairment and the Potential Role of Virtual Reality in the Rehabilitation of the Upper Limb in Multiple Sclerosis: Focus Group Study
- Understanding the delivery of the Falls Management Exercise Programme (FaME) across the U.K.



Thriving after stroke

Professor Frederike van Wijck has contributed to a new campaign briefing #thrivingafterstroke produced by the Stroke Association Scotland. The report urges Health Boards to urgently deliver on government plans to enhance recovery after stroke. [Read the briefing](#)

"Many more people could be given hope with sufficient opportunity to engage with dedicated rehabilitation therapists and having an agreed plan and trusted contact for any ongoing needs and support."

Professor Frederike van Wijck
Neurological Rehabilitation Sciences
Glasgow Caledonian University



Top 10% of papers published

Professor Dawn Skelton, Dr Gordon Hendry and Monserrat Conde have a paper in Physiotherapy Research International which recently received enough downloads to rank within the top 10% of papers published. The paper is titled "Knowledge about foot-specific foot falls risk factors and exercise among physiotherapists in the UK and Portugal: A cross-sectional survey". [Read the paper](#)

Cannabis, opioids, pizza and prize lectures: a busy year for the Glasgow Pharm Soc!

Dr Yvonne Dempsie provides an update in Pharmacology Matters on the last year of the Glasgow Pharmacology Society, and the inspiring lectures that have taken place. [Read the article](#)

"You're not working class anymore" - Following the yellow brick road of first year

Beth Meadows has written a blog for the Scottish Alcohol Research Network (SARN) about the first year of their PhD and reflecting on that journey through a classed lens. [Read the SARN blog](#)

Occupational Therapy Blog

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

- Thesis Survival Guide
- O is for Occupation
- My career in 5 photographs: Dr Gillian Ward

SHIP Blog

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

- World Hand Hygiene Day 2024: SHIP team shares knowledge about hand hygiene
- That Fuzzy Feeling: Does brushing batter beneficial bacteria?

NESSIE Blog

[Read the latest blogs](#) from the NIHR Synthesis Scotland Initiative (NESSIE) including:

- Update on Exercise for people with existing vascular disease as a tool for secondary prevention