

# RESEARCH CENTRE FOR HEALTH



## Welcome

Welcome to the Autumn issue of our Research Centre for Health (ReaCH) newsletter. Our vision at Glasgow Caledonian University is to transform lives through excellent education and research that is accessible and impactful for the people of Glasgow and our communities locally, nationally and internationally. This issue showcases our impressive early career researchers who embody this ambition, including those selected for our Crucible Research Leaders of the future programme.

This programme, led by ReaCH, builds skills to equip our rising stars to communicate their research and work with practitioners, policy makers, third sector colleagues, industry and the public to translate evidence into action. For the first time, we are delighted to have participants spanning our three Schools and the Yunus Centre for Social Business & Health. We look forward to working with this wonderful cohort over the programme, and seeing what they achieve in the future!

We also highlight other exciting work by, and to support, early career researchers. Bioscientist Dr Janice Spencer is part of a team who will share £4.8 million from funder UKRI. She will head up a network to support early career researchers to become leaders in the field of antimicrobial resistance. Congratulations also to Glen Watt, a blood cancer researcher who has been awarded £10,000 from Azenta to help fund his PhD project which will contribute to developing a new therapeutic antibody for the treatment of Multiple Myeloma.

This issue illustrates the diversity of our research which aims to improve health and wellbeing for all. Professor Dawn Skelton helped develop a new Strength, Balance and Exercise Walk to support veterans in Scotland for the Erskine charity, Professor Marian Brady was one of the leaders of a trial to identify the most effective speech therapy for people with Parkinson's disease and Professor Suzanne Hagen led a study which revealed high rates of incontinence and pelvic organ prolapse in women up to 26 years after childbirth.

Dr Elaine Duncan provided psychological support to competitors at the British Transplant Games. Finally, it is fitting that for this Autumnal issue we highlight the meeting of experts in fungi, as Professor Gordon Ramage and Dr Ryan Kean hosted the Medical Mycology Forum here at Glasgow Caledonian University!

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

Photo of Crucible Research Leaders of the Future programme



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## New research networks will tackle antimicrobial resistance

**Bioscientist Dr Janice Spencer is part of a team of scientists who will share £4.8million of funding from UK Research and Innovation (UKRI) to tackle one of humanity's biggest threats, antimicrobial resistance (AMR).**

Eight new networks, combining different research specialisms, have been launched as part of UKRI's tackling infections strategic theme. Dr Spencer, a lecturer in the Department of Biological and Biomedical Sciences at Glasgow Caledonian, is co-lead on the Futures AMR Network (FAN), which is led by Queen's University Belfast. FAN will support early career researchers across a range of disciplines to become future leaders in the AMR field. It will tackle AMR in the areas of agri-food health, environment and medicine using approaches in the arts and artificial intelligence (AI), behavioural economics, clinical engineering and discovery.

[Read more](#)



*"I am delighted to be awarded this funding and excited to start working with the newly formed, dynamic transdisciplinary team of researchers aiming to develop a network to tackle antimicrobial resistance and identify gaps in knowledge. This novel network aims to focus on the development of early career researchers, providing them with a platform allowing the amplification of their often-underrepresented voices."*

**Dr Janice Spencer**

## Study shows high rates of incontinence and prolapse in women years after childbirth

**A new study by Glasgow Caledonian University has revealed high rates of urinary and faecal incontinence, and pelvic organ prolapse in women up to 26 years after childbirth, and being overweight was a contributory factor.**



*"This was a unique study that really delved into the extent of the problem and the findings were pretty stark for all women after childbirth, regardless of how they had their babies. The findings send a clear message to women and healthcare professionals that preventative measures are important."*

**Professor Suzanne Hagen**

The research findings, published in BJOG: An International Journal of Obstetrics & Gynaecology, found there were differences in the rates depending on how the women's babies had been delivered. The study was led by Professor of Health Services Research Suzanne Hagen, co-lead of the Ageing Well Research Group, and involved fellow researcher Dr Ceri Sellers and former colleague Andy Elders. The study was carried out in collaboration with the Universities of Aberdeen, Birmingham and Otago in New Zealand, Aberdeen Royal Infirmary and Birmingham Women's and Children's NHS Foundation Trust. The research was funded by the Scottish Government's Chief Scientist Office, and grants from the University of Otago and the New Zealand Continence Association.

[Read more](#)



## Major trial looks at most effective speech therapy for people with Parkinson's disease

**A major clinical trial involving researchers at Glasgow Caledonian University has shown that the Lee Silverman Voice Treatment (LSVT LOUD®) is more effective than general speech and language therapy provided by the NHS, when treating patients with Parkinson's disease (PD).**

The results of the trial, which has just been published in the British Medical Journal (BMJ), showed that LSVT LOUD® was more effective at reducing the participants' reported impact of voice problems than the NHS delivered speech and language therapy. LSVT LOUD® is an effective speech treatment for people with PD and other neurological conditions. The treatment trains people with PD to use their voice at a more normal loudness level while speaking at home, work, or in the community. The trial was led by experts from the Universities of Nottingham, in collaboration with Glasgow Caledonian University, Sandwell and Dudley Hospital Trust, University of Birmingham, University College London, King's College London, the University of Bangor and Canterbury Christ Church University. Professor Marian Brady, in the Research Centre for Health (ReaCH), was the lead speech and language therapy clinical expert in the trial. ReaCH Research Fellow Sylva Dickson, Dr Pauline Campbell and former colleague Avril Nicol, were also involved in the research.

[Read more](#)



*"This successful trial of an intensive approach to speech and language therapy for people with Parkinson's-related speech and voice problems is a wonderful example of a clinical-academic endeavour."*

**Professor Marian Brady**

## Professor Hughes appointed institutional Single Point of Contact for the Scottish Institute for Policing Research

Professor Liz Hughes has been appointed Glasgow Caledonian's new Single Point of Contact (SPOC) for the Scottish Institute for Policing Research (SIPR). SIPR is a strategic collaboration between 15 of Scotland's universities, Police Scotland and The Scottish Police Authority. Its mission is to support internationally excellent, multi-disciplinary policing research to enable evidence-informed policy and practice. Glasgow Caledonian joined the SIPR at its inception in 2007. Professor of Criminology and Sociology, Lesley McMillan, is an Associate Director of the SIPR and leads its Public Protection Network. Research being undertaken across our three Academic Schools relates to policing and crime, including cyber security, mental health, gender-based violence, law and illegal drug use. Professor Hughes is a Professor of Substance Use Research in the School of Health and Life Sciences and took over the role from Dr Annette Robertson in August.

## PhD viva success

Congratulations to Leona Gray on successfully defending their PhD thesis "Building capability for case study research in occupational therapy practice (CSOT): A two phase multi-methods study"





*"Being awarded the Precision Antibody Discovery Oncology Grant is a great privilege for me and the research group. With this grant we are hoping to further our work into producing a novel monoclonal antibody for Multiple Myeloma. I'd like to thank Azenta for awarding this grant to me."*

**Glen Watt**

## Blood cancer researcher receives backing from global life sciences giant

**A blood cancer researcher at Glasgow Caledonian University has been awarded £10,000 from global life sciences giant Azenta. Glen Watt, an Industrial Biotechnology Innovation Centre (IBioIC) funded PhD student in Dr Mark Williams Research Group in the Department of Biological and Biomedical Sciences, has won the company's Precision Antibody Discovery Oncology Grant to help fund his PhD project.**

Glen's PhD project is focused on developing a novel highly-effective multi-targeting therapeutic antibody for the treatment of Multiple Myeloma (MM). MM is the second most common blood cancer worldwide, originating from the uncontrolled rapid increase of malignant/cancerous immune cells, known as B-cells, within the bone marrow. Despite anti-myeloma drugs being used to kill as many myeloma cells as possible to combat MM, the disease will return in most MM patients and lead to death because these therapies are non-specific, toxic and do not halt disease progression. The clinically more effective treatments, such as therapeutic antibodies, which are used when other therapies do not work, are susceptible to therapy resistance which is why Dr Mark Williams and his team are developing novel multi-targeting therapeutic antibodies to overcome drug resistance and improve clinical outcomes in Myeloma patients. The new funding will give Glen access to bespoke state-of-the-art genomics/sequencing services, which will help him optimise the design of the multi-targeting antibody and enhance the preclinical efficacy of the antibody, with a view to taking this antibody into clinical trials within the next five to 10 years.

[Read more](#)

## Ageing well expert develops new garden walk for veterans

Ageing and Health Professor Dawn Skelton has helped develop a new Strength, Balance and Exercise Walk in the garden of The Erskine Home in Bishopton to help residents keep fit. She has been working with Craig Berry, the Erskine charity's Activities Coordinator, on the annual Senior Sporting Games, held annually at the University, to put together some exercises the veterans can do in their own garden. Erskine provides unrivalled support to veterans in Scotland, through care homes and a Veterans Village, comprising of 44 cottages, an Activities Centre, five Assisted Living Apartments and 24 Transitional Supported Apartments. Craig said he was delighted to get the garden walking project up and running at The Erskine Home and added: "People come here at the end of their lives, they don't know how long they have, I want them to enjoy it as much as possible." He said it's been great to work in partnership with Glasgow Caledonian and get expert advice from Professor Skelton.





**Crucible:**  
Research Leaders  
of the Future



## Crucible 2024 unveils research leaders of the future

Thirteen lucky early career researchers from all three of our Schools and the Yunus Centre for Social Business and Health are celebrating being chosen as future leaders for the Crucible career development programme.

Congratulations to Vicky Joshi, Elaine Duncan, Liam Butler, Anika Hoque, Kirsten Trayner, Martha Canfield, Elaine Coulter and Lucyna Gozdzielewska from the School of Health and Life Sciences (SHLS). Also, to Nicola Irvine, from the Yunus Centre, Katy Proctor and Rosalind Parr, from the School of Business and Society (GSBS), and Sennan Matter and Andrew Wilson, from the School of Computing, Engineering and Built Environment (SCEBE).

The Crucible Research Leaders of the Future programme started with a bang in September when the new cohort were given media training in our journalism studios from the University's Corporate Communications team, and met fellow researchers who shared their experiences of media work.

Crucible Lead and Co-Director of the Research Centre for Health (ReaCH) Professor Carol Emslie said: "It was wonderful to kick off the 2024 Crucible Researcher Leaders of the Future programme with such a great cohort of early career researchers – they were brilliant during the media training! For the first time, we have participants from across every School and from the Yunus Centre for Social Business and Health, which is so important for multi-disciplinary discussions. The programme aims to build a network of outstanding early career researchers who are passionate about communicating their research. It also helps to create the aspirational, supportive and sustainable research culture we strive for at Glasgow Caledonian. I'm really grateful to the Deans and ADRs, senior researchers and our communications and impact experts who support the programme. Next month we move onto policy engagement, social media and impact, with a visit to the Scottish parliament in November."



**Crucible is our competitive leadership programme for ECRs. It features input from leading researchers across the university and experts from GCU's Media team and Research Impact and Community & Public Engagement and culminates in a meeting with Ministers and policymakers at the Scottish Parliament. Here is an introduction to 6 of our 13 rising stars from the 2024 cohort; the others will be introduced in the next newsletter.**



## Liam Butler

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Liam joined the Department of Biological and Biomedical Sciences in 2024 as a postdoctoral researcher working under the supervision of Dr Timothy Humpton. Liam is an affiliate researcher to the School of Cancer Sciences at the University of Glasgow, where he works collaboratively within the CRUK Scotland Institute. Before joining GCU, Liam attained both his MSci Biochemistry (2019) and PhD for research (2023) from the Strathclyde Institute of Pharmacy and Biomedical Science, where his thesis focused on the interactions and S-acylation of the Sprouty and SPRED tumour suppressor proteins. Liam's research interests are focused on the cellular and molecular basis of disease, immune-oncology, protein biochemistry, and metabolism. His current research is funded by the Medical Research Council (MRC) and investigates the protective role of the p53 tumour suppressor protein in fatty liver disease. Liam currently sits on the Scottish University Life Science Alliance (SULSA) early career researcher committee and is a member of both the British Society for Cell biology and the Biochemical Society. Liam is regularly involved in community/public outreach activities, science policy engagement, and continues to contribute to both international conferences and research publications.



## Martha Canfield

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Martha is a Lecturer in Psychology. Before joining GCU in October 2023, Martha held a series of research posts in England. Her primary research interest is in substance misuse including its intersection with mental health problems and social determinants of health, the impact of substance misuse in the family and the provision of treatment services. She has recently completed her first research project as PI, a Nuffield Foundation research on parents of dependent children attending substance use treatment services and involvement in care proceedings (Family Court).

Martha is also interested in research methods applied to Psychology and the use of routinely collected electronic records data in research. She has worked as an adviser for the NIHR Research Design Service (RDS) London between 2017-2023. She holds research honorary positions with King's College London, South London and Maudsley NHS Foundation Trust, Faculdade Paulista de Ciencias da Saude (Sao Paulo, Brazil) and Victoria University of Wellington (New Zealand). At GCU, Martha is a member of the Substance Use and Misuse group and the Child and Adolescent Health group.





## Elaine Coulter

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Elaine is a Physiotherapist and completed her PhD in 2012, focusing on wheelchair and walking physical activity in people after spinal cord injury. She has worked in split research, teaching and clinical posts for a number of years within NHS Greater Glasgow and Clyde, NHS Ayrshire and Arran, University of Ulster, University of Glasgow and Queen Margaret University. In 2018, she joined Glasgow Caledonian University on a full-time basis as a Lecturer in Physiotherapy. Since 2022 she has held the significant department role of Programme Leader of the Doctorate in Physiotherapy (pre-registration) programme.

Elaine's research has been dedicated to supporting the rehabilitation of people with multiple sclerosis, stroke and spinal cord injury. She has a particular interest in physical activity, exercise, measurement and use of digital technology in delivering neurological rehabilitation. This work has led to over 25 published research articles in internationally recognised journals. Within the Research Centre for Health (ReaCH), Elaine is an active member of the Stroke and Neurological Rehabilitation Research Group (SYNERGY) Research Group and serves as the Research Impact Champion. Elaine is a co-founder of Giraffe Healthcare, [www.giraffehealth.com](http://www.giraffehealth.com), a not-for-profit social enterprise, spin-out company, that provides an online platform for personalised, video-based rehabilitation to NHS and non-NHS providers.



## Elaine Duncan

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Dr Elaine Duncan is a Senior Lecturer in Psychology at Glasgow Caledonian University. She is a Chartered Scientist, Associate Fellow of the British Psychological Society (BPS), and an HCPC registered practitioner of Sport and Exercise Psychology. Her research and applied practice foci are the promotion of mindful movement and physical activity, therapeutic writing, athletic injury, secondary stroke prevention and the design and efficacy of self-administered well-being interventions. Her current strategic priorities are to enhance psychological service provision to those awaiting and in receipt of transplant and to promote transplant recipients' access to sports participation and active living to enhance their physical and mental health status. Elaine has extensive experience in public engagement and third-sector partnership work. She seeks opportunities to disseminate her expertise at community, and grassroots levels, particularly in matters of mental health and well-being where the promotion of active lives is an investment in human capital. As the Director of SOMA Wellbeing, she offers a counselling and yoga therapy service, underpinned by a humanistic philosophy and a person-centred approach.





## Lucyna Gozdzielewska

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Dr Lucyna Gozdzielewska is a lecturer in Adult Nursing at Glasgow Caledonian University, and a member of the Safeguarding Health through Infection Prevention (SHIP) Research Group where she leads the Applied Infection Prevention and Control (IPC) Interventions workstream. Lucyna completed her BA (Hons) in Nursing Studies in 2014, and a PhD in 2021, focusing on the 6-step hand hygiene technique for healthcare staff. Since then, she has been involved in a variety of research projects and systematic reviews conducted by the SHIP Research Group, mainly concerning hand hygiene, which helped her to develop networks with international partners, including the World Health Organization (WHO) and Infection Control Africa Network (ICAN). She currently leads a systematic review, funded by the WHO, focusing on the effectiveness of IPC interventions in long-term care facilities, and a Delphi survey, funded by NHS Education Scotland, aiming to develop an educational framework for the specialist IPC workforce. She also supervises a PhD student project, investigating the role of hand-washing sinks in the spread of infections in hospitals. Her long-term career plan is to develop a wider programme of work, focusing on improving hand hygiene practice in healthcare, by integrating evidence-based interventions, multidisciplinary approaches, and public involvement.



## Anika Hoque

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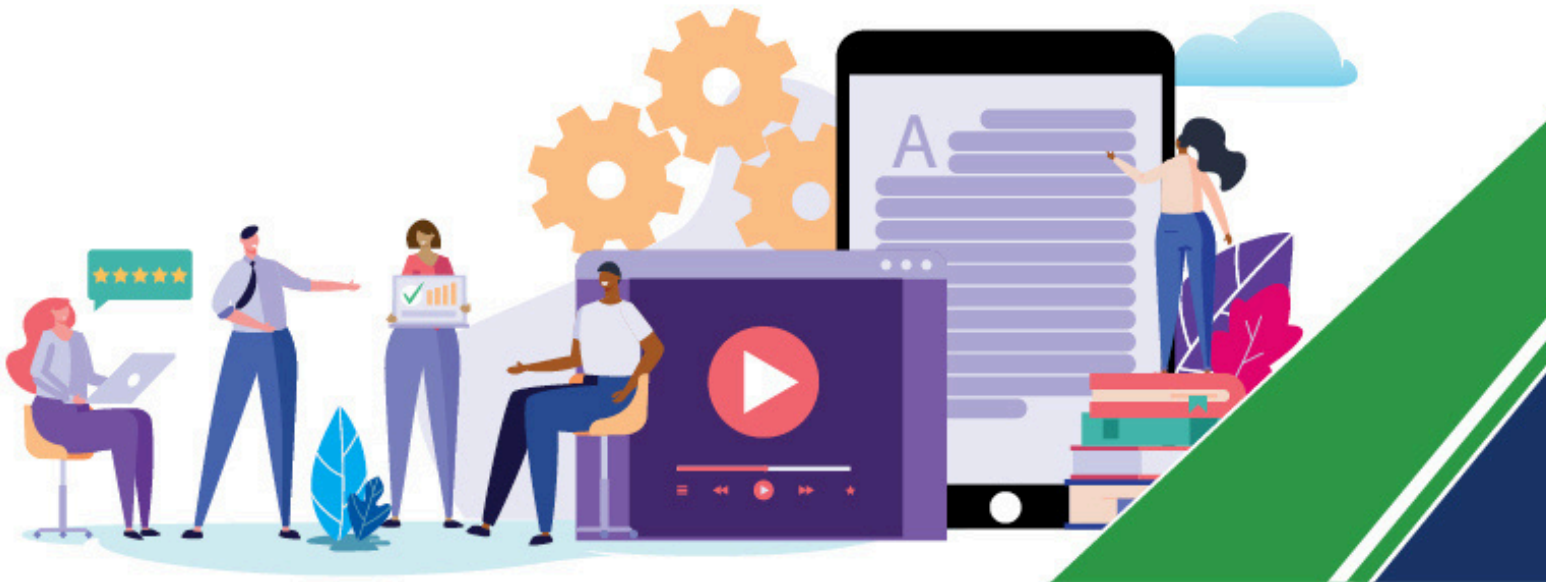
Originally from Denmark, Dr. Anika Hoque embarked on her academic journey by earning a BSc (Hons) in Podiatry from Glasgow Caledonian University (GCU) in 2019. Her interest in research developed during her participation in the Versus Arthritis AHP and Nurse Internship Programme. This pivotal experience inspired her to pursue a PhD at GCU, where she worked on the development and validation of the first patient-reported outcome measure for assessing foot disease activity in rheumatoid arthritis.

In 2021, Anika expanded her expertise by obtaining a post-graduate certificate in Medical Musculoskeletal Ultrasound. Currently, she is a post-doctoral research fellow at GCU, contributing to the POD-SCAN project funded by Great Foundations. This project explores the impact of musculoskeletal ultrasound imaging on the diagnosis and management of painful foot problems in podiatry.

Dr. Hoque's primary research interests lie in inflammatory arthritis and musculoskeletal ultrasound imaging. Her work is dedicated to improving diagnostic and management strategies for foot-related issues. Through her research, Anika aims to enhance patient outcomes and advance the field of podiatry.







## Conferences and events

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

### Psychologist gives medical trauma talk on international stage

Glasgow Caledonian University psychology lecturer Dr Liza Morton, who was one of the world's youngest pacemaker babies, shared her research on mitigating medical trauma at an international event in Germany. She was invited to present her research work at the two-day Polyvagal Theory and the Modern Family: Finding Safety and Connection conference in Potsdam in June, which focused on topics including child and adolescent mental health, family relationships, and transgenerational trauma and the many applications of Polyvagal Theory.

The Polyvagal Theory is revolutionising the understanding of trauma. It emphasises the role the autonomic nervous system - especially the vagus nerve - plays in regulating our health and behaviour. Dr Morton was among 12 presenters who are the best and brightest experts from around the globe, including Professor Stephen Porges, Gabor Mate, Deb Dana and Arielle Schwartz. They shared their work, research, and perspective on the topic of the modern family, specifically through a polyvagal lens.



Dr Morton, who was born with congenital heart disease, did a presentation on 'Mitigating Medical Trauma: Supporting people with long-term health conditions using polyvagal informed, family-focused healthcare practices'. The audience was made up of 365 people with another 2,000 watching on a live stream to six countries including the US, Germany, Poland, France, Italy and Spain.

[Read more](#)





## Stroke rehabilitation experts share their expertise at major event

Professor Lisa Kidd and Professor Frederike van Wijck from Glasgow Caledonian's School of Health and Life Sciences were invited to contribute to the Scottish Stroke Improvement Programme Annual Scottish Stroke Care Audit (SSCA) meeting at the University of Dundee in August.

This was the first time that the Scottish Stroke Nurses Forum (represented by Professor Kidd) and the Scottish Stroke Allied Health Professions Forum (represented by Professor van Wijck) had been invited to contribute a session to the annual SSCA event, attended by a delegation of staff working in policy and stroke care from around Scotland. The session delivered by Professor van Wijck, together with Dr Charlie Chung, Lothian AHP Stroke Strategic Lead and Consultant Occupational Therapist, highlighted the quality, range and impact of stroke rehabilitation research in Scotland.

Professor van Wijck co-leads the School of Health and Life Sciences' Research Centre for Health (ReaCH) and the Stroke and Neurological Rehabilitation Research Group (SYNERGY). Professor Kidd and the other stroke experts are also key researchers in SYNERGY.

## Scottish Medical Mycology Forum held at GCU

International experts in fungi gathered at Glasgow Caledonian University for the Medical Mycology Forum to find out the latest developments in the field, from diagnostics to therapeutics.

The event, led by experts in the School of Health and Life Sciences (SHLS), was held in The Lantern on Friday, August 23, and attracted more than 60 clinicians and academics from across Scotland and beyond. It was organised by Professor of Infection Prevention Gordon Ramage, from the Department of Nursing and Community Health, and Dr Ryan Kean, Lecturer in Clinical Microbiology, from the Department of Biological and Biomedical Sciences.



Professor Ramage also co-leads the SHLS Safeguarding Health through Infection Prevention (SHIP) Research Group in the Research Centre for Health (ReaCH), of which Dr Kean is a member. Professor Ramage said: "This meeting was a huge success for Dr Kean and I, with over 60 participants from the NHS, industry and academia visiting the campus. We were able to bring international experts in medical mycology to GCU to explain the latest developments in the field and impart valuable knowledge in clinical diagnostics and novel therapeutics. We also heard about the importance of fungi in the environment (hospitals, homes and water supplies) and how agricultural use of antifungal agents may impact our ability to treat patients due to cross-resistance. The SHIP research group are taking a leading role in contributing to this knowledge base."

Professor Ramage and Dr Kean have been working with other academics from the Universities of Edinburgh and Aberdeen to organise regular Medical Mycology Forum meetings. They are supported by Napp Pharmaceuticals, Gilead Sciences and IMMY MDx.



## Research fellow showcases AI expertise around the world

A research fellow and generative artificial intelligence (AI) expert in Glasgow Caledonian University's [Health CASCADE](#) project showcased his expertise at a range of international events last month.

The School of Health and Life Sciences' Research Centre for Health (ReaCH) Health CASCADE is a Marie Skłodowska Curie Innovative Training Network project, funded by the European Union. Quentin Loisel is a Marie Skłodowska Curie Action (MSCA) Fellow. He was asked by the EU Commission MSCA unit to run a series of workshops at an MSCA Satellite event on June 10 and 11 to help more than 80 participants understand how AI is transforming science. He was then asked by the Association for Hydro-Environment Engineering and Research (IHAR) to present a webinar about the application of AI for research and science on June 14. The event attracted more than 425 people.

The MSCA, which has more than 22,000 members from the research community across the world, has recently approved the creation of a new Marie Curie Alumni Association (MCAA) working group under Quentin's leadership, aiming to explore how to use AI to make science better.

On June 26, as MCAA UK chair, Quentin spoke at a UK Research Office and EU Commission 'Horizon Europe Marie Skłodowska Curie Actions' event in front of 200 participants. The following day he represented the MSCA and MCAA at an event organised by EURAXESS UK, which is part of a network established by the European Commission 20 years ago, to help support researchers' movement between countries for their careers.

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## British Psychological Society 30th anniversary conference goes off with a bang

Glasgow Caledonian University successfully hosted this year's British Psychological Society (BPS) Division of Counselling Psychology (DCoP) 30th anniversary conference on July 5 and 6.

Broadcaster, writer and journalist Sian Williams, who has re-trained as a Counselling Psychologist, delivered a fascinating keynote on 'The Power of the story' at the event. She spoke about vicarious trauma in journalists who are often on the frontline of hearing people's traumatic experiences including her own, reporting on the Hillsborough disaster as a young journalist.



Staff from the University's Department of Psychology DPsych Counselling Psychology programme were out in force. Dr Richard Golsworthy, Programme Director and Tasim Martin, Deputy Programme Director, led a discussion panel on pay and autonomy in trainee placements. Psychology lecturer Dr Liza Morton delivered a talk on mitigating medical trauma. Twelve presentations were delivered by Counselling Psychology Trainees on their research and practice covering a wide range of topics including improving access to trauma treatment for veterans and male survivors of sexual abuse, digitalising counselling psychology and stigma of mental health for men from South Asian Communities in the UK. A further eight trainees delivered poster presentations. Two students, Karen Thomson and Lisa Campbell, won second and third place in the BPS DCoP Trainee Prize 2024, while Jose Alberto Fernandez won first prize in the BPS DCoP Annual Conference 2024 – Best Poster Entry (Delegates' Choice Award).

[Read more](#)



## Department of Biological and Biomedical Science Early Career Researcher (ECR) Day 2024

Department of Biological and Biomedical Science (BIO) ECR Day took place on the 1st of August 2024. The event was organised by Dr Boatemaa Ofori-Frimpong (Lecturer). MSc Medical Bioscience students volunteered alongside PhD student Marino Swanzy-Krah to make the event a success. The event was hosted by GCU Research Centre for Health (ReaCH).



50 attendees from Edinburgh Napier, Selleck Biotechnology, University of Porto and GCU gathered to celebrate oral presentations and research posters showcased by MSc, MRes and PhD students within BIO. The ECR event was chaired by Dr Boatemaa Ofori-Frimpong.

Keynote Speaker I, Dr Uchenna Ilo Business Analyst with Birmingham City Council, Founder of two Social Enterprises and Author, gave a thought-provoking presentation on Career Progression while Keynote Speaker II, Dr Anthony Slate, Postdoctoral Research Associate GCU, gave an outstanding presentation on "My research journey so far: microbial fuel cells, antimicrobial infection responsive urinary catheter coatings and (now) drug repurposing to combat bacterial vaginosis". Dr Uchenna Ilo was a former student within BIO at GCU and has progressed successfully in industry so was best equipped to provide BIO ECRs with career progression advice. Presentations were followed with engaging question and answer sessions. Attendees visited MSc, MRes and PhD poster displays and Selleck Biotechnology stand and then networked over lunch.

Here's an ECR's thought on the event: "I found the event to be incredibly insightful and beneficial for my knowledge and professional development." Another attendee had this to say; "The event was insightful and provided avenue for networking and connections. The dinner was also nice. Kudos to the organisers".

Many thanks to our sponsors Selleck ([www.selleckchem.com](http://www.selleckchem.com)), PCR Bio (<https://pcrbio.com>), GCU Research Centre for Health (ReaCH) ([www.gcu.ac.uk/research/researchcentres/reach](http://www.gcu.ac.uk/research/researchcentres/reach)), Proteintech (<https://www.ptglab.com>/<https://www.ptglab.com/>) and Professor Sharron Dolan, Associate Dean of Research - School of Health and Life Sciences, for sponsoring the Poster Prizes. First Prize went to MSc student Bright Ofori and second joint prizes went to PhD students Glen Watt and Stefan Corradini, both from the Mark Williams lab within BIO at GCU. This is what Bright had to say after winning first prize; "It was an honour winning the best Researcher Poster Award!"



## Staff and students provide psychological support service at British Transplant Games

Participants in this year's British Transplant Games got a helping hand from staff and students at Glasgow Caledonian University's Department of Psychology for the second year running.

Dr Elaine Duncan and two DPsych Sport and Exercise Psychology trainees, Anna Leishman and Paul O'Flynn, set up an online psychological support service for athletes taking part in the 2024 Games in Nottingham

in August. As well as the online service, former Glasgow Caledonian Sport and Exercise DPsych trainee Dr Sahen Gupta, who is now a lecturer at Portsmouth University, helped Dr Duncan find a further two trainee sport and exercise psychologists from his university to provide in-person support live at the Games.



Last year was the first time that competitors were able to access hands-on psychological services at the Games, thanks to Dr Duncan, who was inspired by her transplantee husband Dr David Sykes to get involved. Dr Duncan will lead the psychology support service at the Games this year while her husband competes in cycling, archery, race walking and pétanque. Two trainees from GCU's Sport and Exercise Psychology doctoral programme, Rachel Nateri and Abi Lind, worked with Dr Duncan to deliver the first integrated sports performance and wellbeing service at the British Transplant Games 2023 in Coventry. This service was on a trial basis to see if a psychology service could be added to the existing physical therapy service coordinated by Alison Bloxham, Sheila Leddington-Wright and Lindsey Moffitt, from Transplant Sport UK Therapy Services.

[Read more](#)

## Other events

Highlights from conferences and events over the last few months.



Congratulations to our KTP Associate Dr Ciara Reidy for presenting her work with Sport Aberdeen developing the ProActive Minds programme at the FEPSAC Congress 2024 in Innsbruck.



Dr Patricia Martin gave a talk on "The Connexin 43 (Cx43) interacting protein human Discs large homologue-1 (Dlg1) controls gap junctional intercellular signalling and is an important component of the wound healing process" at IGJC2024.



Health Cascade expanded their cocreation network in Africa as Danielle Agnello teamed up with the University of Copenhagen and SUZA to teach PhD students about co-creation.





## Selected Publications

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

- Establishment of clinical exercise physiology as a regulated healthcare profession in the UK: a progress report
- Feasibility of an implementation strategy for preventing falls in homecare services
- Longitudinal Analysis of Functional Capacity in Nursing Home Residents During the COVID-19 Pandemic
- Pelvic floor muscle training for female urinary incontinence: development of a programme theory from a longitudinal qualitative case study
- Psychometric properties and feasibility of three scales assessing the level of knowledge and awareness about pelvic floor health
- Adaptation of complex interventions for people with long-term conditions: a scoping review
- The Benchmarking Exercise Programme for Older People (BEPOP): Design, Results and Recommendations from The First Wave of Data Collection
- The Measurement and Reporting of Falls: Recommendations for Research on Falls Data Collection and Capturing Social Determinants of Health
- Treatment effect analysis of the Frailty Care Bundle (FCB) in a cohort of patients in acute care settings

## Articles published on success of Glasgow Caledonian's DPsych programmes

A team of health psychologists have written an article about the success and uniqueness of Glasgow Caledonian University's DPsych Health Psychology programme. The paper, entitled '[Health psychology training in the UK: An example from the first professional Doctorate in Health Psychology in Scotland](#)' has been published in the British Psychological Society journal Health Psychology Update. The paper was written by Psychology lecturers Drs Lindsey Burns, Jan Smith, Jo McParland and Hannah Ranaldi from the School of Health and Life Sciences (SHLS) Department of Psychology, and Dr Siân Armstrong, a graduate from the programme.

[Read more](#)



## Ageing experts talk about Sir Ian McKellen's fall and strength training in the media



Glasgow Caledonian University Senior Lecturer in Physiotherapy Dr David Hegarty and Professor in Ageing and Health Dawn Skelton have been sharing their expertise on BBC Radio and The Telegraph.

David appeared on the BBC Radio Scotland Mornings show with Stephen Jardine after multi-award-winning actor Sir Ian McKellen fell during a live performance of *Player Kings* at the Noel Coward Theatre in London. His research focuses on neurology, care of the older person and palliative care, and has experience in gerontology, palliative, sports, out-patient and neurological physiotherapy.

Professor Skelton told The Telegraph: "Maintaining the size of your muscles protects your brain health. The stronger you are, the better cognition you'll have. It's thought that strength training improves blood flow to the brain, reduces inflammation that can accelerate cognitive decline, and stimulates the release of brain-derived neurotrophic factor (BDNF), which helps produce new brain cells." She added that lifting weights could also help stave off winter colds and flu: "Strong muscles are vital for good immune function, helping us fight infections."

Professor Dawn Skelton is the School of Health and Life Sciences' Research Centre for Health (ReaCH) Ageing Well Research Group Co-Lead, and David is a key researcher in the group. They are both based in the Department of Physiotherapy and Paramedicine.

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