

Autumn 2021 NEWSLETTER



A warm welcome to the 21/22 academic year to all our staff and students, whether newly arrived or returning to Bournemouth. Personally, I am extremely excited to see the campus return to its vibrant self. Granted, COVID still exists and precautions must still be taken, however let's enjoy the opportunities that we have whether this be in teaching, research or socially.

Faculty and Department wise there have been lots of exciting changes, including a new leadership team and new lecturers joining us. At Faculty level, we welcome Professor Anand Pandyan as our New Executive Dean of Health and Social Sciences. I have no doubt that this exciting appointment will continue to advance HSS's reputation for excellence further and we wish him well in this new role. At Department level, I will be taking over as Head of Department (HoD) from Prof Carol Clark. I'd like to take this opportunity to thank Prof Clark for all she has done for the Department as HoD. Carol is stepping down to focus on furthering her research expertise as Professor of Physiotherapy. We look forward to seeing what exciting research opportunities this brings, not only for Carol, but for research within the department. Dr. Jonathan Williams will remain as Deputy Head of Department (DHoD) and we will be recruiting a second DHoD very shortly.

Welcome again to the new academic year, I have a great feeling of optimism for what the year ahead will bring for all our staff and students.

Best Wishes,
Susan Dewhurst, Head of Department Rehabilitation and Sport Sciences

Meet the Team

Welcome to the team...

Chloe Casey - PTHP Lecturer in Nutrition
Corinne Hutt-Greenyer - PTHP Lecturer in Occupational Therapy
Dr Matt Armstrong - Lecturer in Sport and Exercise Science
Paul Fairbairn - Lecturer in Sport and Exercise Science
Richard Hodgson - PTHP Lecturer in Nutrition
Dr Samuel Hills - Lecturer In Sports Science
Simon Hook - PTHP Lecturer in Sport and Exercise Science
Dr Tomomhiro Gonjo - Lecturer in Sport and Exercise Science

Head and Deputy Head

Dr Susan Dewhurst - Head of Department for Rehabilitation & Sport Sciences
Dr Jonathan Williams - Deputy Head of Department for Rehabilitation & Sport Sciences

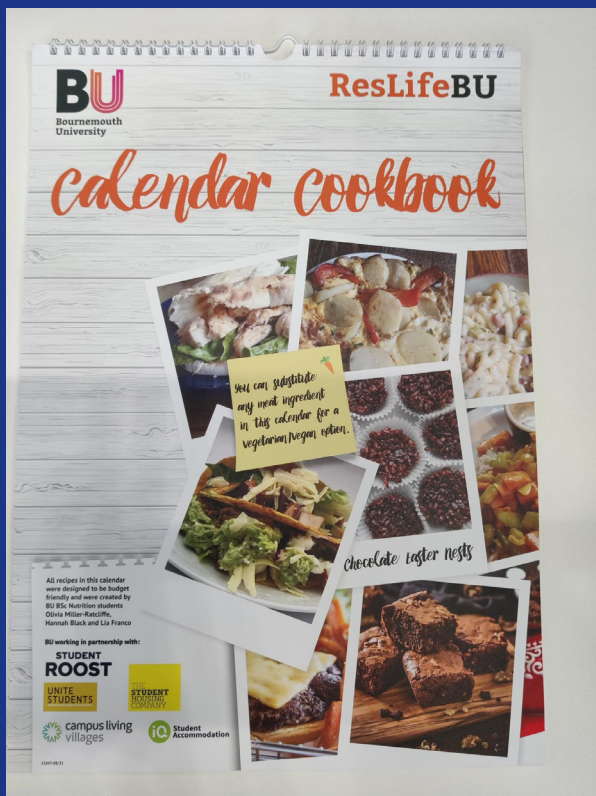
Team Members

Adam Sewell - Lecturer in Performance Analysis
Alexandria (Alex) Dunford - Lecturer in Physiotherapy
Dr Amanda Wilding - Senior Lecturer in Sport Psychology and Coaching Sciences
Andrea Hasselbusch - Senior Practice Fellow in Occupational Therapy
Dr Andrew Callaway - Senior Lecturer in Biomechanics and Performance Analysis
Dr Bernadette Waters - Principal Academic in Occupational Therapy
Dr Caroline Ellis-Hill - Senior Lecturer in Qualitative Research
Prof Carol Clark - Professor of Physiotherapy
Debbi Gale - Demonstrator in Health Sciences
Eirini-Iro (Iro) Arvanitidou - Lecturer in Nutrition
Dr Fotini Tsofliou - Principal Academic in Nutrition
Gillian (Gill) Glasgow - Lecturer in Health Psychology
Helen Ribchester - Lecturer in Occupational Therapy
Prof Jane Murphy - Professor of Nutrition
Dr Joanna Thurston - Principle Academic
Dr Joanne Holmes - Senior Lecturer in Nutrition
Julie Liddell - Technical Officer
Dr Juliette Truman - Senior Lecturer in Occupational Therapy
Dr Kathryn Collins - Lecturer in Physiotherapy
Kelly Goodwin - Senior Lecturer in Sports Management
Dr Louise Fazakarley - Senior Lecturer in Physiotherapy
Dr Malika Felton - Lecturer In Health And Exercise Physiology
Dr Marta Glowacka - Lecturer in Occupational Therapy and Health Psychology
Dr Michelle Heward - Post Doctoral Research Fellow Dementia
Rachael Bewes - Lecturer in Physiotherapy
Dr Rebecca Rendell - Senior Lecturer in Exercise Physiology
Dr Reena Vijayakumaran - Lecturer in Behavioural Psychology and Nutrition
Dr Saffron Scott - Senior Lecturer in Occupational Therapy
Sara Sayer - Lecturer in Sports Therapy
Dr Shelley Ellis - Lecturer in Performance Analysis
Dr Sophia Amenyah - Postdoctoral Research Fellow
Dr Swrajit Sarkar - Senior Lecturer in Nutrition
Prof Tim Rees - Professor in Sport
Dr Tongai Chichaya - Lecturer in Occupational Therapy
Dr Vikram Mohan - Senior Lecturer in Physiotherapy

Lecturer Practitioners

Catherine Cruse-Drew - Lecturer Practitioner
Peter (Pete) Bloomer - Lecturer Practitioner Sports Therapy
Phil Morgan - Lecturer Practitioner in Occupational Therapy

Good News Stories



Our students Hannah Black, Jennah Legrice and Lia Franco undertook their placement with BU ResLife team, preparing the Calendar Cookbook. This will be hung in every BU Hall of residence kitchen for all new starters at the start of term.

This project will continue with MSc Nutrition and Behaviour students running nutrition and cookery workshops for students in Lyme Regis and Cranborne Halls.

Both **Dr Samuel Hills (Lecturer In Sports Science)** and **Dr Fotini Tsofliou (Principal Academic in Nutrition)** have become part of the Fellow of the Higher Education Academy.

Dr Samuel Hills (Lecturer In Sports Science) has been appointed as a member of the University Research Ethics Committee and the new departmental ethics champion.

Dr Joanne Holmes (Senior Lecturer in Nutrition) will be our new departmental student employability and professional practice lead for the Nutrition, SES and ST. degrees

Amanda Wilding (Senior Lecturer in Sport Psychology and Coaching Sciences) has been successfully elected as HSS academic representative at the University Senate.

Dr Malika Felton (Lecturer In Health And Exercise Physiology) has successfully passed her PhD.

New programme leads in Sports Therapy and Physiotherapy:

Dr Malika Felton -Program Leader (ST)
Sara Sayer – Professional Practice Lead (ST)
Dr Katie Collins – Program Leader (PT)
Dr Louise Fazakarley – Placements Lead (PT)

Research Publications



Ellis-Hill C, Pound C Galvin K (2021) Making the invisible more visible: Reflections on practice-based humanising lifeworld-led research – existential opportunities for supporting dignity, compassion and wellbeing *Scandinavian Journal of Caring Sciences* 2021;00:1–9. DOI: 10.1111/scs.13013.

El Zein R, Shanker S, Murphy JL. Dietary intakes in community-dwelling older adults during the COVID-19 outbreak *PROCEEDINGS OF THE NUTRITION SOCIETY*. 80. 2021.

Hills, S.P., Hobbs, M., Tipton, M.J. and Barwood, M.J (In press). The Water Incident Database (WAID) 2012 to 2019: a systematic evaluation of the documenting of UK drownings. *BMC Public Health*.

Khaled K, Hundley V, Bassil M, Bazzi M, **Tsofliou F.** Validation of the European Prospective Investigation into Cancer (EPIC) FFQ for use among adults in Lebanon. *Public Health Nutr.* 2021 May 14:1-10. doi: 10.1017/S1368980021002123. Epub ahead of print. PMID: 33988118.

Khaled K, Hundley V, **Tsofliou F.** Poor Dietary Quality and Patterns are Associated with Higher Perceived Stress among Women of Reproductive Age in the UK. *Nutrients.* 2021 Jul 28;13(8):2588. doi: 10.3390/nu13082588. PMID: 34444749; PMCID: PMC8399887.

Lafiatoglou P, **Ellis-Hill C**, Gouva M, Ploumis A , Mantzoukas S (2021) A systematic review of the qualitative literature on older individuals' experiences of care and well-being during physical rehabilitation for acquired brain injury *Journal of Advanced Nursing* <https://doi.org/10.1111/jan.15016>

Lawrence V, Hickson M, Weekes CE, Julian A, Frost G, **Murphy J.** (2021) A UK survey of nutritional care pathways for patients with Covid-19 prior to and post hospital stay. *Journal of Human Nutrition and Dietetics.* *J Hum Nutr Diet.* 2021;34:660–669. DOI: 10.1111/jhn.12896.

Murphy JL. Carter L. New approaches to identify risk of malnutrition and provide support for older people living in the community. *Nursing in Practice* (2021) <https://nursinginpracticelearning.co.uk/course/index.php?categoryid=328>

Nutt, F., **Hills, S.P.**, Russell, M., Waldron, M., Scott, P., Norris, J., Cook, C.J., Mason, B., Ball, N. and Kilduff, L.P., 2021. Morning resistance exercise and cricket-specific repeated sprinting each improve indices of afternoon physical and cognitive performance in professional male cricketers. *Journal of Science and Medicine in Sport.* DOI: <https://doi.org/10.1016/j.jsams.2021.08.017>

Swanston E, Pulman A, Dogan H, **Murphy J.** & Bitters F. Scoping the need for a tailored mHealth application to improve health and wellbeing behavioural transformation in the police: Exploring the views of UK police workers via online survey and client meetings. *JMIR Form Res* 2021;5:e28075 <http://dx.doi.org/10.2196/28075>

Whiffin CJ and **Ellis-Hill C.** How does a narrative understanding of change in families post brain injury help us to humanise our professional practice? *Brain Impairment.* <https://doi.org/10.1017/BrImp.2021.14>.

Whiffin C, Gracey F, **Ellis-Hill C** (2021) The experience of families following traumatic brain injury in adult populations: A meta-synthesis of narrative structures *International Journal of Nursing Studies* 123, 2021, 104043.

Online Conferences

Belchamber, C., Rosser, E and **Elis-Hill C** (2021) The evolving role of physiotherapists within palliative cancer care teams: education policy and practice. World Physiotherapy Congress online 9-11 April (World Physiotherapy outstanding platform presentation award: Europe region).

Fotini Tsofliou^{1*}, Dimitrios Vlachos¹, Katherine, M. Appleton². Barriers and facilitators to adoption of and adherence to a Mediterranean style diet in adults: a systematic review of observational and qualitative studies; Nutrition Society Summer Conference 2021: Nutrition in a changing world. Southampton UK 6-8 July.

Karim Khaled^{1*}, **Vanora Hundley**², **Fotini Tsofliou**^{4,2}. Association between Diet Quality and Stress in Women of Reproductive Age from a University Population in UK. Nutrition Society Summer Conference 2021: Nutrition in a changing world. Southampton UK 6-8 July.

Lafiatoglou, P., **Ellis-Hill, C.**, Gouva A, Ploumis A, Mantzoukas S (2021) A systematic literature review of older individuals' experiences of care and well-being during Acquired Brain Injury physical rehabilitation RCN International Nursing Research Conference 2021 online, 7-9th Sept 2021.

McFadden, B. (Speaker), Russell, M., **Hills, S.P.**, Bozzini, B., Arent, M., Arent, S. (2021) PERFORMANCE AND BODY COMPOSITION CHANGES ACROSS ACADEMIC YEARS IN COLLEGIATE DIVISION I WOMEN SOCCER PLAYERS. Annual Conference of the National Strength and Conditioning Association (NSCA) 7-10th July 2021.

N. Adesina^{1*}, H. Dogan², **S. Green**¹ and **F. Tsofliou**¹. Dietary digital tools to support self-management of gestational diabetes mellitus: a systematic literature review. Nutrition Society Summer Conference 2021: Nutrition in a changing world. Southampton UK 6-8 July.

P. Fairbairn¹ and **F. Tsofliou**¹. The combined effects of Omega-3 Polyunsaturated Fatty Acids and B vitamins on Cognition in the older adult: A Systematic Review. Nutrition Society Summer Conference 2021: Nutrition in a changing world. Southampton UK 6-8 July.

Paglioni, M., **Ellis-Hill C.**, **Board M.**, **Branney, J** and Valentine, J (2021) The role of Intentional compassionate communication in A&E for older disorientated people. Schwartz Center's Compassion in Action Healthcare Conference (June 15th-Sept 30th virtual over 3 months).

Tbaily, C., **Fazackerly, L.**, **Collins, K** and **Ellis-Hill, C** (2021) SPLASH Study: Exploring caregiver perspectives of adults with severe or profound and multiple Learning Disabilities accessing sedentary hydrotherapy Physiotherapy UK 2021 virtual conference Nov5-6 2021 (poster) accepted NB CONFERENCE NOVEMBER.



*Thank you to all
of our staff and
students*

