

DECEMBER NEWSLETTER 2020

This semester has seen tremendous work carried out across the department. The designing and delivering of education; launch of a new BSc (Hons) Sport & Exercise Science course, re-starting research projects that had been on hold; publishing and bidding for funding.

It has been recognised that an enormous amount of work has been put into designing and delivering online and face to face sessions and supporting students in practice in the NHS.

We saw the opening of new nutrition labs in Christchurch House, Talbot Campus and there has also been our team's move to the new Bournemouth Gateway Building.

Wishing everyone a safe and happy festive season! Looking forward to the new year and new opportunities!

*Professor Carol Clark,
Head of Department for
Rehabilitation & Sport Sciences*



Rehabilitation and Sport Sciences - December 2020 edition

The Department of Rehabilitation and Sport Sciences **staff members**

Staff members

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
Prof Carol Clark - **Head of Department for Rehabilitation & Sport Sciences**
Dr Caroline Ellis-Hill - Senior Lecturer In Qualitative Research
Deborah (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 - Senior Lecturer In Sports Therapy
Dr Joanne Holmes - Senior Lecturer In Nutrition
Dr Jonathan Williams - Deputy Head Of Department For Rehabilitation And Sport Science
Julie Liddell - Technical Officer
Dr Juliette Truman - Senior Lecturer In Occupational Therapy And Health Psychology
Dr Kathryn Collins - Lecturer In Physiotherapy
Kelly Goodwin - Senior Lecturer In Sports Management
Dr Louise Fazakarley - Senior Lecturer - Physiotherapy
Dr Marta Glowacka - Lecturer In Occupational Therapy And Health Psychology
Dr Michelle Heward - Post Doctoral Research Fellow Dementia
Paul Fairbairn - Hourly Paid Lecturer
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
Dr Shelley Ellis - Lecturer In Performance Analysis
Dr Susan Dewhurst - Deputy Head Of Department Rehabilitation And Sport Sciences
Dr Swrajit Sarkar - Senior Lecturer In Nutrition
Prof Tim Rees - Professor In Sport
Dr Tongai Chichaya - Lecturer In Occupational Therapy And Health Psychology
Dr Vikram Mohan - Senior Lecturer In Physiotherapy

Lecturer Practitioners

Kate (nee Kate Crabb) Colley - Lecturer in Physiotherapy
Peter (Pete) Bloomer - Lectuer Practitioner Sports therapy
Paul O'Connell - Lecturer in Sports Therapy

Welcome to the **new staff of 2020**

New staff members

Catherine Cruse-Drew - Lecturer Practitioner
Sara Sayer - Lecturer In Sports Therapy
Dr Sophia Amenyah - Postdoctoral Research Fellow



The brand new Bournemouth Gateway Building where the Department of Rehabilitation and Sport Sciences will be based



Our new nutrition and microbiology labs, in Christchurch House, Talbot campus are ready to welcome students!



We were delighted that some on-campus teaching was able to run safely and in-line with government guidance.



Dr Jo Thurston, BSc (Hons) Spots Therapy Course Lead was **appointed Associate Dean of Student Experience** for the Faculty of Health and Social Sciences.

Helen Ribchester is the **new Interprofessional Learning Lead** for the faculty of Health and Social Sciences.

Lecturers Gill Glasgow, Dr Tongai Chichaya and Dr Reena Vijayakumar **were awarded Fellowships** of the Higher Education Academy status over the summer.

Senior Lecturer Dr Caroline Ellis-Hill was **awarded Senior Fellowship** of the Higher Education Academy.

Michelle Heward completed **Public and Patient Involvement Training**: Skills-based Sessions for Researchers run by NIHR, Southampton Academy of Research, University of Southampton, and University Hospital Southampton for her role as Ageing and Dementia Research Centre Service User and Carer Involvement Lead.

BSc (Hons) Sport & Exercise Science course lead **Dr Becky Rendell and some team-mates completed the 5 events of the Virtual Strive Challenge** in a single day to raise money for the Big Change Charity, which included:

- 10 mile hike
- 1 km pool swim
- Triathlon (1km river swim, 20km cycle, 10km run)
- 100 km cycle
- (another) 10km run



It took 19 hours over a lot of Devon hills and only a couple of minor bike crashes and lots of chips!

Food Safety & Microbiology labs for 2nd year BSc Nutrition students was able to take place safely on-campus.



BU Occupational Therapy team **ranked 8th best university for completing Occupational Therapy degree**, with an overall score of 91%, the Complete University Guide.

Dr Tongai Chichaya for has become our **new e-learning health lead** and Dr Vikrum Moham is our **departmental e-learning health lead**. A bespoke role to the NHS, to ensure students going into health care have the core skills required.

PhD studentship match funded by University Hospitals Dorset: Wessex Applied Research Collaboration (NIHR): BU – Rosie Harper to start in Feb 2021. Supervised by, Prof Carol Clark, Dr Carly Stewart and Dr Sally Sheppard.

The effect of medium-term heat acclimation on endurance performance in a temperate environment.
Corbett J, Massey HC, Costello JT, Tipton MJ, **Neal RA**
Accepted – European Journal of Sports Sciences

Khaled, K., Hundley, V., Almilaji, O., Koeppen, M. and **Tsofliou, F.**, 2020. *A priori and a posteriori dietary patterns in women of childbearing age in the uk.* *Nutrients*, 12 (10), 1-17.

Bahadori S, Collard S, **Williams JM**, Swain I. *Why do people undergo THR and what do they expect to gain – A comparison of the views of patients and health care professionals.* *Journal of Patient Experience.* In Press

Bahadori S, Collard S, **Williams JM**, Swain I. *A review of current use of commercial wearable technology and smartphone apps with application in monitoring individuals following total hip replacement surgery.* *Journal of Medical Engineering & Technology.* In Press.

Almeida D, Clark C, Jones MD, McConnell P, **Williams J.** *Consistency and variability in human performance during simulate infant CPR: a reliability study.* *Scandinavian Journal of Trauma, resuscitation and Emergency Medicine.* 10.1186/s13049-020-00785-y

Aranda-Valera IC, Cuesta-Vargas AI, Garrido-Castro JL, et al. *Measuring spinal mobility using an inertial measurement unit system: A validation study in Axial Spondyloarthritis.* *Diagnostics.* 10(6). 10.3390/diagnostics10060426.
Williams J

Gardiner P, Small D, Munoz-Esquivel K, Condell J, Cuesta-Vargas A, **Williams J**, Machado P, Garrido-Castro J. *Validity and reliability of a sensor based electronic spinal mobility index for Axial Spondyloarthritis.* *Rheumatology.* In press.

Senington B, Lee R, **Williams JM.** *Biomechanical risk factors of lower back pain in cricket fast bowlers using inertial measurement units: a prospective and retrospective investigation.* *BMJ Open Sports and Exercise Medicine.* In Press.

Murphy, J.L., Munir, F., Davey, F. et al. *The provision of nutritional advice and care for cancer patients: a UK national survey of healthcare professionals.* *Support Care Cancer* (2020).
<https://doi.org/10.1007/s00520-020-05736-y>

Heward, M., Adams, A., Hicks, B. and Wiener, J., (In press). *'We go for a homely feel... not the clinical dementia side': Care home managers' experiences of supporting residents with dementia to orientate and navigate care environments.* *Ageing and Society.*

Heward M, Board M, Spriggs A, Emerson L, **Murphy J.** *Impact of 'DEALTS2' education intervention on trainer dementia knowledge and confidence to utilise innovative training approaches: A national pre-test – post-test survey.* *Nurse Education Today* (In press) Nov 2020

Barrado-Martín, Y., **Heward, M.**, Polman, R. and Nyman, S.R., (In press). *People living with dementia and their family carers' adherence to home-based Tai Chi practice.* *Dementia.*

Killingback, C., Thompson, M.A., Chipperfield, S., **Clark, C.** and **Williams, J.**, 2020. *Transitions from healthcare to self-care: a qualitative study of falls service practitioners' views on self-management.* *Disabil Rehabil*, 1-8.

Van Den Heuvel E, **Murphy JL**, Appleton KM. *The Provision of Recipes and Single-Use Herbs/ Spice Packets to Increase Egg And Protein Intake in Community-Dwelling Older Adults: A Randomized Controlled Trial* *Public Health Nutrition* 2020 1-14. (PGR publication)

Mohan V, Paungmali, A., Silitertpisan, P., Joseph Henry, L., Aquilla Omar, F. and Zulaikha Azhar, F. *The effect of core stability training with ball and balloon exercise on respiratory variables in chronic non-specific low back pain: An experimental study.* *Journal of Bodywork and Movement Therapies.* 2020: 24 (4):196-202. <https://doi.org/10.1016/j.jbmt.2020.07.007>

Nessell I, De Rooy L, Khashu M, **Murphy JL** & Dyal SC. *Long-chain polyunsaturated fatty acids and lipid peroxidation products in donor human milk in the U.K.: Results from the LIMIT two-centre cross-sectional study.* *Journal of Parenteral and Enteral Nutrition* 2020 44 1501-1509.
<https://doi.org/10.1002/jpen.1773> (PGR publication)

Yinusa G, Scammell J, **Murphy J**, Ford G, and Baron S. *Multidisciplinary provision of food and nutritional care to hospitalized adult in-patients: a scoping review.* *Journal of Multidisciplinary Healthcare.* (In press) November 2020 (PGR publication)

Tsofliou, F., Pitsiladis, Y.P., Lara, J., Hadjicharalambous, M., Macdonald, I.A., Wallace, M.A. and Lean, M.E.J., 2020. *The effects of moderate alterations in adrenergic activity on acute appetite regulation in obese women: A randomised crossover trial.* *Nutrition and Health*, 26 (4), 311-322.

Khaled, K., **Tsofliou, F.**, Hundley, V., Helmreich, R. and Almilaji, O., 2020. *Perceived stress and diet quality in women of reproductive age: A systematic review and meta-analysis.* *Nutrition Journal*, 19 (1).

Barrado-Martín, Y., **Heward, M.**, Polman, R. and Nyman, S.R., (In press). *Adherence to the class-based component of a Tai Chi exercise intervention for people living with dementia and their informal carers.* *Journal of Aging and Physical Activity.*

Research Publications published by our staff this year

Murphy JL and Aryal N. *Improving the provision of nutritional care for people living with dementia in care homes.* 2020 *Nursing Older People* doi: 10.7748/nop.2020.e1263

Muniz-Pardos, B., **Tsofliou, F.** et al., 2020. *Collateral Health Issues Derived from the Covid-19 Pandemic.* *Sports Medicine - Open*, 6 (1).

Tsofliou, F., Grammatikopoulou, M.G., Lumley, R., Gkiouras, K., Lara, J. and Clark, C., 2020. *Effects of lunch club attendance on the dietary intake of older adults in the UK: A pilot cross-sectional study.* *Nutrition and Health*, 26 (3), 209-214.

Almeida, D., **Clark, C.**, Jones, M., McConnell, P. and **Williams, J.**, 2020. *Consistency and variability in human performance during simulate infant CPR: A reliability study.* *Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine*, 28 (1)

Williams J, Nyman S. *A secondary analysis of a randomised controlled trial to investigate the effect of Tai Chi on the instrumented timed-up and go test in people with mild to moderate dementia.* *Ageing Clinical and Experimental Research.* 2020.
<https://doi.org/10.1007/s40520-020-01741-7>.

Heward, M., Board, M., Spriggs, A., Emerson, L. and **Murphy, J.**, (In press). *Impact of 'DEALTS2' education intervention on trainer dementia knowledge and confidence to utilise innovative training approaches: A national pre-test – post-test survey.* *Nurse Education Today.*

Stevens, M., Cruwys, T., **Rees, T.**, Haslam, S.A., Boen, F., & Fransen, K. (2020) *Physical activity.* In SA Haslam, K Fransen, & F Boen (Eds.). *The new psychology of sport and exercise: The social identity approach.* Sage.

Haslam, S. A., **Rees, T.**, Coffee, P. (2020) *Social support.* In SA Haslam, K Fransen, & F Boen (Eds.). *The new psychology of sport and exercise: The social identity approach.* Sage.

Rees, T. & Salvatore, J. (2020—in press 16.11.20). *Questioning stereotypes disrupts the effects of stereotype threat.* *Sport, Exercise and Performance Psychology*

*Thank you to all
of our staff and
students
this year...*

...see you in 2021!