INVESTIGATING MUSCULOSKELETAL HEALTH AND WELLBEING (IMH&W) STUDY

A BIG THANK YOU TO THOSE WHO HAVE BEEN CONTRIBUTING TO OUR RESEARCH. YOUR INVOLVEMENT AND CONTINUED SUPPORT IS VALUABLE AND GREATLY APPRECIATED.

NEURAL ADAPTATIONS TO ACUTE MUSCLE DAMAGE IN YOUNGER AND OLDER ADULTS (AMD)

(Daniel McCormick and Dr Matthew Piasecki)

Daniel is finding out how using your muscles changes how they are wired to nerves and can be used to improve how muscles recover after damage.

ARE THERE ADVERSE EFFECTS OF LONG TERM PARACETAMOL USE?

(Jaspreet Kaur)

This study is putting into perspective the possible side effects of paracetamol. Jaspreet successfully presented her results to the European League Against Rheumatism and won a bursary and travel grant to deliver this presentation.

INVESTIGATING MUSCULOSKELETAL HEALTH AND WELLBEING

(Dr Bonnie Millar and Prof David Walsh)

The protocol for the IMH&W study ‘Investigating musculoskeletal health and wellbeing; a cohort study protocol’ is now published & available to read free: https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-020-03195-4

EXPLORE THE EFFECT OF THE COVID-19 PANDEMIC ON THE POPULATION OF THE EAST MIDLANDS

Dr Ana Valdes and Mr Benjamin Ollivere

This survey tracks symptoms and monitors changes in people’s daily life during the period of the pandemic. The new understanding of what makes people at risk of problems from Covid-19 and the public health response to the pandemic. It will also increase understanding of how social distancing measures affect daily life.
This efficiency of non-drug treatments in fibromyalgia and how that can improve a person's quality of life. Being able to see with an ultrasound what causes these problems will help us to develop new ways of treating them.

Low back pain is common in nurses, but staying physically active could help prevent or manage it. This study has developed a web-based package that includes guidance on exercise, ergonomics, daily living, pain management, sleep and psychosocial support.

Preoperative predictors of post-operative knee pain following total knee replacement (TKR)  
(Lauren Quinn)

Lauren conducted this project as part of BMedSci degree. Due to the rise in knee osteoarthritis, and therefore chronic pain and disability, her study aimed to identify preoperative physiological and psychological risk factors for poor pain outcomes at greater than 3 months following TKR.

Chronic pain and work  
(Dr Holly Blake)

A toolkit for employees with chronic pain is currently being developed. This will address barriers to work for people with pain, encourage self-management through promotion of physical and mental wellbeing, and provide advice on adjustments to work environments.

Online package for the prevention and management of low back pain in nurses  
(Rana Alduraywish, Dr Paul Hendrick and Dr Holly Blake)

Low back pain is common in nurses, but staying physically active could help prevent or manage it. This study has developed a web-based package that includes guidance on exercise, ergonomics, daily living, pain management, sleep and psychosocial support.

Ultrasonic features of hand osteoarthritis and their association with hand pain and function  
(Abasiama Obotiba)

This study investigates ultrasound markers of symptoms of hand osteoarthritis (OA). Hand OA can cause pain, joint swelling, functional impairment and reduced quality of life. Being able to see with an ultrasound what causes these problems will help us to develop new ways of treating them.

Staying physically active could help prevent pain

Identifying key elements of non-drug treatment package for fibromyalgia  
(Burak Kundakci)

This project aims to assess the efficiency of non-drug treatments in fibromyalgia and the person's quality of life. It looks at 16,231 different research studies to compare active treatments to usual care, people on waiting lists or no treatment at all, to discover which treatments most help sufferers of fibromyalgia. Non-drug treatments proved to be more helpful than drugs in fibromyalgia.

Contact Us
If you would like to know more about our current research studies and for opportunities to participate please get in touch: Telephone: 0115 8231676 Email: MSK-recruitment@nottingham.ac.uk

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