

# 1<sup>st</sup> EUSSER Scientific Committee International Research Event (Virtual & FREE)

**Clinical Practice**

**Education**

**Leadership and  
Management**

**Research**

Research is one of the pillars of advance clinical practice and the aim of this event is to highlight the role of research in enhancing clinical practice and to engage/encourage clinicians in research related activities.

**“How to interpret research findings to inform clinical practice”**

**Date: Monday, 6th June 2022, Time: 9am to 1pm (UK time)**

**Organised by:**

**The Scientific Committee of The European Society for Shoulder and Elbow Rehabilitation (EUSSER) in collaboration with Lincolnshire Community Health Service NHS Trust Research Department Team**

**For enquiries please contact:**

**Jaleel Mohammed**  
*Vice-Chair, Scientific Committee for EUSSER*  
*Email: jaleel.mohammed4@nhs.net*

**Caroline Coulthard**  
*Member of the Scientific Committee of EUSSER*  
*Email: researcher-caroline@gmail.com*

**For registration, please follow the link below. Thank you**

**<https://www.eventbrite.co.uk/e/308295479077>**



# Scientific Program

Time	Topic	Speaker	Comments
9:00 - 09:15	Introduction of EUSSER Scientific Committee	Jayanti Rai	<b>Event Facilitators:</b> Caroline Coulthard & Jaleel Mohammed
09:15 - 10:00	How to interpret research	Professor Steven Kamper	
10:00 - 10: 45	Research and its crucial role in clinical practice	Dr Ian Mcgonagle	
10:45 - 11:00	<b>Tea/Coffee break</b>		
11:00 - 11:20	Rehabilitation trials: Choosing research questions and methods	Professor Omid Khaiyat	
11:20 – 11:40	A case study for shoulder/elbow rehabilitation	Dr Rachel Chester	
11:40 – 12:00	How to conduct a systematic review – Basics to get started	Jaleel Mohammed	
12:00 – 12:20	Frozen Shoulder Clinical Trial – Informing future practice	Jayanti Rai	
12:20 – 12:40	Q & A	All Speakers	
12:40 – 12:50	<b>Closing Remarks and future events</b>		

# Speaker Profiles

## JAYANTI RAI PT, MSc

Jayanti Rai works as an **Advanced Practice Physiotherapist** for the National Health Service in England, UK. Jayanti has collaborated and worked on various NIHR clinical research projects. Jayanti has completed her MSc in advanced practice from University in East London. She was awarded BESS AHP travelling fellowship in 2016 which enabled her to visit leading upper limb units in UK, Europe and in USA.



### Interests:

- Avascular Necrosis of the humerus post-transplant,
- Upper limb musculoskeletal disorders,
- Fracture care,
- Chronic pain,
- Clinical research.

### Professional Highlights:

- Chair, Scientific Committee - The European Society for Shoulder and Elbow Rehabilitation (EUSSER)
- Advance Practice Physiotherapist - Kent Community Health NHS Foundation Trust - 2019 till date
- Extended Scope Physiotherapist - Maidstone & Tunbridge Wells NHS Trust - 2017 till date
- MSc Advance Practice - University of East London, UK - 2017.
- Post graduate diploma in Health Care Management - London College of Computing & Management Sciences, UK - 2007.

### Memberships:

- British Elbow & Shoulder Society,
- European Society for Shoulder and Elbow Rehabilitation,
- Chartered Society of Physiotherapy

## PROFESSOR OMID KHAIYAT MD, PHD

Professor Khaiyat is currently a Professor of Musculoskeletal Physiology and Health and Associate Dean of School of Health and Sport Sciences at Liverpool Hope University. He was graduated in Medicine in 1995 (MD) and obtained PhD in Musculoskeletal Science (Sports Medicine) from the University of Liverpool in 2006. He is a fully GMC-registered medical practitioner and holds honorary contract with the Royal Liverpool and Broadgreen University Hospitals NHS Trust (Upper Limb Unit - Orthopaedic and Trauma) and University of Liverpool (Musculoskeletal Biology).



Professor Khaiyat's research focuses on using EMG in combination with other technologies to investigate normal muscle function/health, musculoskeletal pathologies, and evidence-based rehabilitation with a particular focus on upper limb. He has established a comprehensive biomechanics lab with access to speciality labs, on-site physiotherapy and sport rehabilitation clinic, and S&C suite.

He is currently the lead investigator for several RCTs including Exercise and Nutrition Interventions in Age-related Sarcopenia, Impact of intravenous iron (Ferinject) on musculoskeletal function profiles in older adults with Iron Deficiency Anaemia (IDA), and Kinematics And Muscle Activation Profiles In Reverse Shoulder Arthroplasty. He is supervisor for several PhD projects.

Professor Khaiyat is the chair of the biannual Shoulder Rehabilitation Conference with the 3rd conference titled as "Zebras and Horses: Thinking outside the box in shoulder pain" to take place in November 2022. He is currently a member of scientific committee for European Society for Shoulder and Elbow Rehabilitation (EUSSE) and collaborator of the English Institute of Sport (EIS) for upper limb research.

Professor Omid Khaiyat MD, PhD  
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## **PROFESSOR STEVE KAMPER** BSC(HONS), BAPPSC, PHD

Dr Steve Kamper is Professor of Allied Health at the School of Health Sciences and Nepean Blue Mountains Local health District. He has been continuously supported by NHMRC fellowships since 2008, and is currently a NHMRC Emerging Leader Fellow . He has over 160 publications in peer-reviewed journals, has presented his work in >10 countries, and received >\$4 million in competitive research funding from Australia, Ireland, Canada, and Norway.

Steve is senior editor of the Journal of Orthopaedic and Sports Physial Therapy, associate editor in the Cochrane Back and Neck Group, Vice-chair of the Executive Orgainsing Committee of the International Back and Neck Pain Forum, and member of the Scientific Advisory Committee of the Australia New Zealand Musculoskeletal Clinicial Trials Network.



Supporting and connecting early career researchers is an important part of Steve's professional life. In 2011 he established the International Collaboration of Early Career Researchers (<http://theicecream.org>), he has provided input regarding ECR programming at International conferences, conducts mentoring and training, and gives lectures on academic skills such as writing and presenting.

### **Research interest:**

Dr Kamper's main interest is in musculoskeletal pain (especially back and neck pain) in adolescents and adults. In particular he is interested in how pain interacts with broader aspects of health such as physical activity, obesity, substance use, mental health and chronic diseases. The aim of this work is to move the field forward by combining perspectives from clinical management and population health.

Other research interests include patient expectations and placebo effects, mechanisms of treatment effect, research methods, and outcome measurement. His track record includes publication of systematic reviews and meta-analyses, RCTs, cohort studies, clinimetric research, and Delphi surveys.

More information on works of Prof Kamper can be found @

<https://www.sydney.edu.au/engineering/about/our-people/academic-staff/steven-kamper.html>

## DR IAN MCGONAGLE MSc, PhD

Ian qualified as a Mental Health Nurse in 1986 and focused his clinical work for people with long term mental health problems, both in-patient residential services and in the community. During a secondment to the NHS Trent Regional office in Sheffield he completed two large research projects on: advanced mental health nursing practice; and the education needs of prison health care nurses. On return to NHS clinical services, he gained experience in the organisations strategy department before accepting a promotion to the role of senior manager in a mental health trust with a responsibility for education and development. He was then approached to take a post with the National Institute for Mental Health in England (NIMHE) and the Centre for Clinical and Academic Workforce Innovation (CCAWI). He joined the Department of Health, Mental Health New Ways of Working team and led the national implementation of the 10 Essential Shared Capabilities and the national Race Equality and Cultural Capability education programmes and other values-based practice initiatives.



He also worked on organisational development programmes for NIMHE on mental health team development (Creating Capable Teams Approach). The Centre for Clinical and Academic Workforce Innovation was integrated within the University of Lincoln in 2007 and Ian joined the University on a full-time basis in 2009 as a principal lecturer (subsequently as an Associate Professor). While at the University he completed national and international projects on; 'Refocusing the Care Programme Approach'; A learning resource for care coordinators (Department of Health). 'Essential Capabilities' a 'values based' educational programme for children and young peoples' services in England (National Children's Support Service); The National competency toolkit for nurses and midwives in Ireland (National Council for the Development of Nursing and Midwifery in Ireland); 'Excellence in care and treatment planning' Bilingual training resources for mental health workers, to support the implementation of mental health legislation in Wales (Welsh Government). As part of the Welsh Government project, Ian also contributed to the national Code of Practice for the Mental Health (Wales) Measure 2010. He completed his PhD in 2016 on the application of clinical skills training in the Improving Access to Psychological Therapy programme. He has published research and academic papers in international peer reviewed journals and has spoken at national and international conferences, on educational processes, workforce development; values-based practice and compassion in practice.

### Subject Specialisms

Mental Health; Nursing; Values Based Practice; Clinical Supervision; Workforce Development; Public Health; Compassion in Healthcare Practice.

More information on works of Dr McGonagle can be found @ <https://staff.lincoln.ac.uk/imcgonagle>

## DR RACHEL CHESTER

Dr Rachel Chester is a Lecturer in Physiotherapy at the University of East Anglia (UEA), and Freelance Physiotherapist at Sportsphysio, UEA

Rachel has worked clinically since 1987, mainly in musculoskeletal practice, within the NHS, privately and abroad. Rachel has published on a wide range of musculoskeletal areas, in particular the shoulder.

In 2011, Rachel was awarded a prestigious NIHR Clinical Doctoral Research Fellowship. Rachel led a prospective multicentre study of over 1000 patients with shoulder pain, to identify prognostic factors associated with the outcome of physiotherapy management. The results have been published and disseminated at national and international conferences.



Rachel teaches on pre and post graduate degree courses at UEA and as a guest on post graduate courses at other academic, NHS and private institutions. She is currently a module co-coordinator on the Professional Doctorate in Health and Social Care. Rachel has supervised and examined MSc and PhD candidates.

Rachel is keen to co-supervise PhD students who have an interest in prognostic research, and in particular behaviour change, for any musculoskeletal problem.

### **Areas of Expertise:**

Musculoskeletal conditions, Physiotherapy, Prognostic factor research, Biopsychosocial approach, Behaviour Change

### **Key Research Interests and Expertise:**

Rachel's research and practice currently focus on the integration of a biopsychosocial approach into current practice. This involves a mixed methods approach to research, drawing on qualitative and quantitative methods, prognostic research, and behaviour change approaches.

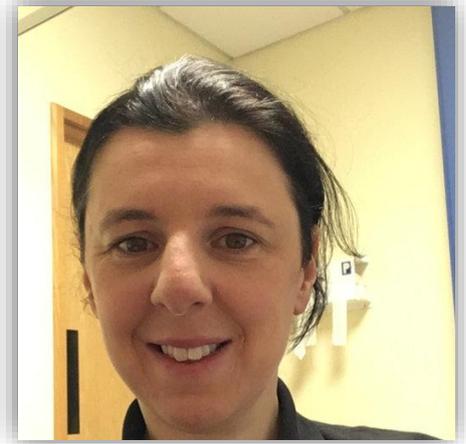
Rachel's research focus to date has followed her area of clinical expertise: musculoskeletal physiotherapy, but she would like to transfer her experience to other areas in the future.

Information and links to Dr Chester's publications can be found @ <https://research-portal.uea.ac.uk/en/persons/rachel-chester>

## CAROLINE COULTHARD PT, MSc

Caroline Coulthard is an Advanced Practice Physiotherapist at Ashford & St Peter's Hospitals NHS Foundation Trust, in Surrey, UK. She works in MSK physiotherapy, specialising in Upper Limb, Spinal and Rheumatology patients, while also leading the training of First Contact Practitioners within the Trust for their accreditation.

She is a member of the Musculoskeletal Association of Chartered Physiotherapists (MACP), recognised as the UK's specialist manipulative therapy group by the IFOMPT, after completing her MSc in Advanced Physiotherapy in 2019 at the University of Hertfordshire. Her Masters' dissertation which was undertaken in conjunction with The Shoulder Unit Team at Royal National Orthopaedic Hospital, on the Management of Atraumatic Shoulder Instability in Physiotherapy (MASIP), received the both the MACP's Student Research Award and MSc/PGDip Award. It was presented as a poster at the World Physiotherapy Congress (Geneva, 2019) and subsequently published in the BMC Musculoskeletal Disorders journal (September 2021).



### Interests:

- Upper Limb disorders
- Rheumatology
- Widespread pain conditions
- Biopsychosocial management
- Clinical pathways

### Professional Highlights and Awards:

- Vice Chair and Publicity Officer, Physiotherapy Research Society (PRS)
- Member, Scientific Committee - The European Society for Shoulder and Elbow Rehabilitation (EUSSE)
- MACP Student Research Award 2019
- MACP MSc/PGDip Award 2019
- Advanced Practice Physiotherapist / Extended Scope Practitioner – Ashford & St Peter's Hospitals NHS Foundation Trust – 2014 to present
- MSc Advanced Physiotherapy - University of Hertfordshire, UK - 2019.

Publications/Research: <https://www.researchgate.net/profile/Caroline-Coulthard>

## JALEEL MOHAMMED PT, MSC

Jaleel Mohammed is a First Contact Practitioner (FCP) at Lincolnshire Community Health Service NHS trust. He has over 15 years of experience in the field of musculoskeletal physiotherapy and also holds a master of science degree in healthcare management. Jaleel has also been the physiotherapy lead for Orthopaedic clinical interest group, overseeing over 40 hospitals in its group in the UK. He is currently pursuing PhD.



### Interests

- Graft versus host disease
- Musculoskeletal Enhanced Recovery Programmes (ERP)
- Shoulder and Elbow Rehabilitation
- Patient Quality of Life

### Professional Highlights:

- Chair, Association of Rehabilitation Association for Hematopoietic Cell Transplant (RAHCT).
- Vice-Chair for the scientific committee, European Society for Shoulder and Elbow Rehabilitation (EUSSEER)
- Reviewer, Bone Marrow Transplant Journal, Nature.
- Member of the editorial board Clinical Haematology International.
- Reviewer, Annals of Haematology,
- Reviewer International Journal of Therapy and Rehabilitation.

### Awards:

- **International Scholar Award (2019)** by International Physical Therapists in HIV/AIDS, Oncology, Hospice & Palliative Care (IPT-HOPE) Developing Subgroup, World Confederation for Physical Therapy
- **‘Pride of Swindon 2010’** Awarded by the Mayor of Swindon, England.

### Nominations:

- Nominated Night of the Stars – **Carer of the Month 2012, UK**
- Nominated Night of the Stars - **Carer of the Month 2010, UK**
- Nominated **‘Physio of the Year 2009’** for the Chartered Society of Physiotherapy, UK Award.

Publications:

<https://scholar.google.com/citations?user=7h3OZBAAAAAJ&hl=en>