**Funding Source: Wellcome Trust grant**

**Proposed start date: 1 October 2022**

**Closing date for applications: 8 April 2022**

**Eligibility:** UK applicants only

**Department/School:** Health Sciences

**Supervisors:** Prof Nicolette Bishop ([N.C.Bishop@lboro.ac.uk](mailto:N.C.Bishop@lboro.ac.uk) ), Prof Sally Singh ([sally.singh@uhl-tr.nhs.uk](mailto:sally.singh@uhl-tr.nhs.uk) ), Dr Nicola Paine ([N.J.Paine@lboro.ac.uk](mailto:N.J.Paine@lboro.ac.uk) )

**Project Title: The influence of physical activity, sedentary behaviour and pulmonary rehabilitation on systemic chronic inflammation, physical function and quality of life in South Asian and White European patients with Chronic Obstructive Pulmonary Disease (COPD).**

**Project Description:**

COPD prevalence is increasing in the UK yet once diagnosed, there are substantial disparities in the management and prognosis of COPD between individuals of South Asian and white European ethnicities, particularly regarding to referral and uptake to pulmonary rehabilitation programmes. Serious comorbidities of COPD, such as heart disease, are related to chronic systemic inflammation, yet while increasing physical activity is known to reduce chronic systemic inflammation, data from COPD populations is lacking, with data from South Asian patients even more scarce.

This PhD will investigate the anti-inflammatory benefits of pulmonary rehabilitation in white European and South Asian COPD patients and use qualitative methods to explore the barriers and facilitators to referral and uptake to pulmonary rehabilitation in the SA community. The project and training will provide skills and knowledge in patient-centred methodologies in combination with experimental medicine, encompassing respiratory medicine, exercise immunology, exercise physiology and psychology. The project will be based in the internationally renowned National Centre for Sport and Exercise Medicine (NCSEM) at Loughborough University. The successful candidate will receive training in all assessments and techniques required for the PhD.

**References:**

1. Nici L, et al. (2006) American Thoracic Society/European Respiratory Society statement on pulmonary rehabilitation. Am J Respir Crit Care Med 173(12):1390–1413. Doi: 10.1164/ rccm.200508-1211ST PMID: 16760357.

2. Gilkes, A et al. (2017) Ethnic differences in smoking intensity and COPD risk: an observational study in primary care. npj Prim Care Resp Med 27, 50 doi: 10.1038/s41533-017-0052-8. PMID: 28871087: 10.1164/rccm.200508-1211ST.

3. Department of Health (2011) An Outcomes Strategy for Chronic Obstructive Pulmonary Disease

(COPD) and Asthma in England Department of Health https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/216140/dh\_128427.pdf

4. Martin A, et al, (2012) Effect of ethnicity on the prevalence, severity, and management of COPD in

general practice. Br J Gen Pract. 62(595):e76-81. doi: 10.3399/bjgp12X625120. PMID: 22520773

**Funding details:**

*Students on this programme will be supported by a generous funding package. This will include:*

* *Postgraduate research fee waiver at standard College of Life Sciences UK rates for three years of the PhD*
* *Wellcome Trust stipend covering your salary for all three years of the PhD*
* *Research grant for training, research and travel costs*

**Entry requirements:**

Applicants are required to hold/or expect to obtain a UK Bachelor Degree 2:1 or better in a relevant subject.

The University of Leicester [English language](https://le.ac.uk/study/research-degrees/entry-reqs/eng-lang-reqs) requirements apply where applicable.

This programme is open to:

* allied health professionals
* nurses
* midwives
* junior doctors
* general practitioners

Fellows recruited to the programme must be practicing healthcare professionals and be registered with a national professional regulatory body (e.g. the General Medical Council, Health and Care Professions Council) in the UK/Republic of Ireland.

Medical graduates must be registered on a UK/Republic of Ireland specialist training programme or must be a registered GP.

All fellows must have completed their undergraduate degree and be registered with the relevant professional body.

**Application advice:**

For full application advice and the link to our online application please go do: <https://le.ac.uk/study/research-degrees/funded-opportunities/leicestershire-healthcare-inequalities-improvement-dtp>

With your application, please include:

* CV
* Personal statement explaining your interest in the project, your experience and why we should consider you
* Degree Certificates and Transcripts of study already completed and if possible transcript to date of study currently being undertaken
* Evidence of English language proficiency if applicable
* In the reference section please enter the contact details of your two academic referees in the boxes provided or upload letters of reference if already available.

In the funding section please specify that you wish to be considered for **Wellcome Trust LHII DTP**

In the proposal section please provide the name of at least one or at most two of the projects you are interested in (please indicate title and name of supervisor).

Upload the Widening Participation form (found on the above link) to the proposal section

**Project / Funding Enquiries to :** [**lhiip@leicester.ac.uk**](mailto:lhiip@leicester.ac.uk)

**Application enquiries to** [**pgradmissions@le.ac.uk**](mailto:pgradmissions@le.ac.uk)

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