**Funding Source:** Wellcome Trust

**Proposed start date:** 01.10.2024

**Eligibility:** UK applicants only

**Department/School:** School of Sport, Exercise and Health Sciences, Loughborough University. National Centre for Sport and Exercise Medicine and Centre for Lifestyle Medicine and Behaviour (CLiMB), Loughborough University

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**Project Title:** The impact of personalised weight loss interventions in AF patients with obesity

**Project Description:** Atrial fibrillation (AF) is considered the most common type of cardiac arrhythmias that occur in ageing population1 and is linked to an increased risk of other multimorbidities (including dementia). Sex differences in AF prevalence, presentation and comorbidities are evident; women have worsened and atypical symptoms, worse quality of life and a higher risk for adverse events including stroke and dementia.2 AF is commonly treated by ablation, and NHS England have recently proposed restricting ablation in AF patients with obesity to those who demonstrate >10% reduction in body weight.3 Therefore, weight reduction in AF patients with obesity is important, and interventions should be personalised to reflect health inequalities including sex and age. This PhD will use a mixed-methods approach to investigate the best approaches to facilitate weight loss in AF patients with obesity, yielding the development of a personalised intervention respectful of health inequalities including age and sex. The development of personalised and tailored interventions for weight loss in AF patients will not only provide these patients with access to ablation procedures but also reduce their risk of future co-morbid conditions such as dementia, which is a growing burden on the NHS and wider society.

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**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*
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**Entry requirements:**

Applicants are required to hold/or expect to obtain a UK Bachelor Degree 2:1 or better in a relevant subject. UK Bachelor Degree 2:2 may be considered, subject to approval from the Dean of the Doctoral College.

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, please go to: <https://le.ac.uk/study/research-degrees/healthcare-inequalities/application-help>.

To apply, please go to: <https://le.ac.uk/study/research-degrees/funded-opportunities/leicestershire-healthcare-inequalities-improvement-dtp>

With your application, please include:

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* Personal statement of 700 words (excluding references). For detailed instructions on what we will be looking for in your personal statement and your CV, please review the guidance here: <https://le.ac.uk/study/research-degrees/healthcare-inequalities/application-help>. **Please do not exceed the word limit, as your application may be delayed.**
* 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.
* A filled out Widening Participation Questionnaire

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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). The first project you list will be taken to be your preferred choice.

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)

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