

**INSPIRE**

**ABSTRACTS OF THE 3RD ANNUAL
GRADUATE ENTRY RESEARCH
IN MEDICINE CONFERENCE
GERMCON 2020**

Editors

- **Adrian McGrath**
- **Emily R. Reid**
- **Charlie D G Cunningham**
- **Ilyas M Khan**
- **Francesco P Cappuccio**
- **Andrew Gadie**

Organized by

Warwick Medical School, University of Warwick, UK

Swansea University Medical School, Swansea University, Wales, UK

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GERMCON 2020

Adrian McGrath
Emily R. Reid
Charlie D G Cunningham
Ilyas M Khan
Francesco P Cappuccio
Andrew Gadie
(Editors)

*Abstracts of the 3rd Annual
Graduate Entry Research in Medicine Conference
GERMCON 2020 (12th–18th October 2020)*

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Abstracts of the 3rd Annual Graduate Entry Research in Medicine Conference (GERMCON 2020)
12-18 October, 2020

Editors

Adrian McGrath

BSc (Hons) MPhil
Warwick University Medical School

Emily R Reid

BA(Hons) MA(CDCS) DipCDG PgDip MCIPD MCDI FHEA RCDP
Warwick University Medical School

Charlie D G Cunningham

BSc (Hons) PG Dip CIGHE, PGCE
Warwick University Medical School

Dr. Ilyas M Khan

BSc (Hons) PhD
Swansea University Medical School

Professor Francesco P Cappuccio

MBBS MD MSc DLSTMT DSc FRCP FFPH FBIHS FESC FAHA
Warwick University Medical School

Andrew Gadie

BSc (Hons) MSc
Warwick University Medical School

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GERMCON 2020

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GERMCON 2020

About GERMCON 2020

The Graduate Entry Research in Medicine Conference (GERMCON) germcom.com was established in collaboration between the University of Warwick and Swansea University and funded by INSPIRE, a scheme established by the Academy of Medical Sciences and the Wellcome Trust aiming to engage medical, dental, and veterinary students in research. This is especially important for Graduate Entry Medical (GEM) students, who have less opportunity and time to engage in research due to their accelerated medical degree.

Warwick Medical School (WMS) is excited to host this year's virtual conference, which could not have taken place without the INSPIRE Staff Committee and the help of a volunteer Student Committee from the Warwick Academic Medicine Society (WAcMS). We would like to thank all those involved in organising GERMCON, as well as all the speakers, judges, and presenters.

About the Editors

Adrian McGrath is presently studying Medicine & Surgery at Warwick Medical School. He obtained his B.Sc – Biology with French for Science - whilst studying at Imperial College London and later studied for his M.Phil - Clinical Science, Rare Diseases & Genetics - at the University of Cambridge. In addition to his extensive interests in clinical research that range from showing the effects of *Mycobacterium marinum* infection in humans and zebrafish to understanding the role Pre-Exposure Prophylaxis (PrEP) in sexual health, he is also the lead author for Infectious Disease for the Geeky Medics website.

Emily Róisín Reid is Senior Teaching Fellow in Medical Education and the Director for Student Experience, Employability and Progression at Warwick Medical School. She is a Fellow of the Higher Education Academy, a Fellow of the Warwick International HE Academy, and maintains several professional memberships relating to her field. After graduating with BA (Hons) English and French, she undertook her first career in commercial industry and gained two postgraduate qualifications. A decade ago, she changed career supporting those with disabilities and long-term health conditions to rehabilitate into work. She has spent the last five years at Warwick Medical School supporting medical students, completing a Master's degree in Career Development and is pursuing her PhD in the field of career decision-making. Her research interests relate to widening participation in medicine, academic medical careers and social justice.

Charlie D G Cunningham is a Senior Careers Consultant and PhD Lead at the University of Warwick. With over 10 years' experience in education, training and development and employer engagement. He focuses on empowering students to make their own decisions with a particular interest in international students, having himself lived and worked in the USA and Europe; he gained his first degree at Georgetown University in the USA. He is embedding enthusiastic proactive careers consultation supporting students across the university and in specific departments to explore career options, develop confidence in key employability skills and apply effectively for next steps in their career.

Dr Ilyas Khan is a Reader in Regenerative Medicine based at Swansea University Medical School and specialises in articular cartilage development, regeneration and repair. He completed his first degree at the University of Portsmouth prior to gaining an MRC Studentship at Imperial College London, where he completed his PhD studies in the study of skin development at Charing Cross Medical School. He then went to work under the mentorship of Professor Charlie Archer at Cardiff University whose group identified and isolated stem cells from articular cartilage. Dr Khan has extended these latter findings to identify the optimal methods to differentiate these stem cells to produce cartilage opening out their use in tissue engineering. Dr Khan is currently engaged in large scale clinical trials to test the use of stem cells for cartilage repair. Dr Khan the Academic INSPIRE Lead for Swansea University Medical School.

Professor Francesco Cappuccio is currently the Cephalon Chair of Cardiovascular Medicine & Epidemiology at Warwick Medical School and also Honorary Consultant Physician, University Hospitals Coventry & Warwickshire NHS Trust, Coventry. Francesco was awarded his medical degree from the University of Naples (*Magna cum laude*), obtained his MD from the same institution and MSc in Epidemiology from The University of London. Prof Cappuccio main research interests are in the prevention, detection and management of hypertension and its complications of the heart, brain, kidneys and the circulation. His work also encompasses the epidemiology of cardiovascular disease and sleep, nutrition and health, metabolic abnormalities and cardiovascular risk, risk in ethnic minorities, both in developed and developing countries. There isn't enough space to list his achievements suffice to say he was awarded a D.Sc in 2012 by Warwick University, his published work has garnered over 38,000 citations and his h-index is a dizzying 84. He has been a President of the British and Irish Hypertension Society and is currently Head of the World Health Organisation (WHO) Collaborating Centre for Nutrition, for whom he has also been a scientific advisor since 2005. Professor Cappuccio is the Academic INSPIRE Lead for Warwick Medical School.

Andrew Gadie completed his undergraduate degree in Clinical Psychology at Bangor University where he also completed his M.Sc in Psychological Research. He has extensive research experience in the field of Psychology, conducting research projects at the Universities of Bangor, Cambridge and the Nanyang Technical University, Singapore. He is now studying Medicine at Warwick University Medical School. His research interests currently include "Wearables" in monitoring and diagnostics, and, Big Data analysis.

INSPIRE Organising Committee

Prof Francesco Cappuccio	INSPIRE Warwick Academic Lead, Professor of Cardiovascular Medicine
Assoc Prof Ilyas Khan	INSPIRE Swansea Academic Lead, Associate Professor of Regenerative Medicine
Charlie Cunningham	Senior Careers Consultant
Emily Reid	WMS Director of Student Experience, Employability and Progression

Student Committee

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Keynote Speakers



“If I were thirty years younger...developing a research portfolio in the era of Covid-19”

Professor Lesley Roberts

Professor Lesley Roberts is Pro-Dean Education and Deputy Dean in Warwick Medical School. She joined Warwick in 2014 from the College of Medical and Dental Sciences at the University of Birmingham having held various roles within education (medical and allied subjects) at both the undergraduate and postgraduate levels.

With extensive experience in primary care and population-based research and epidemiology, she has a diverse research portfolio, undertaking and supervising research in a range of environments. Her research ‘lab’ has been Bolivian homes, African clinics, UK Schools and a variety of primary and secondary care clinics, file rooms and the odd portacabin, to name but a few...

Lesley has spent many years supporting student publication and is proud to have co-authored multiple papers with students she has supervised, considering some of these amongst the most interesting work she has conducted.

With reference to medical student research, she has supervised over the years, Lesley reflects on whether Covid-19 will restrict student research or whether it might just provide an opportunity to rethink how current medical students can develop a research portfolio, of its time and for its time.



“The ‘Four Seasons’ of a clinical academic (without borders)”

Professor Francesco Cappuccio

Professor Francesco Cappuccio is Cephalon Professor of Cardiovascular Medicine & Epidemiology at Warwick Medical School, Consultant Physician at UHCW NHS Trust, and Academic Lead for Inspire at Warwick. He joined the University of Warwick in 2005 from St George’s, University of London, having held various roles including the Chair of Clinical Epidemiology & Primary Care from 2000 to 2005.

He is a cardiovascular physician, a clinical epidemiologist, and a public health expert. He trained in General (Internal) Medicine (with a European Specialty in Hypertension) and in Epidemiology and Public Health.

Franco’s main interests are in the prevention, detection and management of hypertension and its complications of the heart, brain, kidneys and the circulation, with research interests in the epidemiology of cardiovascular disease and sleep, nutrition and health, metabolic abnormalities and cardiovascular risk, risk in ethnic minorities, both in developed and developing countries. He has been Scientific Advisor to the World Health Organization since 2005.

During his clinical and academic career, Franco has always taught and supervised undergraduate and postgraduate students, sharing his authorship with his students on numerous peer-reviewed articles, so contributing to the development of their academic portfolios. Franco will share his own personal pathway to academic medicine and will highlight some of his learning points.



“Building your Profile as a Researcher”

Professor Vinod Patel

Professor Vinod Patel is a Professor in Clinical Skills at Warwick Medical School and an Honorary Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust.

Having started in General Practice, he trained in Endocrinology and Diabetes at the Hammersmith and the Royal London hospitals and obtained a Doctorate on Haemodynamic Factors in the Pathogenesis of Diabetic Retinopathy from the University of London which led to multiple publications.

Whilst his specialist area of research is the prevention of diabetic complications, he has a passion for clinical diabetes care, for which his joint qualification in hospital medicine and general practice has allowed him to work relatively seamlessly across the primary care/secondary care interface to improve effectiveness in delivery of diabetes care for the local community.

Vinod will be discussing a journey in Clinical Research from a personal perspective, including the trials and tribulations he has faced during his research career. This involves a broader scope than clinical research alone, owing to his portfolio career including clinical cases, clinical guidelines, and many commentaries. He also has an invention to talk about!

Workshop Speakers



“Octopus: A Revolution in Scientific Publishing”

Dr. Alexandra Freeman

Alexandra Freeman is the Executive Director of Winton Centre for Risk and Evidence Communication at the University of Cambridge. Before joining the Winton Centre in 2016, she had a 16-year career at the BBC, working on series such as *Walking with Beasts*, *Life in the Undergrowth*, *Bang Goes the Theory*, *Climate Change by Numbers* and as series producer of *Trust Me, I’m a Doctor*. Her work won a number of awards, from a BAFTA to a AAAS Kavli gold award for science journalism. In addition to developing and making television series, Alex worked with associated content across a whole range of other media – designing websites, games, formal learning resources and social media content – to bring science to the widest possible audience.

Now back at the Winton Centre she has a particular interest in helping professionals such as doctors, journalists or legal professionals communicate numbers and uncertainty better, and in whether narrative can be used as a tool to inform but not persuade. She is an advocate of Open Research practices and the reform of the science publishing system.

Alexandra will be giving a talk on Octopus, a new publishing platform designed to replace journals and papers as the means of sharing scientific knowledge and ideas. It is designed to serve the needs of science and scientists above all else: to use every digital tool possible to ensure that good scientific practice is recognised and rewarded, and that there is no longer any advantage to questionable research practices.



“Dear Editor, you really should publish my paper...”

Dr. Saran Shantikumar

Saran Shantikumar is a registrar in public health and NIHR clinical lecturer at the University of Warwick. Having completed his MBChB at the University of Leeds, along with a BSc in Clinical Sciences, he pursued the Academic Foundation Programme followed by Academic Clinical Fellowships in Vascular Surgery and Public Health, picking up qualifications in statistics and a PhD in molecular biology along the way.

A self-confessed medical meanderer, the common theme during his training has been academia and the related requirement to publish. He is developing a research interest in infectious disease and primary care.

“Getting published as a medical student or junior doctor can sometimes feel like a barely achievable feat; the holy grail grasped only by future professors, beneficiaries of cronyism or those lucky enough to be allocated a clued-in supervisor. But that’s not true – and please stop looking for excuses – because there’s a future PubMed record with your name on it, if you want it. I’m a junior doctor in public health, and I’ll talk about the lessons I’ve learned during my successful and failed attempts at publishing. Please do come prepared to discuss any of your own publishing experiences; whether admirable, adequate, or awful, the learning will be of great service to your colleagues.”



“Developing a Research Idea”

Professor Martin Underwood

Martin Underwood is a Professor of Primary Care Research at Warwick Medical School, adjunct Professor at Monash University, Director of Warwick Clinical Trials Unit and NIHR Senior Investigator.

After training in Manchester, Professor Underwood worked as a GP in Lusaka, Manchester, Tower Hamlets, and latterly in Coventry. He has been actively engaged in a wide range of research, with his main area of research focused upon improving

the diagnosis and management of musculoskeletal disorders, particularly back pain and osteoarthritis.

In this area, he has a large portfolio of primary care studies, including qualitative studies, systematic reviews, observational epidemiology, and definitive randomised controlled trials. Completed and ongoing trials have evaluated the use of therapeutic approaches to chronic musculoskeletal disorders and improving care pathways. Furthermore, his work encompasses a broad range of rehabilitation and secondary care interventions, and he has chaired guideline development groups on behalf of NICE.

Drawing upon his extensive research experience, including leading large primary care studies, Professor Underwood will be discussing his approach to developing a research idea; how to move from an idea and concept, to a tangible research question, to designing an executing an effective research project!

Attendees are strongly encouraged to come to this session with a research idea in mind (not lab science or animal studies), to observe the thought process which goes behind designing an appropriate research project.

Prize Winners

POSTER PRIZE WINNERS

Poster 05: Rosie Hall & Mary Rose Harvey
Poster 09: Mihari De Soysa
Poster 21: Adrian McGrath & Rhiannon White
Poster 24: Gabriela Barzyk
Poster 26: Emily Wade
Poster 32: Aoife Moffatt
Poster 34: Gursh Hayer
Poster 37: Natasha Bechman & Emma Brandstatter
Poster 39: Jasmine Zanelli
Poster 42: Georgia Gray

PRESENTATION PRIZE WINNERS

Michael Barrett
Oliver Burton
Elinor Clarke
Todd James Cooper
Thomas Dale MacLaine
Andrew Gadie
Mary Rose Harvey
Tehreem Khan
Nicholas Lowe
Adrian McGrath
Imogen McMurray
Andrea Sargent
Charlotte Taylor
Beth Woodward



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