

ATS Spotlight 2022: Pulmonary Rehabilitation Assembly Early Career Professionals



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Tell us about yourself.

Crown green bowler / football (soccer) fan / enjoys travelling / has an Airedale Terrier 'Willow'

Tell us about your research.

My clinical research covers physical activity, digital health and global health. I have a keen interest in the measurement of physical activity and applying digital health technologies to promote health-enhancing behaviours for people living with chronic respiratory diseases. I am involved in global health research for the development and implementation of pulmonary rehabilitation in low- and middle-income countries.

Where do you see yourself in 5 years?

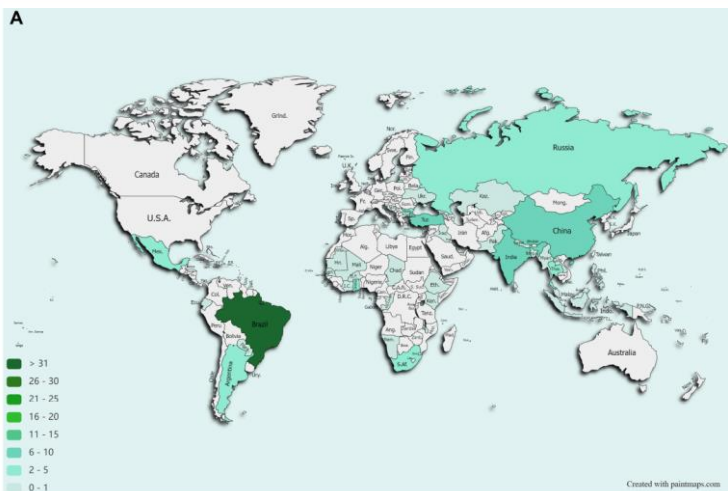
Hopefully continuing to teach about and research ways to support individuals living with chronic respiratory diseases around the world.

How has the Pulmonary Rehabilitation Assembly contributed to your career?

ATS Pulmonary Rehabilitation Assembly Journal Club, webinars and online resources are a great help keeping up to date with the literature. Attending my first ATS Conference in 2022, I was able to network within the Assembly, leading to some exciting collaborations.



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Lack of physical activity data for CRDs in LMIC and a need to standardise measurement approaches
(Jayamaha AR, et al. Int J COPD, 2022)

Need to develop and implement culturally tailored pulmonary rehabilitation in LMIC
(Katagira W, et al. Int J COPD, 2021)
(Sahasrabudhe S, et al. BMJ Open Respir Res, 2021)

A stepping stone to pulmonary rehabilitation might be to target reductions in time spent sedentary
(Orme MW, et al. JMIR mHealth uHealth, 2018)

Personalised PA intensity thresholds can be derived from field-based walking tests
(Pina I, et al. Chron Respir Dis, 2022)

Examining the relative intensity of physical activity in COPD may provide additional insight than absolute (one size fits all) approaches
(Kingsnorth AP, et al. Int J Environ Res Public Health, 2022)

