



Musculoskeletal Research Training Workshop, Harare, Zimbabwe

Monday 19 - Thursday 22 March 2018

This workshop forms part of the **Sub-Saharan African MuSculOskeletal Network (SAMSON)** programme, hosted by the University of Bristol, UK. SAMSON is a research partnership across West, East and Southern Africa which underpins a programme of Musculoskeletal Health Research and aims to build sustainable capacity in Musculoskeletal Research.

This workshop is designed for researchers in Zimbabwe who are working, or plan to work, in the field of musculoskeletal health research.

Aims of this 4-day workshop;

1. To introduce the SAMSON programme
2. To provide scientific background on musculoskeletal biology, measurement, physical activity, sarcopenia
3. To provide training in;
 - a. The measurement of bone density (by DXA) and muscle strength (by grip strength)
 - b. The use of GALS and pGALS in clinical research
 - c. The use of pQCT (peripheral quantitative computer tomography) (this part is especially targeted to those who are trained radiographers)
4. To 'show case' musculoskeletal research findings from the Birth-to-20s study in Johannesburg, including application of musculoskeletal measurement techniques
5. To provide PhD students and pre-PhD students the opportunity to present their research proposals and receive feedback
6. Provide a forum for ideas generation and networking
7. To launch the SAMSON logo competition

Key note speakers;

Dr Celia L Gregson, Consultant Senior Lecturer, Arthritis Research UK Clinician Scientist, Honorary Consultant Orthogeriatrician, Musculoskeletal Research Unit, University of Bristol, UK.

Dr Lisa Micklesfield, Associate Professor, MRC/Wits Developmental Pathways for Health Research Unit, Department of Paediatrics, University of the Witwatersrand & Honorary Associate Professor UCT/MRC Research Unit for Exercise Science and Sports Medicine (ESSM), Department of Human Biology, Faculty of Health Sciences, University of Cape Town.

Webinars from;

Dr Kate Ward, Associate Professor, MRC Lifecourse Epidemiology Unit, University of Southampton, UK and MRC The Gambia

Dr Nicola Crabtree, Principal Clinical Scientist in Bone Densitometry, Birmingham Children's Hospital, UK

Workshop organisers;

- Dr Celia Gregson, University of Bristol, UK
- Dr Ruramayi Rukuni, Biomedical Research and Training Institute, Zimbabwe
- Ms Rudo Siwela, University of Zimbabwe

This workshop is funded by a University of Bristol Global Challenges Pump-Priming Grant awarded to CLG. This workshop is free to attend but registration is required.

Speakers

CG: Dr Celia Gregson, University of Bristol, UK

LM: Dr Lisa Micklesfield, University of Witwatersrand, SA

LS: Dr Lynda Stranix, University of Zimbabwe

EM: Edith Majonga, London School of Hygiene and Tropical Medicine, UK & BRTI, Zimbabwe

RR: Dr Ruramayi Rukuni, London School of Hygiene and Tropical Medicine, UK & BRTI, Zimbabwe

CM: Cynthia Mukwasi, University of Zimbabwe

RS: Rudo Siwela, University of Zimbabwe

AZ: Admire Zanga, University of Zimbabwe

FK: Farirayi Kowo, University of Zimbabwe

TR: Tendai Rakata, National University of Science and Technology, Zimbabwe

MO'B: Michael O'Breasail, University of Cambridge, UK

KW: Dr Kate Ward, University of Southampton, UK

NC: Nicola Crabtree, Birmingham Children's Hospital, UK

Meeting Venues

Monday 19 th	University of Zimbabwe College of Health Sciences Research Support Centre, Parirenyatwa Hospital (with workshop 1 in the DXA department at Parirenyatwa hospital)
Tuesday 20 th	University of Zimbabwe College of Health Sciences Research Support Centre, Parirenyatwa Hospital
Wednesday 21 st	University of Zimbabwe College of Health Sciences Research Support Centre, Parirenyatwa Hospital (with workshop 5 and 6 in the DXA department at Parirenyatwa hospital)
Thursday 22 nd	University of Zimbabwe College of Health Sciences Research Support Centre, Parirenyatwa Hospital (with workshop 7 and 8 in the DXA department at Parirenyatwa hospital)

Twitter handle; #SAMSON18

Monday 19 th March MSK TRAINING DAY 1		Tuesday 20 th March MSK TRAINING DAY 2		Wednesday 21 st March pQCT TRAINING DAY 1		Thursday 22 nd March pQCT TRAINING DAY 2	
08.15	Arrival	08.15	Arrival	08.15	Arrival	08.15	Arrival
08.30	Introduction & Aims for the workshop [CG]	08.30	Launch of the SAMSON logo competition [CG]	08.30	Musculoskeletal anatomy [CG]	08.30	Processing pQCT data for analysis [CG]
08.45	Introduction to the SAMSON Network [CG]	08.50	HIV, bone and body composition: findings from studies in Soweto and CT [LM]	08.50	Introduction to pQCT [CG]	09.00	pQCT Webinar (part 3) [KW] <i>ROI labelling</i>
09.00	Welcome address Prof Masanganise, Dean of College of Health Sciences	09.20	PhD / Pre-PhD Proposal Presentations, Discussion & Feedback Forum (Chairs: CG, LM)	09.10	pQCT Webinar (part 1) [KW] <i>pQCT set-up</i> <i>Software interface</i> <i>QC and QA</i>	10.25	pQCT in the Birth to 20's Study [KW]
09.20	Learning from the Birth-to-20's Study [LM]						
09.50	Introduction to musculoskeletal measurements [CG]						
10.15	Coffee and biscuits	10.15	Coffee and biscuits	10.40	Coffee and biscuits	10.40	Coffee and biscuits
10.35	The use of DXA in musculoskeletal research in Harare [LS]	10.35	Feedback Forum continued	11.05	pQCT Webinar (part 2) [KW] <i>Positioning</i> <i>Performing a pQCT scan</i>	11.05	Workshop 7 Performing a pQCT scan – ‘developing independence’ [CG & MO'B]
10.55	Overview of the INHALE Study [EM]						
11.15	DXA findings from the INHALE Study [RR]						
11.35	DXA scanning children [NC/KW webinar]						
11.55	Bone Age [CG]						
12.15	Lunch	12.15	Lunch	12.05	Lunch	12.05	Lunch
13.10	Workshop 1 Introduction to DXA scanning [LS, CM]	13.15	Workshop 3 GALS [CG]	13.05	Workshop 5 Performing a pQCT scan <i>pQCT set-up</i> <i>Running QC & QA</i> [CG & MO'B]	13.05	Workshop 8 Performing a pQCT scan – ‘confirming independence’ [CG & MO'B]
14.10	Workshop 2 Measuring muscle strength [CG]						
13.55		13.55	Workshop 4 pGALS [RR]				
15.10	Tea and biscuits	14.35	Tea and biscuits	14.20	Tea and biscuits	15.10	Tea and biscuits
15.30	Physical activity and musculoskeletal health across the lifecourse in Africa [LM]	14.55	Sarcopenia cut-points for African women [LM]	14.40	Workshop 6 Performing a pQCT scan – ‘having a go’ [CG & MO'B]	15.30	Summary of the Workshop & Future plans [CG]
		15.25	Format for days 3 and 4 [CG]			15.45	Feedback
16.00	Close	16.00	Close	17.00	Close	16.00	Close