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. To 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 Mcklesfield**, 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

*FINAL programme 140318*
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 19th
University of Zimbabwe College of Health Sciences Research Support Centre, Parirenyatwa Hospital
(with workshop 1 in the DXA department at Parirenyatwa hospital)

Tuesday 20th
University of Zimbabwe College of Health Sciences Research Support Centre, Parirenyatwa Hospital

Wednesday 21st
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 22nd
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
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 19th March MSK TRAINING DAY 1</th>
<th>Tuesday 20th March MSK TRAINING DAY 2</th>
<th>Wednesday 21st March pQCT TRAINING DAY 1</th>
<th>Thursday 22nd March pQCT TRAINING DAY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.15</td>
<td>Arrival</td>
<td>08.15 Arrival</td>
<td>08.15 Arrival</td>
<td>08.15 Arrival</td>
</tr>
<tr>
<td>08.30</td>
<td>Introduction &amp; Aims for the workshop [CG]</td>
<td>08.30 Launch of the SAMSON logo competition [CG]</td>
<td>08.30 Musculoskeletal anatomy [CG]</td>
<td>08.30 Processing pQCT data for analysis [CG]</td>
</tr>
<tr>
<td>08.45</td>
<td>Introduction to the SAMSON Network [CG]</td>
<td>08.50 HIV, bone and body composition: findings from studies in Soweto and CT [LM]</td>
<td>08.50 Introduction to pQCT [CG]</td>
<td>09.00 pQCT Webinar (part 3) [KW]</td>
</tr>
<tr>
<td>09.00</td>
<td>Welcome address Prof Masanganise, Dean of College of Health Sciences [LM]</td>
<td>09.20 PhD / Pre-PhD Proposal Presentations, Discussion &amp; Feedback Forum (Chairs: CG, LM)</td>
<td>09.10 pQCT Webinar (part 1) [KW]</td>
<td>pQCT set-up</td>
</tr>
<tr>
<td>09.20</td>
<td>Learning from the Birth-to-20’s Study [LM]</td>
<td>09.10 pQCT Webinar (part 2) [KW]</td>
<td>10.05 Performing a pQCT scan – ‘developing independence’ [CG &amp; MO’B]</td>
<td></td>
</tr>
<tr>
<td>09.50</td>
<td>Introduction to musculoskeletal measurements [CG]</td>
<td>09.50 Coffee and biscuits</td>
<td>09.50 Coffee and biscuits</td>
<td>09.50 Coffee and biscuits</td>
</tr>
<tr>
<td>10.15</td>
<td>Coffee and biscuits</td>
<td>10.40 Coffee and biscuits</td>
<td>10.40 Coffee and biscuits</td>
<td>Coffee and biscuits</td>
</tr>
<tr>
<td>10.35</td>
<td>The use of DXA in musculoskeletal research in Harare [LS]</td>
<td>11.05 Feedback Forum continued</td>
<td>11.05 Workshop 7</td>
<td></td>
</tr>
<tr>
<td>10.55</td>
<td>Overview of the INHALE Study [EM]</td>
<td>11.00 Feedback Forum continued</td>
<td>11.00 Workshop 7</td>
<td></td>
</tr>
<tr>
<td>11.15</td>
<td>DXA findings from the INHALE Study [RR]</td>
<td>11.40 Feedback Forum continued</td>
<td>11.40 Workshop 8</td>
<td></td>
</tr>
<tr>
<td>11.35</td>
<td>DXA scanning children [NC/KW webinar]</td>
<td>11.50 Feedback Forum continued</td>
<td>11.50 Workshop 8</td>
<td></td>
</tr>
<tr>
<td>11.55</td>
<td>Bone Age [CG]</td>
<td>11.50 Feedback Forum continued</td>
<td>11.50 Workshop 8</td>
<td></td>
</tr>
<tr>
<td>12.15</td>
<td>Lunch</td>
<td>12.15 Lunch</td>
<td>12.05 Lunch</td>
<td>12.05 Lunch</td>
</tr>
<tr>
<td>15.10</td>
<td>Tea and biscuits</td>
<td>Tea and biscuits</td>
<td>15.10 Tea and biscuits</td>
<td>15.10 Tea and biscuits</td>
</tr>
<tr>
<td>16.00</td>
<td>Close</td>
<td>Close</td>
<td>Close</td>
<td>Close</td>
</tr>
</tbody>
</table>