



3 Year PhD Studentship available for September 2019

Department: Health Sciences

Supervisors: Professor Alice Smith & Dr Thomas Wilkinson

Eligibility: UK/EU applicants only

Project Title: Home-based exercise in chronic kidney disease

Project Description:

Patients with Chronic Kidney Disease (CKD) frequently suffer from muscle wasting, fatigue and poor physical function which lead to poor outcome, reduced quality of life and high healthcare costs. Our group has shown that supervised resistance exercise is an effective approach to improving muscle mass and physical function^{1,2}, but in-centre programmes are not sustainable in the longer term. This PhD project will 1) carry out a systematic review of the literature; 2) using a mixed-methods approach, explore the patient and healthcare staff perspectives of muscle mass, strength and function, the role of resistance training, and the requirements for an acceptable home-based programme; 3) design an intervention via an iterative co-production process; and 4) carry out a feasibility trial of home-based resistance exercise in CKD.

References:

1. EL Watson, NJ Greening, JL Viana, J Aulakh, DH Bodicoat, J Barratt, J Feehally and **AC Smith**. Progressive Resistance Exercise Training in Chronic Kidney Disease: A Feasibility Study. *Am J Kidney Dis* 2015, 66(2):249-57.
2. Watson EL, Gould DW, Wilkinson TJ, Xenophontos S, Clarke AL, Vogt BP, Viana JL, **Smith AC**. 12 weeks combined resistance and aerobic training confers greater benefits than aerobic alone in non-dialysis CKD. *American Journal of Physiology-Renal Physiology* 2018 DOI: 10.1152/ajprenal.00012.2018.

Funding details: College PhD studentship

The studentship funding covers:

Fees - full-time PhD Registration Fees at H/EU rates for three years
Student stipend based on the RCUK rate (currently £14,777 for 2018/19)
Research Training Support will available

Entry requirements:

Applicants are required to hold/or expect to obtain a UK Bachelor Degree 2:1 or better in a relevant subject. The University of Leicester [English language](#) requirements apply where applicable.

How to apply:

You should submit your application using our [online application system](#).

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In the funding section of the application please indicate you wish to be considered for a **HS_CLS Studentship**

In the proposal section please provide the name of the supervisor and project you want to be considered for.

Project / Funding Enquiries: hspgr@le.ac.uk

Application enquiries to pgradmissions@le.ac.uk