



Nuria Jansen – 2023 OARSI Travel Scholar Report

OARSI Research exchange program

As one of the Osteoarthritis Research Society International (OARSI) scholarship awardees for the year 2023, I had the privilege of spending 3 months in the Department of Physical Therapy at the University of British Columbia and at Arthritis Research Canada, under the supervision of Dr. Jackie Whittaker, in Vancouver, Canada.

Currently, I am pursuing my PhD degree at the Department of General practice, Erasmus MC situated in the Netherlands. My home institution's research focus is on lifestyle intervention for individuals with early-stage knee osteoarthritis (OA). I am interested in the prevention of OA, therefore this scholarship enabled me to work with data from the Alberta Youth Prevention of Early Osteoarthritis Cohort (PrEOA study), which facilitated my advancement in post-traumatic (/early) OA. By identifying risk factors, promoting healthy behaviors, and intervening early, we have the potential to prevent or delay the onset of OA.

Before leaving for Canada, I was excited about my time abroad. From the start, everyone I have met was welcoming, friendly, and passionate about their research. Over the course of my stay, I participated in a variety of activities and programs focused on advancing research on post-traumatic OA. One of the most beneficial aspects of this program was the opportunity to work directly with clinician-researchers that were focused on the prevention of post-traumatic OA in youth. This gave me access to a wide range of expert knowledge that could not have been easily gained at my home institution. Furthermore, the scholarship served as a gateway to build collaborations for future research projects, which is highly valuable for me as an early career investigator.

I am really glad I applied to the OARSI scholarship, and I strongly encourage other early career investigators to apply for the scholarship as well. The OARSI scholarship presents an excellent opportunity for investigators to participate in research outside their home institution to increase their knowledge, expose themselves to the scientific environment in another research department, and form new professional relationships and friendships.

Please feel free to reach out to me for any questions related to the scholarship.