

OARSI Travel Scholarship

OARSI travel scholarship funded a three-month research visit to Denmark. I was based at the University of Southern Denmark and the Department of Physiotherapy and Occupational Therapy (PROgrez) at Næstved, Slagelse, Ringsted Hospital. During this stay, I was supervised by Professor Søren Skou and Assistant Professor Alessio Bricca, and we conducted research investigating whether physical activity, sleep, and joint pain are associated with health outcomes in people with multimorbidity. This study used data from the MOBILIZE trial—a large clinical trial evaluating lifestyle management for treating multimorbidity, led by Prof. Skou.

During my stay, I worked closely with Prof Skou and AProf. Bricca on designing, planning, and conducting this research. This research has led to a completed manuscript, which is currently accepted for publication with revisions. During my visit, we also planned, designed, and are conducting an additional study evaluating whether exercise beliefs are associated with physical activity levels among individuals in the Good Life with Osteoarthritis: Denmark (GLA:D®) program.

Through these projects, I have and continue to collaborate with numerous other researchers across the University of Southern Denmark and PROgrez, all of whom have helped develop my clinical osteoarthritis research skills. All the team across these sites went to great lengths to ensure I had a valuable, enjoyable, and productive research visit. I was able to meet and work alongside much of the team. I was able to attend all work activities—including team meetings and presentations—as well as social activities, and a work retreat.

This research visit enabled me to develop skills and gain experience in conducting clinical research while mentored by leading global OA researchers. I have applied these skills—developing a research question, planning and undertaking statistical analyses, effective research processes, and academic writing—to my postdoctoral research. The publications arising from this stay will also directly strengthen my track record, increasing my chances of attracting grant funding as a postdoctoral researcher. This experience has also allowed me to form a new, international research network and friendships, which we hope will lead to future research collaborations.