

North East Scotland Masters Training Programme (NES MTP) in Cardiovascular and Diabetes Medicine

Project Proposal

Project Title:

Is exercise of measurable benefit for the cardiac health of people at elevated risk in the community?

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Brief outline of the project/techniques:

- The purpose of the Masters project is to use smart watches to investigate the real-life benefits of exercise in 20 people at elevated cardiac risk.
- In a healthy cohort, we have already found strong correlations between several smartwatch activity measures and risk factors for cardiac mortality
- The training will provide skills in the emerging field of Digital Health and in conducting a patient-focused study.

Key references (Maximum 3):

1. Nelson BW, Low CA, Jacobson N, Areán P, Torous J, Allen NB. Guidelines for wrist-worn consumer wearable assessment of heart rate in biobehavioral research. npj Digital Medicine. 2020;3(1):90.