



Welcome



I would like to welcome you to the first edition of the School of Health, Social Care and Life Sciences Newsletter. My name is Prof Sandra MacRury, and I am the Head of the School of Health. The School is made up of different departments -

[Applied Life Studies](#)

[ScotGEM](#)

[Department of Nursing and Midwifery](#)

[Scottish Rural Health Partnership](#)

[Division Rural Health and Wellbeing](#)

[Division Biomedical Sciences](#)

[Healthcare Innovation](#)

The School of Health, Social Care and Life Sciences, has an anchor base in the Inverness Campus West and a presence at our campuses throughout the Highlands and Islands. The School provides strategic leadership and drives co-ordination with other stakeholders including regional health boards in delivering on the regional strategic priorities in health. The school is the leading provider in the region for health, care and wellbeing education and employer engagement in addition to collaborative applied research and knowledge exchange across the partnership founded in our unique environment.

More details on the School of Health can be found on our [Webpage](#) or you can follow us on [Twitter](#).

Prof Sandra MacRury

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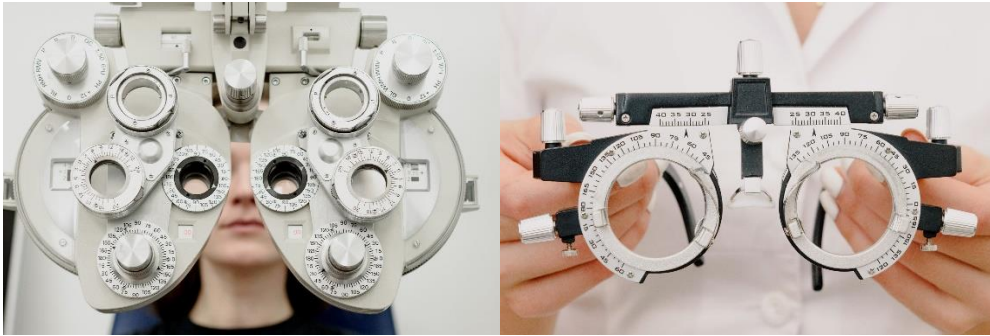
[Research Staff](#)

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This Issues Focus

Optometry



The teaching of undergraduate optometry is a new discipline for the university of the Highlands and Islands and the university is delighted to have welcomed the first cohort of students to the BSc(Hons) optometry degree in September 2020.

This innovative new degree utilises problem-based learning, an approach that has been used for many years in medical education but is relatively new to optometry education. That combined with clinical placements across all four years of the programme, aims to ensure that graduates are well prepared for the opportunities and challenges of delivering eyecare particularly in remote and rural settings.

Students and staff will be located within the Centre for Health Science as well as within Moray College UHI, Elgin from 2022, which will house specialised clinical teaching facilities specific to optometry. Whilst the delivery of the new undergraduate degree programme is the current primary focus, in the longer term the department will look to develop research, continuing professional development provision and other opportunities.

More details can be found on our [website](#) about the optometry course we offer.



School of Health, Social Care and Life Sciences About us

Applied Life Studies

The Applied Life Studies Subject Network includes psychology, child and youth studies, childhood practice, health and social studies, oral health science, optometry, counselling, beauty therapy, hairdressing, complementary therapies, and the curriculum is delivered by ten of the academic partners. More details can be found on our [website](#).

ScotGEM

The University of the Highlands and Islands is a partner in the delivery of ScotGEM, a unique and innovative four year graduate medical programme tailored to meet the contemporary and future needs of NHS Scotland. It is designed to develop doctors interested in a career as a generalist practitioner within NHS Scotland but with a focus on rural and remote medicine and healthcare improvement. More details can be found on our [website](#).

Department of Nursing and Midwifery

The Department of Nursing and Midwifery (DoNM) aims to foster a strong nursing and midwifery community in the Scottish Highlands and Islands and build collaborations nationally and internationally in order to conduct high quality teaching, research and knowledge exchange. More details can be found on our [website](#).

Scottish Rural Health Partnership

The Scottish Rural Health Partnership aim is to provide a single source of knowledge about rural and remote healthcare, to foster collaboration, innovation and idea sharing between educational, academic, industry, community, and NHS members, and to influence and shape rural and remote healthcare policy. More details can be found on our [website](#).

Division Rural Health and Wellbeing

The objective of the division is to carry out research, knowledge exchange, commercialisation and teaching activities that help promote the physical, mental health and wellbeing of people living or working within remote and rural communities. More details can be found on our [website](#).

Division Biomedical Sciences

The division is home to the Free Radical Research Facility, and has research expertise in genetics and immunology, lipidomics and hosts the Active Health Exercise Lab. More details can be found on our [website](#).



University of the
Highlands and Islands
School of Health, Social Care
and Life Sciences

Oilthigh na Gàidhealtachd
agus nan Eilean
Sgoil Slàinte, Cùram Sòisealta
agus Saidheansan Beatha

Studying with the School of Health, Social Care and Life Sciences

Applications are now open for the academic year 2021/22. Within the school we offer a range of courses from health, child and social care as well as beauty and complementary therapies including nursing, optometry and oral health sciences.

For more details of what courses are in the School of Health, Social Care or Life Science please visit our website on this [link](#).

Research Projects

We work on several different research project across the school for Covid-19 to education.

You can follow the links below to find out what our different departments are working on

[Institute of Health Research and Innovation](#)

[Division of Biomedical Sciences](#)

[Division of Rural Health and Wellbeing](#)

[Department of Nursing and Midwifery](#)

Research Staff

Our research staff specialities within the Institute of Health Research and Innovation include genetics and immunology, lipidomic, free radical research and digital health.

You can follow the links below to find out more about research staff within our departments

[Division of Rural Health and Wellbeing](#)

[Division Biomedical Science](#)

[Department of Nursing and Midwifery](#)



Research and Student Spotlight

Having completed the viva for my PhD in May of 2020, over video conference, I knew it was going to be a challenging time to get employment. Having minor corrections to go through kept me busy over the Summer, whilst concurrently looking



for any jobs that aligned with my research interests. I knew that within the current pandemic, I did not want to relocate too far from where I am based now in Moray. My thoughts around this decision were based upon travel restrictions, lockdowns and also my finances. Moreover, having just completed my PhD, it was quite daunting going into my first full time job for approximately ten years having continually progressed from undergraduate, to Masters and onto the PhD at the University of the Highlands and Islands.

Around six months had passed since my viva and I was beginning to consider work in different industries. A member of staff pointed out to me that a post-doc position was coming up within the University of the Highlands and Islands and might be of interest to me. The minute I saw the advertisement, I knew the position was perfect for me. Not only did it tick all the boxes for the research I am interested in around the use of digital technology and physical activity to improve aspects of health, it meant that I would be able to get a job without having to relocate.

I have now currently been in the post-doctoral role for six months starting in December 2020.