

About the facility



The **Wellcome Trust Clinical Research Facility** within the **School of Sport and Exercise Sciences (</schools/sport-exercise/index.aspx>)** is aimed at helping patients by showing how exercise can factor into improved care and more effective treatments.

A sister to the existing **Wellcome Trust Clinical Research Facility at Queen Elizabeth Hospital (<http://www.crf.bham.ac.uk/>)**, the Wellcome Trust Satellite facility is based in the School of Sport and Exercise Sciences (SportEx), and will build on increasing collaborations between SportEx, the Medical School and University Hospital Birmingham (UHB) NHS Research Foundation Trust.

“**Professor Anton Wagenmakers**, Head of School of Sport and Exercise Sciences “Our expertise is highly relevant for the prevention of chronic disease and regaining of fitness and health of many patients, for example frail people or morbidly obese children.”

The new facility gives us a dedicated space to carry out research with those patients under optimal conditions of clinical governance and support of research-trained NHS nurses, alongside access to all the laboratory and exercise facilities we have on-site.

Already **the UK's top-rated sports science department**, the School will use the new facility to generate hard evidence for the importance for the importance of maintaining physical activity throughout life, and to investigate the most efficient and feasible exercise modes for patients with chronic diseases. Working alongside colleagues from the Medical School and UHB, the aim is to translate the generated knowledge quickly into patient interventions and clinical care.

Equipment within the facility includes:

- Sphygmocor system (for the assessment of large artery stiffness),
- Transcranial Doppler ultrasound (for assessment of brain blood flow velocity),
- 12 lead electrocardiogram,
- non-invasive blood pressure monitors both for rest and exercise,
- cycle ergometer,
- patient reception area,
- nurses station,
- three patient assessment bays,
- handgrip strength, leg muscle strength,
- near infrared spectroscopy (for assessment of tissue oxygenation),
- anthropometry,
- freezer (sample storage),
- Finometer (beat-to-beat finger blood pressure),
- assessment of function capacity (timed up and go test, Berg balance scale).

