

MACP Award Report

Awardee Name:	Noudy Eleryan
Date of Report:	4th January 2024
Name of the Award:	Research Level 1 award
Amount awarded:	£750
What the award was used for:	Interdisciplinary World Low Back Pain and Pelvic girdle pain in Melbourne to present research
Summary of how this award or bursary helped you in your career/clinical/academic practice (200 words approx.)	<p>The Level 1 Research Award from the MACP enabled me to travel to Melbourne and present my research at the Interdisciplinary World Low Back Pain and Pelvic girdle pain. I found there was a warm reception at the conference centre, and I was impressed with how well organised the conference was.</p> <p>The conference sessions covered a diverse range of topics, including "Changes in Trunk Motor Control in Low Back Pain, causes, and effect," "Effectiveness for conservative management of lumbar disk herniation with associated radiculopathy: a systematic review and meta-analysis update," "Mechanisms of education and graded sensorimotor retraining in people with chronic low back pain," and "How technology can help people with low back pain." Additionally, sessions exploring the effectiveness of e-Health programs, such as "Effectiveness of an e-Health delivered physical activity programme to empower people with musculoskeletal pain in rural communities (EMPower): A randomised clinical trial," provided valuable insights.</p> <p>I was particularly interested in the sessions focusing on digital self-management interventions since, through my research, a digital tool may be developed to help better manage musculoskeletal disorders in musicians. As similar tools have been developed for lower back pain, attending sessions and networking at the conference gave me insight into innovative practice within digital self-management interventions and how my research can align with it. Furthermore, the skills learned from presenting at the conference will help me to present further research in the</p>



	<p>future, adding to the evidence base of our profession and to my career development as a researcher. This aligns perfectly with the MACP's mission to actively promote research and the dissemination of research findings in the field of Musculoskeletal Physiotherapy.</p> <p>Moreover, as a clinician, lower back pain is a common condition I encounter in clinical practice. Attending the conference and participating and interacting with experts in this field allowed me to gain insights into innovative treatment approaches, novel therapeutic modalities, and emerging research that can directly benefit my patients. Thus, providing relevant learning opportunities for the wide scope of patient populations that I treat. Overall, the conference was a transformative experience that not only enhanced my research capabilities but also enriched my clinical practice for the betterment of my patients.</p> <p>Finally, I would like to extend my sincere gratitude to the MACP for the invaluable opportunity provided through the Level 1 Research Award. I have acknowledged their contribution during my presentation.</p>
<p>Picture of awardee/conference/course/ Experience as relevant</p>	