

Jamie Macdonald
Professor Teaching & Research
School of Psychology & Sport Science



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Brief bio:

After graduating with a Sport Science degree and working as freelance Outdoor Activities Instructor for some years, I returned to academia to complete my PhD in clinical exercise physiology. I am now a Professor in Sport and Exercise Science within the School of Psychology and Sport Science at Bangor University (www.bangor.ac.uk/sport).

I teach and complete research and impact activities in two distinct areas: i) physical activity to prevent and treat chronic disease; and ii) how to enhance health and performance in high altitude environments.

Qualifications

Professional, Professional, Good Clinical Practice eLearning (Secondary Care) , National Institute for Health Research
Award Date: 25 Jun 2016

Professional, Professional, Fellow, Higher Education Academy
Award Date: 1 Dec 2011

Postgraduate, PhD, Clinical Exercise Physiology, Bangor University
Award Date: 1 Nov 2006

Undergraduate, BSc, Sport Science, Bangor University
Award Date: 1 Jul 2001

Employment

Professor in Sport & Exercise Science

Professor Teaching & Research
School of Psychology & Sport Science
Bangor University
1 Jan 2023 → 17 Jan 2024

Professor in Sport & Exercise Science

Professor Teaching & Research
School of Psychology & Sport Science
Bangor University
1 Jan 2023 → 31 Dec 2019

Professor in Sport and Exercise Science

Senior Lecturer (Teaching and Research)
School of Psychology & Sport Science
Bangor University
1 Aug 2021 → 31 Dec 2022

Senior Lecturer in Sport & Exercise Science

Academic
School of Psychology & Sport Science
Bangor University
25 Sept 2008 → 31 Dec 2022

Honorary contract

Betsi Cadwaladr University Health Board
United Kingdom

Steering Committee

British Renal Society Rehabilitation Network
United Kingdom

Editorial Board Member

High Altitude Medicine and Biology (journal)
United States

Founder member

UK Kidney Research Consortium Exercise and Lifestyle Clinical Study Group
United Kingdom

Research outputs

Achieving Consensus on Psychosocial and Physical Rehabilitation management for People Living with Kidney Disease.
Coyne, E., Briggs, J., Loud, F., Bristow, P., Young, H. M. L., Castle, E. M., Lightfoot, C. J., Graham-Brown, M., Eyre, M., Ormandy, P., Sachar, A., Bevin, A., Burton, J. O., Wilkinson, T. J., Koufaki, P., Macdonald, J., Ashman, N. & Greenwood, S. A., Nov 2023, In: Clinical Kidney Journal. 16, 11, p. 2185-2193 9 p.

Bio-impedance spectroscopy added to a fluid management protocol does not improve preservation of residual kidney function in incident hemodialysis patients in a randomized controlled trial
Davies, S., Coyle, D., Lindley, E. J., Keane, D., Belcher, J., Caskey, F., Dasgupta, I., Davenport, A., Farrington, K., Mitra, S., Ormandy, P., Wilkie, M., Macdonald, J., Zanganeh, M., Andronis, L., Solis-Trapala, I. & Sim, J., 30 May 2023, (E-pub ahead of print) In: Kidney International.

Hypoxia-induced endothelial dysfunction: Could targeting oxidative stress provide protection?
Rossetti, G., Oliver, S., Sandoo, A. & Macdonald, J., 26 May 2023, In: Experimental Physiology. 108, 8, p. 1026-1028 3 p.

The effect of a novel, digital physical activity and emotional well-being intervention on health-related quality of life in people with chronic kidney disease: trial design and baseline data from a multicentre prospective, wait-list randomised controlled trial (kidney BEAM)
Walklin, C. G., Young, H. M. L., Asghari, E., Bhandari, S., Billany, R. E., Bishop, N., Bramham, K., Briggs, J., Burton, J. O., Campbell, J., Castle, E. M., Chilcot, J., Cooper, N., Deelchand, V., Graham-Brown, M. P. M., Hamilton, A., Jesky, M., Kalra, P. A., Koufaki, P., McCafferty, K., Nixon, A. C., Noble, H., Saynor, Z. L., Sothinathan, C., Taal, M. W., Tollitt, J., Wheeler, D. C., Wilkinson, T. J., Macdonald, J. H. & Greenwood, S. A., 2 May 2023, In: BMC Nephrology. 24, 1, 17 p., 122.

Feasibility of Randomized Controlled Trials and long-term implementation of interventions: insights from a qualitative process evaluation of the PEDAL Trial
Bulley, C., Koufaki, P., Macdonald, J., Macdougall, I. C., Mercer, T. H., Scullion, J. & Greenwood, S. A., 1 Feb 2023, In: Frontiers in Rehabilitation Sciences. 4, 1, 15 p., 1100084.

Hypoxia alters posterior cingulate cortex metabolism during a memory task: a 1H fMRS study
Rogan, M., Friend, A., Rossetti, G. M. K., Edden, R. A. E., Mikkelsen, M., Oliver, S., Macdonald, J. & Mullins, P., 15 Oct 2022, In: Neuroimage. 260, 119397.

Global Policy Barriers and Enablers to Exercise and Physical Activity in Kidney Care

Global Renal Exercise Network (GREX), Bennett, P. N., Kohzuki, M., Bohm, C., MacDonald, J., Zimmerman, D. & Thompson, S., Jul 2022, In: Journal of Renal Nutrition. 32, 4, p. 441-449 9 p.

The Role of Exercise Training in Delaying Kidney Function Decline in Non-Dialysis-Dependent Chronic Kidney Disease

Davies, M., Sandoo, A. & Macdonald, J., 25 May 2022, In: *Kidney and Dialysis*. 2, 2, p. 262-286 5 p.

Clinical practice guideline exercise and lifestyle in chronic kidney disease

Baker, L. A., March, D. S., Wilkinson, T. J., Billany, R. E., Bishop, N. C., Castle, E. M., Chilcot, J., Davies, M. D., Graham-Brown, M. P. M., Greenwood, S. A., Junglee, N. A., Kanavaki, A. M., Lightfoot, C. J., Macdonald, J. H., Rossetti, G. M. K., Smith, A. C. & Burton, J. O., 22 Feb 2022, In: *BMC Nephrology*. 23, 75, 36 p.

Exercise Testing in Chronic Kidney Disease

Koufaki, P., Greenwood, S. & Macdonald, J., 2022, *Sport and Exercise Physiology Testing Guidelines: Volume II - Exercise and Clinical Testing. The British Association of Sport and Exercise Sciences Guide (2nd edition)*. Davison, RCR. (ed.). 2 ed. Routledge, 4

The rapid development of a novel kidney-specific digital intervention for self-management of physical activity and emotional well-being during the COVID-19 pandemic and beyond: Kidney Beam

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MEDEX 2015: Prophylactic effects of positive expiratory pressure in trekkers at very high altitude.

Rupp, T., Maufrais, C., Walther, G., Esteve, F., Macdonald, J., Bouzat, P. & Verges, S., 21 Sept 2021, In: *Frontiers in Physiology*. 12, 710622.

Randomized Trial-PrEscription of intraDialytic exercise to improve quALity of Life in Patients Receiving Hemodialysis

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The deleterious effects of acute hypoxia on microvascular and large vessel endothelial function

Jones, D., Macdonald, J., Sandoo, A., Oliver, S. & Rossetti, G., 1 Aug 2021, In: *Experimental Physiology*. 106, 8, p. 1699-1709

Bilateral regional extracranial blood flow regulation to hypoxia and unilateral duplex ultrasound measurement error

Friend, A., Rogan, M., Rossetti, G., Lawley, J., Mullins, P., Sandoo, A., Macdonald, J. & Oliver, S., 1 Jul 2021, In: *Experimental Physiology*. 106, 7, p. 1535-1548 14 p.

Exercise programme to improve quality of life for patients with end-stage kidney disease receiving haemodialysis: the PEDAL RCT

Greenwood, S. A., Koufaki, P., Macdonald, J., Bulley, C., Bhandari, S., Burton, J. O., Dasgupta, I., Farrington, K., Ford, I., Kalra, P. A., Kumwenda, M., Macdougall, I. C., Messow, C-M., Mitra, S., Reid, C., Smith, A. C., Taal, M. W., Thompson, P. C., Wheeler, D. C., White, C., Yaqoob, M. & Mercer, T., 1 Jun 2021, In: *Health Technology Assessment*. 25, 40, 52 p.

Reversal of neurovascular coupling in the default mode network: Evidence from hypoxia

Rossetti, G., d'Avossa, G., Rogan, M., Macdonald, J., Oliver, S. & Mullins, P., Apr 2021, In: *Journal of Cerebral Blood Flow and Metabolism*. 41, 4, p. 805-818 14 p.

The PrEscription of intraDialytic exercise to improve quALity of Life in patients with chronic kidney disease trial: study design and baseline data for a multicentre randomized controlled trial

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Ashby, D., Borman, N., Burton, J., Corbett, R., Davenport, A., Farrington, K., Flowers, K., Fotheringham, J., Andrea Fox, R. N., Franklin, G., Gardiner, C., Martin Gerrish, R. N., Greenwood, S., Hothi, D., Khares, A., Koufaki, P., Levy, J.,

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The effects of intradialytic exercise on hemodialysis adequacy: A systematic review.

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Dietary nitrate supplementation increases acute mountain sickness severity and sense of effort during hypoxic exercise

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MDT dialysis care to improve patient outcomes: Exercise and rehabilitation in dialysis

Macdonald, J., 28 Sept 2017.

MEDEX 2015: Heart Rate Variability Predicts Development of Acute Mountain Sickness

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Rationale and design of BISTRO: a randomized controlled trial to determine whether bioimpedance spectroscopy- guided fluid management maintains residual kidney function in incident haemodialysis patients

Davies, S., Caskey, F., Coyle, D., Lindley, E., Macdonald, J., Mitra, S., Wilkie, M., Davenport, A., Farrington, K., Dasgupta, I., Ormandy, P., Andronis, L., Solis-Trapala, I. & Sim, J., 26 Apr 2017, In: BMC Nephrology. 18, p. 138 11 p.

Unexpected reductions in regional cerebral perfusion during prolonged hypoxia

Lawley, J., Oliver, S., Macdonald, J. & Mullins, P., 1 Jan 2017, In: Journal of Physiology. 595, 3, p. 935-947

Electromyographic adjustments during continuous and intermittent incremental fatiguing cycling

Martinez-Valdes, E., Guzman-Venegas, R. A., Silvestre, R. A., Macdonald, J. H., Falia, D., Araneda, O. F. & Haichelis, D., Nov 2016, In: Scandinavian Journal of Medicine and Science in Sports. 26, 11, p. 1273-1282

Characteristics explaining performance in downhill mountain biking

Macgregor, A., Chidley, J. B., MacGregor, A. L., Martin, C., Arthur, C. A. & Macdonald, J. H., 1 Mar 2015, In: International Journal of Sports Physiology and Performance. 10, 2, p. 183-190

Beetroot Juice Does Not Enhance Altitude Running Performance in Well-Trained Athletes

Arnold, J. T., Oliver, S. J., Lewis-Jones, T. M., Wylie, L. J. & Macdonald, J. H., 4 Feb 2015, In: Applied Physiology, Nutrition, and Metabolism.

Anabolic exercise in haemodialysis patients: a randomised controlled pilot study

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Prolonged (9 h) poikilocapnic hypoxia (12% O₂) augments cutaneous thermal hyperaemia in healthy humans

Lawley, J. S., Oliver, S. J., Mullins, P. G., Macdonald, J. H. & Moore, J. P., 1 Jun 2014, In: *Experimental Physiology*. 99, p. 909-920

Normobaric hypoxia and symptoms of acute mountain sickness: Elevated brain volume and intracranial hypertension

Lawley, J. S., Alperin, N., Bagci, A. M., Lee, S. H., Mullins, P. G., Oliver, S. J. & Macdonald, J. H., 20 May 2014, In: *Annals of Neurology*. 75, 6, p. 890-898

Interaction between Intradialytic exercise and Hemodialysis adequacy

Macdonald, J. H., Kirkman, D. L., Roberts, L. D., Kelm, M., Wagner, J., Jibani, M. M. & Macdonald J.H., N. V., 29 Nov 2013, In: *American Journal of Nephrology*. 38, 6, p. 475-482

Muscle-Damaging Exercise Increases Heat Strain during Subsequent Exercise Heat Stress

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Exercising in a hot environment with muscle damage: effects on acute kidney injury biomarkers and kidney function

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Investigation of whole-brain white matter identifies altered water mobility in the pathogenesis of high-altitude headache

Lawley, J., Oliver, S. J., Mullins, P. G. & Macdonald, J. H., 1 Aug 2013, In: *Journal of Cerebral Blood Flow and Metabolism*. 33, 8, p. 1286-1294

High altitude impairs in vivo immunity in humans

Smith, A. D., Oliver, S. J., Macdonald, J. H., Harper Smith, A. D., Lawley, J. S., Gallagher, C. A., Di Felice, U. & Walsh, N. P., 24 Jun 2013, In: *High Altitude Medicine and Biology*. 14, 2, p. 144-149

Exertional Fatigue in Patients With CKD

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Does proteinuria-inducing physical activity increase biomarkers of acute kidney injury?

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Arteriovenous fistula complication following MRI

Kirkman, D., Junglee, N. A., Mullins, P. G. & Macdonald, J. H., 27 Aug 2012, In: *British Medical Journal Case Reports*.

Physiological and Psychological Illness Symptoms at High Altitude and Their Relationship With Acute Mountain Sickness: A Prospective Cohort Study

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Carbohydrate Supplementation and Exercise Performance at High Altitude: A Randomized Controlled Trial

Oliver, S. J., Golja, P. & Macdonald, J. H., 19 Mar 2012, In: *High Altitude Medicine and Biology*. 13, 1, p. 22-31

A matched-cohort study of body composition, physical function and quality of life in men with idiopathic vertebral fracture

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Physiological demands of mountain rescue work

Callender, N., Ellerton, J. & Macdonald, J. H., 29 Sept 2011, In: Emergency Medicine Journal.

Athletic Profile of Highly Accomplished Boulderers

Macdonald, J. H. & Callender, N., 1 Jun 2011, In: Wilderness and Environmental Medicine. 22, 2, p. 140-143

Body composition at high altitude: a randomized placebo-controlled trial of dietary carbohydrate supplementation.

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Body composition changes during high altitude exposure are not reversed by increasing energy intake.

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Dietary factors associated with acute mountain sickness.

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Maintaining euhydration at high altitude.

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Effect of carbohydrate supplementation during a high altitude expedition.

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Response of electromyographic variables during incremental and fatiguing cycling.

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Effect of acute on chronic carbohydrate supplementation during sub-maximal exercise at high altitude.

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Effect of chronic carbohydrate supplementation on body composition during a high altitude expedition.

Macdonald, J. H., Hillyer, K. & Oliver, S. J., 1 Jan 2008.

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Muscle mass deficits are associated with bone mineral density in men with idiopathic vertebral fracture.

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Nandrolone decanoate as anabolic therapy in chronic kidney disease: A randomized phase II dose-finding study.

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Macdonald, J. H., 15 May 2007.

The functional, metabolic, and anabolic responses to exercise training in renal transplant and hemodialysis patients.

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Estimating glomerular filtration rate using measured muscle mass.

Macdonald, J. H., Marcora, S. M., Jibani, M., Kumwenda, M., Glover, R., Roberts, G., Barron, J. & Lemmey, A. B., 22 Mar 2007.

Steak and Kidney.

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The relationship between estimated glomerular filtration rate, demographic and anthropometric variables is mediated by muscle mass in non-diabetic patients with chronic kidney disease

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GFR Estimation Using Cystatin C Is Not Independent of Body Composition

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Prediction of kidney function is improved by directly measuring body composition.

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Towards exercise as part of routine care for chronic kidney disease.

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Assessing body composition in chronic kidney disease.

Macdonald, J. H., 26 Apr 2006.

Body composition in men with idiopathic vertebral fracture.

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Muscle IGF-I levels in hemodialysis patients.

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Physiology workshop.

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Exercise in your unit.

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Intradialytic exercise as anabolic therapy in haemodialysis patients-a pilot study

Macdonald, J., Marcora, S., Jibani, M., Phanish, M. K., Holly, J. & Lemmey, A. B., 1 Mar 2005, In: Clinical Physiology and Functional Imaging. 25, 2, p. 113-118

Muscle mass in dialysis patients.

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Chronic kidney disease- the role of the Sports Scientist.

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Skeletal muscle insulin-like growth factor status in haemodialysis patients.

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Intradialytic exercise as anabolic therapy.

Macdonald, J. H., Marcora, S. M., Jibani, M., Phanish, M., Holly, J. & Lemmey, A. B., 1 Apr 2004.

Looking after your kidneys- keep fit!

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Muscle insulin-like growth factor (IGF) status, body composition and functional capacity in haemodialysis patients.

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The effects of intradialytic exercise on body composition, functional capacity and muscle insulin-like growth factor (IGF) status in haemodialysis patients.

Macdonald, J. H., Marcora, S. M., Holly, J., Bloodworth, L., Jibani, M. & Lemmey, A. B., 10 Dec 2003.

Awards

Babi Actif - extension

Macdonald, J.

Eryri-Bywiol Cyf: £4,167.00

Impacts