

Jamie Macdonald  
Athro Dysgu ac Ymchwil  
Ysgol Seicoleg a Gwyddor Chwaraeon  
Sefydliad Ffisioleg Ddynol Gymhwysol



## Manylion Cyswllt

Email: [j.h.macdonald@bangor.ac.uk](mailto:j.h.macdonald@bangor.ac.uk)  
Phone: +44 1248 38 3272  
Twitter: @sportscimac  
Instagram: @jamiehugomacdonald

### 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](http://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.

## Cymwysterau

Profesiynol, Profesiynol, Good Clinical Practice eLearning (Secondary Care) , National Institute for Health Research  
Dyddiad Dyfarnu: 25 Meh 2016

Profesiynol, Profesiynol, Fellow, Higher Education Academy  
Dyddiad Dyfarnu: 1 Rhag 2011

Ol-Raddedigol, PhD, Clinical Exercise Physiology, Prifysgol Bangor  
Dyddiad Dyfarnu: 1 Tach 2006

Israddegigol, BSc, Sport Science, Prifysgol Bangor  
Dyddiad Dyfarnu: 1 Gorff 2001

## Cyflogaeth

### Athro

Athro Dysgu ac Ymchwil  
Ysgol Seicoleg a Gwyddor Chwaraeon  
Prifysgol Bangor  
1 Ion 2023 → 31 Rhag 2029

### Athro

Athro Dysgu ac Ymchwil  
Ysgol Seicoleg a Gwyddor Chwaraeon  
Prifysgol Bangor  
1 Ion 2023 → 17 Ion 2024

### Athro mewn Gwyddorau Chwaraeon ac Ymarfer Corff

Uwch Ddarlithydd (Dysgu ac Ymchwil)  
Ysgol Seicoleg a Gwyddor Chwaraeon  
Prifysgol Bangor  
1 Awst 2021 → 31 Rhag 2022

### Sefydliad Ffisioleg Ddynol Gymhwysol

Prifysgol Bangor  
1 Ion 2021 → present

### Pennaeth yr Ysgol / Uwch Ddarlithydd

Academaidd

Ysgol Seicoleg a Gwyddor Chwaraeon  
Prifysgol Bangor  
25 Medi 2008 → 31 Rhag 2022

#### **Honorary contract**

Betsi Cadwaladr University Health Board  
Y Deyrnas Unedig

#### **Steering Committee**

British Renal Society Rehabilitation Network  
Y Deyrnas Unedig

#### **Editorial Board Member**

High Altitude Medicine and Biology (journal)  
Yr Unol Daleithiau

#### **Founder member**

UK Kidney Research Consortium Exercise and Lifestyle Clinical Study Group  
Y Deyrnas Unedig

## **Allbwn ymchwil**

### **Resting oral mucosal immunity varies across the menstrual cycle**

Harrison, S., Macdonald, J. & Oliver, S., 26 Meh 2024.

### **Digital Remote Monitoring Using an mHealth Solution for Survivors of Cancer: Protocol for a Pilot Observational Study**

Innominato, P. F., Macdonald, J., Saxton, W., Longshaw, L., Granger, R., Naja, I., Allocca, C., Edwards, R., Rasheed, S., Folkvord, F., de Battle, J., Ail, R., Motta, E., Bale, C., Fuller, C., Mullard, A. P., Subbe, C., Griffiths, D., Wreglesworth, N., Pecchia, L., Fico, G. & Antonini, A., 30 Ebr 2024, Yn: JMIR Research Protocols. 13, t. e52957 e52957.

### **Evaluating the effect of a digital health intervention to enhance physical activity in people with chronic kidney disease (Kidney BEAM): a multicentre, randomised controlled trial in the UK**

Greenwood, S. A., Young, H. M. L., Briggs, J., Castle, E. M., Walklin, C., Haggis, L., Balkin, C., Asgari, E., Bhandari, S., Burton, J. O., Billany, R. E., Bishop, N. C., Bramham, K., Campbell, J., Chilcot, J., Cooper, N. J., Deelchand, V., Graham-Brown, M., Hamilton, A., Jesky, M., Kalra, P. A., Koufaki, P., McCafferty, K., Nixon, A. C., Noble, H., Saynor, Z. L., Taal, M. W., Tollit, J., Wheeler, D. C., Wilkinson, T. J., Worboys, H. & Macdonald, J., Ion 2024, Yn: The Lancet Digital Health. 6, 1, t. e23-e32

### **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., Tach 2023, Yn: Clinical Kidney Journal. 16, 11, t. 2185-2193 9 t.

### **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., Medi 2023, Yn: Kidney International. 104, 3, t. 587-598

### **Hypoxia-induced endothelial dysfunction: Could targeting oxidative stress provide protection?**

Rossetti, G., Oliver, S., Sandoo, A. & Macdonald, J., 26 Mai 2023, Yn: Experimental Physiology. 108, 8, t. 1026-1028 3 t.

**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)**

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#### **Digitally delivered exercise increased habitual physical activity in people with obesity**

Harrison, S., Macdonald, J., Cliffe, M., Cooney, J., Boulter, M. W., Beattie, S. & Harkinson, R., Mai 2023, t. 164-165.

#### **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 Chwef 2023, Yn: Frontiers in Rehabilitation Sciences. 4, 1, 15 t., 1100084.

#### **Hypoxia alters posterior cingulate cortex metabolism during a memory task: a 1H fMRS study**

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#### **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., Gorff 2022, Yn: Journal of Renal Nutrition. 32, 4, t. 441-449 9 t.

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

Davies, M., Sandoo, A. & Macdonald, J., 25 Mai 2022, Yn: Kidney and Dialysis. 2, 2, t. 262-286 5 t.

#### **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 Chwef 2022, Yn: BMC Nephrology. 23, 75, 36 t.

#### **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, R. (gol.). 2 gol. 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 Medi 2021, Yn: 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 Awst 2021, Yn: Experimental Physiology. 106, 8, t. 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 Gorff 2021, Yn: Experimental Physiology. 106, 7, t. 1535-1548 14 t.

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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 Meh 2021, Yn: Health Technology Assessment. 25, 40, 52 t.

**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., Ebr 2021, Yn: Journal of Cerebral Blood Flow and Metabolism. 41, 4, t. 805-818 14 t.

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**Renal Association Clinical Practice Guideline on Haemodialysis**

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., Lindley, E., Macdonald, J., Mafriqi, B., Mooney, A., Tattersall, J., Tyerman, K., Villar, E. & Wilkie, M., 17 Hyd 2019, Yn: BMC Nephrology. 20, 1, t. 379

**The Effects of Beetroot Juice on Blood Pressure, Microvascular Function and Large-Vessel Endothelial Function: A Randomized, Double-Blind, Placebo-Controlled Pilot Study in Healthy Older Adults.**

Jones, T., Dunn, E., Macdonald, J., Kubis, H.-P., McMahon, N. & Sandoo, A., 2 Awst 2019, Yn: Nutrients. 11, 8, t. 1792

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

Kirkman, D. L., Scott, M., Kidd, J. & Macdonald, J., Gorff 2019, Yn: Seminars in Dialysis. 32, 4, t. 368-378 11 t.

**The 2018 Lake Louise Acute Mountain Sickness Score**

Roach, R. C., Hackett, P. H., Oelz, O., Bärtsch, P., Luks, A. M., MacInnis, M. J., Baillie, J. K., Macdonald, J. & Oliver, S., Maw 2018, Yn: High Altitude Medicine and Biology. 19, 1

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

Rossetti, G., Macdonald, J., Wylie, L. J., Little, S., Newton, V., Wood, B., Hawkins, K., Beddoe, R., Davies, H. E. & Oliver, S., Hyd 2017, Yn: Journal of Applied Physiology. 123, 4, t. 983-992

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

Macdonald, J., 28 Medi 2017.

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

Sunderland, A., Freer, J., Evans, L., Dolci, A., Crotti, M. & Macdonald, J., 1 Medi 2017, Yn: High Altitude Medicine and Biology. 18, 3, t. 199-208

**MEDEX2015: Greater sea-level fitness is associated with lower sense of effort during Himalayan trekking without worse Acute Mountain Sickness**

Rossetti, G., Macdonald, J., Smith, M., Jackson, A., Callender, N., Newcombe, H. K., Storey, H., Willis, S., van den Beukel, J., Woodward, J., Pollard, J., Wood, B., Newton, V., Virian, J., Haswell, O. & Oliver, S., 1 Meh 2017, Yn: High Altitude Medicine and Biology. 18, 2, t. 152-162

**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 Ebr 2017, Yn: BMC Nephrology. 18, t. 138-147

**Unexpected reductions in regional cerebral perfusion during prolonged hypoxia**

Lawley, J., Oliver, S., Macdonald, J. & Mullins, P., 1 Ion 2017, Yn: Journal of Physiology. 595, 3, t. 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., Arana, O. F. & Haichelis, D., Tach 2016, Yn: Scandinavian Journal of Medicine and Science in Sports. 26, 11, t. 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 Maw 2015, Yn: International Journal of Sports Physiology and Performance. 10, 2, t. 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 Chwef 2015, Yn: Applied Physiology, Nutrition, and Metabolism.

**Anabolic exercise in haemodialysis patients: a randomised controlled pilot study**

Kirkman, D., Mullins, P. G., Junglee, N. A., Kumwenda, M., Jibani, M. M. & Macdonald, J. H., Medi 2014, Yn: Journal of Cachexia, Sarcopenia and Muscle. 5, 3, t. 199-207

**Prolonged (9 h) poikilocapnic hypoxia (12% O<sub>2</sub>) augments cutaneous thermal hyperaemia in healthy humans**

Lawley, J. S., Oliver, S. J., Mullins, P. G., Macdonald, J. H. & Moore, J. P., 1 Meh 2014, Yn: Experimental Physiology. 99, t. 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 Mai 2014, Yn: Annals of Neurology. 75, 6, t. 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., [J. V., 29 Tach 2013, Yn: American Journal of Nephrology. 38, 6, t. 475-482

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

Fortes, M. B., Di Felice, U., Dolci, A., Junglee, N. A., Crockford, M. J., West, L., Hillier-Smith, R., Macdonald, J. H. & Walsh, N. P., 1 Hyd 2013, Yn: Medicine and Science in Sports and Exercise. 45, 10, t. 1915-1924

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

Junglee, N. A., Di Felice, U., Dolci, A., Fortes, M. B., Jibani, M. M., Lemmey, A. B., Walsh, N. P. & Macdonald, J. H., 15 Medi 2013, Yn: American Journal of Physiology: Renal Physiology. 305, 6, t. F813-820

**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 Awst 2013, Yn: Journal of Cerebral Blood Flow and Metabolism. 33, 8, t. 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 Meh 2013, Yn: High Altitude Medicine and Biology. 14, 2, t. 144-149

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

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Callender, N., Ellerton, J. & Macdonald, J. H., 29 Medi 2011, Yn: *Emergency Medicine Journal*.

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Macdonald, J. H. & Callender, N., 1 Meh 2011, Yn: *Wilderness and Environmental Medicine*. 22, 2, t. 140-143

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

Macdonald, J. H., Oliver, S. J., Hillyer, K., Sanders, S., Smith, Z., Williams, C., Yates, D., Ginnever, H., Scanlon, E., Roberts, E., Murphy, D., Lawley, J. & Chichester, E., 1 Tach 2009, Yn: *American Journal of Clinical Nutrition*. 90, 5, t. 1193-1202

**Kidney transplantation: a systematic review of interventional and observational studies of physical activity on intermediate outcomes.**

Macdonald, J. H., Kirkman, D. & Jibani, M., 1 Tach 2009, Yn: *Advances in Chronic Kidney Disease*. 16, 6, t. 482-500

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

Macdonald, J. H. & Oliver, S. J., 1 Ion 2009.

**Dietary factors associated with acute mountain sickness.**

Sanders, S., Macdonald, J. H. & Oliver, S. J., 1 Ion 2009.

**Maintaining euhydration at high altitude.**

Oliver, S. J., Wright, A., Leventi, M. & Macdonald, J. H., 1 Ion 2009.

**Effect of carbohydrate supplementation during a high altitude expedition.**

Macdonald, J. H. & Oliver, S. J., 3 Rhag 2008.

**Response of electromyographic variables during incremental and fatiguing cycling.**

Macdonald, J. H., Farina, D. & Marcora, S. M., 1 Chwef 2008, Yn: *Medicine and Science in Sports and Exercise*. 40, 2, t. 335-344

**Effect of acute on chronic carbohydrate supplementation during sub-maximal exercise at high altitude.**  
Lawley, J., Lloyd-Davies, E., Oliver, S. J. & Macdonald, J. H., 1 Ion 2008.

**Effect of chronic carbohydrate supplementation on body composition during a high altitude expedition.**  
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**Effect of chronic carbohydrate supplementation on exercise performance during a high altitude expedition.**  
Roberts, E., Macdonald, J. H. & Oliver, S. J., 1 Ion 2008.

**Effect of chronic carbohydrate supplementation on hydration status and peripheral oedema during a high altitude expedition.**  
Ginnever, H., Scanlon, E., Macdonald, J. H. & Oliver, S. J., 1 Ion 2008.

**The effects of carbohydrate supplementation on multi-day wilderness expedition performance**  
Oliver, S. J. & Macdonald, J. H., 1 Ion 2008.

**Muscle mass deficits are associated with bone mineral density in men with idiopathic vertebral fracture.**  
Macdonald, J. H., Evans, S. F., Davie, M. W. & Sharp, C. A., 1 Hyd 2007, Yn: Osteoporosis International. 18, 10, t. 1371-1378

**Reliability and sensitivity to fatigue of electromyographic parameters during dynamic cycling exercise.**  
Macdonald, J. H., Farina, D. & Marcora, S. M., 12 Medi 2007.

**Nandrolone decanoate as anabolic therapy in chronic kidney disease: A randomized phase II dose-finding study.**  
Macdonald, J. H., Marcora, S. M., Jibani, M. M., Kumwenda, M. J., Ahmed, W. & Lemmey, A. B., 1 Gorff 2007, Yn: Nephron Clinical Practice. 106, 3, t. 125-135

**Anabolic therapy in chronic kidney disease.**  
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**The functional, metabolic, and anabolic responses to exercise training in renal transplant and hemodialysis patients.**  
Van Den Ham, E. C., Kooman, J. P., Schols, A. M., Nieman, F. H., Does, J. D., Akkermans, M. A., Janssen, P. P., Gosker, H. R., Ward, K. A., Macdonald, J. H., Christiaans, M. H., Leunissen, K. M. & Van Hooff, J. P., 27 Ebr 2007, Yn: Transplantation. 83, 8, t. 1059-1068

**Estimating glomerular filtration rate using measured muscle mass.**  
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**Steak and Kidney.**  
Macdonald, J. H. & Jibani, M., 17 Ion 2007.

**The relationship between estimated glomerular filtration rate, demographic and anthropometric variables is mediated by muscle mass in non-diabetic patients with chronic kidney disease**  
Macdonald, J., Marcora, S., Kumwenda, M. J., Jibani, M., Roberts, G., Glover, R., Barron, J. & Lemmey, A. B., 12 Rhag 2006, Yn: Nephrology, Dialysis, Transplantation. 21, 12, t. 3488-3494

**Bioelectrical impedance can be used to predict muscle mass and hence improve estimation of glomerular filtration rate 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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