

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 → 31 Dec 2099

Professor in Sport & Exercise Science

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

Professor in Sport and Exercise Science

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

Institute for Applied Human Physiology (IAHP)

Bangor University
1 Jan 2021 → present

Senior Lecturer in Sport & Exercise Scie

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

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 Apr 2024, In: JMIR Research Protocols. 13, p. 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., Jan 2024, In: The Lancet Digital Health. 6, 1, p. 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., 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., Sept 2023, In: Kidney International. 104, 3, p. 587-598

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.

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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.

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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

Mayer, J., Billany, R. E., Vadaszy, N., Young, H. M. L., Castle, E. M., Bishop, N. C., Bramham, K., Nixon, A. C., Wilkinson, T. J., Hamilton, A. J., Saynor, Z. L., Chilcot, J., Picariello, F., Macdonald, J. & Greenwood, S. A., 1 Dec 2021, In: *Clinical Kidney Journal*. 15, 3, p. 571-573 3 p.

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

Rupp, T., Maufrains, 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

Greenwood, S. A., Koufaki, P., Macdonald, J., Bhandari, S., Burton, J. O., Dasgupta, I., Farrington, K., Ford, I., Kalra, P. A., Kean, S., 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 Aug 2021, In: *Kidney International Reports*. 6, 8, p. 2159-2170 12 p.

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

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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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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.

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

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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., Mar 2018, In: 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., Oct 2017, In: Journal of Applied Physiology. 123, 4, p. 983-992

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

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

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

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Unexpected reductions in regional cerebral perfusion during prolonged hypoxia

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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

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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., Sept 2014, In: Journal of Cachexia, Sarcopenia and Muscle. 5, 3, p. 199-207

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

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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

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 Oct 2013, In: Medicine and Science in Sports and Exercise. 45, 10, p. 1915-1924

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

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Exertional Fatigue in Patients With CKD

Macdonald, J. H., Fearn, L., Jibani, M. & Marcora, S. M., 1 Dec 2012, In: American Journal of Kidney Diseases. 60, 6, p. 930-939

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

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Optic Nerve Sheath Diameter Is Not Related to High Altitude Headache: A Randomized Controlled Trial

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Arteriovenous fistula complication following MRI

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

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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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Dietary factors associated with acute mountain sickness.

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

Maintaining euhydration at high altitude.

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

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

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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

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Awards

Babi Actif - extension

Macdonald, J.

Eryri-Bywiol Cyf: £4,167.00

Impacts