

Dr Gillian E Mead

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Job Title: Senior Lecturer and Honorary Consultant Geriatrician

Qualifications: MB BChir, MA (Cantab), MD (Cambridge), FRCP (Ed)

Dr Mead trained in Medicine at Cambridge University, qualified in 1988, and then worked as a hospital doctor in Cambridge, Norwich, Birmingham, London and Liverpool, specialising in general internal medicine and Geriatric Medicine. Between 1993 and 1996, she worked in Stroke research in Manchester and was awarded a research degree (MD) from the University of Cambridge for her work. She moved to Edinburgh in 1996, to continue her specialist training in Geriatric Medicine and Stroke Medicine. She was appointed as a consultant Geriatrician and Senior Lecturer in 2000. After a six month post in Auckland, New Zealand, where she helped to set up a new stroke service, she returned to Edinburgh. She then set up, and obtained funding for, research studies to investigate physical fitness after stroke, including STARTER (**ST**roke: **A** Randomised Trial of **E**xercise or **R**elaxation).

The role of fitness training after stroke continues to be one of her key areas of research, and is one key reason why she has set up this NVQ course.

In her spare time, she is a keen mountaineer and is particularly proud of her ascents of the Matterhorn (Switzerland) and Mount Cook (New Zealand).

Examples of recent publications

Saunders DS, Greig CA, Young A, Mead GE

Activity limitations in ambulatory individuals with stroke are associated with impaired explosive extensor power in both lower limbs.

Arch Phys Med Rehab 2008 in press

Mead GE, Lynch J, Greig CA, Young A, Lewis SJ, Sharpe M An evaluation of Fatigue scales in stroke Stroke 2007; 38:2090-5

Mead G, Greig CA, Cunningham I, Lewis SJ, Dinan S, Fitzsimons C Young A STroke: A Randomised Trial of Exercise or Relaxation (STARTER) Journal American Geriatrics Society 2007; 55:892-9

Carin-Levy G, Greig C, Young A, Lewis S, Hannan J, Mead G. Longitudinal changes in muscle strength and mass after acute stroke Cerebrovascular Diseases 2006; 21: 201-7

GE Mead Exercise or Relaxation after stroke? (personal view) BMJ 2005;330:1337