

Education

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- Imperial College London, Global Health Service Stream** · (London, UK) Oct 2021 – Oct 2022
- Faculty of Medicine, Master of Public Health: Merit
 - Dissertation Project: The SHINE project, a mixed method study shining a spotlight on the inclusion of disabled participants in clinical trials (Funded by the EDI Seed Fund, Collaborated with Imperial Clinical Trials Unit).
- International University of Health and Welfare** · (Kanagawa, Japan) Apr 2013 – Mar 2017
- Department of Physical Therapy, BSc Physical Therapy (Hons)
 - IUHW Scholar S: Full of the tuition fees for four years

Research/Work Experience

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- London School of Hygiene and Tropical Medicine** (London, UK) Jan 2023 – Present
- Research Assistant, Department of Clinical Research
 - The SHOAR project: the Sexual Health in Older Adults Research in the UK, supervised by Dr. Eneyi Kpokiri, Dr. Dan Wu, and Dr Joseph D Tucker.
 - Developed a DCE survey, organized community engagement group, and online/in-person co-creation activity.
 - Sexual health and disabled people (Natsal-3): data cleaning, conducting secondary quantitative analysis (n=5,261) using the chi-squared test and multiple logistic regression with STATA. Writing a manuscript for publishing journal.
 - Preliminary situation analysis: maternal and neonatal health in Ukraine. Collaborated with the maternal health focal point in the Ukrainian Ministry of Health.
- Universal Versatile Society** (Vidarbha, India) Jan 2023 – Aug 2023
- United Nations Volunteer: Grant/Project Coordinator
 - Working on the Mental Health Programme which aims to prevent farmers' suicide in the Vidarbha region in India, by screening households with PHQ-12, connecting them to appropriate mental health treatment, and providing rehabilitation/awareness programs. Created grant application.

- Imperial College London, Master of Public Health** (London, UK) Oct 2021 – Oct 2022
- The SHINE project: Shining a spotlight on the inclusion of disabled participants in clinical trials, collaborated with the Imperial Clinical Trials Unit under the supervision of Dr. Henock Taddese.
 - Collected primary data (quant/qual) from disabled people, their carers/families, and clinical trial staff to identify the potential obstacles to disabled people participating in clinical trials.
 - Created online survey questionnaires (Qualtrics XM) and facilitated focus group discussions (Microsoft Teams).
 - Analyzed quant/qual data with Excel Spread Sheet, and NVivo.

- Juntendo University Shizuoka Hospital, Research physical therapist** (Shizuoka, Japan) Apr 2017- Mar 2020
- Collected primary data: The effect of early rehabilitation on patients undergoing early tracheostomy in ICU.
 - Analyzed data with SPSS: How interprofessional collaboration in the ICU affects the length of the hospitalization.
 - Conducted systematic literature review, gathered and analyzed primary data with R: motor/cognitive development of children living with disabilities, regression analysis.

- International University of Health and Welfare** (Kanagawa, Japan) Apr 2013- Mar 2017
- Investigated effective bridge exercises for the transversus abdominis muscle approaches in clinical practice supervised by Prof. Junji Katsuhira.
 - Recruited 26 participants for examination of the thickness of the transversus abdominis muscle using ultrasound echo & closed-ended questionnaire to generate numerical counts and pie charts. Analyzed with three-way ANOVA/One-way ANOVA

Publications / Conferences / Workshop

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- Xin Peng, Bingyi Wang, Yong Lu, Xinyi Li, Yuwei Li, Lin Ouyang, Guohui Wu, Yong Cai, Maohe Yu, Jiewei Liu, **Yoshiko Sakuma**, Hayley Conyers, Xiaojun Meng, Weiming Tang, Joseph D. Tucker, Dan Wu, Huachun Zou “PrEP-eligible behaviors and condom use among sexually active older adults in China: findings from sexual well-being (SWELL) study”, 2023 (under the review)
 - **Yoshiko Sakuma**, Marie Miller, Teddase Henock. et.al “The SHINE project: Shining a spotlight on the inclusion of disabled participants in clinical trials: implication for future social innovation”, Social Innovation and Health

Initiative Conference in Sweden, 2023

- Sophie Bowen, Joseph D Tucker, Shaffa Hameed, Dan Wu, **Yoshiko Sakuma**, Eneyi Kpokiri. “Barriers and facilitators in accessing sexual health services amongst disabled middle-aged and older adults in England: A qualitative thematic evidence analysis”, 2023 (under the review).
- **Yoshiko Sakuma***, Bernice Lin*, Eneyi Kpokiri, Junead Khan, Huachun Zou, Joseph D Tucker, Tom Shakespeare, Hannah Kuper, Dan Wu. “Sexual Health Behaviours and Outcomes among Middle-aged and Older Disabled Adults: Findings from the Third National Survey of Sexual Attitudes and Lifestyles (Natsal-3) in Britain”, 2023 (under the review).
- **Yoshiko Sakuma**, Marie Miller, Teddase Henock. et.al “Mixed methods study: shining a spotlight on the inclusion of disabled participants in clinical trials”, 2023 (Under the review).
- Shui Shan Lee, **Yoshiko Sakuma**, Joseph D Tucker. “Charting the course of biomedical STI prevention - can it be hastened?”, *International Journal of Infectious Diseases*, 2023.
- **Yoshiko Sakuma**, Marie Miller, Teddase Henock. et. al “The SHINE project: Shining a spotlight on the inclusion of disabled participants in clinical trials”, UKCRC Registered CTU Network, Trial Managers National Meeting in Birmingham, 2023.
- **Yoshiko Sakuma**, Daisuke Watanabe, “Intervention with COPD patients hospitalized with pneumonia, setting appropriate loading amount using DDR”, The 28th Annual Meeting of the Japan Society for Respiratory Care and Rehabilitation, 2019.
- J. Katsuhira, S.Nakamura, H.Matsudaira, **Yoshiko Sakuma**, M.Sakita, M.Takahashi, “Verification of the influence on the muscle thickness of the abdominal transverse muscle in the different types of bridge exercises”, The 52nd Congress for Japanese Physical Therapy Association, 2017.

Peer-review Services

Sexual Health, CSIRO Publishing

2023

Invited Talks

Global Café / Japanese Physical Therapy Association

Dec 2023

Clinical / Mentoring Experience

Juntendo University Shizuoka Hospital: Physiotherapist, Rehabilitation Department Apr 2017 – Mar 2020

- Trained in an emergency university hospital: ICU, emergency medicine (trauma), pediatric rehabilitation, and MSK rehabilitation.
- Organized sports competitions for children with disabilities, postnatal rehabilitation workshops for women, and prescribed exercise/conditioning menus for high school baseball players.
- Supervised physical therapist students in clinical internship.

Scholarships / Grants

Marronnier Scholarship

Oct 2021 - Oct 2022

International University of Health and Welfare, The Marronnier Alumni Association

International University of Health and Welfare Scholarship Program

April 2013 - Mar 2017

Awards

The Best Research Award for graduate thesis / International University of Health and Welfare Mar 2017

Graduation thesis: “Verification of the influence on the muscle thickness of the abdominal transverse muscle in the different types of bridge exercises”.

Award for Academic Excellence / International University of Health and Welfare

Mar 2017

The 52nd National Physiotherapist Examination, First place in the Faculty

Training

Imperial College London / Infectious Disease Modelling (UK)

Nov 2022 – Present

Imperial College London / Global Master of Public Health (UK)

Oct 2021 - Oct 2022

Online Training Program Global Disease Masterclass: Global Disease Distribution

National Center for Global Health and Medicine (Japan)

July 2021

Online Training: "Technical Cooperation in the Field of Quality and Safety of Health Care in Low- and Middle-Income Countries"

London School of Hygiene and Tropical Medicine (UK)

March - June 2021

Online Course: Global Disability Research and Evidence, Global Health and Disability

Skills & Licenses

Software: SPSS, STATA, Python, R, NVivo, QGIS, ArcGIS, Qualtrics; Language: Japanese (Native), English (Fluent), French (Beginner), Mandarin: Chinese (Intermediate); License: Japanese and UK Physical Therapist license