

Education

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 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
- A Scholarship Student S: Full of the tuition fees for four years
- Student Council, Deputy President of Club & Society

Research Experience

Universal Versatile Society (Vidarbha, India) Jan 2023 – Present

- Online Volunteer: Grant coordinator
- Working on the Mental Health Program. The Mental Health Program aims to prevent farmers suicide in Vidarbha region in India, by screening household with online PHQ-12/screening App, connecting them to appropriate mental health treatment, and proving rehabilitation/awareness program.
- Created grant application for the UBS Community Health Fund, Mariwara Health Initiative.

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, conduct secondary quantitative analysis (n=5,261) using chi-squared test and multiple logistic regression with STATA. Writing 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.

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 the disabled people, their carers/families, and clinical trial staff to identify the potential obstacles 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.
- Created data sets: high school baseball players for the prevention of shoulder injuries (primary data, n=250).

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, the effect of different types of bridge movements on the transversus abdominis muscle thickness.

Publications / Conferences / Workshop

- 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”, *Sexuality and disability*, 2023 (under the review).
- Bernice Lin, **Yoshiko Sakuma**, 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”, *Disability and Health Journals*, 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”, *Trials*, 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”, 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.

Clinical / Teaching Experience

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

- Trained in emergency university hospital: ICU, emergency medicine, pediatric rehabilitation, orthopedic diseases.
- Organised workshops and conferences (perinatal and postnatal rehabilitation, rehabilitation workshop for children with cerebral palsy, therapeutic decompression of the toes in diabetes mellitus, preventive rehabilitation for high school baseball players, support sports competition for children living with disabilities).
- Supervised physical therapist students in clinical internship.
- Internal interpreters for cooperative research with an overseas institute, as well as translation for international clinical internships.

Scholarships / Grands

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

Scholarship Student S: Full of the tuition fees for four years

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 / Global Master of Public Health (UK) Oct 2021 - Oct 2022

Online Training Program Global Disease Masterclass: Global Disease Distribution

London Applied & Spatial Epidemiology Research Group (UK) July 2021 – Sept 2021

Online Training: GIS basic training

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)

June 2021

Online Course: Global Disability Research and Evidence

London School of Hygiene and Tropical Medicine (UK)

Mar 2021

Online Course: Global Health and Disability

Skills

Software: SPSS, STATA, Python, R, NVivo, QGIS, ArcGIS, Qualtrics

Language: Japanese (Native), English (Fluent), French (Beginner), Mandarin: Chinese (Intermediate)