



## Curriculum Vitae

Personal information **Roman Romero-Ortuno**

Work experience

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### **Professor in Medical Gerontology and Consultant Physician**

Start Date: October 2018

End Date: Present

Position Held: Professor in Medical Gerontology and Consultant Physician

Employer's Name: Trinity College Dublin and St James's Hospital

Country of Employment: Ireland

Main Activities in the Position: Conducting educational activities and research at Trinity College Dublin, and providing specialised medical care in Geriatric and General Internal Medicine at St James's Hospital.

### **Consultant in Care of the Elderly**

Start Date: September 2014

End Date: September 2018

Position Held: Consultant in Care of the Elderly

Employer's Name: Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust

Country of Employment: United Kingdom

Main Activities in the Position: Provision of inpatient and outpatient medical care for older people.

### **Specialist Registrar in Geriatric & General Internal Medicine (Year 5 out of 5)**

Start Date: July 2013

End Date: July 2014

Position Held: Specialist Registrar in Geriatric & General Internal Medicine

Employer's Name: Tallaght University Hospital

Country of Employment: Ireland

Main Activities in the Position: Provision of medical care as specialty trainee.

### **Specialist Registrar in Geriatric & General Internal Medicine (Year 4 out of 5)**

Start Date: July 2012

End Date: July 2013

Position Held: Specialist Registrar in Geriatric & General Internal Medicine

Employer's Name: St Vincent's University Hospital

Country of Employment: Ireland

Main Activities in the Position: Provision of medical care as specialty trainee.

### **Specialist Registrar in Geriatric & General Internal Medicine (Year 3 out of 5)**

Start Date: July 2011

End Date: July 2012

Position Held: Specialist Registrar in Geriatric & General Internal Medicine

Employer's Name: St James's Hospital

Country of Employment: Ireland

Main Activities in the Position: Provision of medical care as specialty trainee.

**Specialist Registrar in Geriatric & General Internal Medicine (Year 2 out of 5)**

Start Date: July 2010

End Date: July 2011

Position Held: Specialist Registrar in Geriatric & General Internal Medicine

Employer's Name: St Vincent's University Hospital

Country of Employment: Ireland

Main Activities in the Position: Provision of medical care as specialty trainee.

**Specialist Registrar in Geriatric & General Internal Medicine (Year 1 out of 5)**

Start Date: July 2009

End Date: June 2010

Position Held: Specialist Registrar in Geriatric & General Internal Medicine

Employer's Name: St James's Hospital

Country of Employment: Ireland

Main Activities in the Position: Provision of medical care as specialty trainee.

**Specialist Registrar (Research)**

Start Date: August 2007

End Date: June 2009

Position Held: Specialist Registrar (Research)

Employer's Name: Trinity College Dublin (Technology Research for Independent Living Centre)

Country of Employment: Ireland

Main Activities in the Position: Conducting research in independent living technology and conducting my PhD.

**Senior House Officer**

Start Date: August 2006

End Date: August 2007

Position Held: Senior House Officer

Employer's Name: St Mary's Hospital

Country of Employment: United Kingdom

Main Activities in the Position: Provision of medical care as pre-specialty trainee.

**Senior House Officer**

Start Date: February 2006

End Date: August 2006

Position Held: Senior House Officer

Employer's Name: Royal Brompton Hospital

Country of Employment: United Kingdom

Main Activities in the Position: Provision of medical care as pre-specialty trainee.

**Senior House Officer**

Start Date: August 2004

End Date: February 2006

Position Held: Senior House Officer

Employer's Name: West Middlesex University Hospital

Country of Employment: United Kingdom

Main Activities in the Position: Provision of medical care as pre-specialty trainee.

**House Officer**

Start Date: August 2003

End Date: August 2004

Position Held: House Officer

Employer's Name: Fairfield General Hospital

Country of Employment: United Kingdom

Main Activities in the Position: Beginning postgraduate medical training, learning clinical skills, and assisting in patient care.

## Education and training

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### **Certificate of Satisfactory Completion of Specialist Training in Geriatric and General (Internal) Medicine**

Start Date: July 2009

End Date: July 2014

Degree or Qualification: Certificate of Satisfactory Completion of Specialist Training (CSCST)

Institution: Irish Committee on Higher Medical Training

Country of the Institution: Ireland

Subjects/Skills Covered: Geriatric Medicine and General Internal Medicine

### **Specialty Certificate in Geriatric Medicine**

Start Date: March 2013

End Date: March 2013

Degree or Qualification: Specialty Certificate in Geriatric Medicine

Institution: Royal Colleges of Physicians of the United Kingdom

Country of the Institution: United Kingdom

Subjects/Skills Covered: Geriatric Medicine

### **Doctor of Philosophy (PhD)**

Start Date: September 2007

End Date: February 2011

Degree or Qualification: Doctor of Philosophy (PhD)

Institution: Trinity College Dublin

Country of the Institution: Ireland

Subjects/Skills Covered: Medical Gerontology with a focus on Orthostatic Hypotension as a marker of Frailty in older people

### **Membership of the Royal Colleges of Physicians of the United Kingdom (MRCP(UK))**

Start Date: August 2003

End Date: October 2006

Degree or Qualification: Membership of the Royal Colleges of Physicians of the United Kingdom (MRCP(UK))

Institution: Federation of Royal Colleges of Physicians of the United Kingdom

Country of the Institution: United Kingdom

Subjects/Skills Covered: Medicine

### **Master of Science (MSc)**

Start Date: September 2002

End Date: November 2003

Degree or Qualification: Master of Science (MSc) in European Social Policy

Institution: The London School of Economics and Political Science, University of London

Country of the Institution: United Kingdom

Subjects/Skills Covered: European Social Policy

### **Licentiate in Medicine (Lic Med)**

Start Date: September 1996

End Date: July 2002

Degree or Qualification: Licentiate in Medicine (Lic Med)

Institution: Faculty of Medicine, University of Barcelona

Country of the Institution: Spain

Subjects/Skills Covered: Medicine

### **Degree of Music Teacher**

Start Date: September 1990

End Date: June 2002  
Degree or Qualification: Degree of Music Teacher  
Institution: Conservatory of Barcelona  
Country of the Institution: Spain  
Subjects/Skills Covered: Piano and Music Theory

## Additional information

### Publications

1

[Prevalence and correlates of frailty in older hypertensive outpatients according to different tools: the HYPER-FRAIL pilot study.](#)

Rivasi G, Ceolin L, Turrin G, Tortu' V, D'Andria MF, Testa GD, Montali S, Tonarelli F, Brunetti E, Bo M, Romero-Ortuno R, Mossello E, Ungar A.  
J Hypertens. 2023 Sep 13. doi: 10.1097/HJH.0000000000003559. Online ahead of print.  
PMID: 37698894

2.

[Older Hospitalised Patients' Reported Confidence in Managing Falls.](#)  
Hartley P, Sharpe O, Romero-Ortuno R.  
J Frailty Sarcopenia Falls. 2023 Sep 1;8(3):139-147. doi: 10.1002/jsf.1234.  
PMID: 37663163 Free PMC article.

3.

[Protecting cognitive function in older adults with age-related hearing aids.](#)  
Cominetti MR, Pott H, Zúñiga RG, Romero-Ortuno R.  
Arch Gerontol Geriatr. 2023 Sep;112:105043. doi: 10.1016/j.archger.2023.105043.  
PMID: 37104978

4.

[Evaluation of a 3-Item Health Index in Predicting Mortality in Older Adults.](#)  
Knight SP, Ward M, Duggan E, Xue F, Kenny RA, Romero-Ortuno R.  
Diagnostics (Basel). 2023 Aug 29;13(17):2801. doi: 10.3390/diag13172801.  
PMID: 37685339 Free PMC article.

5.

[Interrupting bedtime to reverse frailty levels in acute care: a randomised controlled trial.](#)  
Theou O, O'Brien MW, Godin J, Blanchard C, Cahill L, Hajizadeh S, et al.  
BMC Geriatr. 2023 Aug 10;23(1):482. doi: 10.1186/s12877-023-04000-9.  
PMID: 37563553 Free PMC article.

6.

[Differential Associations Between Two Markers of Probable Ageing.](#)  
Duggan E, Murphy CH, Knight SP, Davis JRC, O'Halloran AN, Kenny RA, et al.  
J Gerontol A Biol Sci Med Sci. 2023 Aug 2;78(8):1376-1383. doi: 10.1093/geronl/gzad005.  
PMID: 36480700 Free PMC article.

7.

[The use of the World Guidelines for Falls Prevention and Management \(TILDA\).](#)  
Hartley P, Forsyth F, Rowbotham S, Briggs R, Kenny RA, Romero-Ortuno R.  
Age Ageing. 2023 Jul 1;52(7):afad129. doi: 10.1093/ageing/afad129.  
PMID: 37463283 Free PMC article.

8.

[Development of a Frailty Index in the Irish Hip Fracture Database.](#)  
Walsh M, Ferris H, Brent L, Ahern E, Coughlan T, Romero-Ortuno R, et al.  
Arch Orthop Trauma Surg. 2023 Jul;143(7):4447-4454. doi: 10.1007/s00132-023-04000-9.  
PMID: 36210379 Free PMC article.

9.

[Relationship between sarcopenia and orthostatic blood pressure in older adults.](#)  
Duggan E, Knight SP, Romero-Ortuno R.  
Eur Geriatr Med. 2023 Jun;14(3):439-446. doi: 10.1007/s11357-023-00800-0.  
PMID: 37029293 Free PMC article.

10.

[Biomarkers of delirium risk in older adults: a systematic review.](#)  
Lozano-Vicario L, García-Hermoso A, Cedeno-Veloz BA, Ferris H, et al.  
Front Aging Neurosci. 2023 May 12;15:1174644. doi: 10.3389/fnagi.2023.1174644.  
PMID: 37251808 Free PMC article. Review.

11.

[Eight-year longitudinal falls trajectories and associations with frailty.](#)  
Hartley P, Forsyth F, O'Halloran A, Kenny RA, Romero-Ortuno R.  
Age Ageing. 2023 Mar 1;52(3):afad037. doi: 10.1093/ageing/afad037.  
PMID: 36995137 Free PMC article.

12.

[Building resilience and reversing frailty: a randomised controlled trial.](#)  
Travers J, Romero-Ortuno R, Langan J, MacNamara F, McCann P, et al.  
Age Ageing. 2023 Feb 1;52(2):afad012. doi: 10.1093/ageing/afad012.  
PMID: 36849160 Clinical Trial.

13.

[The 'Bermuda Triangle' of orthostatic hypotension, cognitive impairment and falls: findings from the Irish Longitudinal Study on Ageing.](#)  
Donnell DO, Romero-Ortuno R, Kennelly SP, O'Neill D, Donnell DO, et al.  
Age Ageing. 2023 Feb 1;52(2):afad005. doi: 10.1093/ageing/afad005.  
PMID: 36735845 Free PMC article.

14.

[Structural brain signatures of frailty, defined as accumulation of deficits.](#)  
Gutiérrez-Zúñiga R, Davis JRC, Ruddy K, De Looze C, Carels C, et al.  
Front Aging Neurosci. 2023 Jan 19;15:1065191. doi: 10.3389/fnagi.2023.1065191.  
PMID: 36743441 Free PMC article.

15. [Hepatotoxicity induced by isoniazid in patients with latent tuberculosis: A systematic review](#)  
Oscanoa TJ, Vidal X, Luque J, Julca DI, Romero-Ortuno R. Gastroenterol Hepatol Bed Bench. 2023;16(1):448-457. doi: 10.3390/gt1601016. PMID: 37070117 Free PMC article. Review.
16. [Plasma lutein and zeaxanthin concentrations associated with cognitive decline in the TILDA study](#)  
Murphy CH, Duggan E, Davis J, O'Halloran AM, Knight SP, Kenny RA. Exp Gerontol. 2023 Jan;171:112013. doi: 10.1016/j.exger.2022.112013. PMID: 36336250 Review.
17. [Blood Pressure Signal Entropy as a Novel Marker of Physical Frailty in Older Adults](#)  
Knight SP, Duggan E, Romero-Ortuno R. J Clin Med. 2022 Dec 21;12(1):53. doi: 10.3390/jcm12010053. PMID: 36614851 Free PMC article.
18. [Effectiveness of a multicomponent exercise training program on brain perfusion: Study protocol for a randomised controlled trial](#)  
Lozano-Vicario L, Zambom-Ferraresi F, Zambom-Ferraresi M, Irigoyen J, Santamaría E, Romero-Ortuno R, Izquierdo M, Murphy CH. Front Aging Neurosci. 2022 Dec 15;14:1013631. doi: 10.3389/fnagi.2022.1013631. PMID: 36589545 Free PMC article.
19. [Examining the factors associated with community ambulation in older adults](#)  
Conroy B, Murphy N, Romero-Ortuno R, Cunningham C, Hoare A. Eur Geriatr Med. 2022 Oct;13(5):1137-1147. doi: 10.1007/s11357-022-00972-2. PMID: 35788972
20. [Investigation of the role of sleep and physical activity for cognitive function in older adults](#)  
Hernández B, Scarlett S, Moriarty F, Romero-Ortuno R, Kenny RA. BMC Public Health. 2022 Sep 9;22(1):1711. doi: 10.1186/s12875-022-11711-1. PMID: 36085044 Free PMC article.
21. [Transitions between degrees of multidimensional frailty among older adults](#)  
Amblàs-Novellas J, Torné A, Oller R, Martori JC, Espauella J, Ferrer A. BMC Geriatr. 2022 Sep 1;22(1):722. doi: 10.1186/s12877-022-03122-1. PMID: 36050635 Free PMC article.
22. [Comprehensive Clinical Characterisation of Brain Fog in Adults with Cognitive Impairment](#)  
Jennings G, Monaghan A, Xue F, Duggan E, Romero-Ortuno R, Kenny RA. J Clin Med. 2022 Jun 15;11(12):3440. doi: 10.3390/jcm11123440. PMID: 35743516 Free PMC article.
23. [Projecting future health and service use among older people with cognitive impairment](#)  
May P, Normand C, Matthews S, Kenny RA, Romero-Ortuno R, HRC. HRB Open Res. 2022 Jun 10;5:21. doi: 10.12688/hrbopenres.2022.21. PMID: 36262382 Free PMC article.
24. [The Syncope-Falls Index: a tool for predicting risk of syncope and falls in older adults](#)  
Fitzpatrick N, Romero-Ortuno R. QJM. 2022 Jun 7;115(6):367-373. doi: 10.1093/qjmed/hcab244. PMID: 34014303 Free PMC article.
25. [Scoring the Clinical Frailty Scale in the Emergency Department](#)  
Thorpe O, McCabe E, Herrero EM, Doyle WO, Dillon A, Edgecombe M, McMahon G, Hennessy A, Kennedy U, Staunton P, Kidney E, Kenny RA. J Frailty Sarcopenia Falls. 2022 Jun 1;7(2):95-100. doi: 10.1093/ajph/2022.7.2.95. PMID: 35775090 Free PMC article.
26. [The relationship between radiological paraspinal lumbar muscle atrophy and frailty](#)  
Gibbons D, McDonnell JM, Ahern DP, Cunniffe G, Kenny RA, O'Connell K. J Frailty Sarcopenia Falls. 2022 Jun 1;7(2):52-59. doi: 10.1093/ajph/2022.7.2.52. PMID: 35775088 Free PMC article.
27. [A scoping review of the changing landscape of geriatric medicine](#)  
Masud T, Ogliairi G, Lunt E, Blundell A, Gordon AL, Roller-Wasicki S, Stuck AE. Eur Geriatr Med. 2022 Jun;13(3):513-528. doi: 10.1007/s11357-022-00972-2. PMID: 34973151 Free PMC article.
28. [Cardiovascular Signal Entropy Predicts All-Cause Mortality in Older Adults](#)  
Knight SP, Ward M, Newman L, Davis J, Duggan E, Kenny RA. Entropy (Basel). 2022 May 11;24(5):676. doi: 10.3390/e24050676. PMID: 35626560 Free PMC article.
29. [Predictors of Submaximal Exercise Test Attainment in Adults with Cognitive Impairment](#)  
Romero-Ortuno R, Jennings G, Xue F, Duggan E, Gormley J, Kenny RA. J Clin Med. 2022 Apr 23;11(9):2376. doi: 10.3390/jcm11092376. PMID: 35566502 Free PMC article.
30. [Longitudinal Study on Sustained Attention to Response Task in Older Adults](#)  
Rizzo R, Knight SP, Davis JRC, Newman L, Duggan E, Kenny RA. Geriatrics (Basel). 2022 Apr 22;7(3):51. doi: 10.3390/geriatrics7030051. PMID: 35645274 Free PMC article.
31. [Testing the feasibility of a primary-care exercise intervention for older adults](#)  
Travers J, Romero-Ortuno R, Cooney MT. EClinicalMedicine. 2022 Mar 22;46:101355. doi: 10.1016/j.eclinm.2022.101355. PMID: 35340628 Free PMC article.
32. [Study protocol for the St James's Hospital, Tallaght University Hospital Falls Prevention Study](#)  
O'Doherty L, Hendricken Phelan S, Wood N, O'Brien S, Sui F, Townsend L, Hughes G, Kerr C, Reidy D, Sanz A, Connolly I, McLaughlin AM, Long A, Shiels O, Fallon P, Hennessy M, Bergin C, Little M, Ní Cheallaigh C, Conlon N. HRB Open Res. 2022 Mar 16;5:20. doi: 10.12688/hrbopenres.2022.20. PMID: 35615437 Free PMC article.

33. [Orthostatic Intolerance in Adults Reporting Long COVID Syndrome](#)  
Monaghan A, Jennings G, Xue F, Byrne L, Duggan E, Romero-Ortuno R, Kenny RA, O'Halloran AM. *Front Physiol.* 2022 Mar 4;13:833650. doi: 10.3389/fphys.2022.833650. PMID: 35309052 Free PMC article.
34. [Do the frail experience more adverse events from intensive care \(TILDA\)?](#)  
O'Donoghue P, O'Halloran AM, Kenny RA, Romero-Ortuno R, Hartley P, Monaghan A, Donoghue OA, Kenny RA, Romero-Ortuno R. *EClinicalMedicine.* 2022 Feb 19;45:101304. doi: 10.1016/j.eclinm.2022.101304. PMID: 35243271 Free PMC article.
35. [Exploring bi-directional temporal associations between time-varying frailty and hospitalisation](#)  
Hartley P, Monaghan A, Donoghue OA, Kenny RA, Romero-Ortuno R. *Arch Gerontol Geriatr.* 2022 Mar-Apr;99:104611. doi: 10.1016/j.archger.2022.104611. PMID: 34998129
36. [Early identification of frailty: Developing an international definition](#)  
Sezgin D, O'Donovan M, Woo J, Bandeen-Roche K, Liotta G, Illario M, Mañas LR, Vollenbroek-Hutten M, Doğu BB, Balci S, Lang D, Hendry A, Kennelly S, Rockwood K, Clegg A, Liew D, O'Halloran AM. *Arch Gerontol Geriatr.* 2022 Mar-Apr;99:104586. doi: 10.1016/j.archger.2022.104586. PMID: 34896797
37. [Biomarker Signatures of Two Phenotypical Pre frailty Types](#)  
Piankova P, Romero-Ortuno R, O'Halloran AM. *Geriatrics (Basel).* 2022 Feb 27;7(2):25. doi: 10.3390/geriatrics702025. PMID: 35314597 Free PMC article.
38. [A Novel Methodology for the Synchronous Collection and Management of Data in Adults with Long COVID](#)  
Xue F, Monaghan A, Jennings G, Byrne L, Foran T, Duggan E, Romero-Ortuno R, Kenny RA, O'Halloran AM. *Sensors (Basel).* 2022 Feb 24;22(5):1758. doi: 10.3390/s22051758. PMID: 35270905 Free PMC article.
39. [The giants of education in geriatric medicine and gerontology](#)  
Romero-Ortuno R, Stuck AE, Masud T. *Age Ageing.* 2022 Feb 2;51(2):afac004. doi: 10.1093/ageing/afac004. PMID: 35187575
40. [Hospital-associated deconditioning: Not only physical, but also cognitive](#)  
Chen Y, Almirall-Sánchez A, Mockler D, Adrion E, Domínguez-García JM, Romero-Ortuno R, Kenny RA, O'Halloran AM. *Int J Geriatr Psychiatry.* 2022 Feb 2;37(3):10.1002/gps.5666. doi: 10.1002/gps.5666. PMID: 35142397 Free PMC article. Review.
41. [Atrial fibrillation and acceleration of frailty: findings from the TILDA study](#)  
Richard G, O'Halloran AM, Doody P, Harbison J, Kenny RA, O'Halloran AM. *Age Ageing.* 2022 Feb 2;51(2):afab273. doi: 10.1093/ageing/afab273. PMID: 35134844
42. [Frail by different measures: a comparison of 8-year mortality](#)  
Romero-Ortuno R, Hartley P, Kenny RA, O'Halloran AM. *Eur Geriatr Med.* 2022 Feb;13(1):279-284. doi: 10.1007/s11357-022-00810-0. PMID: 34724177 Free PMC article.
43. [Involving older people in co-designing an intervention to reduce falls](#)  
Travers J, Romero-Ortuno R, Ní Shé É, Cooney MT. *Fam Pract.* 2022 Jan 19;39(1):200-206. doi: 10.1093/fampra/cyaa001. PMID: 34268566 Free PMC article. Clinical Trial.
44. [Hepatic disorders associated with the use of Ivermectin for COVID-19](#)  
Oscanoa TJ, Amado J, Romero-Ortuno R, Carvajal A. *Gastroenterol Hepatol Bed Bench.* 2022;15(4):426-429. doi: 10.1007/s12088-022-00810-0. PMID: 36762224 Free PMC article.
45. [How can urban environments support dementia risk reduction?](#)  
Röhr S, Rodríguez FS, Siemensmeyer R, Müller F, Romero-Ortuno R, Kenny RA, O'Halloran AM. *Int J Geriatr Psychiatry.* 2022 Jan;37(1). doi: 10.1002/gps.5666. PMID: 34571579
46. [A Systematic Review of Persistent Symptoms and Residual Disability in COVID-19 Syndrome](#)  
Jennings G, Monaghan A, Xue F, Mockler D, Romero-Ortuno R, Kenny RA, O'Halloran AM. *J Clin Med.* 2021 Dec 16;10(24):5913. doi: 10.3390/jcm10245913. PMID: 34945213 Free PMC article. Review.
47. [Being a frail older person at the time of the COVID-19 pandemic](#)  
Chen YS, Röhr S, Werle BM, Romero-Ortuno R. *Alzheimers Dement.* 2021 Dec;17 Suppl 8(Suppl 8):e055484. doi: 10.1002/alz.1411. PMID: 34971298 Free PMC article.
48. [A mixed-methods feasibility study of a sit-to-stand based exercise program in hospitalisation](#)  
Hartley P, Romero-Ortuno R, Deaton C. *J Frailty Sarcopenia Falls.* 2021 Dec 1;6(4):189-203. doi: 10.1002/fsf.1411. PMID: 34950809 Free PMC article.
49. [Nursing homes during the COVID-19 pandemic: a scoping review](#)  
Giri S, Chenn LM, Romero-Ortuno R. *Eur Geriatr Med.* 2021 Dec;12(6):1127-1136. doi: 10.1007/s11357-021-00810-0. PMID: 34136990 Free PMC article. Review.
50. [Physical and mental health of older people while cocooning](#)  
Bailey L, Ward M, DiCosimo A, Baunta S, Cunningham C, Ridd J, Briggs R. *QJM.* 2021 Nov 13;114(9):648-653. doi: 10.1093/qjmed/hnab273. PMID: 33471128 Free PMC article.
51. [Comparison of Gait Speed Reserve, Usual Gait Speed, and Frailty](#)  
Davis JRC, Knight SP, Donoghue OA, Hernández B, Rizzo R, Kenny RA, O'Halloran AM. *Front Netw Physiol.* 2021 Nov 5;1:754477. doi: 10.3389/frnw.2021.754477. PMID: 34971298 Free PMC article.

- PMID: 36925580 Free PMC article.
52. [Associations between Cardiovascular Signal Entropy and Cognitive Function in Older Adults](#). Knight SP, Newman L, Scarlett S, O'Connor JD, Davis J, Deaton C. *Entropy (Basel)*. 2021 Oct 14;23(10):1337. doi: 10.3390/e23101337. PMID: 34682061 Free PMC article.
53. [Association between gait speed and the SHARE Frailty Index](#). O'Donoghue PJ, Claffey P, Rice C, Byrne L, Cunningham C, Murphy N. *Eur Geriatr Med*. 2021 Oct;12(5):1101-1105. doi: 10.1007/s11367-021-00732-4. PMID: 33991324
54. [Using accelerometers in the assessment of sarcopenia in older adults](#). Connolly K, Cunningham C, Murphy N, Romero-Ortuno R, Hartley P. *J Frailty Sarcopenia Falls*. 2021 Sep 1;6(3):98-110. doi: 10.1007/s11367-021-00732-4. PMID: 34557609 Free PMC article.
55. [SART and Individual Trial Mistake Thresholds: Predictive Models for Sarcopenia](#). Rizzo R, Knight SP, Davis JRC, Newman L, Duggan E, Kenny RA. *Geriatrics (Basel)*. 2021 Aug 31;6(3):85. doi: 10.3390/geriatrics6030085. PMID: 34562986 Free PMC article.
56. [The Importance of Age in the Prediction of Mortality by a Frailty Index](#). Moguilner S, Knight SP, Davis JRC, O'Halloran AM, Kenny RA. *Geriatrics (Basel)*. 2021 Aug 27;6(3):84. doi: 10.3390/geriatrics6030084. PMID: 34562985 Free PMC article.
57. [Prevalence of sarcopenia and associated factors in older adults](#). Connolly K, Cunningham C, Murphy N, Romero-Ortuno R, Hartley P. *Eur Geriatr Med*. 2021 Aug;12(4):851-862. doi: 10.1007/s11367-021-00732-4. PMID: 33583001 Free PMC article.
58. [Network Physiology in Aging and Frailty: The Grand Challenge](#). Romero-Ortuno R, Martínez-Velilla N, Sutton R, Ungar A, Ferrer M. *Front Netw Physiol*. 2021 Jul 7;1:712430. doi: 10.3389/fnphys.2021.712430. PMID: 36925570 Free PMC article. No abstract available.
59. [Supine Hypertension Is Associated With an Impaired Cerebral Blood Flow](#). Newman L, O'Connor JD, Romero-Ortuno R, Reilly RB, Kenny RA. *Hypertension*. 2021 Jul;78(1):210-219. doi: 10.1161/HYPERTENSIONAHA.120.19851. PMID: 34058851
60. [Transitions in frailty phenotype states and components over time](#). Romero-Ortuno R, Hartley P, Davis J, Knight SP, Rizzo R, Hartley P. *Arch Gerontol Geriatr*. 2021 Jul-Aug;95:104401. doi: 10.1016/j.archger.2021.104401. PMID: 33819775
61. [Frailty index transitions over eight years were frequent in older adults](#). Romero-Ortuno R, Hartley P, Knight SP, Kenny RA, O'Halloran AM. *HRB Open Res*. 2021 Jun 9;4:63. doi: 10.12688/hrbopenres.2021.00063. PMID: 34522838 Free PMC article.
62. [Vasovagal Syncope](#). Moloney D, Romero-Ortuno R, Kenny RA. *JAMA Intern Med*. 2021 Jun 1;181(6):880. doi: 10.1001/jamainternmed.2021.00000. PMID: 33587095 No abstract available.
63. [Informing patterns of health and social care utilisation in Ireland](#). O'Halloran AM, Hartley P, Moloney D, McGarrigle C, Kenny RA. *HRB Open Res*. 2021 May 18;4:54. doi: 10.12688/hrbopenres.2021.00054. PMID: 34240005 Free PMC article.
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<b>Title</b>	<b>FRAILMatics: Mathematical research and big data analytics towards the development of the next generation of transdisciplinary diagnostics for the assessment of physiological vulnerability in older adults: challenge-based disruptive technology initiative</b>
<b>Summary</b>	<a href="https://tilda.tcd.ie/frailmatics/">https://tilda.tcd.ie/frailmatics/</a> Increasing numbers of older people are living with frailty. Frailty is defined as dysregulation in multiple physiological systems and consequent reduction in physiological reserve. A frail person is vulnerable to decompensate and experience adverse health outcomes in the face of stressors. The higher the number of physiological systems that are dysregulated, the less physiological reserve. Despite consensus in the concept, frailty operationalisations in clinical practice are limited and a universally accepted diagnostic method does not exist. However, there is evidence that early recognition of frailty could prevent or delay adverse outcomes. The Irish Longitudinal Study on Ageing (TILDA) has collected detailed information on real-time functioning of physiological systems, with and without challenge: neurological (choice reaction time, sustained attention to response task, cerebral blood flow before and after standing), cardiovascular (continuous blood pressure and heart rate, before and after standing), and locomotor (gait with and without cognitive challenges). For this research, TILDA will offer the opportunity to host infrastructure and capacity in mining, processing and modelling its largely unexplored complex and computationally expensive "big data". We aim to discover new frailty signals and models, validate them in clinical cohorts, and lead towards new diagnostic tools to help tackle the ageing challenge.
<b>Funding Agency</b>	Science Foundation Ireland
<b>Date From</b>	01/12/2019
<b>Date To</b>	30/11/2024
<b>Title</b>	<b>Technology Assisted Solutions for the Recognition of Objective Physiological Indicators of post-COVID-19 Fatigue (TROPIC Study)</b>
<b>Summary</b>	Many COVID-19 patients are experiencing symptoms consistent with severe fatigue a median of 10 weeks after their initial illness, while almost one-third of those previously employed have not returned to work. At present, most clinical and research measurements of fatigue have relied upon self-reported perception of sensations such as exhaustion or weariness. Using such tools, there is an inherent challenge for clinicians in differentiating between patients who are experiencing fatigue at a psychosocial level, versus those who are actively physiologically and neurocognitively deconditioned. The TROPIC study will use our existing clinical expertise and technology-assisted solutions to address features of post-COVID-19 fatigue by quantifying physiological signatures of adverse sequelae in adult patients previously diagnosed with COVID-19, who are now COVID-19 negative. Our suite of assessments will encompass four systems; physical deconditioning, orthostatic instability, neurocognitive deficits and respiratory sequelae. This will not only inform accurate objective diagnostics of post-COVID-19 Chronic Fatigue Syndrome, but will also guide clinicians in directing the most appropriate therapeutic interventions with maximum efficacy and specificity, bringing not only patient-related but also health system and economic benefits.
<b>Funding Agency</b>	Science Foundation Ireland
<b>Date From</b>	1 December 2020
<b>Date To</b>	31 January 2021
<b>Title</b>	<b>FRAIL-INNATE Pilot Study: Investigating the Impact of Frailty on Innate Immune Responses</b>
<b>Summary</b>	Older adults and those living with frailty (a condition of decreased physiological reserve affecting multiple systems) get higher rates of viral infections, most recently exemplified during the COVID-19 pandemic, where highest mortality is in older individuals and those with severe frailty. Yet older adults and those with frailty are not a homogenous group, and it is still unknown which individuals are most at risk from viral infections and why. There is therefore a fundamental lack of understanding in how increasing age and states of frailty affects anti-viral immunity and how this relates to frailty-associated changes in metabolic health (body composition, energy expenditure) - important influences on anti-viral responses in younger adults, yet remains unexplored in older adults. We hypothesise that by analysing the metabolic status of older adults in different states of frailty, and linking this with how their immune system activates anti-viral immunity, we will reveal crucial insights into anti-viral immunity in older and frail adults. The FRAIL-INNATE Pilot Study builds on the expertise of this clinician-scientist team (Prof. Roman Romero-Ortuno, Dr Nollaig Bourke, Dr Adam Dyer) and will be the first of its kind to address this hypothesis using a standardized method of characterizing innate immune responses in older adults across the frailty spectrum.
<b>Funding Agency</b>	TTMI Collaborative Pilot Study Awards - Building Engagements in Health Research 2020
<b>Date From</b>	May 2021
<b>Date To</b>	May 2023
<b>Title</b>	<b>NUTRI-AGE: NOVEL DIETARY COMPONENTS IN HEALTHY AGEING</b>
<b>Summary</b>	The overarching aim of Nutri-Age is to investigate whether higher intakes of alkali-forming compounds present in fruit and vegetables, which are known to attenuate low grade metabolic acidosis, can protect against adverse age-related changes in skeletal muscle, bone and metabolic health. Objectives: 1) To examine the impact of correcting age-related metabolic acidosis, via nutritional supplementation with the fruit- and vegetable-derived alkaline salt potassium citrate, on skeletal muscle protein synthesis, bone turnover and insulin sensitivity 2) To examine whether diets that are richer in fruit and vegetables (and are therefore lower in dietary acid load and less likely to induce low grade metabolic acidosis) are associated with a slower rate of decline in muscle strength, physical function, frailty status, bone density and glycaemic control in older adults in Ireland. 3) To examine food choice motivation and attitudes towards functional / fortified foods targeted at healthy ageing among older adults via an online survey (Awardee: Dr Caoileann Murphy).
<b>Funding Agency</b>	Tegasc
<b>Date From</b>	

18th March 2021  
**Date To** 17 March 2024

**Title**  
**Neurocardiovascular instability as a risk factor for progression of Age-related Macular degeneration**

**Summary**  
Age-related macular degeneration (AMD) is the leading cause of vision loss in the over 50's in developed countries accounting for 8.7% of all blindness worldwide. In Ireland alone, ~80,000 people live with this condition. AMD is a progressive disease characterised in early stages by drusen deposition and pigmentary changes, which progresses to late stage geographic atrophy and choroidal neovascularisation. To date, treatment options are limited to late neovascular AMD, while preventative measures such as smoking cessation and increased supplement intake are advised for early and late geographic AMD. Multifactorial in nature, AMD has no defined aetiology, however several environmental and genetic factors have been identified as associated with increased incidence and progression. Neurocardiovascular instability (NCVI) which comprises of age-related changes in blood pressure and heart-rate behaviour manifests as exaggerated blood pressure variability, orthostatic hypotension (OH), orthostatic hypertension (OHTN), and autonomic dysfunction, and has been implicated in cardiovascular risk and associated end-organ damage. Evidence suggests a link between AMD and cardiovascular disease (CVD), with several AMD risk factors also found to be associated with CVD, suggesting that disordered circulation may be a common factor in both conditions. The eye being a highly vascular organ consisting of retinal and choroidal vascular beds, would be vulnerable to NCVI if ocular vasoregulation becomes impaired with age. Indeed, associations between OHTN and BPV and increased AMD risk and poor visual acuity have been established, suggesting the deleterious effect of dysregulated blood pressure behaviour on choroidal circulation may be linked to AMD pathogenesis and progression. In the proposed study we will utilize The Irish Longitudinal study on Ageing (TILDA) dataset to examine measures of visual function and AMD status with cardiovascular/cerebrovascular function and advanced haemodynamic parameters, in this population representative cohort of participants aged ≥50 years, in an effort to establish associations between NCVI and AMD and predictors of AMD progression (Awardee: Dr Emma Connolly).

**Funding Agency**  
Irish Research Council

**Date From**  
1 September 2021

**Date To**  
31 August 2023

## Memberships

Irish Gerontological Society  
Irish Society of Physicians in Geriatric Medicine  
Royal College of Physicians of Ireland  
Irish Frailty Network for Education, Quality Improvement, Research and Policy  
UEMS -Geriatric Medicine section (European Union of Medical Specialists)  
Neuroscience Ireland Council

## Other Relevant Information

### **Fellowship of Trinity College Dublin**

- **Date:** 24 April 2023

### **Master in Arts (jure officii), Trinity College Dublin**

- **Year:** 2022

### **President of Ireland Future Research Leaders Award**

- **Year:** 2018

### **Count of Cartagena Award of the Royal National Academy of Medicine of Spain**

- **Year:** 2017

### **First Prize of the Catalan Society of Geriatrics and Gerontology**

- **Year:** 2016

### **British Geriatrics Society Rising Star Award**

- **Year:** 2015

### **Elizabeth Brown Prize of the British Geriatrics Society**

- **Year:** 2010

### **Trainee Prize, Royal Society of Medicine (Geriatrics and Gerontology Section)**

- **Year:** 2008

### **Presidential Medal of the Irish Gerontological Society**

- **Year:** 2008

### **Loch Exhibition, University of London**

- **Year:** 2003

### **Titmuss Examination Prize (Department of Social Policy, London School of Economics and Political Science)**

- **Year:** 2003