

Personal information

Valentina Buscemi, Ph.D.



Present position and work experience

2021 - present

Self-employed as:

- Specialist Physiotherapist in persistent and complex pain conditions (works remotely, face to face and in collaboration with Pain Service UK (<https://painservice.co.uk>))
- Self-management coach for stress reduction, Mindfulness teacher (online and face-to-face in group settings) and HSP (Highly Sensitive Person) knowledgeable health care professional.

2019 – 2021

Specialist Physiotherapist (Band 7) at INPUT Pain Management Unit, Guy's and St Thomas Hospital of London (UK)

2018 – 2019

Research Associate at University College London Hospital - Centre for Neuromuscular Diseases, National Hospital for Neurology and Neurosurgery (London, UK)

2016-2018

Casual Academic Tutor and casual marking – School of Science and Health - Western Sydney University, Australia:

- Research Methods for Applied Health Professionals (2018)
- Neurological Physiotherapy (2017)
- Lab demonstrator - Neuroanatomy (2016)

2015 - 2018

Research Assistant at Brain Rehabilitation and Neuroplasticity Unit, School of Science and Health, Western Sydney University

2010 - 2015

Neurological Physiotherapist at Unipolar Spinal Cord Injury Hospital (inpatient rehabilitation hospital), Citta' della Salute e della Scienza di Torino/Turin, Italy


2006 - 2010 Employed (part-time) and Self-employed as Musculoskeletal Physiotherapist at private practices associated with the National Health System, Turin, Italy:

- C.D.C (Cernaia Diagnostic Center) (2009-2010)
- Mirafiori Medical Physiotherapeutic Center (2008-2009)
- Chiros Fisioterapia Poliambulatorio Diagnostica (2006-2007)

Education

2015 - 2018

Doctorate Degree of Philosophy (Brain Rehabilitation and Neuroplasticity Unit, School of Science and Health, Western Sydney University), NSW, Australia.



Title of thesis: Exploring stress in low back pain: from patient perspectives to neurophysiology

2012-2013

MSc in Neurorehabilitation, Brunel University of London (UK)

Title of thesis: A qualitative exploration of living with chronic neuropathic pain after spinal cord injury: an Italian perspective (see in Publications' section)

2003-2006

BSc Physiotherapy, Università degli Studi di Torino (Italy)

Courses relevant to the profession of Physiotherapist in the field of Pain Management

2022

- Currently attending: Integrative Somatic Trauma Therapy - Certificate Programme (60 hours)
- Applied Polyvagal Theory in Therapeutic Yoga, Level 1-2

2021

- NICABM's Advanced Master Program on the Treatment of Trauma - for health professionals (5 hours)
- NICABM's Treating Trauma Master Series - for health professionals (5 hours)
- Webinar on Complex Regional Pain Syndrome - Physiotherapy is key (Physiotherapy Pain Association)
- Webinar on Working with complexity, improving care for people living with fibromyalgia (Physiotherapy Pain Association)

2020

ACT for Chronic Pain - 2 Day Online Workshop (Contextual Consulting, London, UK)

2019

Pain management: putting cognitive-behavioural therapy skills into practice, The Pain Management Research Institute (University of Sydney) – 30 hours

2018

IMTTA Certificate in Meditation and Chair Yoga Teaching (accredited with the International Meditation Teachers Training Association), Sydney, NSW, Australia

Other courses relevant to the profession of Physiotherapist

1. Neuromuscular Taping (2011)
2. Smarterehab (Motor control) I-II level (2011)
3. Mobilisation of Nervous System (N.O.I. Group) (2010)
4. Maitland I level (manual therapy course) (2009)

Publications

1. Jenkins LC, Chang WJ, Buscemi V, Liston M, Humburg P, Nicholas M, Graven-Nielsen T, Hodges PW, McAuley JH, Schabrun SM. Cortical function and sensorimotor plasticity are prognostic factors associated with future low back pain after an acute episode: the UPWARD prospective cohort study. Pain. 2022 May 13.

2. Jenkins LC, Chang WJ, Buscemi V, Liston M, Skippen P, Cashin AG, McAuley JH, Schabrun SM. Low somatosensory cortex excitability in the acute stage of low back pain causes chronic pain. *The Journal of Pain*. 2022 Feb 1;23(2):289-304.
3. Ramdharry G, Buscemi V, Boaz A, Dawes H, Jaki T, Jones F, Marsden J, Paul L, Playle R, Randell E, Robling M. Proposing a core outcome set for physical activity and exercise interventions in people with rare neurological conditions. *Front. Rehabil. Sci.*. 2021 Oct 21.
4. Jenkins LC, Chang WJ, Buscemi V, Liston M, Nicholas M, Graven-Nielsen T, Hodges P, Wasinger V, Stone L, Dorsey S, McAuley JH. The Understanding persistent Pain Where it ResiDes study of low back pain cohort profile. *medRxiv*. 2021 Jan 1.
5. Chang WJ, Buscemi V, Liston MB, McAuley JH, Hodges PW, Schabrun SM. Sensorimotor cortical activity in acute low back pain: a cross-sectional study. *The Journal of Pain*. 2019 Jul 1;20(7):819-29.
6. Buscemi V, Chang WJ, Liston MB, McAuley JH, Schabrun SM. The role of perceived stress and life stressors in the development of chronic musculoskeletal pain disorders: A systematic review. *The Journal of Pain*. 2019 Oct 1;20(10):1127-39.
7. Dune T, Mengesha Z, Buscemi V, Perz J. Jumping the Methodological Fence: Q Methodology. In Pranee Liamputtong (ed.), *Handbook of Research Methods in Health Social Sciences*. Springer Singapore. pp. 751-768 (2019)
8. Buscemi V, Chang WJ, Liston MB, McAuley JH, Schabrun S. The role of psychosocial stress in the development of chronic musculoskeletal pain disorders: protocol for a systematic review and meta-analysis. *Systematic reviews*. 2017 Dec;6(1):224.
9. Buscemi, V., Cassidy, E., Kilbride, C. and Reynolds, F.A., 2017. A qualitative exploration of living with chronic neuropathic pain after spinal cord injury: an Italian perspective. *Disability and rehabilitation*, pp.1-10.
10. Chang WJ, Bennell KL, Hodges PW, Hinman RS, Young CL, Buscemi V, Liston MB, Schabrun SM. Addition of transcranial direct current stimulation to quadriceps strengthening exercise in knee osteoarthritis: A pilot randomised controlled trial. *PloS one*. 2017 Jun 30;12(6): e0180328.

Conferences presentations

UK Neuromuscular Translational Research Conference, 2019 - Poster presentation: Physical activity and exercise interventions for people with rare neurological disorders: a protocol for a scoping review of systematic reviews

PPA (Physiotherapy Pain Association) Conference UK, 2019 - Poster presentation: The role of perceived stress and life stressors in the development of chronic musculoskeletal pain disorders: a systematic review.

Physiotherapy UK, 2019 - Poster Presentation: Physical activity interventions and therapeutic exercise in adults with rare neurological disorders: Development of a core outcome measure set.

European Federation of Pain, Copenhagen, Denmark, 2017 – Poster presentation: How do people with chronic low back pain perceive everyday stress? A Q-study

DR. VALENTINA BUSCEMI

Research Forum, Western Sydney University, 2016 - Oral presentation: Understanding stress, genetics and neuroplasticity in low back pain

Regional conference of Italian Physiotherapists (AIFI), Italy, 2014: Oral presentation: Pain management in Spinal Cord Injury

Contributions to the media

From the website: The Highly Sensitive Refuge: “The Link Between Being an HSP and Chronic Health Issues, According to Science” (<https://highlysensitiverefuge.com/the-link-between-being-an-hsp-and-chronic-health-issues-according-to-science/>) – September 2022

Interview at Feel Good You magazine (UK magazine) on HSP (Highly Sensitive People) and chronic pain