

Curriculum Vitae

Name: Michael Charles Steiner
Date of Birth: 15th May 1965
Nationality: British
Work Address: Department of Respiratory Medicine
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Entered on Specialist Register: Jan 2003
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Education

General Education: 1976 – 1983 University College School,
Hampstead, London.
Medical Education: 1984 - 1990 Undergraduate in Medicine,
University College and Middlesex Hospital Medical
School.
1986 - 1987 Intercalated B.Sc. in Physiology
University College, London.

Qualifications

1987 B.Sc. Hons. Physiology: Upper Second Class.
1990 MB BS (University of London).
1993 MRCP (London).
2003 Doctoral Thesis (MD)
“The nutritional enhancement of exercise training in COPD”
University of Leicester.
2007 FRCP (London)

Current Appointment

Oct 02 - Consultant Respiratory Physician with an Interest in Pulmonary
Rehabilitation
University Hospitals of Leicester NHS Trust, Glenfield Hospital,
Leicester, UK

Previous Appointments

Nov 95 – Oct 02 Specialist Registrar in Respiratory and General Medicine.
Mid Trent Training Rotation.
May 99 - Dec 01 Research Fellow to Dr. M.D.L Morgan
Glenfield Hospital, Leicester.
Research Work for MD Thesis entitled “The Nutritional Enhancement of
Exercise training in Chronic Obstructive Pulmonary Disease”.

Selected Publications

M. C. Steiner, R. L. Barton, S. J. Singh and M. D. L. Morgan. A Comparison of Bedside Methods with Dual Energy X-ray Absorptiometry for the Measurement of Body Composition in Chronic Obstructive Pulmonary Disease. *European Respiratory Journal* 2002;19:626-631

M. C. Steiner, R. L. Barton, S. J. Singh and M. D. L. Morgan. The Nutritional Enhancement of Exercise Performance in Chronic Obstructive Pulmonary Disease. A Randomised Controlled Trial. *Thorax* 2003;58: 745-751.

M. C. Steiner, S. J. Singh and M. D. L. Morgan. The contribution of peripheral muscle function to shuttle walking performance in COPD. *Journal of Cardiopulmonary Rehabilitation* 2004;25:43-49.

M.C Steiner, Evans R, Deacon SJ, Singh SJ, Patel P, Fox J, Greenhaff PL, and Morgan, MD. Adenine nucleotide loss in the skeletal muscles during exercise in chronic obstructive pulmonary disease. *Thorax* 2005; 60(11):932-936.

M.C. Steiner. Sarcopaenia in COPD. *Thorax* 2007;62(2):101-102.

Calvert LD, Singh SJ, Greenhaff PL, Morgan MD, **Steiner MC**. The plasma ammonia response to cycle exercise in chronic obstructive pulmonary disease. *European resp Journal*. 2008; 31:751-758

Calvert LD, Shelley S, Singh SJ, Greenhaff PL, Bankart J, Morgan MD, **Steiner MC**. Dichloroacetate enhances performance and reduces blood lactate during maximal cycle exercise in COPD. *Am J Resp Crit Care Med*. 2008;177(10):1090-4.

Deacon SJ, Vincent EE, Greenhaff PL, Fox J, **Steiner MC**, Singh SJ, Morgan MD. Randomised controlled trial of dietary creatine as an adjunct therapy to physical training in COPD. *Am J Resp Crit Care Med* 2008;178(3):233-9.

Mercken EM, Calvert LD, Singh SJ, Hageman GJ, Schols AM, **Steiner MC**. Dichloroacetate Modulates the Oxidative Stress and Inflammatory Response to Exercise in COPD. *Chest* 2009;136:744-751.

Houchen L, **Steiner MC**, Singh SJ. How sustainable is strength training in chronic obstructive pulmonary disease? *Physiotherapy* 2009;95(1):1-7

Baker R, Robertson N, Rogers S, Davies M, Brunskill N, Khunti K, **Steiner MC**, Williams M and Sinfield P. The National Institute of Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC) for Leicestershire, Northamptonshire and Rutland (LNR): a programme protocol. *Implementation Science* 2009. Nov 12;4:72.

L.D. Calvert, **M.C. Steiner**, M.D. Morgan, S.J. Singh. The Plasma ammonia response to incremental cycling and walking tests in COPD. *Respiratory Medicine* 2009; 104:675-681

Evans RA, Singh SJ, Collier R, Loke I, **Steiner MC**, Morgan MD. Generic, symptom based, exercise rehabilitation; integrating patients with COPD and heart failure. *Respir Med*. 2010;104:1473-1481.

Calvert LD, Singh SJ, Morgan MD, **Steiner MC**. Exercise induced skeletal muscle metabolic stress is reduced after pulmonary rehabilitation in COPD. *Respir. Med*. 2011;105:363-370.

Houchen, L, Deacon, S, Sandland C, Collier R, **Steiner M**, Morgan M, Singh S. Preservation of lower limb strength after a short course of pulmonary rehabilitation with no maintenance: a 6-month follow-up study. *Physiotherapy*. 2011; 97:264–266.

Williams JE, Green RH, Warrington V, **Steiner MC**, Morgan MD, Singh SJ. Development of the i-BODE: Validation of the incremental shuttle walking test within the BODE index. *Respir Med*; 2011: In Press

Hodgson D.B, Saini G, Bolton C.E, **Steiner M.C**. *Thorax in Focus, Chronic Obstructive Pulmonary Disease*. *Thorax*;2011: In Press

Selected Research Awards/Grants

M. C. Steiner (principal applicant). MRC Experimental Medicine Grant 2006 – 2010
Molecular approaches to reversing muscle wasting in COPD. The role of resistance training and protein supplementation

£600,000

M. C. Steiner (principal applicant). Remedi Project Grant 2007 – 2008
The Molecular Mechanisms for Skeletal Muscle Wasting in Chronic Obstructive Pulmonary Disease
£40,000

M. C. Steiner. Rehabilitation Theme Lead for the Leicestershire, Northamptonshire and Rutland
CLAHRC (Collaboration For Leadership In Health Research And Care). This NIHR institutional
award (Director: Prof R Baker, University of Leicester) was made in 2008. The rehabilitation theme
will include research conducted in both acute and primary care settings across the region.
Total value of CLAHRC: £20M (£10M from NIHR, £10 from local health organisations). Aprox value
of rehabilitation theme: £2M from NIHR, £2M from local health organisations.

M.C. Steiner (Co-applicant, Principal Applicant Prof S. Singh). NIHR Research For Patient Benefit
Grant 2010 – 2013.
A Self-management Programme of Activity Coping and Education (SPACE) for Chronic Obstructive
Pulmonary Disease: is it effective in primary care?
£250,000

M.C Steiner (co-applicant, Principal Applicant Prof C. Brightling). Inflammatory Respiratory Diseases
Capability Cluster (University of Leicester). Department of Life Sciences. Value unspecified.

M.C. Steiner (Deputy lead for Workpackage 4: Reducing the burden of COPD by targeting skeletal
muscle mass and function, Lead applicant Prof Mike Polkey, Royal Brompton Hospital). MRC/ABPI
COPD consortium. Total value £6M, WP4 Budget aprox £1.6M. 4 Year Programme 2011 – 2015.

Positions of Responsibility

Lead for the Rehabilitation Theme of the NIHR CLAHRC for Leicestershire, Northamptonshire and
Rultand (LNR).

Co-lead for Respiratory Research within the Acute Care Division at University Hospitals of Leicester
NHS Trust.

Co-lead for the UHL Home Sleep and Ventilation Service.

Member of the BTS Science and Research Committee

Associate Editor Thorax