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Kapka obtained a Masters in Social Research Methods from the Open University (2014) and a PhD in Epidemiology and Public Health from the University of Nottingham (2019).

During her studies Kapka worked on randomised controlled trials of new approaches to smoking cessation service delivery in secondary care and the community as part of an NIHR programme grant (£2.1 million) run by the UK Centre for Tobacco and Alcohol Studies.

Kapka joined the Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis in 2019 as a Research Fellow. She is a Principal Co-Investigator and Study Coordinator of the Significant Ankle Ligament Injury (SALI) study, a multi-centre prospective cohort study investigating risk factors for incomplete recovery and for the development of osteoarthritis following significant ankle ligament injury.