

George's Academic Training (GAT) Newsletter

February 2018

George's Academic Training development plans for 2018:-

- ◆ Establish and recruit to a Clinical Research Fellow in Translational Medicine post. The main purpose of this post will be to contribute to the design, delivery and assessment of a new course in Research Skills and Methods at SGUL.
- ◆ Gain NIHR recognition for SGUL's locally funded ACF and CL posts.
- ◆ Build links with research active groups in St George's University Hospitals NHS Foundation Trust.
- ◆ New case studies for GAT website.

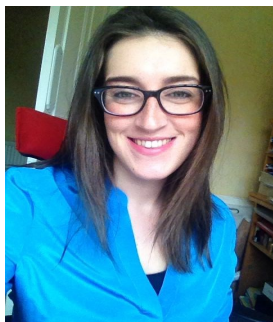


St George's submitted its application for an institutional Athena SWAN Silver Award in November 2017 and we expect to hear the outcome by the end of April 2018. The application was a significant undertaking, involving an evidence-based self-assessment and demonstrating the impact of previous work. Readers with Portal access can find the submission and institutional action plan to cover the next three to five years [here](#). GAT members are welcome to attend Self-Assessment Team meetings as observers.

In this issue:-

- ◆ **News from George's Academic Foundation doctors, Academic Clinical Fellows and Academic Clinical Lecturers**
- ◆ **Meet ... Anna Sadnicka, Chadburn Clinical Lecturer**
- ◆ **SE Regional Society for Academic Primary Care conference**
- ◆ **Courses, events, training**

News from our Academic Foundation year 2 doctors



Katie Hughes – Renal Academic FY2

I am undertaking a Renal themed AFP, supervised by Professor Iain MacPhee, which has been complemented with a Renal clinical post. My supervisor's key research interest is the pharmacogenetics of Tacrolimus in renal transplant recipients. We are currently auditing our dosing regimen of Tacrolimus and looking at patient genomics to identify risk factors for transplant rejection.

Due to the flexibility of the AFP I have also been able to pursue other research interests. I have been involved in collecting and analysing data for an international, multi-centre case-control study looking at the impact of clubfoot on developmental milestones in children, the provisional results of which I was able to present at the Society of Academic and Research Surgery (SARS) annual meeting 2018 held at University of Nottingham Medical School. My supervisor is paediatric orthopaedic consultant Ms Yael Gelfer.

I have also worked on a large retrospective study of osteomyelitis in the paediatric sickle cell population that has been accepted for presentation at the European Paediatric Orthopaedic Society (EPOS) conference in Oslo this year.

Along with fellow AFP colleague James Kimpton and supervised by Ms Yael Gelfer I have written a systematic review entitled "Clavicle fracture non-union in the paediatric population: a systematic review of the literature". The aim of this systematic review was to assess the factors that may predispose children to form clavicle fracture non-unions and evaluate the treatment methods and outcomes. This review has been accepted for publication in the Journal of Children's Orthopaedics.

News from our trainees



Umar Chaudhry – ACF in General Practice

As an ST3 Academic Clinical Fellow in GP, the main research project I am currently focusing on is a systematic review and meta-analysis investigating the effects of certain community interventions on physical activity. This is being undertaken under the supervision of Professor Tess Harris within the Population Health Research Institute (PHRI), who has previously led on a number of large clinical trials, namely PACE-UP and PACE-Lift. The project shall also aim to incorporate a number of recent technological advances that may be utilized to improve patients' physical activity within a community setting. The initial methods and the challenges of conducting such a systematic review shall be highlighted at the Society of Academic Primary Care (SAPC) SE Regional Meeting – Madingley Hall.

Having previously undertaken an innovative training post (ITP) in medical education, I am now completing a Masters' in Clinical Education with the University of Edinburgh. By completing the PgCert and PgDip and gaining HEA Fellowship, I am now undertaking the dissertation project component of the MSc investigating the learning needs of London-based GP trainees in conducting telephone consultations. This is in collaboration with Dr Judith Ibison and Dr Imran Rafi at Institute of Medical and Biomedical Education and Professor Tess Harris (PHRI). By using both a quantitative and qualitative approach, we aim to evaluate the current experiences of GP trainees in utilizing this ever-growing technological aspect of primary care.

Alongside these research and teaching roles at St George's, I am also looking to further my experiences in healthcare management and leadership, alongside the day-to-day requirements of general practice.

News from our trainees



Mohammad Razai – ACF in Primary Care

I studied at university of Cambridge and completed my foundation training in London. I was thrilled by the opportunity to begin my Primary Care ACF at St George's in August 2017.

I have been busy on a number of projects. I presented at EACME conference in Barcelona in September on ethics of prognostic disclosure in cross-cultural communication. The paper has been accepted for publication in journal of Clinical Ethics. I have also been working on a paper about patient narrative that is accepted for publication in journal of Patient Experience. However, my main interest has been on medical education research with a presentation at AMEE conference in Helsinki and publication of a couple of papers on workplace-based assessments and peer feedback. I am currently working on medical students' knowledge and attitude of neurosurgical procedures. Medical education is an area I would like to pursue with a formal qualification and further research and teaching experience. My plan for the next year is to design and work on my ACF project.

Recent publications include:

Razai MS, what do trainee doctors and their trainers say about workplace based assessments? A survey of UK based junior doctors and their supervisors in a rural hospital. MedEdPublish, 2017, 6, [4], doi: <https://doi.org/10.15694/mep.2017.000174>

Razai MS. Improving bedside teaching feedback: A response to Aylward et al. Med Teach. <http://dx.doi.org/10.1080/0142159X.2017.1399204>

Razai MS. Communicating with patients' families and relatives: Do we need more training? Med Teach. <https://doi.org/10.1080/0142159X.2017.1417581>



Katherine Josephs – ACF in Clinical Genetics

Katherine started in August as an academic clinical fellow in Clinical Genetics.

She is keen to continue and develop her skills in medical education and therefore is already teaching sessions for both the medical and BSc students.

She recently attended the Fundamentals in Clinical Genomics course held at the Wellcome Genome Campus in Cambridge. This involved workshops on variant interpretation; lectures on the scale of variation within the human genome and discussions on the key practical and ethical implications of whole genome sequencing.

She is currently involved in two studies within the genetics department and has submitted an abstract to the annual Clinical Genetics Society meeting.

She plans to begin her period of dedicated research towards the end of the year.

News from our trainees



Zoe Rutter-Locher—ACF in Rheumatology

I have now come to the end of my 9 month attachment in research as a Rheumatology NIHR Academic Clinical Fellow within the Institute of Infection and Immunity, supervised and supported by Nidhi Sofat. My main project has been setting up an observational study of periodontitis in Systemic Lupus Erythematosus but I have had the opportunity to partake or lead a wide variety of other projects.

Strong evidence implicates chronic infections such as periodontitis in the development and chronicity of autoimmune conditions. I have been able to develop an interest into the association between SLE and periodontitis.

I have contributed significantly to a book chapter, published by Intech, reviewing the evidence between periodontal disease and autoimmunity (<https://www.intechopen.com/books/periodontitis-a-useful-reference/periodontal-disease-and-autoimmunity-what-we-have-learned-from-microbiome-studies-in-rheumatology>).

I performed a systematic review and meta-analysis which found a significantly increased risk of periodontitis in patients with SLE compared to healthy controls. This has been published in “Frontiers in Immunology” Journal (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5650969/>).

I also performed an audit of dental health in SLE patients which found that although access to dental health services were good, clinical symptoms of gum disease were high. This will be presented at British Society of Rheumatology 2018.

As my main project, I was able to pick up the OPERO study from Nicholas Fuggle, a previous clinical fellow who had been successful in gaining ethics and funding. With help from the JREO, the maxillofacial department, the CRF and by collaborating with dentists from the Eastman dental unit I was able to recruit 45 patients into the study. Each study participant had a complete medical history taken, periodontal assessment and provided blood and dental samples. Methods to extract bacterial DNA were optimised with the support from Ken Laing and Adam Whitney. I also attended a 5 day statistics and research methodology course at UCL in order to aid analysis of data. The results of the study will be presented at the British Society of Rheumatology 2018.

During the attachment I attended a general rheumatology clinic each week and developed my clinical skills. I saw many fascinating cases, but a case of tuberculosis of the wrist particularly interested me and I will present this at British Society of Rheumatology 2018.

I have also been fortunate enough to have the opportunity to be a sub-investigator in a Pfizer phase 3 randomised placebo controlled trial of efficacy and safety of Tanezumab in patients with osteoarthritis of the hip or knee. This gave me exposure to working in an industry study and gain experience which will be invaluable in the future.

As well as having a broad exposure to research, this ACF has enabled me to develop my interest in teaching. I have now completed the PGCert in Healthcare and Biomedical education. Whilst completing this I attended many training sessions including teaching course and OSCE assessment workshop which allowed me to be an OSCE examiner. I have been actively involved in teaching as a personal and professional development tutor, lecturer to MBBS students, bedside teaching and clinical skills lecturer. I introduced monthly streaming of Royal College of Physicians Evening updates lectures to St George’s and designed and implemented “Virtual ward based simulation” course for final year students. I became interested in the impact of the new UKMLA exam and have published an insight piece in “The Clinical Teacher” Journal (<https://www.ncbi.nlm.nih.gov/pubmed/29271059>).

I have now started my specialist training in rheumatology in the South London Deanery. I am enrolled in the MSc in Rheumatology and I hope to continue to develop my research skills and interests through this. I look forward to working closely with Nidhi and her team going forward. Thank you to everyone who made the above possible but especially to Abiola, Lena, Ana, Mark and of course Nidhi Sofat.

News from our trainees

Aneil Malhotra, Academic Clinical Lecturer in Cardiology



Aneil presented his work at Venice Arrhythmias, Lisbon iMed conference, the Cardiac Risk in the Young International conference in London and the European Society of Cardiology/ European Association of Preventative Cardiology in Bern.

A short BBC documentary was aired on BBC world news featuring the work within sports cardiology and the prevention of sudden cardiac death performed at St. George's. <https://www.youtube.com/watch?v=YY91wazjsrQ>

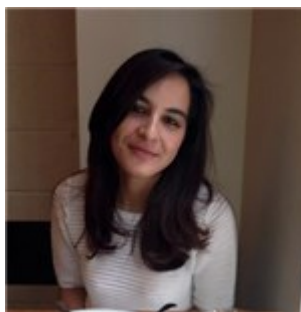


Dr. Malhotra was also involved in filming a BBC documentary in the Cardiac Risk in the Young physiology lab, at St. George's Hospital, for the British Cardiovascular Society, on the adverse effects of steroids in athletes which is available at <https://www.bbc.co.uk/iplayer/episode/p05q54qy/newsbeat-documentaries-steroid-nation>.

Dr Malhotra was awarded the top scoring abstract at the European Society of Cardiology for his work entitled "The mixed race athlete: Not so black and white". The work was well-received and he is finalising the manuscript for submission also. According to the website, over 11,000 abstracts are submitted worldwide (it's the largest inter-national cardiology conference).



See item on page 9 for details of the "Cardiology in British Sport" symposium which is being held on Friday 23rd March.



Samia Elkommos - ACF in Neurology

I have very much enjoyed my research block based at the Garrard Lab at St George's University of London. During this time, I have been working on an MRI Voxel Based Morphometry project examining the role of a lifetime history of depression in healthy controls as well as individuals with Mild Cognitive Impairment and Alzheimer's disease. This is to help better understand the rather complex relationships between depression and dementia. I am very grateful to the supervision and help of Dr Chris Lambert, Dr Tom Barrick and Professor Peter Garrard for their help and support during this project. As part of my research time, I have attended Research Methods Training at the BRC and SGUL, and attended the UCL Statistical

Parametric Mapping Course at the Wellcome Trust Centre for Neuroimaging. I have also enjoyed seeing patients in the weekly Cognitive Neurology clinic with Professor Garrard alongside my research training - which has helped demonstrate the importance of formulating important clinical research questions from the issues we encounter in clinic.

I am undertaking the Postgraduate Certificate in Healthcare and Biomedical Education at SGUL. As part of this, I have had the opportunity to teach both T-Year and P-Year medical students both in Clinical Skills teaching sessions and Neurology which I have enjoyed. I have also been able to use this time to attend a variety of teaching skills workshops which have been very valuable and enjoyable. Currently, I am writing up my research project and was fortunate enough to present this at the SGUL Research day as a poster presentation in December. I will be starting work as Neurology and Stroke Specialist Registrar from February which will be both exciting and a new challenge.

News from our trainees



Anan Shtaya - NIHR Clinical Lecturer in Neurosurgery

Anan's research is currently focussed on inflammation and brain repair following brain haemorrhage in human. He presented a feasibility study of histopathological assessment of post-mortem human brain injuries tissue at St George's University of London on 6th December 2017 (title: Brain injuries and inflammation: a neuropathological assessment of human tissue). He also presented his other work on traumatic brain injury and hippocampal neurogenesis (title: Sonic Hedgehog agonist reduces hippocampal neurogenesis and changes neuronal morphology following traumatic brain injury).

In January Anan was awarded a 2018 Molecular and Clinical Sciences Research Institute Grant (£7000) (St Georges University of London) to carry out a pilot study investigating the inflammatory and anti-inflammatory changes around the haemorrhage in human brain.

Since the last GAT newsletter Anan has published the following papers:-

Outcomes of microsurgical clipping of recurrent aneurysms after endovascular coiling.

Shtaya A, Dasgupta D, Millar J, Sparrow O, Bulters D, Duffill J. World Neurosurg. 2018 Jan 17.

Choroid plexus in the central canal of the spinal cord causing recurrent syringomyelia.

Shtaya A, Sadek AR, Nicoll JA, Nader-Sepahi A. World Neurosurg. 2017 Dec 30.

Image guidance improves the accuracy of external ventricular drain tip position particularly in patients with small ventricles.

Anan Shtaya PhD, Joy Roach MRCS, Ahmed-Ramadan Sadek DPhil (Oxon), Benjamin Gaastra MRCS, Jonathan Hempenstall FRCS (SN) & Diederik Bulters FRCS (SN) Journal of Neurosurgery. Accepted 10 November 2017

Induction of the cell survival kinase Sgk1: a possible novel mechanism for α -phenyl-N-tert-butyl nitron (PBN) in experimental stroke.

McCaig C, Ataliotis P, **Shtaya A**, Omar AS, Green AR, Kind CN, Pereira AC, Naray-Fejes-Toth A, Fejes-Toth G, Yáñez-Muñoz RJ, Murray JT, Hainsworth AH. J Cereb Blood Flow Metab. 2017

A rare case of a calcified cephalhematoma mistaken as a skull fracture.

Shtaya A, Almousa A, Dabbous B. Pediatr Neonatol. 2017 Nov 15.

Anan attended the NIHR national meeting 14-15th November 2017 in Leeds. The meeting included presentations about strategic review of the training and NIHR career development. Listening to career journeys from NIHR awardees was inspiring. Attending workshops about writing up grants applications, papers, how to involve patients and public in research, accessing healthcare data, leadership and presentation skills were great. Anan highly recommends this meeting to NIHR colleagues.

Meet Anna Sadnicka - Chadburn Clinical Lecturer



Anna is a trainee neurologist fascinated by the neural control of movement and how this is disturbed in movement disorders. Using neurophysiological techniques, psychophysics and robotics her PhD specifically examined the role of the cerebellum in the pathophysiology of dystonia and resulted in over 20 peer-reviewed scientific papers and awards at National and International Conferences. In August 2017 she started as a Chadburn Clinical Lecturer at St George's University of London. These part-time lectureships facilitate the combination of clinical and academic ambitions with other commitments such as caring for relatives or children. Her broad research goals are to use motor control science to better characterise the phenomenology and aetiology of movement disorders, develop retraining strategies for dysfunctional movements and provide objective outcome measures to monitor disease progression and response to treatment. She has recently been awarded a project grant by the Royal Society to set up a motion capture lab at St Georges.

Example publications

Sadnicka A, Stevenson A, Rothwell JC, Edwards MJ, Galea JM. High motor variability in DYT1 dystonia is associated with impaired visuomotor adaptation (under review Nature Scientific Reports)

Sadnicka A, Kornysheva, K, Rothwell JC, Edwards MJ. A unifying motor control framework for task-specific dystonia. Nat Rev Neurol. 2017 Nov. [Epub ahead of print].

Sadnicka A, Daum C, Cordivari C, Bhatia KP, Rothwell JC, Manohar S, Edwards MJ. Mind the gap: temporal discrimination and dystonia. Eur J Neurol. 2017 Jun;24(6):796-806.

Reminder to current NIHR funded ACFs.

NIHR National Academic Clinical Fellowship Event 21 March 2018 Holiday Inn Bloomsbury London

To register your interest for this event please visit the [ACF Registration form](#)

SE Regional Society for Academic Primary Care Conference

In January, the SGUL GP academic team organised and delivered the SE Regional Society for Academic Primary Care conference for primary care academics, junior researchers and medical students – from London, Cambridge and Norwich.

The theme of the conference was on ‘Horizons, the future of general practice’. Professor Helen Stokes-Lampard (Chair of the RCGP, SGUL alumnus and visiting Professor) did an inspirational plenary on the joys of general practice, positive ways of overcoming challenges to high quality care, and the importance of increasing the footprint for primary care in curricula to normalise medical education where 90% of health care is delivered. Professor John Campbell (Exeter) presented his prestigious NIHR funded research on patient’s experience of primary care.

Over 1.5 days at Madingley Hall, Cambridge, 120 attendees enjoyed and contributed to the scientific programme with clinical and educational research. Innovations in primary care education, such as longitudinal clerkships, were debated in workshops. High quality clinical research such as SGUL’s Professor Tess Harris’s prize winning plenary on the Pace Up/Pace Lift physical activity trials were presented. Four SGUL researchers, a GP Academic Clinical Fellow, and six SGUL undergraduates presented their project work. We were delighted that Arabella Watkins (SGUL P year & President of the SGUL GP society) won the medical student prize with a project on anxiety management in primary care, with a highly polished presentation. There were also prizes for early career researchers and novice presenters.

Participant wellbeing was promoted with a popular session of Chi Kung Thursday evening and Friday started with an early morning power walk amidst the frosted snow drops.

A collaborative IMBE/PHRI primary care team organised the event – massive thanks to all for what was a very successful and creative event – to Katherine Pigott, Lea Stock, Cheryl Watson, Tess Harris, Pippa Oakeshot, Imran Rafi, Saima Shah, Emma Metters, Nicola Buxton, Ban Haider, Adrian Brown, and Saba Khan. Thanks also to Derek McKee for building the website and the IMBE staff development fund for supporting academic staff attendance.



Courses, events, training

CARDIOLOGY

IN BRITISH SPORT SYMPOSIUM

The inaugural "Cardiology in British Sport" symposium is being held on Friday 23rd March, aimed at anyone with an interest in the athlete's heart, including juniors, consultants and allied health professionals. This is the first time the leading institutions of British sport are coming together, including the Football Association, Rugby Football Union and English Cricket Board, to highlight key issues with the athlete's heart that are currently being faced by medical practitioners.

Fabrice Muamba, a survivor of sudden cardiac arrest, will be a guest speaker and there is an optional tour of Wembley Stadium, along with lunch and refreshments.

Further information including the booking process is available at www.cardiologyinbritishsport.org or contact Aneil Malhotra, NIHR Clinical Lecturer, St. George's University of London (amalotr@sgul.ac.uk)

WINNING GRANT APPLICATIONS

Success isn't an accident
... it takes deliberate planning



If you only start thinking about winning a grant when the call for applications is announced, you are probably too late.

Some people seem to be remarkably successful at winning grants. Are they simply supremely clever, or have they an enhanced insight into the process?

With some grant rounds giving as little as six weeks' notice, your only chance of success is to have thought and planned ahead.

Through the day, you will work in small teams to build a micro application, fitting 'your' interests and skills to 'their' needs and desires. You will also act a panel, and begin to recognise the value of a clearly written proposal. Along the way you will consider how to imbed grant winning into a busy life.

No one gives money away without having a clear idea of what they want to achieve when it is spent.

When

1st May 2018
1.30pm– 4.30pm

Where

C3.05
Cavendish Campus
University of Westminster

Contact

Book via Eventbrite
<https://tinyurl.com/yane95ax>



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The most frequent comment from people leaving the courses is 'why did no one tell me this before?'

When

17th April 2018
9.30am–12.30pm

Where

C2.05
Cavendish Campus
University of Westminster

Contact

Book via Eventbrite
<https://tinyurl.com/ybs7g4jz>



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