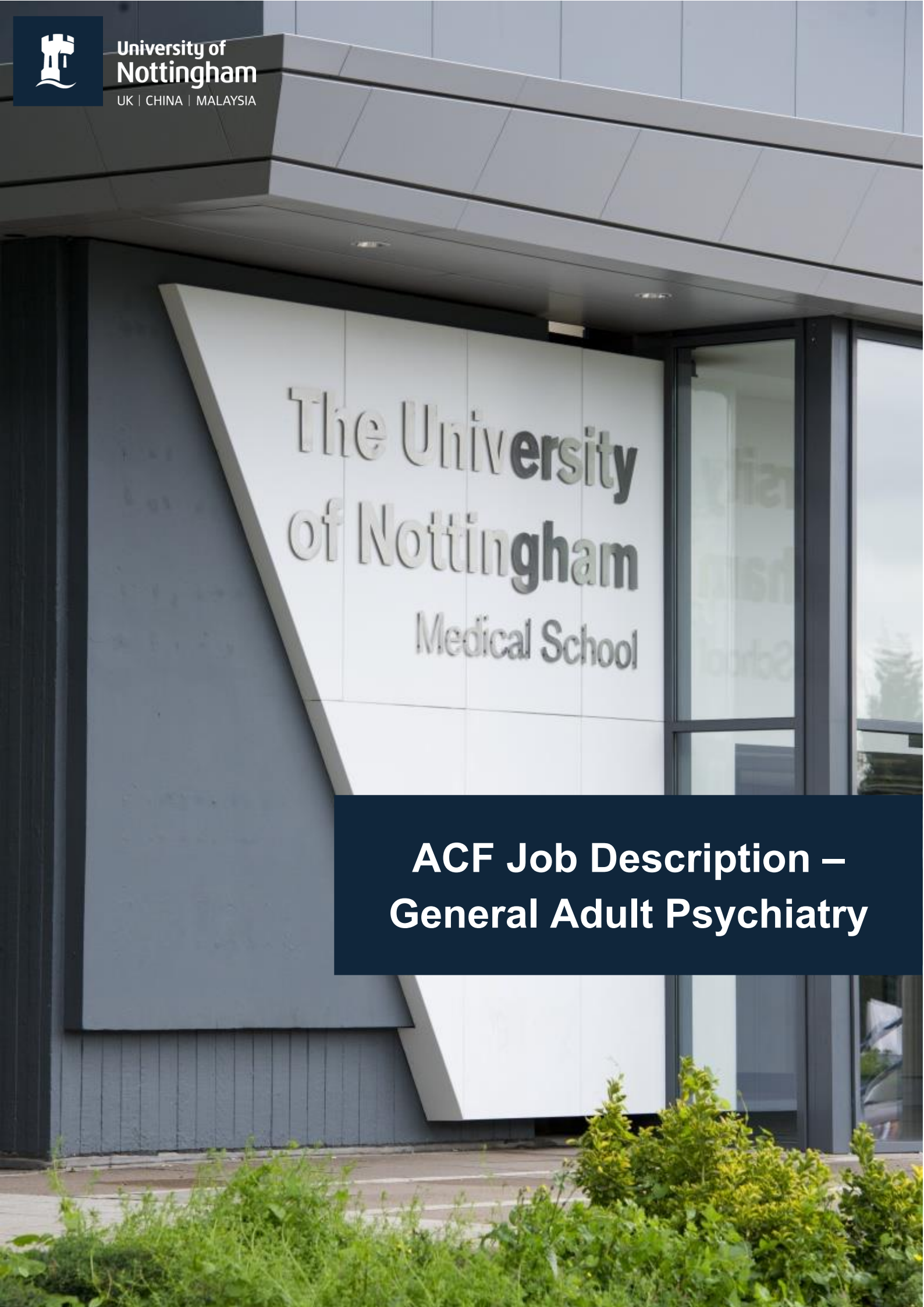
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# ACF Job Description – General Adult Psychiatry

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# Academic Clinical Fellow in General Adult Psychiatry
# For appointment at CT1 or CT2

## Academic Clinical Fellowship in General Adult Psychiatry

This post is designed for a General Adult Psychiatry Resident Doctor who has ambitions to work in academic General Adult Psychiatry. The successful applicant will be awarded an Academic National Training Number (NTN/A) in General Adult Psychiatry.

Please note that candidates applying for this post will be competing with Child & Adolescent Psychiatry and Old Age Psychiatry, in the research theme of Mental Health.

Applicants to CT1 level must already hold an NTN/DRN in the specialty or apply via national recruitment to this specialty for Clinical Benchmarking. Applicants to CT2 level must already hold an NTN/DRN in the specialty as there is no opportunity to apply via national recruitment for Clinical Benchmarking.

Academic and Clinical Training in General Adult Psychiatry will be integrated, with focused time for academic development. Training will be provided in research methods including study design, data collection, use of statistics, computer skills, presentation and writing papers.

During the academic components of the post, and in particular during the 9 months of protected academic time within the 3 years, the successful applicant will undertake academic training and original research in an area of their research interest.

## Academic General Adult Psychiatry at the University of Nottingham

Academic General Psychiatry is part of the Mental Health and Neurosciences Academic Unit in the School of Medicine. We are also part of the Institute of Mental Health (IMH), a joint institute funded by the University of Nottingham (UoN) and the Nottinghamshire Healthcare NHS Foundation Trust (NHCFT), which encompasses or is linked to all the specialities in the UoN who play a role in mental health services or mental health research and education. Hence, there are posts in nursing, clinical and health psychology, sociology, law, business, engineering, computing, statistics and health economics as well as psychiatry and applied psychology. It is a part of the UoN Precision Imaging Beacon, where mental health is one of the main themes using state of the art imaging facilities including fMRI, MEG, PET, and MR Spectroscopy. The IMH houses an EEG laboratory that is equipped for whole brain mapping and a range of neuromodulation and digital assessment equipment. There are links to the School of Life Sciences for genetics and transcriptomics studies. The main clinical areas of interest for research are in mood disorders, psychosis, and cognition, mental health with physical health, recovery, suicide, psychological, pharmacological, neuromodulation, digital interventions and service development. There is considerable expertise in neuroscience and applied clinical research evaluating psychosocial, pharmacological, psychosocial, neuromodulation, digital and service delivery interventions. Dr Angeli Santos is the director of the Mental Health and Clinical Neurosciences Academic Unit. Professor Martin Orrell is Director of the IMH.

Mental Health and Technology is one of the themes in the Nottingham National Institute of Health and Care Research (NIHR) Biomedical Research Centre (BRC), where there is expertise in transcranial magnetic stimulation (TMS) and other neuromodulation, MRI, EEG, MEG, and magnetic spectroscopy, informatics, avatar and virtual reality sensing to develop novel therapeutic interventions, explore underlying mechanisms of illness and large-scale epidemiological studies on pharmacoepidemiology with colleagues in computer science, engineering, radiology, psychology and primary care. In addition, we have links with the digital industry and other university and NHS partners through the NIHR mental Health (MindTech) HealthTech Research Centre, a national centre for digital mental health (https://www.mindtech.org.uk/).

The IMH is part of the NIHR Mental Health-TRC Mission (https://www.nihr.ac.uk/about-us/what-we-do/infrastructure/translational-research-collaborations/mental-health), including being one of 16 sites in the national mood disorders network creating a national cohort of around 2,000 patients with depression willing to take part in research. We have successfully implemented research findings into clinical practice locally, regionally, and nationally e.g. QbTest to diagnose attention deficit disorder. Mental health contributes to themes on suicide and drug safety in the Manchester/Nottingham NIHR Patient Safety Translational Collaboration and is also part of the Nottingham centre NIHR National Primary Care School. Through our national centres, there is ready access to collaboration with other Schools and Divisions within the University, other regional and national universities and industry with an interest in mental health e.g. as a member of the NIHR Translation Research Collaboration in mental health with all the other NIHR Biomedical Centres with a mental health theme. We also lead a Wellcome funded PhD programme for clinical academics in mental health and neuroscience with the Universities of Birmingham, Leicester and Warwick.

The Nottinghamshire Healthcare NHS Foundation Trust has a Centre for Mindfulness, Recovery Network, Specialist Depression Service, and Bipolar Group Psychoeducation service, all emerging or expanding from the research at IMH in partnership with Nottinghamshire Healthcare NHS Foundation Trust. More broadly, the IMH contributes to mental health work with the Division of Primary Care in the NIHR National Primary Care School. There are programmes of work in liaison psychiatry in relation to self-harm and suicide assessment, medically unexplained symptoms, health anxiety, following injury and neurological disorders. The major research themes of the Institute of Mental Health and the Division are through its centres of excellence in Mood Disorders, Translational Neurosciences, Mental Health and Human Rights, Social Futures and Recovery, Health and Justice, Dementia, and Children and Adolescent and Neurodevelopmental Disorders.

The major research themes of the IMH are through its centres of excellence in Mood Disorders, Translational Neuroimaging, Mental Health and Human Rights, Social Futures and Recovery, Health and Justice, Dementia, and Children and Adolescent and Neurodevelopmental Disorders. Current research grants in general adult Psychiatry are funded by the NIHR, research councils (MRC, Wellcome Trust, ESRC), European Union and industry. The IMH currently has four NIHR current or Emeritus Senior Investigators of which there are only 200 in all disciplines in England. It was ranked 8th in terms of research power in psychology and neuroscience in the 2021 University REF.

Examples of current and recent research grants in General Adult Psychiatry are:

1. The effectiveness of lithium plus quetiapine COMBination versus lithium versus quetiapine monothErapy in the maintenance treatment of bipolar disordeR: the COMBINER trial. (NIHR, £2,312,178)
2. NIHR MindTech and In-Vitro Centre Adult Mental Health Theme (NIHR; £2,999,000).
3. Multicentre Research Programme to Enhance Return to Work after Trauma (ROWTATE) (NIHR: £2,498,589)
4. NIHR Applied Research Collaboration East Midlands. Mental Health and Well-being Theme (NIHR; £2 million)

5. TheRapeutic Interactions in Psychological therapy Of anxiety and Depressive disorders (TRIPOD) (NIHR; £392,579)
6. Can we develop a "cognitive vaccine" for intrusive memories of traumatic events from working in the COVID-19 pandemic? A novel and brief intervention to support ICU staff (Wellcome trust; £961,515)
7. Development and refinement of an online group-based clinical neuropsychology rehabilitation programme to improve psychological wellbeing and quality of life after acquired brain injury (NIHR RfPB; £149,883)
8. Clinical and cost effectiveness of an online integrated bipolar parenting intervention: A RCT. (NIHR HTA; £1,341,406)
9. Aripiprazole/ sertraline combination: Clinical and cost-effectiveness in comparison with quetiapine for the treatment of bipolar depression. An open label RCT. (ASCEnD). (NIHR HTA; £1,818,197)
10. NeuroMod+: Co-creation for next-generation neuromodulation therapeutics. (Engineering and Physical Sciences Council; £1.265 million)
11. NIHR Nottingham Biomedical Research Centre Mental Health and Technology Theme (NIHR; £3,840,754)
12. Reinforcement Learning Mechanisms Of Pharmacological Treatments For Depression And Anxiety (ReLMeD). (Welcome Trust; £1.1m)
13. Mindfulness-Based Cognitive Therapy for Life (MBCT-L) v. Stress-Reduction Psychoeducation (SRP) for the improvement of mental wellbeing in healthcare, social care and teaching professionals. (ARC-EM; £260,000)
14. EPIC: Early psychosis intervention in cognition- Glutamate changes as a new neurocognitive marker in psychosis. (Wellcome Trust; £762,645)
15. ADEPP: Antidepressant for the prevention of depression following first episode psychosis trial. (NIHR; £2,087,138)
16. TrueBlue Clinical (BlueSkeye AI; £270,000) Assessing automated, app-based mood monitoring in a perinatal population
17. Mental Health Mission (OFS and NIHR; £3,100,000) To develop research capacity for industry sponsored research in mood disorders, psychosis and child/adolescent psychiatry. This includes funding to develop a research clinic for mood disorders and digital databases for mood disorders and psychosis.

More information on Academic General Adult Psychiatry is available at https://www.institutemh.org.uk/research

In addition to its strong research focus the senior academic staff of General Adult Psychiatry supervise PhD students from medical and science backgrounds, train Clinical Lecturers and Academic Clinical Fellows and mentor resident doctors at all levels. The Academic Unit also supervises undergraduate research and undertakes highly rated undergraduate and postgraduate teaching in General Adult Psychiatry.

## ACF in General Adult Psychiatry

### Research opportunities

The ACF in General Adult Psychiatry will be supported by the Academic Programme Director to identify an area of research for the benefit of people with dementia and other mental health disorders. The Academic Unit of Mental Health and Clinical Neurosciences in Nottingham offers a broad range of research opportunities in basic science, translational medicine, clinical studies, imaging and application of technology to patient care. During the nine months of protected academic time, the ACF will have to opportunity to generate data, write up data for publication and prepare applications for PhD Fellowship funding with the supervision and mentorship of the senior academic staff of the Academic Unit. Opportunities include:

- Bipolar Disorder and depression
- Neuroimaging and EEG
- rTMS/neuromodulation
- Digital mental health and informatics
- Psychosis
- Addiction
- Cognitive Function
- Psychiatric genetics
- Metabolism and immunity
- Mental Health Recovery
- Liaison and primary care mental health
- Suicidology and self-harm

**Examples of current research projects include:**

- fMRI connectivity or EEG guided theta burst stimulation TMS with and without augmentation for treatment resistant depression and anxiety in adults and children.
- Avatar delivered cognitive behaviour therapy for early psychosis trial
- Sertraline and aripiprazole for bipolar depression.
- Early warning signs sensing and interventions for bipolar disorder
- Safety of antidepressants and antipsychotics using large informatics systems
- Electronic case record assisted guides for suicide risk assessment
- Digital bibliotherapy for recovery from psychosis
- Outcomes of treatment from national gender dysphoria service
- Role of heat related gut-microbiota-brain-axis changes in psychosis (HeaTMAP)
- Early Psychosis: Investigating Cognition using fMRS and tDCS (EPIC)
- Closed-loop non-invasive stimulation for improving brain and mental health.
- Lithium and quetiapine in maintenance of bipolar disorder (COMBINER) trial
- Biological markers for cognitive impairment in psychosis Avatar delivered mood tracking for depression, including perinatal depression.
- Neuromodulation (TMS/FUS) for treatment of cognitive impairments in psychosis
- Development and implementation of a national registry for first episode in psychosis (EPICare)
- Development and implementation of an online neurocognitive battery (UniCog)
- Mindfulness and digital interventions to improve the well-being of NHS staff.
- Group psychoeducation for bipolar disorder.

Thus, within the IMH, there is expertise in applied clinical, neuroscience and technology investigations of adult mental health and well-being. In addition, members of IMH collaborate with senior investigators in other units within the School of Medicine, the School of Life Sciences, within the University Hospital and internationally.

In addition, members of the academic unit collaborate with senior investigators in other units within the School of Medicine, and other Schools in the University, including Life Sciences, Health Sciences, and Sociology & Social Policy. Thus, within the IMH, there is expertise in applied clinical, neuroscience and technology investigations of General Adult Psychiatry research. The ACF will be encouraged to develop their own area of research. This may lie within the framework of the topics listed above but, if they have different interests, then they will be supported to develop the necessary academic links towards their project.

Academic time can be taken as day or block release. The successful candidate will discuss this with their Academic Programme Director at the start of the ACF, taking into account their clinical training requirements and academic project needs.

## Teaching and Core Academic Skills

The Academic Clinical Fellow, like other specialty Resident Doctors, will participate in the teaching of General Adult Psychiatry to undergraduate medical students and postgraduate taught students in applied psychology, and will contribute to the Nottingham and/or Mansfield journal club and postgraduate programme. The successful applicant will receive training in teaching and learning methods.

Training in core academic competencies will also be provided by access to Masters Courses at the University, particularly Nottingham's N-Trans and MRes Courses. There are also regular multidisciplinary research meetings where research methodology and work in progress are discussed, and a full postgraduate education programme.

**Applicants are encouraged to discuss their areas of research interest with the Academic Programme Director Dr Anto Rajamani** (Anto.Rajamani@nottingham.ac.uk) **before the interview.**

# ACF in the Clinical Training Programme

## The clinical training programme in General Adult Psychiatry

The successful candidate will undertake the General Adult Psychiatry clinical training programme in the North of the Health Education England area which is centred on Nottingham.

**Applicants are invited to commence at CT1 or CT2 levels.**

The clinical training programme is designed to provide:

- General Adult Psychiatry
- Old Age Psychiatry
- Child and Adolescent Psychiatry or Learning Difficulty
- Speciality experience in Specialist Depression and Bipolar Disorder services, early intervention in psychosis, assertive outreach, crisis and home treatment, eating disorders, perinatal psychiatry, community forensic services, adult ADHD and neurodevelopmental assessment, psychotherapy, drugs and alcohol, rehabilitation, primary care and liaison psychiatry.

**An example of a CT1 Academic Clinical Fellow's rotation would be:**

- CT1: General Psychiatry (6 months), General Adult Psychiatry (6 months)
- CT2: Academic Training (6 months); Child and Adolescent Psychiatry or Learning Disability (6 months)
- CT3: Academic Training (3months), Speciality Experience (3 months), General Adult Psychiatry (6 months)

Clinical rotations are coordinated by the Clinical Training Programme Directors to address the clinical training needs of the successful applicant. At the end of the 3-year ACF post, the Academic Clinical Fellow will either move into a PhD post before continuing their clinical training or process/return directly to the clinical training programme.

This programme is based in hospitals in and around Nottingham including:

- Nottinghamshire Healthcare NHS Trust: Highbury Hospital, Queen's Medical Centre, Millbrook Mental Health Unit, Arnold Lodge, Rampton Hospital
- Derbyshire Healthcare NHS Foundation Trust: Derby Psychiatric Unit, St James House, Kingsway Hospital, South Derbyshire CAMHS, Radbourne Unit, Temple House, St Andrews House
- Lincolnshire Partnership NHS Foundation Trust: Beaconfield Centre, Discovery House, Homer House, Long Leys Court, Peter Hodgkinson Centre, Manthorpe Centre,

Stamford Resource Centre, Pilgrim Hospital (Psychiatry Ward), Carholme Court, Witham Court

The Academic Clinical Fellow will gain experience in Psychiatry, working in community and inpatient settings and, following satisfactory ARCP assessments, will rotate between posts within the programme. The clinical rotation gives excellent all-round training with opportunities in many subspecialties within a relatively small geographical area. All the units involved in the rotations are renowned for their excellence in clinical care, teaching and support of their trainees, as well as for their friendliness.

Extra duty payments will be paid pro-rata depending upon the banding of the rota associated with each clinical post. If academic time is taken as block release, clinical out-of-hours duties are not usually undertaken in this time, which would result in cessation of these payments during academic block release.

On completion of the three-year Academic Clinical Fellowship, the post holder will either take up a Clinical Research Fellowship working towards a doctorate (later returning to clinical training) or, alternatively, may continue with full time clinical training to CCT within the clinical rotation.

See: https://www.eastmidlandsdeanery.nhs.uk/psychiatry/general_psychiatry

## Mentorship, Appraisal and Assessment

In addition to their research supervisor, the successful candidate will have an academic mentor who will be a senior clinical academic and who will provide support for all aspects of the ACF. In addition, as for all clinical Resident Doctors, educational support for clinical training will be provided by an Educational Supervisor who will provide guidance and support in attaining clinical competencies and in the development of a personal e-portfolio. For each clinical attachment, the Resident Doctor will be allocated a Clinical Supervisor to assist them in attaining their clinical competencies. This will be complimented by the well-established Clinical Training Day Programme.

Completion of clinical training will be contingent on satisfactory appraisal of clinical competencies. Academic Clinical Fellows will undertake regular appraisals and an annual joint academic and clinical and assessment (Joint Clinical Academic ARCP) and competency-based assessments.

## Person Specifications

Applicants for this post should fit the both the academic person specification and the clinical person specification for the level of training. Both the academic and clinical person specifications can be found at https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/person-specifications

Successful applicants will have **all** of the essential criteria listed in the person specification. Where different essential criteria in academic and clinical person specifications exist, successful applicants will have demonstrated the higher criteria.

### Further information can be obtained from:

| | | |
|---|---|---|
| Academic Programme Director | **Dr Anto Rajamani** | Anto.Rajamani@nottingham.ac.uk |
| Training Programme Director for CT 1-3 | **Dr Madiha Lotfy** | madiha.lotfy@nhs.net |

| | | |
|---|---|---|
| Training Programme Director for ST 4+ | **Dr Mahendra Kumar** | mahendra.kumar@nhs.net |
| Clinical Academic Training Programme Team | **Harriet Delahoy & Katie Harrison** | ms-iatadmin@nottingham.ac.uk |
| NHS England | **Ms Marcia Reid** | https://nhs-help.freshdesk.com/support/home |

The University's Clinical Academic Training Programme Deputy Director Professor David Humes is also available to provide advice, see website: www.nottingham.ac.uk/go/catp

## Useful links

**NIHR Resident Doctors website**: https://www.nihr.ac.uk/explore-nihr/academy-programmes/integrated-academic-training.htm

**Life in Nottingham:** http://www.nottingham.ac.uk/studywithus/nottinghamlife/index.aspx

**About the University of Nottingham and School of Medicine:** https://www.nottingham.ac.uk/medicine/documents/school-of-medicine-further-information.pdf

# Appendix 1:

## Life in Nottingham

Central within the East Midlands, Nottingham is a vibrant and prosperous city with something to offer everyone. It is one of the UK's leading retail centres and has a huge variety of restaurants, bars and nightclubs, which attract people from all over the UK. Culturally, it has good theatres, an arena which attracts both national and international performers and a range of historical interests relating to subjects such as the lace industry, Lord Byron and DH Lawrence. Nottingham is also known for sport, being the home of Trent Bridge Cricket Ground, Nottingham Forest and Notts County Football Clubs, the National Water Sports Centre and the Nottingham Tennis Centre. There is a good network of roads with easy access to the M1 and the A1, a fast frequent rail service to London and other major cities. Nottingham East Midlands Airport is only eighteen miles away.

The city is set within a county of outstanding natural beauty, which includes Sherwood Forest, Wollaton Park, lively market towns and wonderful historic buildings. Housing is relatively inexpensive and, in addition to the two Universities, there are excellent schools and colleges available.

To find out more about Nottingham, use the following links:

**Nottingham County Council – Tourism**
https://www.visit-nottinghamshire.co.uk/

**University of Nottingham**
http://www.nottingham.ac.uk

**Zoopla (Guide to local properties)**
http://www.zoopla.co.uk/

**My Nottingham (information on schools, term dates, school transport etc.)**
http://www.nottinghamcity.gov.uk/education-and-schools/school-admissions/

# Appendix 2: Nottinghamshire Healthcare NHS Trust

## Introduction

Nottinghamshire Healthcare is one of the largest mental health trusts in the country, serving a population of over one million people across Nottinghamshire, including the provision of healthcare services from Rampton Hospital, one of the country's three high-secure hospitals. This provides interested trainees with unique training opportunities in forensic psychiatry. The Trust also has strong academic links with the University of Nottingham and the Institute of Mental Health, home of the Mental Health Research Network hub for East Midlands and South Yorkshire.

## Trust Details

Nottinghamshire Healthcare provides integrated healthcare services, including mental health, intellectual disability, and physical health services. Over 9000 dedicated staff provide these services in a variety of settings, ranging from the community through to acute wards, as well as secure settings. The Trust manages two medium secure units, Arnold Lodge in Leicester and Wathwood Hospital in Rotherham, and a high secure Rampton Hospital near Retford. It also provides healthcare in prisons across the East Midlands. The Trust is committed to a sustainable future and works hard to reduce its carbon footprint and environmental impact across all of its many services.

## Service Details

The Trust covers the whole of the county of Nottinghamshire in the provision of mental health services to children, adults and older people.

Services currently provided by the Trust are divided into 3 directorates with sub-specialties featuring within including:

- Local Mental Health Services
    - Adult Mental Health Services (AMH)
    - Specialist Services Directorate (SSD)
- Older people care unit (OPCU)
- Forensic Services
- Community Healthcare

The Trust manages two medium secure units, Arnold Lodge in Leicester and Wathwood Hospital in Rotherham as well as the high secure Rampton Hospital near Retford.

The following Psychiatric Services serve the Nottingham and Nottinghamshire area:

- Alcohol & Addiction
- Child and Adolescent Mental Health Services
- Forensic Mental Health Services
- Adult Mental Health
- Mental Health Services for Older People
- Psychotherapy
- Perinatal Psychiatry
- Specialist Eating Disorders Service
- Personality Disorders Network
- Specialist Gender Clinic
- Intellectual and Developmental Disabilities Service
- Integrated Offender Healthcare
- Community Healthcare via Health Partnerships and Bassetlaw Health Partnership.

## Research

We have close links with the Institute of Mental Health (IMH) and the University of Nottingham. Since its formation in 2006, the Institute has established a track record of success, with achievements in pioneering education provision and innovative, service-facing, inter-disciplinary research.

The IMH currently receives approximately £34 million in external research grants and is one of the UK's prime locations for interdisciplinary research in mental health with 33 full time and associate professors. Particular strengths of the Institute are reflected in its eight Centres of Excellence:

- ADHD and neurodevelopmental disorders across the lifespan – advancing the translation of research into practice.
- Dementia – tackling one of the biggest health challenges facing the population.
- Education – providing accredited and non-accredited training delivered by experts in their field.
- Health and Justice – improving the understanding of and provision for mentally disordered offenders.
- Mental Health and Human Rights – officially launched in 2018.
- Mood Disorders – advancing leading edge research into conditions such as depression and bipolar disorder.
- Social Futures – transforming how service users, carers and professionals work together in a new community of understanding.
- Translational Neuroimaging – building on recent advances in neuroscience, diagnosis and treatment.

The Institute also hosts

- The Cochrane Schizophrenia Group for the evaluation of the prevention, treatment and rehabilitation of people with psychotic illnesses.
- MindTech – a National Institute for Health Research (NIHR) Healthcare Technology Co-operative focused on the development of new technology for mental healthcare.
- The NIHR Collaboration for Leadership in Applied Health Research and Care East Midlands (CLAHRC-EM).

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# Academic Clinical Fellowships at the University of Nottingham

