

# GAT

George's Academic Training

# Newsletter

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**St George's**  
University of London

17th EDITION

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2024

# New starters

## Cian Wade



Academic Clinical  
Fellow in Cardiology

Cian is joining SGUL as an ST1 Academic Clinical Fellow in Cardiology. During his Academic Foundation Program, Cian developed an interest in translational research through leading a collaboration with Kenya's Ministry of Health to develop Kenya's first formalized neonatal analgesic guidelines. He was appointed as a National Medical Director's Clinical Fellow where he pioneered a national strategy to reduce health inequities in patient safety. He was awarded a Fulbright scholarship to study Public Health at Harvard University. Here he deepened his understanding of strategic

considerations across the healthcare and life sciences ecosystem and has continued to strengthen this skill set through his recent work as a strategy consultant in the USA. Cian is passionate about leveraging the full breadth of his experience and skills from academia, through industry to clinical delivery to ensure that transformative medical research and innovation generates maximum benefit for patients. He hopes to use his ACF to develop AI-based technologies that improve population cardiac outcomes.

# New starters

## Christopher Cousins

Clinical Lecturer in  
Infectious Diseases



Dr Christopher Cousins is an ST5 specialist trainee in Infectious Diseases and Internal Medicine. He is joining the Institute for Infection and Immunity as an NIHR-funded Clinical Academic Lecturer in Infectious Diseases, supervised by Dr Sean Wasserman.

Chris completed his undergraduate medical degree at the University of Manchester, where he graduated top of his year. He subsequently completed an NIHR-funded Academic Clinical Fellowship in Clinical Pharmacology and Therapeutics in Liverpool, and most recently spent five years as a research fellow at the National

University of Singapore. There he worked as Project Leader of TRUNCATE-TB trial, a major multinational randomised controlled trial investigating a novel strategy for the management of drug-susceptible TB. He was the second author of the main trial paper, published in the New England Journal of Medicine in 2023. Concurrently, Chris undertook his PhD assessing the pharmacokinetics of novel ultra-short course TB regimens. His research interests are in interventional global health, clinical trials, and the pharmacokinetic optimisation of antimicrobials.

# News from trainees



I am Nuria (4<sup>th</sup> from left), and I am two years into my academic clinical lectureship at the Centre for Neonatal and Paediatric Infection at St George's.

During this time, I have been working closely with the Migrant Health Research Group (MHRG) led by Dr. Sally Hargreaves. My recent work has included looking at Chronic Hepatitis B and vaccine coverage in migrant children and pregnant women, and screening and catch-up vaccination policies in Europe. I have also been studying the acceptability and effectiveness of family clinics for the screening of infectious diseases in migrant groups. I will be presenting the results of this work at the European Society of Paediatric Infectious Diseases conference in Copenhagen later this year.

I have recently been awarded an Academy of Medical Sciences grant to develop this work further, using HDRUK data to look at healthcare use and infection related diagnoses and outcomes, including vaccine uptake, among

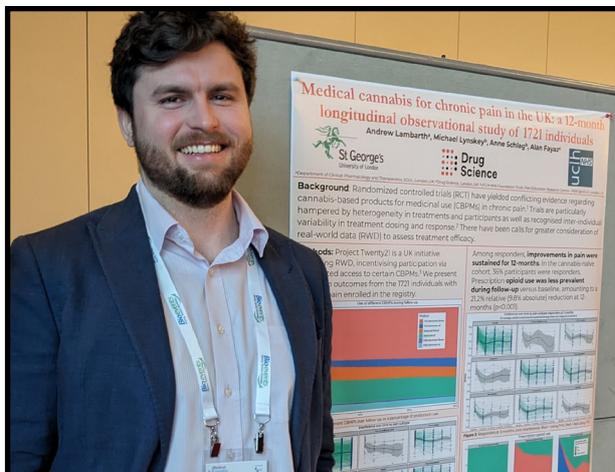
migrant children who require an interpreter in England.

In the past six months I have also worked with the MHRG to host two migrant health community engagement events in collaboration with the Southwark Refugee Forum. As a result of these workshops, we have established a collaborative of individuals, with lived experience of migration, who would like to work together with us to co-create research from inception to dissemination.

Alongside this, I have continued my work on congenital infections and have published [a systematic review and meta-analysis on paediatric, maternal and congenital Mpox in the Lancet Global Health which is available to read here](#). I will also be travelling to Brazil next month as part of my work on the LIFE Zika study (Wellcome Collaborative Award) which is following up children living with congenital Zika Syndrome until school age.

– Nuria Sanchez Clemente

# News from trainees



Andrew Lambarth presented his poster 'Medical cannabis for chronic pain in the UK: a 12-month longitudinal observational study of 1,721 individuals' at the Medical Cannabis 2023 International Congress in Frankfurt

## Prevalence of chronic pain or analgesic use in children and young people and its long-term impact on substance misuse, mental illness, and prescription opioid use: a retrospective longitudinal cohort study

Andrew Lambarth,<sup>1,2,3,4</sup> Michal Katsouli,<sup>5</sup> Chengsheng Ju,<sup>6</sup> Alastair Worwick,<sup>7</sup> Rihan Talhar,<sup>8</sup> Caroline Dale,<sup>9</sup> David Pinto-Meira,<sup>10</sup> Andrew Mann,<sup>11</sup> Debajit Sen,<sup>12</sup> Li Wei,<sup>13</sup> and Raechel Seftel<sup>14,15</sup>

<sup>1</sup>Department of Clinical Pharmacology and Therapeutics, St George's University of London, London, UK  
<sup>2</sup>St George's University Hospitals NHS Foundation Trust, Cranmer Terrace, London, UK  
<sup>3</sup>MRC Unit for Lifelong Health and Ageing, Institute of Cardiovascular Science, University College London, London, UK  
<sup>4</sup>Research Department of Practice and Policy, University College London School of Pharmacy, 29-39 Brunswick Square, London, WC1N 1AZ, UK  
<sup>5</sup>Institute of Cardiovascular Science, University College London, London, UK  
<sup>6</sup>Moorfields Eye Hospital NHS Foundation Trust, London, UK  
<sup>7</sup>Department of Pharmacology and Therapeutics, University of Liverpool, Liverpool, UK  
<sup>8</sup>Facultad de Medicina, Universidad de Alcalá, Madrid, Spain  
<sup>9</sup>Usher Institute, College of Medicine and Veterinary Medicine, The University of Edinburgh, Nine Edinburgh BioQuarter, 9 Little France Road, Edinburgh, EH16 4UX, UK  
<sup>10</sup>Health Data Research UK, 215 Euston Road, London, NW1 2BE, UK  
<sup>11</sup>University College London Hospitals NHS Foundation Trust, 225 Euston Rd, London, NW1 2BU, UK

**Summary**  
**Background** Epidemiological studies suggest chronic and recurrent pain affects around a quarter of children, who report intense and frequent pain. The long-term implications of chronic pain in childhood are uncertain. Using electronic health records (EHRs) we used both disease codes and medicines prescription records to investigate the scale of chronic pain and long-term analgesic use in children and young people (CYP), and if chronic pain and use of analgesic medicines at an early age is associated with substance misuse, use of prescription opioids, an

From July-December 2023, Andy undertook the main research block of his Academic Clinical Fellowship. During this time, his most substantial research output to date – a large-scale epidemiological study of chronic pain and painkiller use in children and young people – was published in The Lancet Regional Health, Europe. This publication received coverage from a number of national and regional news outlets.

In December, Andy presented some of his other ongoing work at Medical Cannabis 2023 in Frankfurt. This was an international conference focused on current controversies in the field of medical cannabis. Andy's work explores treatment outcomes among a

large cohort of UK residents using medical cannabis to manage their chronic pain. The poster generated a lot of interest and discussion, and he is now in the process of writing a manuscript for submission to a journal.

– Andy Lambarth

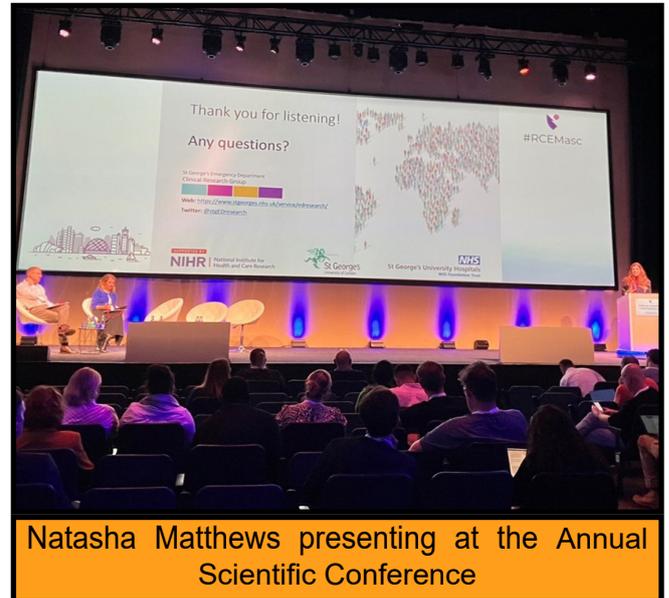
Read Andy Lambarth's publication in The Lancet: ['Prevalence of chronic pain or analgesic use in children and young people and its long-term impact on substance misuse, mental illness, and prescription opioid use: a retrospective longitudinal cohort study.'](#)

# News from trainees

In September 2023, I attended the Royal College of Emergency Medicine (EM) Annual Scientific Conference for the second time, honoured as a shortlisted candidate for the Rod Little prize. This conference serves as a crucial platform for connecting with the Academic EM community and staying abreast of the latest research from national and international speakers.

As an NIHR ACF in Emergency Medicine, this opportunity has been invaluable for me to learn, develop and collaborate on research activities while enhancing my presentation skills. My research focus is the health challenges faced by migrants, an essential consideration in our increasingly globalised world. In my presentation, 'Patterns of emergency service use among migrants: a systematic review', I shared insights from ongoing collaboration with The Migrant Health Research Group at St George's, led by Dr Sally Hargreaves.

The presentation revealed that data suggest migrants in Europe and the US are not disproportionately represented in emergency services compared to native-born populations. But low rates of primary care registration



among migrant Emergency Department (ED) visitors signal barriers to accessing primary care, underscoring the potential for adverse health outcomes when migrants self-refer to emergency care.

Despite these insights, specific issues concerning emergency care provision for migrants in the UK remain largely unexplored. Therefore, our team at the ED Clinical Research Group, St George's University Hospital, led by Professor Heather Jarman, is launching a survey to understand the current service provision for migrants in UK EDs. I am incredibly grateful for this enriching experience and excited about what's to come with the upcoming survey. Stay tuned!

– Natasha Matthews

# News from trainees



With the support of an NIHR bursary and the GAT Team, Aurélien Guérout (ACF in Vascular surgery) was able to attend the Vascular Societies' Annual Scientific Meeting (VS ASM) in Dublin (22-24/11/2023). This is Britain and Ireland's premier academic meeting for Vascular Surgery and has a strong multidisciplinary focus including Nursing and Vascular Scientist programmes. In response to the recent BJS paper reporting deplorable rates of sexual misconduct in surgery (Begeny et al. 2023), the vascular community has rallied to address this serious issue. Bringing about a significant culture change was a pre-eminent theme throughout the conference and highlighted in Ms Rachel Bell's presidential address. The scientific programme was broad and enriching; particular highlights included the Kinmonth lecture and Sol Cohen prize

session. In the Kinmonth lecture, the guest speaker Ms Anahita Dua (Massachusetts General Hospital/ Harvard Medical School) gave an inspiring lecture on innovative therapies in peripheral vascular disease. Several presentations in the Sol Cohen prize session tackled co-morbidity and pre-operative optimisation in vascular surgery. The latest research makes a strong case for involving geriatricians in vascular pre-operative care and at St George's Vascular Institute, this has had significant impact on our practice with a newly appointed pre-operative care consultant geriatrician. Overall the VS ASM was a fantastic experience and a real opportunity to further Aurélien's understanding of key issues in vascular research as well as meeting with collaborators and experts in the field. Thank you to the GAT team for making it possible!

– Aurélien Guérout

# News from Primary Care



St George's staff and students organised a Conference for the London and Southeast Region Society of Academic Primary Care

Academic primary care at SGUL (jointly education and research) organised a [conference for the London and Southeast Region Society of Academic Primary Care](#) on 25 and 26 January.

There were 115 attendees, from students to Professors, from across all London Medical Schools, Cambridge, University of East Anglia, Brighton and Sussex. There were 74 academic presentations across the breadth of primary care research and education: 18 of these were from SGUL GP academics and medical students. SGUL staff and students won four of the six prizes (despite judges

being non-SGUL!). The prize-winners were: Dr Umar Chaudhry and Dr Lakshmi Chandrasekaran (both from the Population Health Research Institute (PHRI)) won joint first prize for clinical research;

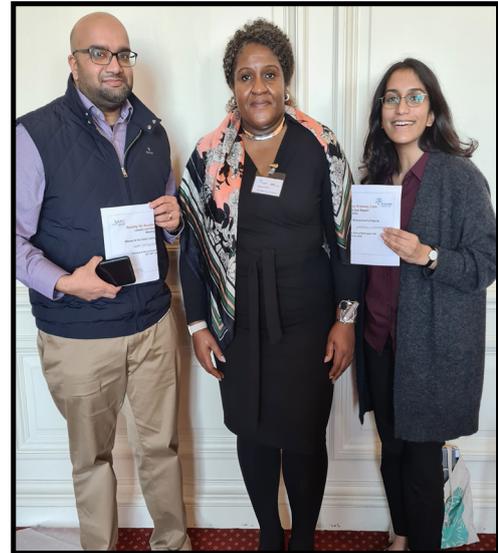
Dr Jackie Driscoll (PHRI and the Institute of Medical and Biomedical Allied Education (IMBAE)) medical education first prize;

SGUL medical student Ms Seri Durosinmi won creative enquiry prize; SGUL medical student Mr Harpreet Chohan won the student prize.

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# News from Primary Care



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Dr Ban Haider, SGUL Associate Dean for Culture and Development, started the conference with a plenary ‘Decolonising primary care education: An action focused approach’ based on her SGUL experience. Dr Margaret Ikpoh (Vice-Chair of the Royal College of General Practitioners) ended the conference by presenting prizes and received a standing ovation for her powerful talk on ‘Fostering equity: A call to action for inclusive progress’.

Reem Yahia, Academic Clinical Fellow in Primary Care, gave an oral presentation at the conference: ‘implementing a digital rare disease casefinding tool in UK primary care:

a qualitative study of health professionals’ experience’.

We have received immensely positive feedback about the success and excellence of the conference from all higher education institutions, none of which would have been possible without the support of both PHRI and IMBAE: IMBAE in providing excellent administrative support in the form of Steven Lupton and his team, and PHRI for allowing us to use their conference room for planning meetings.

Our primary care series for students runs from 31 January to 21 May. [See more information here.](#)

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# PGCert Healthcare Research Skills and Methods

## Enrol now for the PGCert Healthcare Research Skills and Methods: [Healthcare Research Skills and Methods](#)

The course is suitable for a wide range of healthcare professionals, and is of particular relevance to doctors and allied health professionals in academic training or established clinicians who wish to develop,

enhance and implement their research skills. It will also be of benefit to healthcare educators, social care practitioners and researchers.

This course covers:

- Knowledge and techniques
- Personal effectiveness
- Engagement with research
- Influence and impact
- Research governance and

Please contact Dr Mathew Paul and Prof Nidhi Sofat, Course Directors for further information:

[mpaul@sgul.ac.uk](mailto:mpaul@sgul.ac.uk)

[nsofat@sgul.ac.uk](mailto:nsofat@sgul.ac.uk)



# PGCert Healthcare Research Skills and Methods outcomes

In my quest to enhance my research abilities, I stumbled upon the PGCert Healthcare Research Skills and Methods program at St George's University, and it turned out to be a stroke of luck. Completing this program in 2022 was an incredibly enriching journey. Every component of the curriculum proved invaluable, particularly the modules on research methods, data analysis, and critical appraisal. The course was well organised, and the support from lecturers and librarians was exceptional.

This program has been instrumental in refining my research skills significantly. The course enabled me to publish my research work and successfully secure the NIHR Doctoral Clinical and Practitioner Academic Fellowship award, which I will commence in April 2024. This accomplishment serves as a testament to the efficacy and relevance of the PGCert program.

Ali Nuh, senior biomedical scientist,  
Imperial College London

## Accelerating research careers

- **Sanjay Sivalokanathan** (ACF at St. George's) developed his research interests in POC ultrasound and is now continuing his research alongside clinical training in the US
- **Joseph Salem**, surgical trainee, published his PGCert output on COVID-19 and the Impact on Doctor Wellbeing and Training which was awarded the SGUL's prize for outstanding research.
- **Simran Parmar** completed the course as a specialist foundation programme doctor and is now delivering his research at St George's as an NIHR ACF.
- **Damion Bailey**, senior radiographer, completed his PGCert and then progressed to a Masters programme at St George's.



# Events



The annual meeting of the Association of Physicians of Great Britain and Ireland will take place on 23-24 May 2024 in Newcastle. Find more information here:

<https://aopgb.org/apam-2024/>

NIHR have a series of events coming up which you can find more information about here: <https://www.nihr.ac.uk/about-us/events.htm>



The spring ResearchAware skills and methods series has four informal training seminars of research topics. These sessions are open to all and are particularly relevant to clinicians and allied health professionals.

See the timetable below and find more information here: <https://www.sgul.ac.uk/study/professional-education/st-georges-academic-training/researchaware-skills-methods>

22 February 2024	Sharing your data for maximum impact	Sarah Stewart, room LT C
29 February 2024	A virologist in the media: challenges and opportunities	Elisabetta Groppelli, room LT B
07 March 2024	Statistical significance: an exploration of current thinking	Philip Sedgwick, room LT B
21 March 2024	AI: future potential in research & healthcare	Tom Barrick, room LT A

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