

## SPCR MENTOR BIOGRAPHIES

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### **Clare Bankhead**

Clare Bankhead is a University Research Lecturer in the Nuffield Department of Primary Care Health Sciences, University of Oxford.

After obtaining her first degree in physiology, Clare spent five years working in the ARC Epidemiology Research Unit, University of Manchester where she obtained her MSc in Epidemiology and Medical Sciences which focused on the diagnosis of rheumatoid arthritis. Clare moved to the University of Oxford in 1996 and joined the Primary Care Education Research Group, where she developed her career in cancer screening, awareness and symptoms. Whilst she was part of this group, Clare undertook her DPhil studies investigating the symptoms associated with a diagnosis of ovarian cancer. In 2006, Clare took a period of maternity leave and then subsequently returned to work, in a part-time capacity. In 2008, Clare moved to the new Oxford Centre for Monitoring and Diagnosis (MaDOx), within the Nuffield Department of Primary Care Health Sciences.

Clare is a senior epidemiologist with a special interest in statistics and research design. Her main research interests focus on cancer diagnosis, chronic disease monitoring and interventions to improve health related behaviours. During her research career she has utilised a vast range of different methodological approaches including RCTs, epidemiological studies, qualitative methods, mixed methods, systematic reviews and individual patient data (IPD) systematic reviews and meta-analysis.

Currently, Clare is Deputy PI on a new five-year NIHR Programme Grant on Monitoring Long-term Conditions. She is also the Epidemiology/Methodology lead of a new research group which is undertaking research using large routine databases, such as the Clinical Practice Research Datalink.

Clare also undertakes a teaching role within the University and is responsible for co-ordinating a core module of the Masters in Evidence Based Health Care. She supervises both MSc and DPhil Students and is a Fellow of Kellogg College, Oxford.

Clare understands the challenges of working part time whilst maintaining an academic career.

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## Rebecca Barnes

Rebecca Barnes has been a Research Fellow in Primary Health Care at the University of Bristol since 2012. She works within the Centre for Academic Primary Care in the School for Social & Community Medicine. Rebecca's undergraduate degree was in Psychology from the University of Plymouth. She went on to complete a Postgraduate Diploma in Psychological Research Methods and a PhD in the same institution. Her main expertise lies in qualitative research methods. In 2002 she won an ESRC Postdoctoral Fellowship Award which she used to develop her skills in conversation analytic methods by attending a taught summer school at the University of California, Santa Barbara.

After this she worked with Professor Charles Antaki in the Social Sciences Department at Loughborough University on an ESRC funded study of psychotherapy interactions and then moved to the Peninsula College of Medicine & Dentistry. Here she worked her way up from postdoctoral researcher to senior research fellow in clinical education. Whilst here she became a pastoral tutor for undergraduate medical students, was an early career researcher representative on the Research and Innovation Committee, and supervised postgraduate research students from a mix of disciplinary backgrounds including social psychology, clinical psychology, medicine, social science and speech and language therapy. With the support of Professor Nicky Britten and the Foundation for the Sociology of Health and Illness, she also instigated the biennial '*International meeting on conversation analysis and clinical encounters.*'

Rebecca has always had an interest in studying communication in medical care and was very happy to move to Bristol when a qualitative primary care research fellow post came up. Since taking up her post she has relished the opportunity to embrace being a primary care social scientist and to experience the role of being chief investigator on her own NIHR-funded projects. She has also developed a new short course in Bristol entitled '*Introduction to using conversation analysis to study health care encounters*'; a mindfulness training

course for trainee GPs in the Severn Deanery School of Primary Care; and is currently sharing the post of SPCR training lead.

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## **Peter Bower**

Peter is a Professor of Health Services Research and Lead at the Centre for Primary Care, University of Manchester. He has a first degree in psychology and first started to work in primary care when he took up a PhD studentship within the Department of General Practice at St George's Hospital Medical School, exploring GP recognition of depression. Following completion of the PhD, he joined the new National Primary Care Research and Development Centre (NPCRDC) at the University of Manchester, where he worked throughout the lifetime of the Centre.

Following the end of the NPCRDC, he stayed in Manchester to continue research work within the new Centre for Primary Care, which was a founder member of the new NIHR School for Primary Care Research. His research interests include a focus on effective ways of improving management of long term conditions, with a focus on self-management and behaviour change, as well as the role of patient-centred care. He is very interested in the management of multimorbidity, especially the combination of physical and mental health problems. He has a long-term interest in the evaluation of psychological therapies for common mental health problems. In methodological terms, he has core expertise in evidence synthesis and randomised controlled trials, although he has dabbled in all areas of health services research over the last 20 years.

As well as his work within the NIHR School for Primary Care Research, he is part of the North West Hub for Trials Methodology Research (<http://www.liv.ac.uk/translational-medicine/departmentsandgroups/nwhtmr/about/>), the CLAHRC for Greater Manchester (<http://clahrc-gm.nihr.ac.uk/>), and the Greater Manchester Primary Care Patient Safety Translational Research Centre (<http://www.population-health.manchester.ac.uk/primary-care-patient-safety/>). He also has a role at the University of Manchester in the management of postgraduate research.

His University profile can be found here (<http://www.population-health.manchester.ac.uk/staff/peterbower/>) and he is an occasional user of Twitter (@bowercpcman)

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## **Carol Coupland**

Carol Coupland is an Associate Professor and Reader in Medical Statistics (part time) in the Division of Primary Care at the University of Nottingham.

Carol has a degree in mathematics from Exeter University and an MSc in biometry from Reading University. She worked at the MRC Environmental Epidemiology unit in Southampton before moving to the University of Nottingham where she completed her PhD.

Her research focusses on the design and analysis of studies based in primary care, including large epidemiological studies using primary care databases and cluster randomised trials. Her research projects include several into the unintended adverse effects and benefits associated with commonly prescribed medications, such as antidepressants and medications for diabetes. She also carries out research into the development and validation of algorithms for prediction of disease risk. Other work includes research into the epidemiology and prevention of injuries.

Carol is involved in teaching statistics to Masters in Public Health students, PhD students and dermatologists. She has supervised a number of PhD students and is the coordinator for postgraduate students in the Division of Primary Care in Nottingham.

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## **David Fitzmaurice**

David Fitzmaurice qualified from the University of Birmingham Medical School in 1987. He was appointed as the first academic trainee GP in 1993, He has contributed to the growth of the Department of Primary Care Clinical Sciences, University of Birmingham, particularly within the research arena, culminating in the Department receiving a 5\* rating at the last Research Assessment Exercise. He continues to undertake 2 sessions of clinical practice per week in an inner city general practice.

He has been involved in several large scale studies and has published around 100 papers in peer-reviewed publications. His main research interest has been in the area of anticoagulation research, particularly focussing on the primary care management of oral anticoagulation and venous thromboembolic disease. This work has led to the "Birmingham Model" of oral anticoagulation management, comprising a practice nurse led clinic utilising near patient testing for INR measurement and computerised decision support software to

assist with dosing, being recognised both nationally and internationally as a credible alternative to the traditional hospital out-patient model of oral anticoagulation management. This, in turn has led to the development of the concept of patient self-management of oral anticoagulation with the SMART trial, an MRC funded trial of self-management versus routine care, demonstrating the clinical effectiveness of this model within the UK. He was PI on the landmark BAFTA study which demonstrated the superiority of warfarin over aspirin as stroke prevention for patients aged 75 and over with atrial fibrillation. The relative success of this programme of work was recognised with an NHS Career Scientist Award in 1999. He has been invited to speak at numerous national and international scientific meetings of primary care, cardiology and haematology, for example, the Society for Academic Primary Care, the North American Primary Care Research Group, The British Cardiac Society, the British Society for Haematology, The International Society for Haemostasis and Thrombosis. He represents Primary Care on various national and international bodies with an interest in these areas, very often being the only primary care input into specialist organisations, for example, the British Committee for Standards in Thrombosis and Haemostasis (BCSTH), the International Society for Anticoagulation At home Monitoring (ISAAM), The Royal College of General Practitioners Research Group.

More recent work has included investigations into the genetic basis of warfarin sensitivity, performance evaluations of diagnostic tests and registry based studies around atrial fibrillation and patient self-management of oral anticoagulation. He currently reviews for around 30 peer-reviewed journals, including the Lancet, British Medical Journal, JAMA, BJGP, and the British Journal of Haematology.

In parallel with the development of this programme of research David has developed a wide-ranging suite of post-graduate education, comprising both Masters level and non-accredited activity. This is focussed within the National Centre for Anticoagulation Training which is based within Primary Care Clinical Sciences

<http://www.birmingham.ac.uk/staff/profiles/haps/PrimaryCareClinicalSciences/fitzmaurice-david.aspx>

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## **Georgina Fletcher**

Georgina Fletcher has worked in higher education management since completing her PhD in 1997. She has experience of working in both academic departments and central professional services.

Georgina studied Biological Sciences (Microbiology) for her first degree and her doctorate was in molecular biology.

She has been the SPCR Senior Scientific Manager since mid-2010. Higher education management and research management in particular are increasingly being seen as careers of choice and not just something that previous students fall into without any previous thought. There are now a host of PG awards particularly aimed at the sector, e.g. MBA Higher Education Management IoE, MA Higher and Professional Education IoE and the DBA in Higher Education Management University of Bath. In addition candidates with a PhD are often sought for research programme management posts in research funding organisations, research councils and charities.

Georgina has been a member of the Association of University Administrators since 2004 and has been a mentor on their PG Cert in Professional Practice (<http://www.aua.ac.uk/pgcert-0-.html>) since 2009. She is also a member of the Association of Research Managers and Administrators (<https://www.arma.ac.uk/>).

Having experienced both UG and PG study and worked to support HE activity including clinical trials, Georgina is happy to discuss research management as a potential career choice with any trainee who may be interested.

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## **David Kessler**

I am a Senior Lecturer in Primary Care in the School of Social and Community Medicine (SSCM) at Bristol University.

My first degree is in English Language and Literature. When I left University I worked for two years with homeless alcoholics in London before going to Medical School at St Bartholomew's in London.

After graduating I worked in general hospital medicine and paediatrics before training as a psychiatrist at the Institute of Psychiatry. I became a member of the Royal College of Psychiatrists in 1989. In 1991 I became a member of the Royal College of General Practitioners and in 1992 took up a full time partnership in a GP practice in Bedminster in Bristol. I have worked there ever since and have been senior partner for the last 5 years. I still do three surgeries a week.

I started doing research in 1999. My research came naturally out of my clinical work, and began with questions about the identification of common mental disorders in primary care, and patients' attribution of their symptoms. In 2000 I was awarded the RCGP/MIA fellowship and this allowed me more time for academic work. I also joined the SSCM at Bristol University. My MD was awarded in 2003.

My research is about mental health in primary care, particularly depression and anxiety. I am interested in cognitive behavioural therapy, and in integrating computers, smart phones and tablets into therapy. I am also interested in treatment resistant depression and am increasingly involved with research in psychosis and autism, especially patients in these groups with mood disorders. My methodological strength is mainly in clinical trials.

I supervise PhD students and am mentoring Academic Clinical Fellows and post-doctoral non-clinical researchers. I was a member of the NICE guideline development group for depression in adults with a chronic physical illness.

I realise my career pathway is unusual but I think this gives me some breadth and perspective and I would like to put that to use in mentoring.

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## **George Lewith**

George Lewith is Professor of Health Research at the University of Southampton in the Department of Primary Care. His first intercalated degree was in biochemistry and he subsequently went on to qualify in medicine at Westminster Hospital, London, training both as a physician and a GP. He developed an academic and clinical interest in complementary medicine after training in China as an acupuncturist in 1978 in Nanjing and completed his MD in clinical trial methodology for acupuncture. He established an integrated medical practice in Southampton and London developing a range of clinical skills within complementary medicine; he left full time NHS practice in 1983 establishing a mixed NHS (contract based) and private practice.

George Lewith was first appointed as a lecturer in Primary Care in 1979 and has published and received grants consistently over the last 35 years. He is currently involved in a range of projects which include studies on mindfulness interventions and cancer (in particular, breast and prostate cancer), understanding the placebo effect and linking the placebo literature to that around the therapeutic interaction in primary care consultations, a continuing long-term interest in acupuncture research, a number of projects evaluating the

specific efficacy of Chinese herbal medicines in chronic, long-term conditions and Western herbs in acute infections as well as a variety of projects within the field of nutritional medicine. He has published over 300 papers and a number of books on Acupuncture and CAM research methods as well as having been a very active clinician until 2012. He has supervised and mentored a number of post docs, has had 14 successful PhD students and is currently supervising 5 doctoral students. He has wide experience of peer review (both grants and papers) and has worked as a consultant for WHO, FDA and the NIH.

Among his current interests are sitting on the board of the Council for Natural Health Care, developing resilience programmes for foundation doctors, engagement with the NHS Staff College (a management training organisation) and mentoring academics within the School for Primary Care Research as the education lead for Southampton. George Lewith has a broad range of experience involving clinical practice, a variety of commercial activities, and over 30 years of academic work in primary care with particular interest in complementary medicine.

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## **Elizabeth Murray**

Elizabeth has just been promoted to Associate Professor in Public Health in the Division of Primary Care at the University of Nottingham and is an Acting Consultant in Public Health at Leicestershire County Council.

She began her career in the field of hearing research at the University of Keele where she completed a PhD in 1996 investigating the cellular mechanisms of sensory hair cell degeneration and repair. After a short-term lectureship in neuroscience at the University of Sheffield she moved to the Loeb Research Institute, Canada, as a postdoctoral fellow to study the genetics of inner ear development and then continued this work back in the UK at the MRC Institute of Hearing Research at the University of Nottingham.

In 2003 she left research and joined the senior management team of the National Newborn Hearing Screening Programme where she led aspects of its implementation in England and established the programme's quality assurance systems. Working in the NHS, in screening, opened up doors in public health and in 2008 she began public health specialty training in the East Midlands as a non-medical Registrar. Whilst undertaking her Masters in Public Health she was drawn back to academia and in 2010 was appointed a part-time lectureship in Public Health in the Division of Primary Care at the University of Nottingham, working as



part of the Injury Epidemiology and Prevention group. She continues to work half time in service public health work and half time in research.

Her research interests include injury prevention and also alcohol-related harm using both qualitative and quantitative methods. She is also leading a Cochrane review and part of a multi-centre randomised controlled trial and an evaluation of a community case management service for people who are alcohol dependent.

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## **Elizabeth Orton**

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## Danielle van der Windt

<http://www.keele.ac.uk/pchs/staff/professors/daniellevanderwindt/>