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Job Description for NIHR Academic Clinical Fellowship in Endocrinology and Diabetes Mellitus
(Entry Level: IMT1, IMT2, or IMT3)

1. Job Title.
Academic Clinical Fellow in Diabetes & Endocrinology (commencing at IMT1, IMT2, or IMT3)

2. Duration of post.
Up to 3 years. The ACF aims to provide a platform to successfully apply for funding to pursue a PhD. If the candidate is successful in securing a research training fellowship, they will complete a PhD. If the candidate does not secure a research training fellowship, they will become a specialist trainee in Endocrinology on the North West Thames rotation with an NTN after the 3-year ACF. Details of Specialist Training in Endocrinology in North West Thames is provided below in point 6.

3. Research institutions in which training will take place
Section of Investigative Medicine, Division of Diabetes, Endocrinology and Metabolism, Imperial College London

4. Timetabling of clinical and research time
The Academic Clinical Fellowship (ACF) will last for 3 years. The ACF will comprise of Academic blocks for Endocrinology Research totaling up to 9 months over the 3 years and clinical training totaling up to 27 months over the 3 years appropriate to the level of starting the ACF i.e. either: **(IMT1, IMT2, and IMT3), or (IMT2, IMT3 and ST4), or (IMT3, ST4 and ST5)**. During IMT 1, 2, 3 years, clinical training will be within general internal medicine (GIM), whereas in ST4 or ST5 years (if relevant), the clinical component will be within Specialist Training in Endocrinology (detailed below in section 6.).

5. Description of research component of programme
During the three-year Academic Clinical Fellowship, the fellow will have the opportunity to spend 9 months doing cutting edge research in the Section of Investigative Medicine, Division of Diabetes, Endocrinology and Metabolism, Imperial College London.

The Section of Investigative Medicine has an outstanding record for translational research. The department has expertise in reproductive endocrinology including in PCOS, Functional Hypothalamic Amenorrhoea, Obesity-related Hypogonadism and the neuroendocrine control of reproduction with kisspeptin, as well as in metabolic / obesity medicine including in administering gut hormones and appetite-regulating neuropeptides. Our group has conducted the first-in-human administration of a number of novel peptides, many of which have been conducted by Academic Clinical Fellows, including of GLP-1 and PYY (e.g. Diabetes 2013, JCEM 2014, JCEM 2017, Lancet 2021, JCEM 2022, DOM 2023, Lancet D&E 2024), kisspeptin (e.g. JCI 2014 & JCI 2017, JCI 2021, JCEM 2023, DOM 2023, JAMA network open 2023, F&S 2024), and a neurokinin B receptor antagonist (e.g. Lancet 2017, BJOG 2025), which is now available in clinical practice for the treatment of menopause-related hot flushes.

The Department is well-equipped and consists of a team of clinical academics and basic scientists with a wide variety of scientific expertise who work very closely together. The Unit is funded by numerous grants including from major funders such as the Medical Research Council (MRC), the Wellcome Trust and the National Institute of Health Research (NIHR). The Department has a very good record of training Clinical Fellows and supporting attainment of doctoral funding; in the last 5 years the Department has trained 12

Wellcome Trust and MRC Clinical Training Fellows. Currently there are 5 MRC and NIHR Clinical Training Fellows in the laboratory.

The laboratory includes a programme of basic science and translational research investigating appetite pathways to develop novel targets for the treatment of obesity. The Department also has a strong track record of translational research investigating the action of novel hormones in reproductive endocrinology such as kisspeptin.

The research will be supervised by Dr Ali Abbara (ali.abbara@imperial.ac.uk), Prof Waljit Dhillo (w.dhillo@imperial.ac.uk), or Prof Tricia Tan (t.tan@imperial.ac.uk). The research placements will be hosted at the department, so prospective applicants are ***strongly encouraged*** to make contact and discuss their research interests before applying to ensure alignment with ongoing research in the department.

During the 9-months of research placements, there will be minimal clinical duties allowing the Academic Clinical Fellow to conduct high quality research and to generate preliminary data that will enable a successful application for a Clinical Training Fellowship to undertake a PhD. The training provided during this Academic Clinical Fellowship programme will be flexible and trainee-centered.

6. Description of clinical training component of programme
IMY1-3
The successful candidate with undergo their Internal Medicine Training in NW London sector in London; 25% of their time will be dedicated to research time which translates to 3 months in each year of IMY1-3 training years. Internal Medicine Training (IMT) forms the first stage of specialty training for most doctors training in physicianly specialties and will prepare trainees for participating in the acute medical take at a senior level and managing patients with acute and chronic medical problems in outpatient and inpatient settings. It is a three-year programme which will continue to develop doctors to become a medical registrar and provide them with the skills needed to manage patients presenting with a wide range of general medical symptoms with an emphasis on comorbidity and an ageing population. Although Academic trainees are supernumerary, experience managing the acute unselected take is mandatory as is experience in Intensive care Medicine, Geriatric Medicine and outpatients. Trainees will receive simulation training during their programme. The Annual Review of Competency Progression (ARCP) decision aid defines the targets that have to be achieved for a satisfactory ARCP outcome at the end of each training year for trainees in IMT and can be accessed via this link www.thefederation.uk/sites/default/files/uploads/IMT%20ARCP%20Decision%20Aid%20%28updated%20August%202026%29_0.pdf.

The agreed IMT1-3 rotations in North West London for this ACF programme are:

IMT1:
3 months ITU Hammersmith
3 months renal medicine Hammersmith
3 months acute internal medicine (AIM) Charing Cross Hospital
3 months academic.

IMT2:
3 months academic (running concurrently from the final 3 months academic block in IMT1)
3 months diabetes and endocrinology block – Chelsea and Westminster hospital

6 months geriatric block – Chelsea and Westminster hospital

IMT3:
6 months acute medicine block – Chelsea and Westminster hospital
3 months respiratory block – Chelsea and Westminster hospital
3 month academic block

These posts are supernumerary to the established IMT rotational grids but are constructed to assist ACF trainees to meet the rigorous requirements of the IMT stage 1 curriculum.

Regional IMT TPDs are Dr Emma Rowlandson (e.rowlandson@nhs.net) and Dr Luke Smith (luke.smith20@nhs.net)

Specialist Training in Endocrinology during ST4 or ST5 years, or Specialist Training after the ACF if external funding for PhD training is not secured:
The ACF will receive high quality clinical training on the hospitals on the North West Thames SpR rotation in Diabetes & Endocrinology. The aim of our clinical training scheme is to provide a friendly atmosphere in which full support and encouragement is provided by a team of dynamic and involved consultant trainers. We will do our utmost to ensure that the clinical training is an enjoyable experience, and that it will provide a full and balanced training in diabetes and endocrinology.

The North West Thames Diabetes and Endocrinology training scheme currently comprises 24 clinical posts, including 12 at Teaching Hospitals (Hammersmith (3), St. Mary's (4), Charing Cross (4), Chelsea & Westminster (1), and 12 at District General Hospitals (Central Middlesex (2), Ealing (2), Barnet General Hospital, Hillingdon (2), Northwick Park (3), and West Middlesex (2)). See http://www.imperialendo.com/for-trainees for further details of the clinical rotation in North West Thames. The teaching hospitals form part of Imperial College London School of Medicine, the largest medical school in the country, and one of the most successful university groups in the world. All posts have been approved as educationally sound, and each of them provides excellent specialist experience and teaching in Diabetes and Endocrinology. Each is also approved as providing training in General Internal Medicine. The Diabetes and Endocrinology consultants from these hospitals meet regularly to ensure a uniform excellence of education. We are all committed to the success of our Training programmes in Diabetes and Endocrinology.

The individual rotations will provide a balance of teaching hospital and district general hospital experience. Each hospital included in the scheme is a major centre, with a large Diabetes and Endocrinology service. Further experience in all aspects of endocrinology is provided within our Teaching hospitals. We have one of the strongest complements of teaching hospitals in the UK, led by Imperial College Healthcare NHS Trust (Hammersmith, Mary's and Charing Cross) where there are internationally renowned departments of Diabetes, Endocrinology and Metabolic Medicine. These centres offer a full range of endocrinological experience and educational opportunities, and unique research opportunities. Hammersmith and Charing Cross Hospitals provide special experience and training in all aspects of clinical endocrinology, including endocrine tumours, molecular endocrinology, calcium and bone disorders, in addition to clinical training in Obstetric medicine at Queen Charlottes hospital and Diabetic Renal medicine at the North London renal and Transplantation Centre. Charing Cross is also the regional Neuroendocrinology centre, with a large amount of pituitary surgery, and hence provides good experience in the endocrine management of such patients. St

Mary's Hospital and the Chelsea and Westminster Hospital provide special experience in Lipids, Metabolic Medicine, Pituitary disorders, Reproductive Endocrinology, and Calcium and Bone disorders.

7. Academic Programme Director name
Dr Ali Abbara

8. Clinical Programme Director name
Professor Karim Meeran

9. Programme contact for further information (email)
Dr Ali Abbara ali.abbara@imperial.ac.uk
Professor Waljit Dhillo w.dhillo@imperial.ac.uk
Professor Karim Meeran k.meeran@imperial.ac.uk

10. NHSE contact
Specialty Team https://lasepgmdesupport.hee.nhs.uk/support/home
Recruitment Enquiries - https://lasepgmdesupport.hee.nhs.uk/support/home

11. Useful websites for further information
https://www.nihr.ac.uk/explore-nihr/academy-programmes/integrated-academic-training.htm
http://www.imperialendo.com/for-trainees
https://www1.imperial.ac.uk/medicine/about/divisions/is/meta/
Integrated Academic Training programme | NIHR

12. Confirmation that the post attracts an NTN (A)
Yes

This job description was prepared on 25/08/2025