**2027 Academic Clinical Fellowship**

| Description of ACF Programme: |
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| Title: Diabetes & Endocrinology<br><br>Duration: 3 Years |
| Lead NHS Hospital/Trust and contact details: |
| Hampshire and Isle of Wight Healthcare NHS Foundation Trust, Loperwood Ln, Southampton SO40 2RZ |
| Research Institution in which training will take place: |
| University of Southampton<br>University Road<br>Southampton<br>SO17 1BJ |
| Arrangements for protected research time: |
| The ACF programme will run over three years with nine months ring-fenced for research either as a block or spread in blocks over the three years (or as agreed with the designated supervisor). |
| Research Objectives: |
| To train the ACF in research methods by executing a project or part/project in partnership with workers engaged in ongoing research programmes, leading to collection of pilot data for a clinical research training fellowship. |
| Description of research component of programme: |
| The research area for successful ACFs will be the interface between diabetes and mental illness. The exact nature of the research undertaken would depend on the interests of the ACF but may include the opportunity to join multi-centre collaborations to investigate GLP-1 receptor agonist therapy for adults with overweight or obesity with severe mental illness or undertaking research to identify the potential benefits of preventing, identifying and managing diabetes distress in routine diabetes care pathways.<br><br>The primary academic supervisor is Professor Richard Holt. Professor Holt has a longstanding interest in the link between diabetes, obesity and severe mental illness. He has written extensively and lectured internationally on this topic and has received over £4 million of research income to study this area of research. He has |

led an NIHR funded multicentre study across the UK examining the effectiveness of a lifestyle self-management programme to reduce obesity in people with schizophrenia and has recently completed a study evaluating the effectiveness of liraglutide 3.0 mg daily to treat obesity in the same population.
In addition, supervision will also be provided by Prof Hermione Price, Consultant Diabetologist, Hampshire and Isle of Wight Healthcare NHS Foundation Trust and Honorary Senior Clinical Lecturer, University of Southampton. Prof Price is an active researcher with a focus on the interface between diabetes and mental illness and co-authored the national guidelines concerning the management of diabetes in people with serious mental illness and was a co-applicant on the LOSE WEIGHT trial.

Professor Holt and Prof Price work in close collaboration and have successfully supervised a number of PhD students together.
In October 2021 Prof Price won the Royal College of Physicians and NIHR Clinical Research Network award to recognise NHS consultants who are active in research and won the Outstanding Research Leadership award at the 2019 CRN Wessex awards.

Additionally, within the research and development department at Hampshire and Isle of Wight Healthcare NHS Trust, day to day support will be provided including with research design, protocol development, navigating the ethics and regulatory processes, research delivery, data analysis, manuscript writing and publication and presentation of research findings. In addition, we encourage our students and fellows to make the most of the wealth of opportunities for development offered by the University of Southampton and the NIHR.

Hampshire and Isle of Wight Healthcare NHS Trust is one of the largest mental health foundation trusts in the country with a strong track record in research and excellent links to clinical teams and departments.

Prof Price is the Community Settings co-Lead for the NIHR South Central Regional Research Delivery Network and also the diabetes specialty lead. Through her community settings role Prof Price has links to social care settings and social care research and would welcome and encourage any ACF post holder to specifically include people in such settings in their research.

We have a strong track record of jointly supervising clinical doctoral students to successful completion of their higher degrees.

We collaborate with colleagues both locally, including cross-disciplinary links with the School of Nursing, University of Southampton, and around the country.
For further information please see:
https://www.southampton.ac.uk/people/5wzlpd/professor-nicola-englyst

| Description of clinical component of programme: |
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| The training programme directors in Wessex for diabetes and endocrinology actively encourage their specialist registrars to undertake research and higher degrees during their training and many chose to do this. The opportunities for ACF research projects at the University of Southampton lend themselves to activities related to clinical educational research. Now is a particularly exciting time to join as the University of Southampton is currently implementing a new medical degree curriculum. The ACF posts are designed to encourage interested doctors to develop their skills in research and prepare for further research opportunities later in their career.<br><br>Diabetes & Endocrinology training is entered at ST4 level. As a group 1 medical specialty, all specialist registrars also train in general internal medicine and are awarded a CCT in both diabetes & endocrinology and GIM on successful completion of training.<br><br>As this post attracts a diabetes & endocrinology National Training Number, candidates must be eligible to apply for diabetes & endocrinology CCT training, and will be assessed for 'appointability' on clinical training criteria ("benchmarking") prior to the ACF being offered.<br><br>NHS England – Wessex covers a geographical area from Basingstoke in North Hampshire to Dorchester in West Dorset and the Isle of Wight to the South. This is a spread of approximately 65 miles North to South and 76 miles East to West. NHS England – Wessex serves a population of around 2.8 million people.<br><br>During their specialist training in diabetes & endocrinology, our specialist registrars rotate around posts across Wessex typically spending a year in each post before moving on.<br><br>Posts include those in the large teaching hospital in Southampton and also in Portsmouth, Winchester, Bournemouth, Poole, Salisbury, Dorchester, Basingstoke and the Isle of Wight. In addition, we have a community-based post based in the New Forest with Hampshire and Isle of Wight NHS Foundation Trust.<br><br>**Study and Training** |

The primary aim of all posts is to deliver the core training programmes' curricula as agreed by the relevant Royal College, and there are minimum standards of education agreed by all Trusts within the rotation.

NHS England – Wessex is committed to developing postgraduate training programmes as laid down by GMC, Colleges and Faculties and by COPMED - the Postgraduate Deans Network. At local level, college/specialty tutors work with the Programme Director and Directors of Medical Education in supervising these programmes. StRs will be expected to take part in these programmes (including quality improvement) and to attend meetings with their nominated educational supervisor.

Study leave is granted in accordance with NHS England – Wessex/Trust policy and are subject to the maintenance of the service.

## Specific support provided to trainee

Throughout the 3 years, the academic fellow will undertake generic research training as well as specialist research training in the chosen area. Specific research training will be provided by Prof Richard Holt and Prof Hermione Price.

The exact orientation of the specialist training will depend on the chosen specialty of the trainee.

Training will be delivered as part of the Southampton Clinical Academic Training Scheme as part of a community of ACFs, academic supervision, access to training and mentoring: https://www.southampton.ac.uk/research/institutes-centres/southampton-clinical-academic-training-scheme-socats/academic-clinical

Further professional development opportunities are available through attendance at the regular Endocrinology, Nutrition & Metabolism & Cardiovascular seminar series in the Faculty of Medicine, University of Southampton

## Milestones and timing of achievement of academic and clinical competencies

The following milestones will be applied:

| **Year 1** | |
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| 1 | Initial training in diabetes & endocrinology and GIM as appropriate |
| 2 | Attendance at an introductory course provided by the Faculty of Medicine's Postgraduate School |
| 3 | Identification of area of interest for clinical training in years 2 and 3 and for the research |

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| 4 | Initial systematic review of literature in chosen area |
| 5 | Identification of research questions to be addressed in a pilot study |
| 6 | Identification of specific learning needs for the project and attendance at appropriate courses |

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| **Year 2** | |
| 1 | Continued training in diabetes & endocrinology and GIM as appropriate |
| 2 | Obtain local research ethics committee and NHS R&D approval for pilot study |
| 3 | Attendance at relevant internal and external training courses and generation of initial data for pilot study leading up to the drawing up of a definitive research proposal for a full time PhD |
| **Year 3** | |
| 1 | Continued training in diabetes & endocrinology and GIM as appropriate |
| 2 | Completion of data collection and write up of pilot research study |
| 3 | Submission of clinical research fellowship application to external funding agency which ideally should occur within the first 3 months of year 3 |

How post links in to the NIHR approved Research Training Programme at your locality:

It is expected that the successful fellowship application will lead to 3 years in full time clinical research leading to a PhD. This would provide a natural progression to a lectureship within the Faculty of Medicine. However, if the clinical fellowship funding was not forthcoming the trainee could return to the diabetes and endocrinology and GIM specialist training programme within the Wessex rotation to complete specialist training.

Trainee centredness:

The research programme will be set up in consensus with the trainee, and the trainee will seek and set up appropriate teaching sessions with the mentor and academic supervisor, as needed.

Quality assurance of the programme:

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| The academic lead will report regularly to the Wessex Clinical Academic Working Group. |
| Mentoring Arrangements: |
| Monthly meeting with (Clinical Lead) & (Academic Lead) and weekly meeting with research supervisor during research block.<br><br>An independent mentor will be appointed with whom the trainee will be able to discuss any issues of supervision/primary mentorship and the overall quality of the programme. |
| Academic Lead (University) for the IAT Programme: |
| Professor Elaine Dennison<br>Professor of Musculoskeletal Epidemiology<br>Faculty of Medicine, University of Southampton, Building 85, Life Sciences Building, Highfield Campus, Southampton, SO171BJ<br>Email: emd@mrc.soton.ac.uk |
| Academic Supervisor (University) Details: |
| Richard IG Holt<br>Professor of Diabetes & Endocrinology<br>Human Development and Health<br>Faculty of Medicine<br>University of Southampton<br><br>The Institute of Developmental Sciences (IDS Building),<br>MP887,<br>University of Southampton,<br>Southampton General Hospital,<br>Tremona Road,<br>Southampton SO16 6YD<br>UK<br><br>Tel: +44 (0) 23 8120 4665<br>Mobile: +44 (0) 7545 421 610<br>Fax +44 (0) 23 8120 4221 |
| Education Supervisor (Trust) Details: |
| This will be confirmed once the appointee is in post as it will vary in each Trust |

| Clinical Supervisor(s) Details: |
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| This will be confirmed once the appointee is in post as it will vary in each Trust |
| Deanery Programme Training Director Details: |
| Dr Kate Fayers<br>Hampshire and Isle of Wight Healthcare NHS Foundation Trust<br>kate.fayers1@nhs.net |
| Deanery Programme Manager Details: |
| Katie Luckhurst<br>Address: Explorer House, Adanac Drive, SO16 0AS<br>Email: england.medicine.wx@nhs.net |
| Confirmation that ACF posts attract an NTN(a): |
| This post will attract a National Training Number |