## Academic Clinical Fellowship in Rheumatology

### Description of ACF Programme:

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<tr>
<th>Title: Rheumatology</th>
<th>Duration: 3 years</th>
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### Lead NHS Hospital/Trust and contact details:

Southampton General Hospital  
Southampton, Hants SO16 6YD  
Tel: 023 8077 7222

### Research Institution in which training will take place:

Southampton University  
University Road  
Southampton  
SO17 1BJ

### Research Objectives:

1. To undertake the equivalent of three years full-time specialist training in rheumatology, in accredited hospital posts (27 months) and within the Bone and Joint Research Group, University of Southampton School of Medicine (9 months).

2. To undertake generic research methods training through a programme run by the School of Medicine's Postgraduate School.

3. To develop a research proposal for an externally funded research training fellowship to be undertaken within the Bone and Joint Research Programme, Research Division into the Developmental Origins of Health and Disease, University of Southampton.

4. To obtain relevant training in research design, methods and systematic review.

5. To submit applications for research training fellowships in national competition (MRC, Wellcome Trust, AR UK, Department of Health, and other research charities).

### Arrangements for protected research time:

The academic clinical fellow will have protected time for research training. This will be accommodated by a 9 month block of time in a research post, typically taken in the second or third year of the academic clinical fellowship programme. This configuration has been agreed with the Specialist Training Committee in Rheumatology (Chair: Dr Jo Ledingham, Consultant Physician, Portsmouth Hospitals NHS Trust).

### Description of research component of programme:
The Bone and Joint Research Programme at the University of Southampton is directed by Professor Cyrus Cooper, Professor of Rheumatology and Director of the MRC Lifecourse Epidemiology Unit. The Centre comprises an international focus for excellence in epidemiological research which:

(a) maintains and develops the long term cohort studies assembled in Southampton as national resources to explore the developmental origins of adult disease
(b) supports directly funded research programmes into the epidemiology of bone and joint disease; and
(c) permits flexible research support for MRC resources and facilities, as needs and opportunities emerge.

The programme focuses on the following areas:

(a) The epidemiology, pathophysiology and prevention of osteoporosis
(b) the epidemiology and natural history of osteoarthritis; and
(c) the occupational and environmental determinants of soft tissue rheumatic disorders (low back pain and neck/upper limb pain).

The osteoporosis research programme has three broad objectives:

(1) to delineate the extent to which the risk of osteoporosis in late adulthood might be programmed by environmental influences during intrauterine and early postnatal life, and to characterise the mechanisms whereby such programming might occur
(2) to characterise the descriptive epidemiology of vertebral and limb fractures; and
(3) to evaluate the roles of calcium and vitamin D supplementation in the elderly as immediate preventive strategies against hip fracture

The Southampton University Hospitals NHS Trust position is based at Southampton General Hospital and, during this period, the academic clinical fellow will undertake generic research training as well as specialist research training utilising the unique resources of the MRC Lifecourse Epidemiology Unit (Director: Professor Cyrus Cooper) and the laboratory facilities within the University of Southampton Research Division on Developmental Origins of Health and Disease. Outpatient rheumatology training will be undertaken during the research period. Specialist clinics are also held regularly including those in metabolic bone disease, connective tissue disease, paediatric rheumatology and joint orthopaedic clinics. Allied health professional staff undertake follow-up clinics for patients with chronic inflammatory arthritis under medical supervision. There is a close relationship with other medical specialties related to care of patients with musculoskeletal disease. The Professor of Rheumatology is also Director of the Medical Research Council Lifecourse Epidemiology Unit and the complete staffing of the department includes 3.5 full-time equivalent consultant staff (4 academic, 3 NHS); 3 specialist registrars on the Wessex Training Rotation in Rheumatology (one in a pure general medical post with a commitment to one rheumatology clinic per week); 2 core medical trainees and one associate specialist.

Milestones and timing of achievement of academic and clinical competencies

Last updated 14/10/10
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<th>Year 1:</th>
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<tr>
<td>1. Clinical competencies in rheumatology with some general medicine</td>
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<tr>
<td>2. Attendance at introductory course provided by University of Southampton Postgraduate School.</td>
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<td>3. Identification of topic of interest for research project and initial literature review.</td>
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<td>4. Identification of research questions to be addressed in pilot study.</td>
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<td>5. Identification of specific learning needs for the project and appropriate courses.</td>
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<th>Year 2:</th>
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<tr>
<td>1. Continuing clinical training in Rheumatology (less General Medicine)</td>
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<td>2. Obtaining ethical committee and NHS Research &amp; Development proposals for exploratory project.</td>
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<td>3. Attendance at relevant internal and external training courses.</td>
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<td>4. Initial data collection for pilot study.</td>
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<th>Year 3:</th>
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<tr>
<td>1. Continuation of hospital component of clinical training in rheumatology</td>
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<tr>
<td>2. Completion of data collection and writing up of pilot research project.</td>
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<tr>
<td>3. Submission of clinical research fellowship application to external funding agencies.</td>
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**How will ACF programme link to CL phase of IAT Pathway?**

It is envisaged that a successful fellowship application will lead to a further three years funding culminating in a PhD. Some of this time may be spent in clinical training. This would lead to eligibility to apply for a lecturer position within the Medical Faculty. In the unlikely event of failure to obtain a Clinical Training Fellowship trainee would continue in the specialist training programme within the Wessex rotation and either submit a DM dissertation or make further attempts to obtain substantive funding.

**Trainee centredness:**

The training will be centred on the trainee’s own needs, identified early during the first year, and there will be dedicated supervision during the post. The fellowship will be tailored towards achievement of successful external funding.

**Quality assurance of the training programme:**

The research methods training will be provided through the established Postgraduate School at the University of Southampton Medical School, and through accredited Masters level modules which are all quality assured through the QAA process. The academic supervisor has completed the postgraduate research supervision training and mentoring course provided by the University and the School is establishing training mentors for PhD and postdoctoral fellows.
The Wessex Training Programme in Rheumatology has run successfully for 20 years, and includes all of the major NHS Trusts within the region. The Southampton posts have provided research training for a succession of NHS consultants and clinical academics alike. Many of the senior academic staff within the Bone and Joint Research Programme originally trained in clinical epidemiology through the programme itself, before consolidating training in the United States or other centres within Europe. All current specialist registrars are offered the opportunity for clinical research within the MRC Lifecourse Epidemiology Unit.

Mentoring Arrangements:

Mentorship will be provided by the academic and clinical supervisors to the fellow; this will be co-ordinated by Dr Elaine Dennison (joint academic supervisor) and Dr Calogeras (service lead). Further mentorship and supervision can be undertaken through the normal governance arrangements for postgraduate research at the University of Southampton Medical School. This will include mentorship through supervision of emerging PhD programmes, and senior authorship of research fellowship applications to major funding agencies.

Specific support provided to trainee:

The trainee will join the Wessex Specialist Training Programme in Rheumatology, which is co-ordinated through the Wessex Deanery. Experience offered will cover the training needs of future consultants in all aspects of Rheumatology, as well as academic career development. The post will lead to accreditation (CCT) in Rheumatology; applicants aspiring to dual accreditation in general Internal Medicine will also be encouraged, although the Academic Clinical Fellowship Programme will be more appropriate for those accrediting in Rheumatology alone. The three years will be spent in clinical posts rotating through an appropriate combination of the following hospital trusts: Isle of Wight Healthcare NHS Trust; North Hampshire Hospital NHS Trust; Basingstoke; Poole Hospital NHS Trust; Portsmouth Hospital NHS Trust; Royal Bournemouth and Christchurch Hospital NHS Trust; Salisbury Healthcare NHS Trust; Winchester and Eastleigh Healthcare NHS Trust; and SUHT.

It is envisaged that the first year will be spent in one of the peripheral hospital NHS trusts, with the subsequent two years being spent in Southampton. Programmes of specialist training in Rheumatology have been approved by the JCHMT, Royal College of Physicians, for the initial year of specialist training at all of the Trusts outside Southampton.

Academic Lead (University) for the IAT Programme:

Professor Eugene Healy  
Professor of Dermatology  
University of Southampton  
Southampton General Hospital  
Southampton SO16 6YD  
Tel 023 8077 7222  
E.Healy@soton.ac.uk
## Academic Supervisor (University) Details:

Professor Cyrus Cooper  
Director and Professor of Rheumatology  
Reader & Honorary Consultant in Rheumatology  
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## Deanery Programme Training Director Details:

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Training Programme Director for Rheumatology  
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## Deanery Programme Manager Details:

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Email: elizabeth.martin@nesc.nhs.uk

## Confirmation that ACF posts attract an NTN(a):

This post will attract a NTN.