# Academic Clinical Fellowship in Geriatric Medicine

## Description of ACF Programme:

**Title:** Geriatric Medicine  
**Duration:** 3 years

## Lead NHS Hospital/Trust and contact details:

Southampton General Hospital  
Southampton University Hospitals NHS Trust  
Southampton SO16 6YD  
Tel: 023 8077 7222

## Research Institution in which training will take place:

Faculty of Medicine  
University of Southampton  
Southampton  
SO17 1BJ

## Research Objectives:

The objectives of the training programme are:

1. To undertake the equivalent of 27 months of full-time specialist training in Geriatrics in accredited hospital posts and a total of 9 months within an appropriate Research Division in the University of Southampton Faculty of Medicine over a 3 year period.

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

3. To obtain specific clinical and epidemiological research methods training including study design, data collection, summary and analysis of data and interpretation of findings.

4. To develop and submit a research proposal for an externally funded research training fellowship in national competition, applying to funders such as MRC, NIHR and the Wellcome Trust under the supervision of Professor Avan Aihie Sayer.

## Arrangements for protected research time:

The 25% additional salary support provided by the scheme over the 3 year period will be used to pay for backfill for the period of protected research training (6 months in the second year of the appointment, and a further 3 months in the third year). During this time however there will be some ongoing clinical training to maintain competencies. The research training provided during
the first and third years of the appointment will take place during the usual allocated research session in all specialist trainee posts. This integrated clinical and academic training configuration has been agreed with the Specialist Training Committee in Geriatric Medicine (Chair: Dr Matt Thomas, Consultant Physician, Poole).

Description of research component of programme:

The Academic Clinical Fellow will join Ageing and Health at Southampton. This is an exciting interdisciplinary ageing research group carrying out integrated clinical, epidemiological, basic and social science research that translates into improving the health of older people. It includes local collaboration between the MRC Lifecourse Epidemiology Unit, the University of Southampton and Southampton University Hospitals NHS Trust as well as a growing number of national and international collaborations.

The main research focus of the group is on the life course causes and consequences of sarcopenia and frailty in older people which is supported by an MRC programme grant (PI Avan Aihie Sayer). The aim is to develop beneficial interventions that translate into meeting the healthcare needs of older people and therefore this research underpins service development in clinical care for older people locally where recognition and response to multiple morbidity, functional impairment and complex care needs are core to improving clinical practice.

Ageing and Health is led by Avan Aihie Sayer who is an MRC Clinical Scientist and Professor of Geriatric Medicine at the University of Southampton. The group currently includes 2 Senior Lecturers and 4 Academic Clinical Fellows in Geriatric Medicine as well as researchers with expertise in nutrition, epidemiology, statistics, basic science, social science and nursing. There is an established track record of excellent research training with completion of 2 PhDs in the last 3 years and one Academic Clinical Fellow recently winning a Wellcome Trust Clinical Training Fellowship. A recent NIHR bid to expand the group to include a lecturer and 2 further Academic Clinical Fellows was successful.

A further 6 Specialty Registrars in Wessex are currently being supervised in clinical research projects by our group. This growth in academic training within Geriatric Medicine locally sits within the context of a long established and successful clinical programme that has run across all the major NHS Trusts in the region. As a result there are now extensive opportunities to combine excellent clinical and academic training in Wessex and this is increasingly being recognised locally and nationally. This is enabling us to attract very able candidates to the speciality/region and playing a particularly important role in capacity building in academic geriatric medicine in the context of a national and international shortage of academic clinicians in ageing research.

All Academic Clinical Fellows in Southampton have access to a formal taught postgraduate research training programme which includes epidemiology, statistics, research governance and study design. In addition transferable skills courses are available to Academic Clinical Fellows including Good Clinical Practice, time management, leadership, grant writing, and presentation skills. There is also the opportunity to attend the highly regarded annual Epidemiology for Clinicians course jointly run by the University of Southampton and University of Cambridge. There is an annual conference for academic trainees in Southampton as well as dedicated funds for pilot work, training courses and attendance at scientific conferences.
Description of clinical component of programme (up to 500 words):

The trainee will join the Wessex Specialist Training Programme in Geriatric Medicine which is coordinated through the Wessex Deanery. The experience offered will cover the training needs of future consultants in all aspects of Geriatric Medicine as well as academic career development. The post will be spent in a combination of clinical posts across trusts chosen to provide comprehensive training in all areas of clinical practice.

The hospitals include Poole Hospital; The Royal Bournemouth Hospital; Queen Alexandra Hospital, Portsmouth; Royal Hampshire Hospital, Winchester; Salisbury District Hospital; Dorset County Hospital, Dorchester; St Mary’s Hospital, Isle of Wight and Southampton General Hospital. The programme of specialist training in Geriatric Medicine has been approved by the JCHMT, Royal College of Physicians for all the participatory trusts. It is envisaged that time spent in the programme will be divided between the peripheral hospital NHS trusts and Southampton University Hospitals NHS Trust with at least half the time spent in Southampton.

Clinical training in Southampton will be in the Medicine for Older People Care department which has a strong track record of excellence in health service delivery and development across a wide range of generalist and specialist services. The Professor RSJ Briggs Academic Unit is a particular focus for integrating clinical research, audit and service development in optimal acute and rehabilitation care for older people.

Specialist clinical services include an Acute Stroke Unit and Specialist Stroke Rehabilitation Service, a Parkinson’s Disease Service, a Falls & Syncope Service, an Orthogeriatric Service and a growing Community Geriatric Medicine Service. The trainee’s timetable will be tailored to specific training needs and involve regular meetings with the nominated educational supervisor to ensure that progress is regularly reviewed.

Milestones for achievement of competencies:

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<th>Year 1</th>
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<tr>
<td>1</td>
<td>Clinical competencies in geriatric and general medicine</td>
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<tr>
<td>2</td>
<td>Academic competencies in understanding and applying the basic principles of research methodology; developing literature review skills; writing study proposals and protocols, patient information sheets and consent forms for pilot study in collaboration with existing studies.</td>
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<td>3</td>
<td>Attendance at autumn introductory course provided by University of Southampton Postgraduate School of Medicine.</td>
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<td>4</td>
<td>Identification of topic of interest for research project and initial literature review.</td>
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<td>5</td>
<td>Identification of research questions to be addressed in pilot study.</td>
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<td>6</td>
<td>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</td>
<td>Clinical competencies in specialist geriatric medicine depending on individual training needs</td>
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### Year 2

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<th>2</th>
<th>Academic competencies in utilising current software for database building, statistical analyses and reference management; understanding principles of data handling, confidentiality and sharing for pilot study data collection; processing, cleaning &amp; analysis of data in collaboration with existing studies; submitting applications within the research governance framework.</th>
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<td>3</td>
<td>Obtaining ethical committee and NHS Research &amp; Development proposals for exploratory project if required.</td>
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<td>4</td>
<td>Attendance at relevant internal and external training courses.</td>
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<td>5</td>
<td>Initial laboratory or clinical data collection for pilot study.</td>
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### Year 3

| 1 | Clinical competencies in generalist and further specialist geriatric medicine as well as general medicine depending on individual training needs. |
| 2 | Academic competencies in writing up pilot work for presentation at meetings and publication in collaboration with existing studies; submission of a full research fellowship application to external funding agencies including response to reviewers’ comments and attending for interview. |
| 3 | Submission of Clinical Training Fellowship application to external funding agencies. |

There will be monthly meetings throughout the Academic Clinical Fellowship provided by the academic and clinical supervisors to the fellow.

### 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 Faculty of Medicine. In the unlikely event of failure to obtain a Clinical Training Fellowship, the 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 Programme:

The research methods training will be provided through the established Postgraduate School at the University of Southampton Faculty of Medicine, 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 provided by the University and the School is establishing training mentors for PhD and postdoctoral fellows.
**Mentoring arrangements:**

Mentorship will be provided by the academic and clinical supervisors to the fellow. This will be co-ordinated by Professor Avan Aihie Sayer (academic lead). Further mentorship and supervision can be undertaken through the normal governance arrangements for postgraduate research at the University of Southampton’s Faculty of Medicine. This will include mentorship through supervision of the emerging PhD programme and senior authorship of research fellowship applications to major funding agencies.

### Academic Lead (University) for the Integrated Academic Training 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 Avan Aihie Sayer  
Professor of Geriatric Medicine & MRC Clinical Scientist  
MRC Lifecourse Epidemiology Unit  
University of Southampton  
Southampton General Hospital  
Southampton SO16 6YD  
Tel 023 8077 7624 ext 193  
Email aas@mrc.soton.ac.uk

### Deanery Programme Training Director Details:

Dr Matt Thomas  
Training Programme Director for Geriatric Medicine  
Poole General Hospital  
Email: matt.thomas@poole.nhs.uk

### Deanery Programme Manager Details:

Mrs Elizabeth Martin  
Training Programme Manager for Medicine  
Wessex Deanery  
Sparrowgrove  
Otterbourne  
SO21 2RU
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