

Academic Clinical Fellowship in Geriatric Medicine

Description of ACF Programme:
Title: Geriatric Medicine Duration: 3 years
Lead NHS Hospital/Trust and contact details:
University Hospital Southampton NHS Foundation 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
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 (9 months in total). During this time however there will be some ongoing clinical training to maintain competencies. The research training provided during the appointment will also 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 Daniel Forster).
Research Objectives:
The Academic Clinical Fellow will join Academic Geriatric Medicine for their nine month research period during this fellowship. Academic Geriatric Medicine at the University of Southampton is one of the most active research groups in geriatric medicine in the UK and has developed strong research links between the university and local healthcare organisations as well as a growing number of national and international collaborations. The aims of the academic programme are: 1. To undertake the generic doctoral research methods training programme run by the Faculty of Medicine, which includes epidemiology, statistics, research methods and governance, and study design.

2. To obtain training in specific clinical and relevant research methods including study design, quantitative and qualitative data collection and analysis, and interpretation of research findings.
3. To develop and submit a research proposal for an externally funded research training fellowship in national competition, applying to funding bodies such as MRC, NIHR and the Wellcome trust.

Description of research component of programme (up to 500 words):

Academic Geriatric Medicine at the University of Southampton is led by Stephen Lim. Dr Lim is the NIHR Regional Research Delivery Network South Central Ageing specialty lead. He co-chairs the British Geriatrics Society Sarcopenia and Frailty Research SIG and serves as an Academic Board Member of the European Geriatric Medicine Society.

Current research interests include the identification and assessment of frailty in clinical practice for older people; evaluation of the use of trained volunteers to improve routine care of older people in hospital; medicines optimisation; sarcopenia and nutrition in different healthcare settings, and chronic degenerative diseases in older people particularly movement disorders and dementia.

The group conducts a diverse portfolio of innovative research spanning multiple stages of the research pathway. Findings from discovery science projects within the Southampton Biomedical Research Centre are now being translated into clinical practice and evaluated through the Applied Research Collaboration (ARC). Examples include the evaluation of the use of trained volunteers as mealtime and mobility assistants and the implementation of grip strength measurement into routine clinical practice.

The group comprises two Associate Professors, one Clinical Lecturer, one Postdoctoral Research Fellow, two Doctoral Fellows and two interns. The group is further supported by experienced methodologists with expertise in statistics, modelling, qualitative and health economic evaluation. We have established collaborations with local, national and international researchers with expertise in epidemiology, gerontology, nutrition, basic science and social science.

We have had significant success in securing grant funding in excess of £13.5 million since 2012, from a variety of sources including NIHR (HSDR, HTA, RfPB), Medical Research Council, Parkinson's UK and NHS England.

Academic Geriatric Medicine has an excellent track record of high quality research outputs in peer reviewed scientific journals. Our trainees have delivered national and international conference presentations and achieved original papers in peer reviewed scientific journals. We are committed to maintaining and building upon this strong record of academic achievement.

Description of clinical component of programme (up to 500 words):

Trainees entering the programme at **Internal Medicine Training (IMT)** level will undertake rotations in General Internal Medicine across the Wessex region. Following successful completion of IMT, trainees will progress to the Wessex Specialist Training Programme in Geriatric Medicine.

Trainees joining at **ST4 level or above** will enter the Wessex Specialist Training Programme in Geriatric Medicine directly, coordinated through the Wessex Deanery. The programme is designed to meet the training requirements of future consultant geriatricians, providing comprehensive experience in all aspects of Geriatric Medicine alongside opportunities for academic career development.

Clinical training is delivered through a combination of posts across hospitals and NHS trusts within Wessex, selected to provide broad exposure to the full spectrum of geriatric medicine practice. Training sites include University Hospital Southampton, Queen Alexandra Hospital (Portsmouth), Royal Hampshire County Hospital (Winchester), Salisbury District Hospital, Basingstoke and North Hampshire Hospital, Poole Hospital, and the Royal Bournemouth Hospital.

The Specialist Training Programme in Geriatric Medicine has been approved by the Joint Committee on Higher Medical Training (JCHMT) and the Royal College of Physicians across all participating trusts. Trainees will rotate between hospitals and NHS trusts during their training, with at least one year typically spent at University Hospital Southampton.

This diverse training experience ensures that trainees develop the clinical, leadership, research, and educational skills required for a successful consultant career in Geriatric Medicine.

Specific support provided to trainee

Research training is tailored to the individual trainee's needs and continues throughout the three-year fellowship, making use of the dedicated research time incorporated within the clinical programme. During clinical placements, fellows meet regularly with their academic supervisor to plan their research programme, initiate formal research training, and develop key academic skills. This includes fostering scientific writing abilities through activities such as conducting literature reviews relevant to their research interests and preparing abstracts and manuscripts for publication.

The University of Southampton provides access to a comprehensive programme of transferable skills training, including courses in Good Clinical Practice (GCP), scientific writing, time management, grant writing, leadership, and presentation skills. These opportunities equip trainees with the competencies required for a successful clinical academic career. The trainee will be supervised and mentored by Dr Stephen Lim and will be supported by the wider Academic Geriatric Medicine team.

Fellows are also supported through the **Southampton Clinical Academic Training Scheme (SoCATS)**, which provides networking opportunities and guidance on accessing funding for training courses and conference attendance. Trainees are encouraged to engage fully with the academic community by presenting their work at Faculty of Medicine research conferences, as well as at regional, national, and international scientific meetings where appropriate.

Milestones and timing of achievement of academic and clinical competencies

Year 1	
	Clinical placement
	Meetings with academic and educational supervisors to plan research placement
	Start generic research methods training during usual allocated research sessions
	Start specific clinical and research methods training
Year 2	
	Complete generic research methods training
	Complete specific clinical and research methods training
	6 months research attachment to Academic Geriatric Medicine developing research proposal
	Clinical training to maintain competencies
Year 3	
	3 months research attachment to Academic Geriatric Medicine
	Submit a research proposal for an externally funded research training fellowship
	Clinical training to maintain competencies

	Submit abstract for presentation at national conference
	Submit research paper (literature review) to peer reviewed journal
How post links in to the NIHR approved Research Training Programme at your locality:	
All Academic Clinical Fellows in Southampton have access to the Faculty of Medicine formal 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 an annual conference for academic trainees in Southampton as well as dedicated funds for pilot work, training courses and attendance at scientific conferences.	
Trainee centeredness:	
The trainee's timetable will be tailored to their specific training needs and will involve regular meetings with their nominated academic, educational and clinical supervisors to ensure that progress is regularly reviewed. It is envisaged that the ACF training will lead to a successful fellowship application to support research culminating in a postgraduate degree e.g. DM or PhD. This would lead to eligibility to apply for a Clinical 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 an MPhil or DM dissertation or make further attempts to obtain substantive funding.	
Quality assurance of the programme:	
This is ensured through the experience of the supervisory team and the robust governance arrangements for postgraduate research at the University of Southampton Faculty of Medicine.	
Mentoring Arrangements:	
Mentorship will be provided by the academic, educational and clinical supervisors and co-ordinated by the academic lead. Further mentorship and supervision can be undertaken through the normal governance arrangements for postgraduate research at the University of Southampton Faculty of Medicine. Educational and clinical supervisors will change depending on clinical rotations.	
Academic Lead (University) for the IAT Programme:	
Professor Elaine Dennison Professor of Rheumatology University of Southampton	

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Academic Supervisor (University) Details:

Dr Stephen Lim

Principal Clinical Research Fellow/ Honorary Consultant Geriatrician

Academic Geriatric Medicine

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Education Supervisor (Trust) Details:

Dr Harnish Patel

Associate Professor

Consultant Geriatrician

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Clinical Supervisor(s) Details:

Dr Nicola Smith

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Deanery Programme Training Director Details:

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Confirmation that ACF posts attract an NTN(a):

This post will attract a NTN