

# Oxford Short Course in Experimental Medicine for Mental Health (OxCCEMM)

6 to 8 January 2019, Oxford

A new, intensive course designed to provide a practical and comprehensive grounding in experimental medicine research



Warneford Hospital wildflower meadow, Oxford

A course run by the NIHR Oxford Health Biomedical Research Centre, a partnership between Oxford Health NHS Foundation Trust and the University of Oxford.

## Welcome

We are pleased to invite you to attend the first Oxford Short Course in Experimental Medicine for Mental Health (OxCEMM).

The training course will be run by the NIHR Oxford Health Biomedical Research Centre (NIHR Oxford Health BRC), a partnership between Oxford Health NHS Foundation Trust and the University of Oxford. The NIHR Oxford Health BRC aims to bring the best science to the complex problems of mental disorders and dementia, and the partnership behind the NIHR Oxford Health BRC enables us to deliver world-class clinical and biomedical training.

OxCEMM offers a comprehensive introduction to experimental medicine, drawing from the breadth and depth of knowledge of the academics within the NIHR Oxford Health BRC's Themes. Through a mixture of teaching styles participants learn how to design and conduct studies, develop essential skills and become aware of important emerging themes for future research development.

The NIHR Oxford Health BRC seeks to work collaboratively with other institutions to achieve its goals, and similarly the course aims to foster collaboration. We are eager to welcome participants from different disciplines and at different stages.

The course is designed to provide opportunities to ask questions, to discuss ideas with senior academics, as well as to build networks.

Our training aims to equip participants with the skills they need to move towards the next step in their career aspirations, and thereby to support mental health research that continues to deliver real benefits for patients both now and in the future.

We hope you can join us in January 2019.



Professor John Geddes  
NIHR Oxford Health BRC Director,  
Head of Department of Psychiatry  
at the University of Oxford,  
and Director of Research &  
Development for Oxford Health  
NHS Foundation Trust.



Stuart Bell CBE  
Chief Executive  
Oxford Health NHS Foundation Trust

## OxCCEMM Overview

Date:	6 - 8 January 2019
Course Location:	Primarily held at the Department of Psychiatry, University of Oxford, but also other local venues.
Accommodation Location:	St Anne's College, Oxford
Cost:	Limited places and bursaries available in 2019. Bursaries will be awarded by the NIHR Oxford Health BRC to cover the costs of the course and accommodation (please see page 12 for further details). Please note that a £50 refundable deposit will be required from successful applicants to secure a place.
Contact:	<a href="mailto:oxcemm@psych.ox.ac.uk">oxcemm@psych.ox.ac.uk</a>
Website:	<a href="http://oxfordhealthbrc.nihr.ac.uk">oxfordhealthbrc.nihr.ac.uk</a>
Application Deadline:	Register your interest by completing the application form available at <a href="https://oxford.onlinesurveys.ac.uk/oxcemm-2019-application-form">https://oxford.onlinesurveys.ac.uk/oxcemm-2019-application-form</a> by Friday 5 October 2018. Successful applicants will be informed by Friday 19 October 2018.

## What the course covers

The course is designed to provide a practical and comprehensive grounding in experimental medicine for mental health, for a range of interested parties. It equips students with an understanding of study design, regulation, conduct and analysis of pharmacological and psychological studies, as well as developing awareness of industrial considerations and emerging themes.

### Study Design

- Study design, including statistics overview
- Governance & legal frameworks
- Ethical approval processes

### Study Approaches

- Psychopharmacology
- Genetics / molecular studies
- Psychological therapies
- Neuropsychology & neuroimaging
- Remote monitoring & wearables
- Industry perspective

### Understanding & Utilising Resources Available

- Pharmacy – handling, storing and administering drugs
- PPI - Patient & Public Involvement
- Academic & NHS structures
- Grant applications and publication writing

### Developing Research Plans

- Examples of cutting-edge research in the field
- Analysis of strengths and weaknesses of proposed studies
- Emerging themes – open science and reproducibility



## Who is the course for?

The course is designed for those with a basic understanding of experimental medicine, either at early stages of research, or planning to be actively involved in the future in some capacity.

The course is aimed at a range of interested parties, including:

- nurses
- basic scientists
- allied health professionals
- pharmacists
- clinical and preclinical staff and trainees
  - medical doctors at any career stage are welcome, from senior medical students to trainees to consultants. The course is particularly aimed at psychiatrists, but will also be of interest to neurologists, GPs and other specialists.

If you think the course might be for you, but are not sure, please feel free to contact us [oxcemm@psych.ox.ac.uk](mailto:oxcemm@psych.ox.ac.uk) to discuss.



© Oxford University Images / Rob Judges Photography

Professor Catherine Harmer, Professor of Cognitive Neuroscience, prepares solutions to enable the visualisation of individual cells in brain slices

## What learning formats will be used?

Training includes a mixture of hands-on / workshop sessions and more formal 'taught' sessions, depending on the type of content being covered. Formats may range from presentations, case studies and individual or small group exercises, to laboratory and facility tours.

Delegates will have the opportunity to discuss their questions, research ideas and personal development plans with senior academics and junior researchers. There are also opportunities to network with other participants on the course, including an informal dinner on Sunday evening and a Course Dinner with tutors on Monday evening.



Source: Department of Psychiatry, University of Oxford

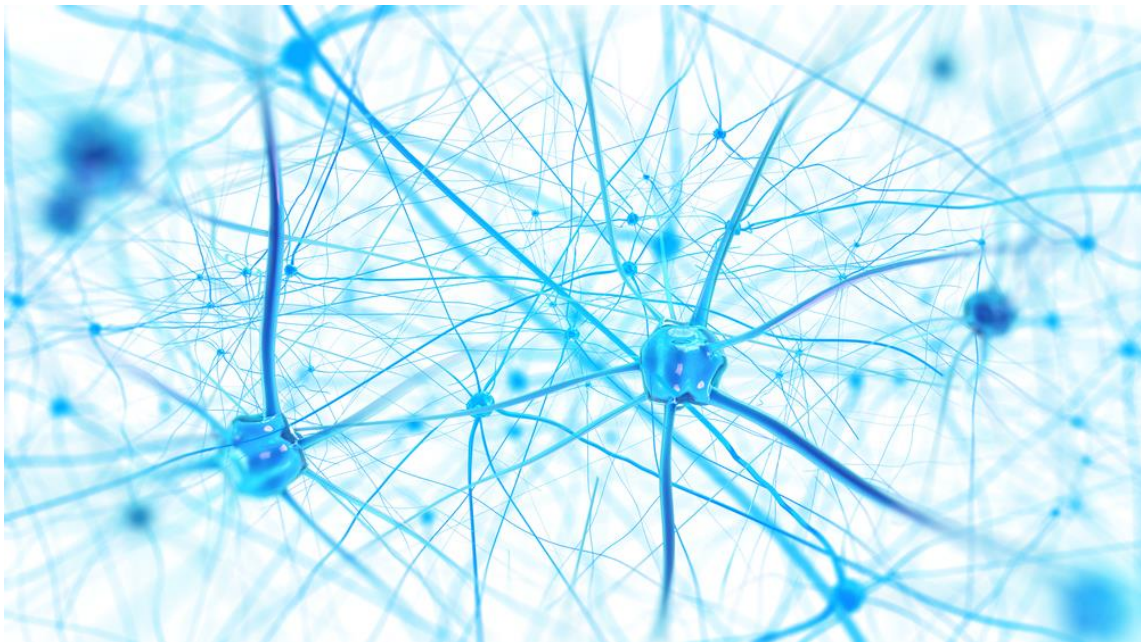
## Why this course?

Upon completion of the course delegates will feel more confident developing and conducting experimental medicine research in mental health, with a good knowledge of what they need to consider, where to find further information and who to contact to develop their research plans.

This course is unique. Firstly, it provides cross-discipline training in experimental medicine for mental health. By supporting interaction between different researchers the course actively encourages dialogue and cross-discipline learning, helping delegates to build their own networks in order to develop their understanding, as well as strengthening the long-term development of the field. Secondly, delegates will engage with a wide range of tutors from the NIHR Oxford Health BRC.

The programme benefits from the knowledge of the NIHR Oxford Health BRC's partners: the academic expertise of the Department of Psychiatry at the University of Oxford, and the Oxford Health NHS Foundation Trust's extensive experience of providing mental health care for people of all ages.

Source: Shutterstock



## Who we are

### NIHR Oxford Health Biomedical Research Centre

The NIHR Oxford Health BRC is a partnership between Oxford Health NHS Foundation Trust and the University of Oxford. The NIHR Oxford Health BRC is funded by the National Institute for Health Research. We aim to bring the best science to the complex problems of mental disorders and dementia. These conditions are major causes of global disability and urgently need better treatments. Our patients deserve the same research excellence as in other areas of healthcare, and will help inform our research at each key step. We aim to transform discovery science into new treatments which will deliver personalised, precision care. We will harness digital and new technologies so that our solutions can have global reach. <https://oxfordhealthbrc.nihr.ac.uk/>

### Department of Psychiatry, University of Oxford

The Department's mission is to conduct world-class research, teach psychiatry to medical students, develop future researchers in its graduate programme, teach doctors in training, promote excellence in clinical practice, and develop and provide innovative clinical services. <https://www.psych.ox.ac.uk/>



### Oxford Health NHS Foundation Trust

Oxford Health NHS Foundation Trust provides physical, mental health and social care for people of all ages across Oxfordshire, Buckinghamshire, Swindon, Wiltshire, Bath and North East Somerset. Its services are delivered at community bases, hospitals, clinics and people's homes. The Trust focuses on delivering care as close to home as possible.

As a leading teaching, training and research trust, the Trust has close links to Oxford and Oxford Brookes, Buckinghamshire, Reading and Bath universities. It is part of the Oxford Academic Health Science Centre, working closely with university colleagues to translate their findings into clinical care as quickly as possible, enabling people using its services to benefit from the latest advances in healthcare. <https://www.oxfordhealth.nhs.uk/>

### National Institute for Health Research (NIHR)

Established by the Department of Health and Social Care, the NIHR:

- funds high quality research to improve health
- trains and supports health researchers
- provides world-class research facilities
- works with the life sciences industry and charities to benefit all
- involves patients and the public at every step.

For further information, visit the NIHR website <http://www.nihr.ac.uk/>.



**National Institute for  
Health Research**



## Training Lead

Source: Department of Psychiatry,  
University of Oxford



The course is co-ordinated and overseen by Dr Elizabeth Tunbridge, NIHR Oxford Health BRC Training Lead and Associate Professor based in the Department of Psychiatry, University of Oxford.

Dr Tunbridge's work focuses on understanding links between genes and brain dysfunction in psychiatric illness, with a particular focus on voltage-gated calcium channels and dopamine genes. Her research is highly collaborative and multidisciplinary in nature; consequently she is passionate about the benefits of cross-disciplinary training.

"I am excited to launch OxCEMM in 2019. I believe it will be of great value to the attendees, not only in terms of the information that they learn on the course, but also in terms of the network of contacts that they will build, from the tutors and other attendees. We look forward to welcoming you to Oxford!"

Source: Department of Psychiatry, University of Oxford





# Agenda

This is an indicative agenda for the course and subject to change.

## **DAY 1:      STUDY DESIGN & APPROACHES**

<b>11am</b>	Registration with tea and coffee
<b>12pm</b>	Welcome: Course introduction and overview, including scope, goals and outcomes
<b>12.45pm</b>	Lunch
<b>1.30pm</b>	Introduction to study design and review of how to apply statistics to your study
<b>1.50pm</b>	Study design: Governance & legal frameworks
<b>2.10pm</b>	Study approach: Psychopharmacology
<b>2.30pm</b>	Study design: Ethical approval processes
<b>2.50pm</b>	Tea break
<b>3.10pm</b>	Study approach: Genetics / molecular studies
<b>3.30pm</b>	Study design: Industry considerations
<b>3.50pm</b>	Study approach: Psychological therapies
<b>4.10pm</b>	Study approach: Demonstration of remote monitoring & wearables
<b>4.30pm</b>	Study approach: Introduction to neuropsychology and neuroimaging
<b>5pm</b>	Sessions end
<b>7pm to 8.05pm</b>	Dinner

**DAY 2: UNDERSTANDING & UTILISING RESOURCES AVAILABLE**

<b>8am to 8.45am</b>	Breakfast
<b>9.30am</b>	Group case study exercise presented by researcher, exploring design, approach and use of statistics
<b>10am</b>	Group Visits – two visits, each half an hour. For example: <ul style="list-style-type: none"> <li>• Laboratories</li> <li>• Neuroimaging facility</li> <li>• Virtual Reality Laboratory</li> <li>• Pharmacy</li> </ul>
<b>11am</b>	Tea break
<b>11.30am</b>	Group Visits – two visits, each half an hour
<b>12.30pm</b>	Lunch
<b>1.30pm</b>	Pharmacy: Handling, storing and administering drugs. What you need to know and where you can go to find out
<b>1.50pm</b>	Pharmacy Workshop: What is a 'CTIMP'?
<b>2.15pm</b>	Tea break
<b>2.45pm</b>	Structures and support: Understanding how universities and the NHS work together in relation to Experimental Medicine and Mental Health
<b>3.15pm</b>	How can your research most effectively benefit from Patient & Public Involvement?
<b>3.45pm</b>	Grant applications and publications: Different skills and where to find different types of writing support
<b>4.15pm</b>	Sessions end
<b>7pm</b>	Course Dinner

**DAY 3:        EMERGING THEMES & DEVELOPING RESEARCH PLANS**

<b>8am to 8.45am</b>	Breakfast
<b>9.30am</b>	Current research in the field, presented by junior researchers
<b>10.15am</b>	Analysing the strengths and weaknesses of proposed studies. Small group case study exploration led by senior researchers
<b>11am</b>	Tea break
<b>11.30am</b>	Emerging theme: Open science
<b>12pm</b>	Emerging theme: Reproducibility
<b>12.30pm</b>	Lunch
<b>1pm</b>	Optional one-to-one sessions with a senior researcher to discuss your research study
<b>2pm</b>	Panel Q&A: Experimental researchers from different disciplines discuss 'The Skills You Need for Experimental Medicine'
<b>2.45pm</b>	Summary
<b>3pm</b>	Feedback and goodbye
<b>3.15pm</b>	Course ends

Source: Oxford VR





## Accommodation

Delegates are offered accommodation on Sunday and Monday evenings at St Anne's College, Oxford. Accommodation is single en-suite rooms with Bed & Breakfast. All rooms offer wireless internet access. St Anne's is situated in green and tranquil grounds, and is only a ten minute walk from Oxford city centre.

Source: St Anne's College. Photos taken by Keith Barnes www.photographersworkshop.co.uk.



## Catering

Full English breakfasts are available in the mornings. Lunches and tea/coffee breaks are offered during the day. Two dinners are planned, one with tutors.

## Cost

Successful applicants will be offered a course place and considered for a full bursary awarded by the NIHR Oxford Health BRC to cover course costs, including teaching, lunch and refreshments, two dinners (one the Course Dinner), plus two nights' accommodation.

Please note that a £50 refundable deposit will be required from successful applicants to secure a place.

In the event of a high number of eligible applicants, the NIHR Oxford Health BRC may decide to offer some places without a bursary. Applicants can indicate on the application form if a full cost place (£800, non-residential rate) on the course would still be of interest in this case.

## How to Apply

To be considered for a place and for the bursary award, please register your interest by completing the application form found at <https://oxford.onlinesurveys.ac.uk/oxcemm-2019-application-form> by Friday 5 October 2018. Successful applicants will be informed by Friday 19 October.