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Oxford Short Course in Experimental Medicine for Mental Health

5th – 7th Jan 2020

Key information

OxCEMM is designed to provide a practical and comprehensive grounding in experimental medicine for mental health for those with a basic understanding, either at early stages in research, or planning to be actively involved in the future.

It is open to clinical and preclinical staff and trainees, medical doctors at any career stage. The course will be of interest to psychiatrists, neurologists, GPs and other specialists, nurses, basic scientists, allied health professional and pharmacists.

Date 5 – 7 January 2020

Course location Warneford Hospital, Warneford Lane, Oxford, OX3 7JX

Accommodation St Anne's College, 56 Woodstock Rd, Oxford, OX2 6HS

Cost £800 for non-bursary attendees, plus optional £50 for course dinner.

Limited places and bursaries available. Bursaries will be awarded by the NIHR Oxford Health BRC to cover the costs of the course, accommodation, evening and daytime meals as well as refreshments.

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

Application opens 15 August 2019

Application deadline 4 October 2019

Contact oxcemm@psych.ox.ac.uk
<http://oxfordhealthbrc.nihr.ac.uk/>
[@OxHealthBRC](https://twitter.com/OxHealthBRC)



Photo by Professor Noel Buckley

Course content

Topics include study design, regulation, conduct and analysis of pharmacological and psychological studies, developing awareness of industrial considerations and emerging themes.

1.0 STUDY DESIGN

Scientific integrity and validity of data is dependant on study design

1.1 Introduction to study design & applying statistics

Susannah Murphy

1.2 Governance & legal framework

Paul Harrison

1.3 Psychopharmacology

Catherine Harmer

1.4 Ethical approval process

Liliana Capitao

2.0 STUDY APPROACH

Manipulate one variable, control and measure change in other variables

2.1 Genetics & molecular studies

Elizabeth Tunbridge

2.2 Industry perspective

Mike Browning

2.3 Development of psychological therapies

David Clark

2.4 Remote monitoring & wearable devices

Kate Saunders

2.5 Neuroimaging

Clare MacKay

CASE STUDY

Design, approach & use of statistics

Elizabeth Tunbridge / Paul Harrison / Liliana Capitao

Course content

“ *Diverse range of topics providing a good background of the area, filling in gaps in knowledge* ”

OxCEMM 2019 participant

3.0 UTILISING RESOURCES

Identify enabling resources to successfully fund, refine and deliver a successful study

3.1 Grant applications

Sophie Hyndman

3.2 Pharmacy: handling, storing & administering drugs

Orla Macdonald

3.3 Pharmacy workshop: what is a 'CTIMP'?

Orla Macdonald

3.4 How can PPI benefit your research?

Claire Murray

3.5 Group tours of facilities and labs

4.0 DEVELOPING RESEARCH PLANS

New perspectives through discussions with experts and insights into current research

4.1 Current research: approach & findings

Early career researchers

4.2 Open science & reproducibility

Laurence Hunt

4.3 Communicating your findings to the media

Andrea Cipriani

4.4 Optional: 1-2-1 with senior researcher to discuss your project

Individually appointed dependant on research project

4.5 Panel Q&A: experimental medicine skill set

John Geddes / Catherine Henshall / Susannah Murphy / Paul Harrison / Andrea Cipriani

CASE STUDY

Strengths & weaknesses of proposed studies

Elizabeth Tunbridge / Paul Harrison / Catherine Harmer

Further information

Training and development

NIHR Oxford Health BRC supports individuals carrying out mental health research through the provision of exceptional, tailored training programmes, resources and networks. OxCEMM is our flagship course in this regard.

This bespoke training programme is underpinned by the extensive knowledge of senior researchers within the BRC, and valuable contributions from guest speakers. Our programme equips participants with the skills required to translate basic science findings into clinical advances, and enables them to progress in their research career.

Experimental medicine

At Oxford we have established expertise and infrastructure in experimental medicine, and believe we can add strength and depth to mental health research utilising experimental models to uncover key underlying processes of established treatments and test new ones.

By combining experimental medicine techniques with the latest tools and methodologies, we are able to speed the translation of basic science findings into clinical advances.

This year's course is supported by the Wellcome Centre for Integrative Neuroimaging (WIN), a multidisciplinary neuroimaging research facility which aims to bridge the gap between laboratory neuroscience and human health.

www.win.ox.ac.uk

“ *I have connected with new colleagues ..it has been interesting to think about other ways to approach experimental medicine studies, through group tasks and discussions, that are different from how I run experimental medicine studies. It has positively reinforced my future career aspirations to work in this area.*

Great combination of inspiring talks and tours with practical advice which was at the right level for my stage of training. Great to have mix of participants. Also great to have so many inspiring female speakers!

Multidisciplinary. Collaborative. Engaging.

The multidisciplinary and collaborative nature of this course allows new insights and perspectives on mental health research, and sparks interest and excitement in exploring these further.

Networking opportunities

Participants are able to discuss their questions and research ideas with peers, senior academics and PPI contributors throughout the course. Optional 1-2-1 sessions can be booked with a senior researcher, and also a member of the Patients & Research Group (PAR) group.



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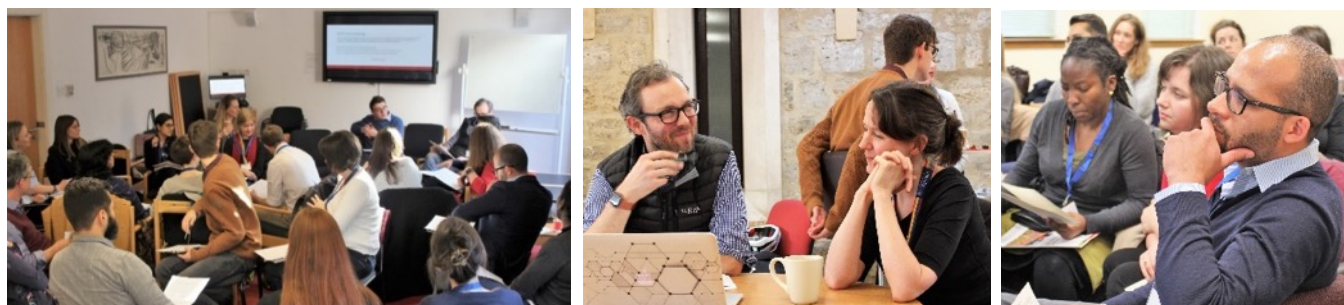
We have established a dedicated **Experimental Medicine Network** platform to share training and development opportunities, knowledge, ideas and to foster mutually beneficial collaborations.

For more information about the **Experimental Medicine Network** or to join, email emn@psych.ox.ac.uk

2019 review

Summary

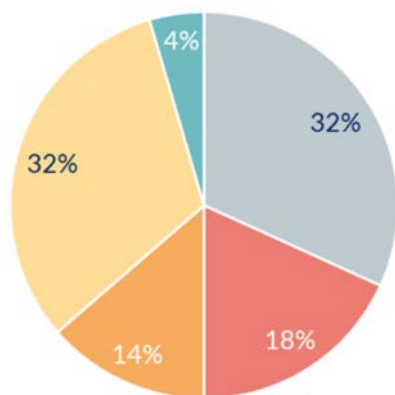
This new course ran for the first time in Jan 2019, with an engaging and thought-provoking programme of talks, tours of facilities and group discussions feedback from participants was uniformly excellent.



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The participants came from a wide range of backgrounds; including clinical and non-clinical academics, nurses and allied health professionals.

- Clinical staff
- Clinical trainees
- Pharmacist
- Basic scientist
- AHPs



“ It is usually difficult to find all of this information as it is so dispersed, but having an overview of it during the course really helps to bring it together in context. It has helped me to challenge aspects of how I do my own experimental research.

.. an intellectually stimulating course filled with inspirational content and pragmatic advice.

OxCEMM 2019 participants

“ The participants were engaged and enthusiastic, and said they really benefited from the course. Even those who were already running experimental medicine studies said how much they had learnt and how useful it was to have all the practical information they need in a single place.

I am extremely grateful to my colleagues for their support in making OxCEMM 2019 such a huge success, and look forward to building on our experiences to develop future courses and networks.

Associate Professor Elizabeth Tunbridge
NIHR Oxford Health BRC Training Lead

For more information or to request an alert when applications open for OxCEMM Jan 2020, please email oxcemm@psych.ox.ac.uk

Course tutors

The wealth of experience and expertise amongst the OxCEMM course tutors underpins the excellence in teaching and relevance of content and advice.

The inclusive and collaborative learning environment is fundamental in enabling participants to engage and interact with one another and fully benefit from direct access to the expertise and knowledge of senior academics throughout the course.

“ *Useful to have access to experts – who were all very approachable and friendly* ”

Opportunity to talk informally about research with staff, network with peers and tutors

OxCEMM 2019 participants



John Geddes
Professor and Head of Psychiatry;
Director, NIHR Oxford Health BRC, CRF and CTU



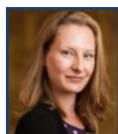
Paul Harrison
Professor of Psychiatry;
Honorary Consultant Psychiatrist,
Adult Mental Health, NIHR Oxford Health BRC



David Clark
Professor;
Chair of Experimental Psychology



Catherine Harmer
Professor of Cognitive Neuroscience
Experimental Medicine, NIHR Oxford Health BRC



Elizabeth Tunbridge
Associate Professor;
Training, NIHR Oxford Health BRC



Liliana Captao
Project Manager / Research Coordinator,
NIHR Oxford Health BRC



Susannah Murphy
Senior Research Fellow



Michael Browning
Associate Professor;
Honorary Consultant Psychiatrist

Course tutors



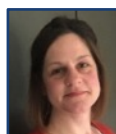
Clare Mackay
Professor of Imaging Neuroscience;
Older Adults & Dementia, NIHR Oxford Health BRC



Catherine Henshall
Senior Nursing Research Fellow;
Manager, NIHR Oxford cognitive Health CRF



Andrea Cipriani
Associate Professor; Senior Clinical Researcher; Hon.
Consultant Psychiatrist
Informatics, NIHR Oxford Health BRC



Claire Murray
PPI Manager, NIHR Oxford Health BRC /
CRF



Sophie Hyndman
Deputy Director / Senior Research Adviser, NIHR
Research Design Service



Kate Saunders
Associate Professor;
Director Medical Studies;
Honorary Consultant Psychiatrist



Orla Macdonald
Lead Research Pharmacist

Over 2,500 papers
published collectively

NIHR Oxford Health Biomedical Research Centre

Wellcome Centre for Integrative Neuroimaging

Training Lead: Elizabeth Tunbridge
Training Coordinator: Tamara Lewin

www.win.ox.ac.uk
[@OxfordWIN](https://twitter.com/OxfordWIN)

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