

Dr Hesham Yousry Elnazer

CV

PRINCIPAL PROFESSIONAL SPECIALISMS

MRCPsych MD CCT M.B.B.ch

Consultant Neuropsychiatrist

QUALIFICATIONS & ACCREDITATION

- MRCPsych, 2012
- MD Clinical Neurosciences, University of Southampton, 2020
- CCT General Adult Psychiatry; Neuropsychiatry, Rehabilitation and Liaison Psychiatry endorsements, 2016
- Certificate of Clinical Psychopharmacology, British Association for Psychopharmacology, 2017
- Certificate of Non-Clinical/ Preclinical Psychopharmacology, British Associations for Psychopharmacology, 2014
- M.B.B.ch, Mansoura University, Egypt, 2002

MEDICO-LEGAL

- Excellence in Report Writing, Bond Solon 2017
- Safeguarding level 3, St Andrews Healthcare 2017
- Responsible Clinician training 2016

PAST & PRESENT POSITIONS

Consultant Neuropsychiatrist, KITE-regional brain injury rehabilitation centre, Southampton *April 2020 – present*

Senior Clinical Lecturer, Brighton and Sussex School of Medicine, University of Sussex, *present*

Academic Secretary, Royal College of Psychiatrists, South East Division, UK, *present*

Secretary of the Neurorehabilitation Working Group, Royal College of Psychiatrists, London, UK, *present*

Faculty of Neuropsychiatry Representative to Academic Faculty, Royal College of Psychiatrists, London, *present*

MRCPsych Exam Writer; 2014

Member of Editorial Board, British Journal Medical Practitioners, 2017

MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

- General Medical Council, UK (6153029)
- Royal College of Psychiatrists, UK (829127), October 2013
 - Executive Member of the Faculty of Neuropsychiatry
 - Neuropsychiatry Accreditation Working group member
 - Member of the Senior Panel of the Clinical Assessment of Skills and Competencies (CASC)
- Approved Clinician, under MHA 1983, July 2016
- Approved Royal College Assessor, January 2020
- Member of National Neuro Advisory Group, NHS England
- All Party Parliamentary Group for Acquired Brain Injury. Committee Member, Westminster 2018
- British Association for Psychopharmacology
- European behavioural Pharmacology Society
- Federation of European Neuroscience Societies

SPECIAL INTERESTS

Brain injury, neuropsychiatric disorders (functional disorders, neurodegenerative and brain injury), common and complex enduring psychiatric conditions including anxiety, depression, psychotic illnesses, ADHD, and psychiatric disorders comorbidly existing with physical health issues and sexual dysfunction.

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RESEARCH

I have been the primary investigator for several national studies. I was the responsible officer of the CL2 laboratory at College Keep campus, University of Southampton (2017-2019). I presented my work in national and international events. I have several -publications in peer-reviewed journals, which were cited 78 times to-date.

I am the lead applicant for a grant application to Alzheimer's Disease UK. The proposed project aims at proof of concept for a laboratory protocol, which I jointly developed with Dr L. Lau (University of Southampton), to detect early peripheral biological markers of Alzheimer's disease.

I am currently the primary investigator for a study of the impact of depression on the lives of people with depression and on the family and friends who support the. This study is funded by Janssen-Cilag Limited (2020).

I am currently the primary investigator for a phase 3, randomized, double-blind, placebo-controlled study of the efficacy and safety of sage-217 with a fixed, repeated treatment regimen on relapse prevention in adults with major depressive disorder. Funded by NIHR. (2020).

I have led a multi-centre study on endocrine and paracrine disturbances in anxiety disorders and associated sexual dysfunction and the potential benefit of COX-2 inhibitor augmentation of anti-anxiety treatment. University of Southampton. (2017-2019).

ORIGINAL RESEARCH

- Elnazer HY. Sexual dysfunction in men and women with anxiety. A prospective study. (submitted to The Journal of Sexual Medicine, November 2020).
- Elnazer HY, Baldwin DS. The effect of treatment augmentation with the COX2-inhibitor celecoxib in anxiety disorders. British Journal of Psychopharmacology (under review, expected 2020).
- Elnazer HY, Lau L, Amaro H, Baldwin DS. Hair cortisol concentration in anxiety disorders. Exploration of relationships with symptom severity and inflammatory markers. Acta Neuropsychiatr, October 2020.
- Rathod S, Lloyd, Baird, Elnazer H, Kingdon D. Lessons of an evaluation of major change in adult mental health services: effects on Quality. J Mental Health. 2014 October. 23(5):271.

PEER-REVIEWED PUBLICATIONS

- Elnazer HY, Baldwin DS. Structured review of the use of the Arizona sexual experiences scale in clinical settings. Hum Psychopharmacol. 2020 May;35(3):e2730.
- Elnazer HY, Agrawal N. Management of Aggression in Epilepsy. BJPsych Advances. Accepted January 2017.
- Elnazer HY, Sampson A, Baldwin DS. Lithium and sexual dysfunction; an under-researched area. Human Psychopharmacology. Jan 2015.
- Elnazer HY, Baldwin DS. Investigation of Cortisol Levels in Patients with Anxiety Disorders: A Structured Review. Curr Top Behav Neurosci. 2014 Mar 22.

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ABSTRACTS

Cortisol disturbances in obsessive compulsive disorder a systematic review. Journal of Psychopharmacology. 2015 Aug, suppl

AWARDS & PRIZES

- Speaker award, the international federation of emergency medicine and trauma annual conference, Cairo, 2019
- Clinical Excellence Award, Southern Health NHS Trust, 2019
- Wessex Deanery Educational Quality Award, 2010
- Best Audit, Tees Esk and Wear Valley NHS Trust, 2008

BOOK CHAPTERS

- Elnazer HY, Agrawal N. Epilepsy and Aggressive Behaviours. Neuropsychiatric Symptoms of Epilepsy. May 2016.

LETTERS

Broad diagnoses are central to maintaining quality with PbR, David G Kingdon, Hesham Elnazer, et.al, BJP September 2011.

CASE REPORTS

- Elnazer HY, Baldwin DS. Treatment with citalopram, but not with agomelatine adversely affects sperm parameters: a case report and translational review. Acta Neuropsychiatr. 2014 Apr;26(2):125-9.
- Republished in full. Reactions, May 2014, Volume 1501, Issue 1, p 14 .

POSTERS

- The utility of the ASEX, a structured review. Elnazer HY, Baldwin DS. RCPsych international congress 2019 and BAP annual conference 2019.
- Clinical Problem Based Learning Introduction to final year medical students unused to this approach, a Pilot. Elnazer HY, Page L. RCPsych international congress June 2016.
- Psychiatry, Neurology and Neuropsychiatry, International view of Training. Elnazer HY, Krishnan V. RCPsych international congress June 2016.
- Cortisol disturbances in obsessive compulsive disorder. Elnazer HY, Baldwin DS. University of Southampton Neuroscience group annual meeting September 2015.
- Beliefs about bipolar affective disorder assessment and clinical implications. RCPsych international congress July 2014.
- High-Yield Cognitive Behavioral techniques for psychosis delivered by case managers to their clients with persistent psychotic symptoms: an exploratory trial- EABCT September 2013.
- High-Yield Cognitive Behavioral techniques for psychosis delivered by case managers to their clients with persistent psychotic symptoms: an exploratory trial- RCPsych international congress July 2013 -EABCT 2013.
- The Role of the General Practitioner in the Prevention of Self Harm, a short case study, H.Elnazer, K. Linsley -RCPsych international congress July 2013.

TEACHING

POST-GRADUATE

- Anxiety Disorder across the Life Span – Masterclass. Wessex school of psychiatry, 17/01/2019.
- Psychiatry paper finals, marking. university of Southampton, 04/01/2019.
- Cambridge graduate medical student placements. Formal teaching and mentorship. Oct 2016-2018.
- Royal College of Psychiatrists membership exam writing; 2014, 2015, 2016.
- Tourette's Syndrome Psycho-education Seminar for carers Child Development Centre, Poole General Hospital 24/01/2011.
- Explanatory Psychopathology and Defence Mechanisms; Training for nursing staff and care assistants rehabilitation unit, Southampton Rehabilitation Services 25/05/2010.

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TEACHING

UNDER-GRADUATE

- University of Sussex, Brighton and Sussex Medical School. Year three clinical psychiatry placement. January 2020, ongoing.
- University of Southampton, year 3 placement. Formal teaching and mentorship. February 2018-ongoing.
- Buckingham Medical School specialised 4 weeks placement. Formal teaching and mentorship. January 2017- February 2018.
- University of Brighton, faculty of medicine, finals OSCE examiner 20, 27/01/2016.
- University of Brighton and Sussex, faculty of medicine Clinical Problem Based Learning (CPBL); August 2015- April 2016.
- St George's School of medicine, Clinical Problem Based Learning (CPBL); August 2014- August 2015
- Special Study Module for third year medical students (student lead learning) February 2010-August 2010.
- University of Southampton, Mock finals OSCE examiner June 2011 & May 2010.
- 3rd, 5th year medical students August 2008 to date, lecturing, monitoring and formal assessments.

PRESENTATIONS

I presented in regional, national and international meetings/conferences. The audience group varied from students, qualified doctors and expert groups. I presented the posters and audits I carried on, I also organized local and national meetings.

- Chair, RCPsych faculty of neuropsychiatry annual conference, London, UK, 19/09/2020.
- Visitor lecture, Anxiety disorders and the potential influence of neuroinflammatory and endocrine factors. Biopsychologie, Technische Universität Dresden, Germany, 22/11/2019.
- Keynote lecture, the international federation of emergency medicine and trauma annual. Cairo, October 2019.
- Chair, Population health; southern health annual research conference can research improve outcomes. Southern Health NHS Foundation Trust, 30/01/2019.
- Event Organiser: Academic Meeting-Neurorehabilitation Working Group. Royal College of Psychiatrists, London. 15/05/2017.
- Older Person's Mental Health Liaison. Manchester mental Health Trust 14/03/2016.
- Neuropsychiatry Services; Proactive Improvement of Resilience and Sustainability, a Business Plan. St Andrew's Healthcare, Northampton 09/03/2016.
- Neuropsychiatric complexities and dimensions in working with Non-Epileptic Attacks Disorders and Traumatic Brain Injuries. The Maudsley. 26/11/2015.
- The Wessex MRCpsych Course. Wessex Deanery Notable awards 24/04/2011.
- Hampshire Partnership Audit Forum, 22/06/2010.
- Explanatory Psychopathology and Defence Mechanisms. Southampton Rehabilitation services 25/05/10.
- Physical examination in Psychiatric wards. Clinical Governance Forum, Hampshire Partnership 16/06/2010.

** Details of earlier presentations will be provided upon request.*

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COURSES

CLINICAL

- RCPsych faculty of Neuropsychiatry annual conference. 18/09/2020.
- ECG refresher for medical staff. St Andrews Healthcare. 21/03/2017.
- End of Life Managed Clinical Network. St Andrews Healthcare & University of Northampton. 16/01/2017.
- Dysphagia, clinical management. St Andrews Healthcare. 11/11/2016.
- Royal College of Psychiatrist International Congress 27/05/2016.
- Brain and Body Research seminar R&D, Sussex Partnership Trust 18/05/2016.
- Novel psychoactives and mental health. University of Brighton & Sussex 20/04/2016.
- RCPsych Faculty of Neuropsychiatry working group day 22/01/2016.
- Medically unexplained symptoms. University of Brighton & Sussex 28/10/2015.
- WHO MhGap orientation course. WHO/RCPsych 19-20/09/2015.
- Royal College of Psychiatrists International Congress 25/06/2014.
- Oxford Epileptology Masterclass, psychiatric difficulties in epilepsy. University of Oxford 16/05/2014.
- Pharmacy and medicine management. Sussex Partnership NHS 01/02/2013.
- Risk assessments and managing acutely disturbed patient. Sussex Partnership.
- Royal College of Psychiatrist annual meeting and workshop, 2-5/06/2009.
- CBT. Hampshire partnership trust, 20/02/2009.
- HoNOS. Hampshire partnership trust 04/11/2008.

COURSES

ACADEMIC & RESEARCH

- Primary Investigator refresher course. University of Southampton, 16/12/2019.
- Advanced abstract writing skills. University of Southampton, 11/01/2019.
- Advanced grant writing skills. University of Southampton, 10/12/2018.
- Alzheimer's disease, what we know so far. University of Southampton, 17/12/2018.
- Faculty of Neuropsychiatry, Annual meeting, Royal College of Psychiatrist. 13-14/09/2018.
- British Association for Psychopharmacology Summer meeting 18-20/07/2016.
- Examiners refresher training. Brighton and Sussex medical school 08/06/2016.
- GCP, NIHR. 07/06/2016.
- Brain & Body seminar Sussex Medical School 18/05/2016.
- How to publish, write a manuscript and grant application. University of Southampton 10/05/2016.
- Delivering effective teaching. BMA 12/01/2016.
- Neuroimmunology. King's college London 02/11/2015.
- Advanced biomedical statistics. University of Southampton 06-09/10/2015.
- RCPsych exam question writing 15/10/2015.
- University of Southampton Neuroscience Group Annual meeting 17/09/2015.
- British Association for Psychopharmacology Summer meeting 27-29/07/2015.
- Research Clinician (academic Training Platform for London). Wellcome Trust 20/05/2015.
- British Association for Psychopharmacology Anxiety Disorders Module of BAP certificate in clinical psychopharmacology 22-23/01/ 2015.
- British Association for Psychopharmacology Affective Disorders Module of BAP certificate in clinical psychopharmacology 18-19/09/ 2014.
- British Association for Psychopharmacology Substance Misuse Module of BAP certificate in clinical psychopharmacology 04-05/12/ 2014.
- British Association for Psychopharmacology Summer meeting 20-23/07/2014.
- Research skills for doctoral researchers. University of Southampton 14-17/04/2014.
- Nonclinical Psychopharmacology. British Association for Psychopharmacology 23-27/02/ 2014.
- Clinical Practice (GCP): a practical guide to ethical and scientific quality standards in clinical research. NIHR 28/01/2013.
- Introduction to Valid Informed Consent in Clinical Research. SHFT 18/012/2012.
- Qualitative Interviewing. SHFT 18/012/2012.

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PROJECTS

In my roles with the Royal College of Psychiatrist and as an executive member I participated in various projects including:

- Member of the National Neuro Advisory Group, NHS-England 2019.
- RCPsych ICD-11 recommendations to WHO, 2017.
- Framework for Routine Outcome Measurement in Neuropsychiatry, 2017.
- All Party Parliamentary Group for Acquired Brain Injury Committee. ABI service recommendation to government, 2018.
- Neuropsychiatry accreditation curriculum, 2017-2018.
- Introduction of Unified Huntington's Rating Scale to St Andrews Huntington's disease pathway Nov 2016- Jan 2017.
- St Andrew's neuropsychiatry higher specialist trainee training programme, a synopsis. Oct 2016- Nov 2016.
- Co-founding the Neurorehabilitation Working Group. RCPsych. Nov 2016-Feb 2017.
- Event Organiser: Academic Meeting-Neurorehabilitation Working Group. Royal College of Psychiatrists, London. 15/05/2017.
- CPBL in a non CPBL school of medicine, a pilot, university of Brighton and Sussex Aug 2015-Feb 2016.
- Reducing Worry in patients with Somatic Symptom Disorder using brief Cognitive Behavioural Therapy. July 2015.
- Appraisal Advisory Committee. Appraisal of Vortioxetine for treating major depressive disorder. The National Institute for Health and Care Excellence (NICE), UK, 14/05/2015.
- Evaluation of the transformation of adult mental health services from inpatient-centred to community- focussed through development of assessment teams and integrated treatment teams 2012-2013.
- MRCPsych course working group, Wessex Deanery, 2009-2011.
- Student guided interdisciplinary teaching, University of Southampton, 2009-2010.
- Wolverhampton PCT Old Age Psychiatry. Early onset Dementia, Service Evaluation 2008. A survey.

** Details of earlier projects will be provided upon request.*