

# **CURRICULUM VITAE**

**M.B.B.S  
M.R.C.Psych**

## Personal Details

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## Education

School: Oregon High School, Lagos, Nigeria, 1987-89  
Agidingbi Grammar School, Lagos, Nigeria, 1985-87  
University: Ogun State University Teaching Hospital Nigeria, 1989-97  
Psychiatric training: Oxford Deanery Higher Rotational Training scheme,  
Feb 04-Date  
University of Oxford, Department of Psychiatry,  
Aug 03-Feb 04  
Oxford Deanery Rotational Scheme,  
Feb 00- Feb 02  
Keele Rotational Scheme, Feb 00- Feb 02

## Degrees and Qualification

M.R.C Psych: Spring, 2003  
M.B.B.S: Ogun State University, Nigeria, Aug 1997  
PLAB test: 1999  
Section 12(2) approved

## Professional Affiliations

Member of British Association of Psychopharmacology  
International member of American Psychiatry Association

Honorary visiting research associate Cambridge University Department of Psychiatry.

Member of Association of University Teachers in Psychiatry

### **Current appointment**

Consultant Psychiatrist in General Adult Psychiatry (Community Psychiatry)

South Essex Partnership Trust

Main Base: Spring House, Biggleswade Hospital, Potton Road, Biggleswade, Bedfordshire SG18 0EL

Spring House Community Mental Health Team and ASPA team (Assessment and Single point of Access Team)

Responsible medical officer to Assertive Outreach Team covering the Bedfordshire Area in the Trust and providing two sessions.

I had previously worked in the Bedfordshire Luton and Partnership Trust which has since been acquired by South Essex Partnership Trust. April 07 – to date

### **Reconfiguration effect on job duties**

Job has changed over the last few years due to a number of reconfiguration processes within the trust. I have mainly been the consultant psychiatrist working with the Community Mental Health Team at Spring House, in Biggleswade. However, over the last few years, duties have changed. Additional duties have varied from providing inpatient input for my sector patients for a few months, before the Trust went to the full functional model. Subsequently, for about six months I did solely community psychiatric work with additional community psychiatry input with another mental health team until April 2009.

From April 2009, I covered Spring House Community Mental Health Team as well as provided inpatient cover for roughly half of the ward amounting to an average of about 12 patients. This duty continued until June 2010 where I am currently providing Community Mental Health Team input to our recovery community mental health team as well as input with the ASPA team, which commenced. Thus, I stopped providing consultant inpatient cover in June 2010 and started ASPA team duties.

### **Current Duties**

Providing Mental Health Services for the local area in the community of Biggleswade and the surrounding areas in liaison with the multi disciplinary team of the community mental health team.

Regular home assessments.

Supervision of Junior Doctors

Regular outpatient clinics.

Involved in service development of psychiatric services within the local area and supporting the Trust with reconfiguration.

Providing consultant leadership to the ASPA (Assessment and single point of access) team which involves managing patients intensively referred from GPs for a maximum of three months with frequent reviews and monitoring of their mental state, after which a decision is made to either refer them onto the recovery community mental health teams or to discharge back to the GP.

Providing Consultant Leadership to the Assertive Outreach Team in two sessions which involves supervising the Associate Specialist Doctor, ensuring Clinical Governance in the Team, and providing responsible medical officer duties.

Providing emergency duty assessment and mental health act work.

### Experience in the UK

April 06-March 07	<b>SpR in Addictions.</b> Specialist Community Addiction Service, Oxford. The Rectory Centre
April 05-Mar 06:	<b>SpR in General Adult Psychiatry</b> Warneford Hospital, Oxford
Feb 04- April 05:	<b>SpR in General Adult Psychiatry</b> Prospect Park Hospital, Reading
Aug 03-Feb 04:	<b>Clinical Research Fellow, Neurosciences Unit</b> Dept. Psychiatry, University of oxford
Feb 03- Aug 03:	<b>SHO in Psychotherapy</b> Psychotherapy Department, Warneford Hospital, Oxford
Aug 02-Feb 03:	<b>SHO in Learning Disability</b> Princess Marina Hospital, Northampton
Feb 02-Aug 02:	<b>SHO in Child Psychiatry</b> Park Hospital for children, Oxford
Aug 01-Feb 02:	<b>SHO in community Psychiatry and Perinatal Psychiatry</b> Leighton Hospital, Crewe
Feb 01- Aug 01:	<b>SHO in Psychiatry of Substance Abuse</b> City General Hospital, Stoke on Trent
Aug 00-Feb01:	<b>SHO in Psychiatry of Old age</b> City General Hospital, Stoke on Trent
Feb 00-Aug 00:	<b>SHO in General Adult Psychiatry</b> St. Edwards Hospital, Stoke on trent
Nov 99- Feb 00:	<b>Clinical Attachment in Psychiatry</b> West Middlesex Hospital, London
<u>Overseas experience:</u> Nov 97-Nov 98:	<b>House Officer Rotation</b> Duro Soley Hospital, Lagos, Nigeria

### Clinical training

During junior doctor training, I gained extensive clinical experience in Community Day hospitals, District General Hospitals and Therapeutic Communities Posts covered all age groups: Children, Adolescents, Adults and Elderly.

## Psychotherapy training

Had supervised clinical experience in the following:

1. Psychodynamic psychotherapy.
2. Cognitive behavioural therapy including its use for psychotic symptoms.
3. Cognitive analytical therapy .
4. Family therapy.
5. Play therapy.

.Attended introductory course for the following:

1. Cognitive analytical therapy
2. Cognitive behavioural therapy for psychosis.
3. Dream exploration; experiential course.

## Research Experience

### Research Position

#### Honorary Visiting Research Associate University of Cambridge Department of Psychiatry

1. Systematic review participating in systematic review looking at the role of thyroid hormones augmentation in treatment resistant depression.
2. Worked with a research group at the University of Cambridge looking at obsessive compulsive disorder endophenotypes.
3. Research on **epidemiology** and **DNA polymorphism** in Schizophrenia (supervised by lead researcher Professor H. Gurling UCL),2004.
4. Involved in **MRS** projects looking at **GABA** levels in different patient groups(supervised by Dr Zubin Bhagwagar),2003.
5. **PET research** on raclopride displacement in volunteers, given tyrosine depletion drinks (supervised by Professor Phil Cowen, University of Oxford and Professor Paul Grasby, Imperial college),2003.
6. Research on **Thiamine levels** in **alcohol dependence** syndrome for inpatients at Edward Myers unit, Stoke-on-Trent in 2001. Cited as a reference in BAP guidelines for management of alcohol dependence.

## Current Projects

1. Currently involved in exploring OCD endophenotypes using neuro imaging and neuro psychological battery of tests at the University of Cambridge, Behavioural Cognitive Neurosciences Institute.
2. Currently involved in Neuropsychological testing research in social anxiety disorder and autistic spectrum disorder at the Cambridge University.

## Audits and Surveys

1. **“Audit on baseline blood tests in adults in a psychiatric inpatient unit”**. Seshadri M, Galligan M, Sule A. Published in abstract supplement to journal of psychopharmacology August 2011

- 2      **“Survey on discharge letters for patients with mixed anxiety and depression and adjustment disorder in Bedford Crisis Resolution Team”**. Dissanayake L, Gadelkarim W, Ratnayake T B, Sule A, published in supplement to Journal of psychopharmacology volume 26 issue 8 August 2012.
- 3      **“Survey of the record keeping of contraceptive methods and Counselling in woman of child bearing age taking psychotropic medication”**. Seshadri M, Datta P, Sule A Abstract supplement to journal of psychopharmacology August 2011
- 4      **“Practices of Child and Adoloescent Psychiatrist in monitoring of patients on antipsychotic medication”**. Govendar T, Potluri S, Mclver S, Fairbairn L, Sule A, Abstract supplement to journal of psychopharmacology August 2011
- 5      **“Survey of Psychiatrists practices and considerations when prescribing psychotropic medication for a woman of reproductive age”**, by lankov B, Chapman S, Zaman N, Sule A. Published in abstract supplement to journal of psychopharmacology Volume 23 number 6 August 2009.
- 6      Audit about **“Client knowledge and understanding of their illness”**, Dr M B Sandilyan, Dr M Shah, Dr A Sule, 2007.
- 7      Audit about treatment **Section 17 leave** for patients at Prospect Park Hospital, 2006.
- 8      **Alternatives to admission in Mental Health’ Survey**, Simon Godefroy with Akeem Sule, 2004. This survey informed working group on reconfiguration of General Adult Psychiatry services in West Berkshire.

<b>Publications</b>
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1.      *Enhanced avoidance habits in obsessive compulsive disorder*. Claire M. Gillian, Sharon Morein-Zamir, Gonzalo P. Urcelay, **Akeem Sule**, Valerie Voon, Annemieke M. Apergis – Schoute, Naomi A Fineberg, Barbara J Sahakian, Trevor W Robins. Biological Psychiatry on line 2013.02.002
2.      *Counter Factual Processing of Economic action – outcome alternatives in obsessive compulsive disorder: Further evidence of impaired goal directed behaviour*. Claire M Gillian, Sharon Morein-Zamir, Muzaffer Kaser, Naomi A Fineberg, **Akeem Sule**, et al Biological psychiatry on line 2013.01.018
3.      *Morbidity and mortality in schizophrenia* Dr AM Lwin, Dr C Symeon, Dr F Jan, **Dr A Sule**, British Journal of Hospital Medicine November 2011, Volume 72, Number NO.11
4.      *Abstract “sex, hormones and schizophrenia”: Age at puberty on set and gender dimorphism in finger length*, Queded DJ, Ranaf, Sundaravdanam H, Patel R, Johnson S, **Sule A**. et al Abstract supplement to journal of psychopharmacology volume 25 number 8 August 2011.
5.      *Crisis Resolution in Older Peoples Mental Health Care*. Thomas Obinwa, Tarun Goel, **Akeem Sule** Progress in Neurology and Psychiatry 2010, volume 14 issue 2, pages 4 to 6
6.      *Insight – new interesting stimulants*. Chukwjekwu Christopher/**Sule Akeem**. Geriatric Medicine volume 38, number 8 page 420 to 432 published 2009.9.16
7.      *Survey of psychiatrists’ practices and considerations when prescribing psychotropic*

medication for a woman of reproductive age. Iankov BA, Chapman S, Zaman N, **Sule A**. Abstract Supplement to Journal of Psychopharmacology volume 23 number 6 August 2009.

8. *Confirmation of the Genetic Association between the U2AF Homology Motif (UHM) Kinase 1 (UHMK1) Gene and schizophrenia on chromosome 1q23.3*  
Vinay Puri, Andrew Mcquillin, Susmita Datta, Khalid Choudhury, Jonathan Pinn, Srinivasa Thirumalai, Robert Krasucki, Jacob Lawrence, Digby Quested, Nicholas Bass, Caroline Cromby, Gillian Fraser, Nicholas Walker, Helen Moorey, Manaam Karray, **Akeem Sule, et al, 2008**, European Journal of Human Genetics.
9. *From the other angle: a word from health*, Dr M Shah & **Dr Akeem Sule** Chapter in a book entitled: The Integration of Mental Health Social Work and the NHS; Author Daisy Bogg.
10. *Potential Use of Dopamine Partial Agonists in Cocaine Addiction*, **Akeem Sule et al**, 2008, Progress in Neurology and Psychiatry
11. *Failure to confirm Allelic and Haplotypic Association between markers at the chromosome 6p 22.3, Dystrobrevin-binding protein 1 (DTNBP1) Locus Schizophrenia.*  
Susmita Datta, Andrew Mcquillin, Vinay Puri, Khalid Choudhury, Srinivasa Thirumalai, Jacob Lawrence, Jonathan Pinn, Nicholas Bass, Graham Lamb, Helen Moorey, Jenny Morgan, Bhaskar Tunukollu, Gomathinayagan Kandasami, Simon Kirwin, **Akeem Sule, et al, 2007**. Journal Behavioural and Brain functions. (On line Journal).
12. *Reduction in Occipital Cortex GABA concentration in medication free recovered Unipolar depressed and Bipolar Subjects*, Zubin Bhagwagar, Marzena Wylezinska, Paul Jezzard, John Evans, Fiona Ashworth, **Akeem Sule**, Paul M. Matthews, Philip Cowen, 2007, biological psychiatry.
13. **Abstract**, *Frontal and Occipital lobe GABA changes in Depression*, measured with 1H-MRS, C.J Evans, M.Wylezinska, Z.Bhagwagar, P.Jezzard, **A.Sule**, S.Selvaraj, P.Matthews, P.Cowen, Proc 14<sup>th</sup> Intl. Soc. Magn. Resonance Medicine, 2072,(2006).
14. **Letter**, *Antisocial Personality Disorder as a confounder in PTSD and Substance Use Disorders*, **Akeem Sule**, Kathleen Kelly, American Journal of Psychiatry 163:1840 October 2006
15. **Letter**, 'Confounders' (2006), Kathleen I.Kelly, **Akeem Sule**, bmj.com Rapid responses.

#### Prizes and Honors

1. Nominated consistently as the best teacher amongst the undergraduate medical students at Cambridge University in the Clinical Psychiatry Course. 2011/2012
2. **Consultant Teacher of the year award** for 2009 Bedfordshire and Luton Partnership Trust
3. Joint Winner of (**Consultant Teacher for Exams award**) for 2009 for Bedfordshire and Luton Partnership Trust
4. Was involved in Perinatal survey and was nominated along with two other studies for the "Young Psychiatrists Award at the Perinatal Psychiatry group of the college" in 2009/2010. Presented by Specialist Registrar in the study but award was not won.
5. **Teacher of the month award for Clinical Sciences**, nominated by the 5<sup>th</sup> year Medical Students, Oxford University

## Special Interest Sessions

- 1 Rapid Prescribing Clinics for Opiate Dependent Clients involved with Criminal Justice System, 2006.
2. Forensic Psychiatry Placement at Medium Secure Unit, 2005.
3. CBT for patients suffering with psychotic symptoms, 2004

## Teaching, Training and Presentation Experience

- 1 Presented as part of a UK based team GP training in “update on anxiety disorders”, given on 16<sup>th</sup> March 2013.
- 2 Cardiovascular and psychiatry master class, “**Hearts and Minds**”, three lectures given in Lagos State, Nigeria to general practitioners and medical officers covering depression and anxiety in cardiovascular disease, heart disease and mental health, interaction, by directionality and cardiac risk, and treatment of depression and anxiety in cardiovascular disease. Lectures given on the 27<sup>th</sup> February 2013 and the 28<sup>th</sup> February 2013.
- 3 Part of UK based team that presented a seminar on “MRC Psych preparation for Indian trainees” at the annual national conference of the Indian Psychiatric Society in January 2012 in Kochi in Indian
- 4 Part of UK based team that taught Hong Kong Doctors for preparation for final MRC Psych exams at kwai Chung Hospital Hong Kong 2009, 2010, 2012.
- 5 Part of UK based team that taught in Singapore which involved training trainers, training resident doctors for preparation of MRC Psych exams and also training simulated patients July 2011
- 6 Part of UK based team that taught Egyptian doctors to help them prepare for MRC Psych final exams in 2012 in Cairo and in Alexandria in Egypt.
- 7 Innovator of the Old School Hiphop method of teaching used in teaching Cambridge Medical Students in order to encourage take up of psychiatry as speciality.
- 8 Panelist at the med fest, a film festival aimed at encouraging psychiatry as a speciality among medical students in 2012 and 2011.
- 9 Taught on two occasions at the **Mental Health Modular training for GPs** on Psychopharmacology in 2009 and 2010.
- 10 Was **co-convenor of the Evidence based Journal Club** for specialist registrars and staff grade doctors **with emphasis on papers that would change and improve clinical practice in 2009**.
- 11 Member of the Undergraduate Teaching Community which aims to improve teaching Cambridge Medical Students in Psychiatry.
- 12 Involved in program to encourage medical students to take up psychiatry as a speciality and a nominated mentor.
- 13 **Panel Member** in the first “**Speed date**” formatted psychiatry career fair for Cambridge Medical Students in 2009.
- 14 Regularly lecture Cambridge Medical Students on a psychiatry attachment posting, at the clinical school at Addenbrookes Hospital with regards to Substance Abuse Seminar
- 15 **Examiner tutor at the Oxford Psych Course**, for preparation for the MRCPsych Clinical exam.
- 16 Previously a **Clinical Skills Tutor** of Oxford University Medical Students, 2006.
- 17 **Presentations** in different topics in joint academic Psychiatry meetings.
- 18 Co-trained Rehabilitation Hostel Workers in Management of Service Users with **dual diagnosis using psychosocial interventions**, 2006.
- 19 Co-trained drug workers in dual diagnosis, 2006.
- 20 Co-convenor of **evidence based journal club**, Warneford Hospital 2006.
- 21 Part1 and 2 MRCPsych exam practice sessions with SHOs.



- 22 Co-presented Survey to Wokingham Mental Health Steering group, Berkshire, 2004.
- 23 Presented PET research to members of public at open day question and answer session, London, 2003.
- 24 **Represented Keele Rotation** at West Midlands regional deanery Case presentation competition, presented a case of 'Charles Bonnet Syndrome', 2000.

### Management experience

- 1. Member of Mental Health GP Liaison Group looking at Governance issues with regards to interaction between primary care and secondary care mental health services.
- 2. Member of Medical Staff and Committee Sub Group looking at Governance issues of merger between BLPT with South Essex Partnership Trust.
- 3. Nominated Consultant liaising with the Public Relations and Communication Department to improve the image of the BLPT trust during acquisition by SEPT.
- 4. Trust Mentor to a number of Research Projects carried out in BLPT to ensure governance issues are adhered to.
- 5. Actively liaised with MIND organisation forging closer links with CMHT to help fill the gap between primary and secondary psychiatric care services.
- 6. Member, Clinical Research Governance Committee Bedfordshire and Luton Partnership Trust.
- 7. Co-opted Member of The Drugs and Therapeutic Committee and Bedfordshire and Luton Partnership Trust.
- 8. Was involved in setting up a dual diagnosis service in Oxford.
- 9. SHO Mentor, Oxford Regional Deanery Scheme, 2006.
- 10. SpR representative, Problems in Practice Committee, Oxford, 2006.
- 11. SpR representative, Mental Health Act Forum, Oxford, 2006.
- 12. SpR representative, Wokingham Mental Health Care steering group, 2004.
- 13. SpR representative, Wokingham Drug and Therapeutics Committee, 2004
- 14. Transformed the local journal Club in West Berkshire into an 'Evidence based Psychiatry journal club', 2004.
- 15. Member, Early intervention to Psychosis working group, Wokingham, 2004.
- 16. Regular 'acting up' in Consultants absence.
- 17. Worked with Afro-caribbean Societies at Oxford University and organised 1<sup>st</sup> political forum lecture, 2006.
- 18. Involved in establishing Black forum at Oxford University.
- 19. Involved in trying to set up a dual diagnosis service in Oxford.

### Service user involvement

- 1. Have been involved in public health education at Bipolar Group in 2012.
- 2. Acted as facilitator at Mental Health Services and the Black Community in one of the groups in a program designed to encourage better support for ethnic minority communities held at Mount Zion Church, Bedford, 28<sup>th</sup> March 2013.
- 3. I show a copy of my letters to patients following clinic consultations.
- 4. I have co-facilitated CBT group sessions for day hospital patients.
- 5. I have co-facilitated play therapy group sessions for day hospital patients.

### **Courses and Conferences attended**

1. Attend British Association of Psychopharmacology Conference every year
2. Royal College of Psychiatrists faculty of general and community psychiatric annual meeting 14<sup>th</sup> to 15<sup>th</sup> October 2010 “ a dawn of a new horizon”.
3. Basic life support
4. ‘Breakaway’
5. Unicon course (teaching course)
6. ‘Managing the transition’; management course
7. ‘Schizophrenia-from matter to mind’; Psychopharmacology conference
8. Bipolar affective disorder-from matter to mind: Psychopharmacology conference
9. CBT with psychosis(modules 1 & 2)
10. Clinical management course for specialist registrars in Psychiatry
10. Nuts and bolts management course.
11. SCAN conference (addiction)

### **Interests**

Playing football, athletics, international politics, mentoring ethnic minority students and rapping.

<b>Referees</b>
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**Dr Zubin Bhagwagar**

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