

CURRICULUM VITAE

of

Dr. Althea Lord
Consultant Geriatrician

November 2006

CAREER REVIEW

Graduated from the University of Sri Lanka, Colombo and initial employment from House Officer to Registrar in General Medicine was mainly in Colombo. In the UK, employed as a Registrar in Nephrology, followed by locum and substantive posts in Geriatric Medicine as a Registrar and Senior Registrar and was then accredited in Geriatric Medicine.

A Consultant Geriatrician in Portsmouth for more than 14 years in a very busy and large Department of Medicine for Older People. Gained considerable experience in working in all areas of the department – acute, rehabilitation, day hospital, outpatients, intermediate, continuing care and community. Supervised, instructed and guided medical and nursing staff and advised on career progression. Involved in teaching medical, nursing, and therapy staff in the department, hospitals and Primary Care Trusts. Strived to maintain multidisciplinary team working in all areas.

Involved with the community rehabilitation team in a Primary Care Trust (PCT) since its inception 5 years ago and have helped in the development of Intermediate Care and community services in the locality. Since June 2004 I have been in post as Community Geriatrician to the Fareham & Gosport PCT which serves a population of approximately 180,000. Involved in developing this new post which has focussed on delivering a patient-centred service for older people with assessment, treatment and care at home or as close to home as is possible and in doing so, have developed good relationships with primary and secondary care and health and social services and voluntary agencies. The service development focussed on prevention of admission, assessment of the frailer older person with complex multiple pathology and also facilitating discharge by co-ordinating support from social services and the intermediate care teams. I contributed an equal share to the acute on-call rota, acute ward cover and post-take ward rounds in Queen Alexandra Hospital (the District General Hospital) but my main duties were in a community hospital where I have run a post-acute assessment ward which is shared with General Practitioners (GPs), and also had sessional time in outpatients and busy day hospital.

Participated in management and administrative duties of the department of Medicine for Older People and was the department's locality lead for Fareham & Gosport Primary Care Trust. Enjoyed planning multidisciplinary teaching programmes and study days.

A hardworking and conscientious Consultant Geriatrician who is a generalist at heart and is keen on delivering good quality and appropriate care in the community. Feel strongly that multidisciplinary teams as well as rapid access to diagnostics plays a pivotal role in assessment and treatment outside the acute and busy district general hospital but is mindful that admissions to the acute unit must also be facilitated when it is appropriate. In the last few years developed an interest in Parkinson's Disease (PD) and related disorders. Having successfully completed the PD Master Class in 2003 now a member of the PD Academy, UK. A team player who believes that services should deliver patient focussed care but is also mindful of the wellbeing of colleagues.

With the experience and interest in Elderly Medicine, Intermediate Care, Day Hospitals, and Parkinson's Disease it seemed a natural career progression to be involved in the development of community services with a view to positively enhancing the patient journey and experience between primary and secondary care and was hence successful in being appointed to the post of Community Geriatrician, the 1st such post in the Portsmouth District.

Further details of expertise and career profile are included in the ensuing pages.

POSTS HELD

<i>PRESENT APPOINTMENT</i>	Fareham & Gosport PCT	21 st June 2004 to 31 st August 2006
Consultant Community Geriatrician		
Consultant Geriatrician	Department of Medicine for Older People, Portsmouth	31 st March 1992 – 20 th June 2004
Senior Registrar – Geriatric Medicine	Southampton/Portsmouth	October 1988 – 30 th March 1992
Registrar – Geriatric Medicine	Portsmouth	Jan 86 – Sep 88
Locum Registrar – Geriatric Medicine	Portsmouth	Oct 85 – Dec 85
Registrar Nephrology	Portsmouth	May 84 – Oct 85
<i>IN SRI LANKA</i>		
Registrar General Medicine	General Hospital, Colombo	Jan 83 – May 84
S.H.O. General Medicine	General Hospital, Colombo	June 81 – Dec 82
S.H.O. Surgical Intensive Care	General Hospital, Colombo	Sep 80 – June 81
S.H.O. Thoracic Surgery	General Hospital, Colombo	Nov 79 – Sep 80
Medical Officer Outpatients	Base Hospital, Chilaw	July 79 – Oct 79

House Officer, General Medicine	General Hospital, Colombo	Sep 78 – June 79
House Officer, Obstetrics & Gynaecology	Castle Street Hospital for Women, Colombo 8	Mar 78 – Sep 78

EXPERIENCE AS A CONSULTANT GERIATRICIAN

GERIATRIC MEDICINE

- Consultant responsibility for upto 20 beds on Sultan Ward at Gosport War Memorial Hospital where patients were transferred from the acute sector but also admitted direct from home. Patients on this ward could also be admitted under the care of General Practitioners.
- Had Consultant responsibility for inpatients on acute wards at Queen Alexandra Hospital and St. Mary's Hospital, Portsmouth. This was from 1992 – 2004.
- Participated in the Consultant on-call rota and carried out post-take rounds on the Medical Assessment Unit and cover of the acute wards on the District General Hospital site at weekends.
- Educational supervisor for SHOs and Specialist Registrars on acute wards and SHO and Clinical Assistants at Gosport War Memorial Hospital and carried out regular appraisals. Supervisor for a first year student on the Foundation Degree in Medical Technology.
- Multidisciplinary team meetings.
- Dolphin Day Hospital – Provided specialist medical input since its inception 12 years ago. Developed guidelines for referrals to include direct referrals from Primary Care, Medicines Management for Medical & Nursing Staff, patient clerking and Transfusion in Day Hospitals.
- Consultant input into Day Hospital Clinical Governance Group for more than 6 years.
- In-patient general and stroke rehabilitation at Gosport War Memorial Hospital.
- Domiciliary Visits.
- Ward Visits to general medical, surgical, orthopaedic, psychiatry wards in the district general hospital and also the Old Age Psychiatry and GP ward in the community hospital.
- Weekly outpatient sessions and associated administration.
- Trial of outpatient letters copied to patients in Sep 2003. Now successfully implemented in the department.
- Previously worked in Continuing Care – Dryad Ward at Gosport War Memorial Hospital.

COMMUNITY SERVICES

- Provided the specialist medical input to the multidisciplinary team in terms of individual patient management. Patients are seen at home or in care homes and where relevant management is shared with the Intermediate Care Nursing Team.
- Member of the Community Enabling Service (community rehabilitation team in Fareham and Gosport) Steering Group.
- Attended patient review meetings and input into goal-setting and decision making of the multidisciplinary team that had representatives from health and social services.
- Involved in end-of-life decision meetings in Care Homes.
- Team award for Clinical excellence/innovation to the Community Enabling Service by Fareham & Gosport PCT – December 2003.
- Instrumental in obtaining IT access for Pathology and Radiology results in the community hospital.

PARKINSON'S DISEASE

- Involved in the Parkinson's Disease Service Group looking at developing a multidisciplinary service for patients of all ages with Parkinson's Disease and related disorders. Helped to secure initial funding for a PD Nurse Specialist from the PD Society, UK. Provided support and clinical supervision for the specialist nurse to include the Supplementary Prescribing Course which she successfully completed.
- Current database of approximately 140 older patients with Parkinson's Disease mostly from Fareham & Gosport PCT. These patients have been seen at home, in Day Hospital and Outpatients.
- Provide a second opinion on diagnosis and management to other Consultant colleagues when requested.
- Educational sessions for medical staff, nursing and pharmacy staff in primary and secondary care.
- Member of the British Geriatrics Society Special Interest Group in Parkinson's Disease.
- Member of the Parkinson's Disease Academy, UK and was awarded The Armada Dish of the Academy in October 2003. Subsequently a mentor for the PD Masterclass.
- Involved with Fareham & District Branch of the Parkinson's Disease Society and attend meetings when invited.

TEACHING

- Departmental Meetings.
- Presented at 2 Rolling Half Days (General Medicine Educational programme) attended by medical staff from all medical specialties.
- SHO Core Curriculum – Iatrogenic problems in the Elderly - 2002 and Parkinson's Disease in 2003, 2004 and 2005.
- Day Hospital Study Days – Annual Multidisciplinary Teaching Days on a topic followed by half a day of action planning and goal setting for the Day Hospitals.

Topics covered – Dizziness, Dementia & Depression, Parkinson's Disease, Stroke & Diabetes.

- Helped organise 2 Open Days for patients, carers and Primary and Secondary Care Staff in Gosport War Memorial Hospital – Continence (1994) and Parkinson's Disease (1997).
- Parkinson's Disease Master Class – Talk and discussion on Mentoring and local service development – Sep 2003. These classes are run twice a year by the PD Academy UK and are for Consultant Geriatricians, Specialist Registrars and General Practitioners interested in Parkinson's Disease.
- *PD – The Way Forward* – Organised an evening meeting to introduce the PD Nurse Specialist and launch the PD Project in Fareham and Gosport. This was held at Fernham Hall, Fareham in Oct 2003. 120 people attended – patients, carers, medical, nursing therapy and secretarial staff, podiatrists, pharmacists, and social workers attended. It was a lively meeting with favourable comments.
- Hosted the Southern PD Forum in November 2004 – a one day programme for Geriatricians, Neurologists and PD Nurse Specialists in the region.
- Organised the Clinical Assistant Teaching Programme for the department between 1997 and 2002 on a variety of topics and also had a joint meeting with the Pain Clinic.
- Portsmouth University MSc Diabetes Course – 2 educational sessions focussing on Diabetes Management in the Elderly (Jan 2004 and 2005). Attended mainly by District and Practice Nurses.
- Elderly Medicine Teaching Programme in Community Hospital – This commenced in January 2005 and consists of monthly educational sessions attended mainly by medical and nursing staff in Elderly Medicine, Old Age Psychiatry and Intermediate Care Nursing Team.
- Westec Specialist Registrar Training Day – 13 September 2006 – Chaired morning session and presented on experiences of a community geriatrician.

ADMINISTRATION

As locality lead in Elderly Medicine for Fareham & Gosport PCT was involved in discussions relating to the wards (general and stroke rehabilitation and post-acute assessment) and day hospital. I attended the departmental Operational Management Team meetings. I have taken part in interviewing medical and senior nursing staff and am willing to provide informal support and encouragement in career progression. Some of the areas I am involved in:

ELDERLY MEDICINE

- Developed the Problem Sheet for case notes. This summarises the medical diagnoses and is the 1st sheet of the clinical record.
- Subcutaneous Fluid Administration – First developed in 1990 and has been approved by Guidelines and Medicines Management Committee, Portsmouth in 2003. These guidelines are in current use.
- Referral criteria for Dolphin Day Hospital
- Guidelines on Medicines Management in Day Hospitals
- Guidelines for Clerking in Day Hospital

- Transfusion Guidelines for Day Hospitals – 2003
- Involved in meetings of the PAS Merger Project of the Island and Portsmouth Health ICT Service
- Represented Elderly Medicine on the Clinical Information Analysis Group of Portsmouth Hospitals

FAREHAM & GOSPORT PCT

- Junior Medical Staff job descriptions, recruitment, induction, timetables and some appraisals. This also involves liaison with Old Age Psychiatry where the Senior House Officer in Elderly Medicine in Gosport does 3 sessions a week.
- Development of Community Geriatrician Job Description – 2003
- Admission criteria for the wards at Gosport War Memorial Hospital (Community Hospital)
- Designed the currently used Discharge Summary format for the wards in Gosport
- Anticoagulation issues at Gosport War Memorial Hospital
- National Standard Framework for Older Persons - Locality Implementation Team Meetings
- Elderly Medicine Liaison Meetings looking at issues that arise with medical staffing and service delivery in Gosport. Discussions between lead clinicians and managers in Elderly Medicine, Old Age Psychiatry and the Primary Care Trust.
- Flexible and enhanced use of Community Hospital beds (Sultan Ward at Gosport War Memorial Hospital) since October 2005.

CLINICAL EFFECTIVENESS

- The first 18 months of Community Geriatrics (June 2004 – December 2005) – Report on activity, referral pathways, patient and General Practitioner satisfaction – Circulated May 2006 to clinicians and managers in the Portsmouth District.
- Re-audit of Cushion Discharges in Elderly Medicine Day Hospitals – 2000
- Survey on appropriateness of admission of older people from Fareham & Gosport Primary Care Trust to the Medical Assessment Unit in Portsmouth – December 2004
- Audit of Parkinson's Disease Medication Administration in District General Hospital – April 2005
- Reaudit of Parkinson's Disease Medication Administration in District General Hospital – data collection completed July 2006. Report to be written.

PUBLICATIONS

- Survey of Prescription and Administration of Parkinson's Disease medication in a District General Hospital – Poster presentation at British Geriatrics Society Meeting in April 2005 and article subsequently published in Age & Ageing July 2005.
- "Are there two types of Detrusor Hyperreflexia"
Platform Presentation British Geriatrics Society Meeting – October 1990
Published – in Age & Ageing – Jan 1994; 23: 32-33

- Energy Balance Studies using Stable Isotopes – University Department of Geriatric Medicine, Southampton and MRC Dunn Nutrition Unit, Cambridge. The following publications resulted:
 - Energy Balance in Healthy Elderly Women – British Journal of Nutrition 1993; 69: 21-7
 - Energy Balance and Physical Activity in Healthy and Chronically Ill Elderly Women
First European Congress on Nutrition & Health in the Elderly, December 1991 and abstract in Age and Nutrition 1992; 3: 121-122
 - Total Energy Expenditure as measured by doubly labelled water in two groups of elderly female patients – Age & Nutrition 1995; 6: 10-15

CPD & COURSES ATTENDED

I have fulfilled the requirements for the Royal College of Physicians Continuing Professional Development. In the last 4 years most of my Continuing Medical Education has been on Parkinson's Disease and I attended regular regional, national and international meetings. Some of the other courses of relevance:

Advanced Medicine	Royal College of Physicians, London	February 1997
Recruitment and Selection Workshop	Southampton	November 1999
Appraisal Skills	Portsmouth	2000
General Internal Medicine for the Physician	Royal College of Physicians, London	30 and 31 October 2001
PD MasterClass (PD Academy)	Cornwall & London	Sep 2002 & Jan 2003
Basic CPR	Portsmouth	Updated Dec 2002
Community Care of Older People	Royal College of Physicians, London	July 2003
Movement Disorders Meeting	Rome	July 2004
Movement Disorders Meeting	New Orleans	March 2005
Advanced Medicine	Royal College of Physicians, London	February 2006
British Geriatrics Society Parkinson's Disease Specialist Group	Coventry	March 2006

(CPD Diary from Royal College of Physicians on Page 11)

PERSONAL DETAILS

Full Name	Althea Everesta Geradette Lord
Date of Birth	<h1>Code A</h1>
Home Address	
Telephone	
Fax	
email	
Nationality	British
Marital Status	Single
Medical School	Faculty of Medicine, University of Sri Lanka, Colombo
Qualifications	M.B., B.S. (Sri Lanka) – 1978 M.D. (Sri Lanka) – 1983 F.R.C.P. (UK) – 1997
CCST	Geriatric Medicine November 1993
GMC Registration	Code A
Medical Insurance	Medical Protection Society Limited Code A UK Membership ceased 31 Aug 2006
Professional Membership	Royal College of Physicians (Code A) British Geriatrics Society (Special Interest Groups – Parkinson’s Disease and Primary & Continuing Care) British Medical Association Wessex Physicians Club PD Academy, UK Southern PD Forum Parkinson’s Disease Society UK The Movement Disorders Society Fareham & Gosport Womens’ Cricket Club

THE FUTURE

The development of my Community Geriatrician role and supporting services has been increasingly difficult in the last year and this trend continued due to severe financial restrictions. Having resigned my post in the UK at the end of August 2006 I have had a career break of 3 months. I have been fortunate to have been offered the post of Consultant Geriatrician with Hutt Valley District Health Board from the 4th December 2006 and am pleased that I will have a significant role in the community and would ideally also wish to retain my interest in Parkinson's Disease in the older person.

REFEREES

- 1) Dr. David Jarrett FRCP
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Department of Medicine for Older People
Queen Alexandra Hospital
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Code A

- 2) Dr. Ian Reid FRCP
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Code A

- 3) Prof. Martin P. Severs MB FRCP FFPHM
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