



# QUEEN SQUARE ALUMNUS ASSOCIATION

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## EDITORIAL



This is the tenth edition of the Alumnus Association newsletter. I would like to take the opportunity to thank Professor Simon Shorvon and Professor Andrew Lees for all their support and encouragement in the production of the last ten editions. I would also like to highlight the role played by Dr Surat Tanprawate for inspiring me to embark on this enterprise and to Mr George Samandouras for letting me borrow ideas from his newsletter. I am also very grateful to Dr Suraj Rajan for all his help in producing the alumni conference poster and booklet, along with all his help during the conference itself. I would like to thank Miss Jean Reynolds, Ms Louise Shepherd and Ms Sarah Lawson for all their help over the last ten editions, and to thank all those people who have contributed articles, interviews and news.

It has been a very enjoyable experience for me personally to edit these newsletters and it has been wonderful to connect with so many of you over these past few years. The highlight for me remains the Alumni meeting held at Queen Square in July 2013. The opportunity to reconnect with old friends and to meet alumni from the 1950's to the 1990's was a great experience, as was the chance to have so many great speakers from both Queen Square and from our alumni.

Finally I would like to thank you, our Queen Square Alumni for all your support over these years.

In this edition of the newsletter our interviews are with Dr Caroline Selai, Head of the Education Unit and one of our alumni, Dr Graham Blackman. We have an article written by Professor Andrew Lees on the commemoration of the centenary of the death of Sir William Gowers, an update from one of our Alumni Associate Professor Muaz Abdellatif M Elsayed, and a request to help put names to faces for some group photographs from the early 1970's. We also have an update from the Queen Square Library, including information on services that are available to alumni.

Our membership continues to grow and I would, as always, appreciate your assistance in spreading the word and informing alumni not currently on my mailing list to get in touch. I would also be very happy to publicise events and news from you, and also enjoy hearing recollections from your time here at Queen Square.

I recently discovered old editions of the Queen Square Alumnus Association newsletter produced by Miss Pat Harris, and I will be making these available in PDF format on the Queen Square Alumni website <http://www.ucl.ac.uk/ion/education/alumnus>.

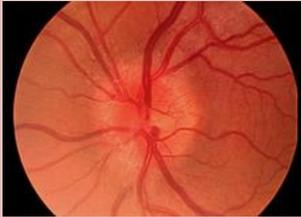
I would like to thank the following people, without whom this edition of the newsletter would not have been possible; Professors Andrew Lees and Simon Shorvon; Dr Caroline Selai and Dr Graham Blackman for their interviews; Associate Professor Muaz Abdellatif M Elsayed for his article; Mrs Marilyn Blundred for her attention to detail in proof reading this edition; Ms Sarah Lawson and Mr George Kaim for Queen Square Library and Archive material, and the Queen Square Library for photographs used in this edition.

I hope you enjoy reading the tenth edition of the Queen Square Alumnus Association newsletter.

*David Blundred*

JANUARY 2016

## Epilepsy drug could protect nerves from damage in MS



According to research published in the *Lancet Neurology* an epilepsy drug could lead to a new treatment that protects nerve damage in MS patients.

Researchers, led by Dr Raj Kapoor (IoN), found the anti-convulsant drug phenytoin protected neural tissue in patients with optic neuritis. Optic neuritis is a symptom of MS which causes the nerves carrying information between the eye to the brain to become inflamed and damaged.

The findings bring researchers one step closer to establishing neuroprotective drugs for people with MS – currently there are none. As the study looks at repurposing an existing treatment already shown to be clinically effective, the use of phenytoin for MS could potentially have patient benefit in a much shorter timescale than usual.

In the study 86 people with acute optic neuritis received either phenytoin or a placebo for three months. OCT (Optical Coherence Tomography) was used to measure the thickness of the retina and the light sensitive nerve layer at the back of the eye. At the end of the trial the group who had taken phenytoin had on average 30 per cent less damage to the nerve fibre layer compared with those who received the placebo.

Dr Kapoor and his team had been focusing on the sodium channel as part of their research into neuroprotection. In inflamed areas, the axons of nerve cells get flooded with sodium. This causes an influx of calcium which in turn causes cell death. If sodium entry into the cell can be blocked there is potential to prevent this.

Optic neuritis, which is often the first symptom of MS, gave the researchers a window of opportunity to study active inflammation early on in the disease process. Changes or damage to the nerves in the eye and the optic nerve are easy to measure.

## UCL launches free online dementia course

A free four-week online course “[The Many Faces of Dementia](#)” aiming to provide valuable insights into dementia through the stories, symptoms and science behind four less common diagnoses will be launched in March. The interactive MOOC (massive open online course) features interviews with world-leading experts, people with dementia and their families as well as articles and discussion. Dr Tim Shakespeare is the course creator and director.

Participants will learn about four less common causes of dementia: familial Alzheimer’s disease, behavioural variant frontotemporal dementia, dementia with Lewy bodies and posterior cortical atrophy. By the end of the programme, participants should have a greater understanding of the symptoms and challenges posed by these diseases, and gain a new perspective on dementia more generally.

The course features world-leading dementia experts including Professor Nick Fox and Dr Cath Mummery, as well as talks from Professors Martin Rossor and John Hardy on their pioneering work on familial Alzheimer’s disease.

Participants will hear first-hand from the researchers who found the first gene that causes familial Alzheimer’s disease and the neurologists who are using these findings to trial new treatments at UCL. Importantly, participants will also learn from experts by experience, as people living with dementia and their families provide candid accounts of the challenges that dementia brings and how they face them.

## NEWS FROM QUEEN SQUARE

### Professor Roger Lemon awarded the Fyssen International Prize 2015



Professor Roger Lemon (Sobell Chair of Neurophysiology, IoN) has been awarded the Fyssen International Prize 2015 for his work in Neurocognitive Mechanisms in Sensory and Motor systems. The annual Prize is awarded to a scientist who has conducted distinguished research in the areas supported by the Fondation Fyssen. Fondation Fyssen is a French charitable organisation that was established and endowed in 1979 by H. Fyssen. The aim of the foundation is to stimulate research into the processes underlying and leading to, among other disciplines, sciences of the Nervous System.

FEBRUARY 2016

### Major Wellcome Trust award to UCL boosts Huntington's disease research

A team of researchers from UCL and the University of Cambridge led by Professor Sarah Tabrizi, Director of the Huntington's Disease Centre, IoN, have been granted a Wellcome Trust Collaborative Award in one of the largest investments in Huntington's Disease (HD) ever given by a public funding body in the UK. The five year, £3.4 million investment will support research of disease mechanisms in HD and response to treatment.

In September 2015, a ground-breaking 'gene silencing' trial started, with Professor Tabrizi as the Global Chief Clinical Investigator working in partnership with Ionis Pharmaceuticals. The Award provides a unique opportunity to link with this first human gene silencing trial in HD to understand neurodegeneration and in particular how it is modified by treatment.

Many of the harmful processes which are involved in HD are also important in other more common neurodegenerative conditions. HD provides an ideal model for general neurodegenerative mechanisms, with the potential to benefit a huge number of patients worldwide.

Working in parallel, co-applicant Professor Gillian Bates – co-director of the UCL HD centre – will explore alternative ASO treatments to provide the next generation of therapies for HD patients. She will use mouse models of HD to develop and test novel compounds targeting the most toxic forms of the protein. These approaches could potentially slow down the disease process. The ultimate aim of HD research is to prevent the disease developing by treating gene carriers from the very earliest stage. The third strand of the WT award will examine young adult gene carriers decades before expected disease onset, in order to identify the best time to intervene with therapy. The collaborative team will use brain imaging and novel cognitive tests (CANTAB and EMOTICOM), developed by co-applicants Professors Trevor Robbins and Barbara Sahakian at the University of Cambridge, to determine when the first signs of the disease can be detected.

### Dr Rita Guerreiro wins Alzheimer's Research UK Young Investigator of the Year Award



Dr Rita Guerreiro (Department of Molecular Neuroscience, IoN) is the first ever winner of the Alzheimer's Research UK Young Investigator of the Year Award. The Award celebrates excellence in dementia research and recognises the huge impact of Dr Guerreiro's work across the world.

In 2012, Dr Guerreiro and an international team uncovered a new genetic risk factor for Alzheimer's disease. The landmark discovery inspired the research community to intensify efforts to understand the role of the immune system in dementia. Through careful analysis of thousands of DNA samples, Dr Guerreiro revealed that faults in TREM2, a gene which plays a key role in regulating the brain's immune response to damage, increase the risk of Alzheimer's.

MARCH 2016

### Dr Adam Liston wins Provost's Teaching Award



Dr Adam Liston, Senior Teaching Fellow and Course Director for MSc in Advanced Neuroimaging, UCL Institute of Neurology, has won a Provost's Teaching Award.

The Awards recognise and reward UCL colleagues who are making outstanding contributions to the learning experience and success of UCL students. They celebrate excellence in teaching and showcase the leadership of staff within UCL and nationally.

Adam joined the Education Unit in 2008 as a Course Director for the MSc in Advanced Neuroimaging and has since introduced various innovations, which include :

- securing a SLMS Education Innovation Award to acquire a tabletop MRI scanner, developing related group work activities for students and designing an assessment through their production of a Vlog on their use of it to image fruit & veg – this was to have an intended audience of A-level Physics students, who also formally assess the Vlog;
- developing a peer-led formative assessment task relating to MSc Library Projects to increase students' assessment literacy and enhance feedback provision;
- launching a Distance Learning version of the course in 2015, developing online workshops for this and significantly widening the availability of the course.

### Dr Caroline Selai profiled in Women at UCL: Presence and absence exhibition



Dr Caroline Selai, Senior Lecturer in Clinical Neuroscience, and Head of the Education Unit, UCL Institute of Neurology, has been nominated and chosen as one of the 24 "inspiring women" at UCL to be profiled in the exhibition 'Women at UCL: Presence and absence', which will run in North Cloisters from 7th – 31st March 2016.

Photographs profiling women working across the university will also feature in the show, celebrating the diversity of UCL's female staff and UCL's achievements in being awarded an institutional Athena SWAN Silver Award.

APRIL 2016

### Karl Friston wins The Charles L. Branch BrainHealth Award for Unparalleled Breakthroughs in Brain Research

The award was created in 2010 to honour Dr. Branch for his lifetime achievement as a distinguished neurosurgeon, prolific scholar, and generous humanitarian. Each year, the Center for BrainHealth bestows the award upon a pioneering neuroscientist whose innovation has made a tremendous contribution to the area of brain research.

Professor Friston is a theoretical neuroscientist and authority on brain imaging. Among his many accomplishments, he invented statistical parametric mapping, voxel-based morphometry and dynamic causal modelling. These techniques are essential to modern human brain mapping and network-based analysis. He is Wellcome Trust Principal Research Fellow and Scientific Director of the Wellcome Trust Centre for Neuroimaging, Professor at the UCL Institute of Neurology, and an Honorary Consultant to the National Hospital for Neurology and Neurosurgery.

APRIL 2016

## **Researchers discover gene mutation that causes chorea in childhood**

Mutations in a gene that helps brain cells communicate with one another can cause chorea in childhood, according to research published in the American Journal of Human Genetics. The research team led by Professors Kailash Bhatia and Nicholas Wood sequenced the DNA of chorea cases without genetic diagnoses and found that mutations in the phosphodiesterase 10A (PDE10A) gene, which is highly expressed in neurons in the brain associated with neurological disorders like chorea, are a cause for this condition. The findings may enable researchers to develop therapy for chorea patients in the future by modulating the activity of the PDE10A gene.

## **Parkinson's chromosome deletion linked to other genetic disorders**

Researchers, led by BRC-supported Professor Nicholas Wood have made a breakthrough in their understanding of Parkinson's disease after they discovered a chromosome deletion linked to Parkinson's disease and other genetic disorders. This study analysed multiple datasets, including significant contribution from UKPD study and the IPDGC consortium: both had received funding from The Wellcome Trust/MRC. This study found people with Parkinson's disease had a piece of DNA missing from chromosome 22q. This particular 'chromosome deletion' has up until now normally been associated with DiGeorge syndrome, a genetic disorder usually noticeable at birth that can cause heart defects, problems with the mouth, feeding and hearing, and multiple other diseases.

The researchers studied large data sets from genome-wide association studies to find out more about rare copy number variants (CNVs) in Parkinson's disease. CNVs refer to the duplications or deletions of genomic sequences and studies have linked common CNVs to a higher risk of developing several disorders, including schizophrenia and autism. Previous studies have shown common CNVs do not appear to play a role in Parkinson's disease.

## **Study shows abnormal protein aggregation causes inherited neuropathy: potential new target for therapy**

A collaboration between the Medical Research Council (MRC) Centre for Neuromuscular Diseases at UCL Institute of Neurology, the Medical University Vienna and the John P. Hussman Institute for Human Genetics, University of Miami, has identified abnormal protein aggregation secondary to mutations in the Neurofilament heavy chain as a cause of autosomal Dominant Charcot Marie Tooth disease type 2 (CMT2).

CMT is the commonest inherited neuromuscular disorder, affecting 1 in 2,500 patients. Although, most of the causative genes have been found for CMT1 (demyelinating CMT) only 50% of the causative genes for CMT2 (axonal CMT) have been identified to date.

In the current study, whole exome sequencing in a family with CMT2 identified by Professor Mary Reilly revealed a mutation in the NEFH gene as the cause of the disease. Neurofilaments are exclusively expressed in neurons and are major components of the cytoskeleton responsible for regulating axonal diameter and growth. The current study showed that the neuropathy is due to abnormal NEFH protein aggregation. This was shown to be secondary to a mutation which caused failure of normal reading frame termination resulting in translation of a normally untranslated amyloidogenic region prone to aggregation.

This study adds CMT to the growing list of neuromuscular and neurodegenerative diseases caused by abnormal protein aggregation. Studying the mechanisms underlying these disorders will hopefully lead to the identification of tractable targets for drug development.

## **Professor Eleanor Maguire elected as Fellow of Royal Society**

Professor Maguire is Wellcome Trust Principal Research Fellow and Professor of Cognitive Neuroscience at Wellcome Trust Centre for Neuroimaging, IoN and is an honorary neuropsychologist at NHNN. Eleanor has won numerous prizes for outstanding contributions to science including the Ig Nobel Prize for Medicine for her studies of hippocampal plasticity in London taxi drivers, and the Royal Society Rosalind Franklin Award. She is a Fellow of the Academy of Medical Sciences.

## ALUMNI NEWS

### Jie Pie Annual Research Awards of the Belgian MSA Organisation



Professor Niall Quinn and Professor Henry Houlden were awarded the 2015 Jie Pie research award. Prof Quinn for lifetime achievement and Prof Houlden for his Neurogenetic research.

## UPCOMING EVENTS

### 2016 Joint General Meeting of the British and Spanish Societies for Clinical Neurophysiology

Dates: October 5, 6, 7.

Place: Málaga (Spain)

Venue: NH Hotel Málaga ([nhmalaga@nh-hotels.com](mailto:nhmalaga@nh-hotels.com))

Local Organizer: Dr. Victoria Fernández

([victoriae.fernandez.sspa@juntadeandalucia.es](mailto:victoriae.fernandez.sspa@juntadeandalucia.es))

For further information about the program you can visit the BSCN web page at <http://www.bscn.org.uk/>

# The “Interview” with the Editor



Dr Caroline Selai is Senior Lecturer in Clinical Neuroscience and Head of Institute of Neurology (ION) Education Unit

## 1. Can you tell us a little bit about your background and how you came to Queen Square?

I was working as a research assistant at the Dept of Academic Psychiatry, Middlesex Hospital (which no longer exists!) and the project funding, which had already been extended a couple of times, was coming to an end. I saw a post advertised in the ‘Raymond Way Neuropsychiatry Research Unit’, Queen Square, for a research assistant to further develop a novel way to assess Quality of Life (QOL) in people with epilepsy. I was interviewed by Professor Michael Trimble and his team and was successful!

Our team was based on the 8<sup>th</sup> floor of Queen Square House (QSH) and our near neighbours were Professor Maria Ron and her team. At any time there were a number of visiting academic clinicians and scholars from around the world. We would often go to lunch together to nearby Goodenough College, The Institute of Child Health or The October Gallery. Our conversations spanned psychiatry, psychology, psychotherapy, politics, religion, literature, art, film and poetry. Professor Trimble read the great German philosophers in the original German!

I was initially on a short-term contract and I did not immediately register for a higher degree. My PhD came a bit later. My interest in the psycho-social sequelae of epilepsy grew to encompass other neurological conditions and fruitful collaborations ensued in areas such as movement disorders (with Professor Anette Schrag) and Dementia (with Professor Martin Rosser).

## 2. Is there anybody who has inspired you during your career?

Many people have inspired me and I will choose three:

Professor Michael Trimble, who in his own career in the area of Biological Psychiatry ‘took the (road) less travelled’ and who encouraged me to pursue my PhD research. He generously welcomed me into his research group of scholars alongside many young clinician-researchers from around the globe. We all learned so much from each other.



Professor Jane Dacre, now President of the Royal College of Physicians, was my mentor and a great source of support and encouragement to me and many women at UCL.

Professor Niall Quinn and I trained together as UCL Harassment and Bullying Advisors (a voluntary role) in 1999/2000. This was the start of a role I developed and still do today, helping staff and students with the informal resolution of inter-personal issues.

## The “Interview” with the Editor

### **3. What attracted you to a career in Education?**

Throughout my training and long journey towards recognition by the British Psychological Society as a Chartered Psychologist, I was interested in and hugely enjoyed teaching. Teaching well is not easy. A successful teacher needs to build rapport, in some instances very quickly, for example with a large group of strangers if a visiting lecturer; to notice when a quiet student in the seminar group is lacking in confidence; to inspire students during a mid-term dip in motivation; be aware of group, class, institutional and inter-cultural dynamics; encourage and set the pace so students achieve even greater success, etc.

I had two lucky breaks towards the end of my funded research with Professor Trimble. First, I was writing up my PhD and wanted to complete this before starting a full-time post. The ideal half-time post arose at the Institute of Education, Social Science Research Unit (SSRU), working on a project to involve patients in every stage of Cochrane systematic reviews. By that time I had interviewed hundreds of patients and I persuaded the interview panel to select me for this post. At a later stage the SSRU secured government funding to set up the first systematic reviews of the education literature and I became involved in many aspects of this exciting project.

The second break was being invited back to Queen Square to apply for a half-time post as course director for the MSc Clinical Neuroscience programme which had been launched the previous year, under the leadership of Professor Roger Lemon (first student cohort: 1998/99). I really wanted to do this and was absolutely delighted to get the post.

For a while I juggled these two half-time posts, finished my PhD, then as teaching and education at Queen Square expanded and I took on more responsibilities, my post at the ION was made full-time. Later still, the Education Unit was established (on 1<sup>st</sup> May 2006) and I was appointed as the first Academic Head of the ION Education Unit. As I write we are just approaching our 10<sup>th</sup> anniversary.

### **4. What do you think the future of education at the Institute is?**

The good news is that the Institute of Neurology is full of extremely bright and talented clinicians and scientists working at the cutting edge of research in neuroscience and neurology and related fields. On the global stage, who better to train the next generation of clinicians, researchers and scientists?

The challenge, with the pressure on all staff to achieve so much in many areas, is to ensure that teaching remains a valued and rewarding activity with a clear understanding of how it contributes to academic promotion. The Teaching Excellence Framework (TEF) is coming and that will focus minds not only on ensuring the excellence of the quality of teaching in higher education but also on ways to measure the quality of that teaching.

### **5. Can you tell me more about your role in championing education at the ION?**

When I got that first half-time post, co-directing the MSc Clinical Neuroscience (nearly 16 years ago), I was the only member of academic staff at ION whose core post specifically related to teaching. I was given a free rein plus support and encouragement to continue my own professional development through training courses at UCL and beyond – and to bring back and implement recommendations. I was the first member of ION to become a member of the Institute of Learning and Teaching in Higher Education (ILTHE) which was a forerunner of the Higher Education Academy (HEA). Two very early initiatives I introduced were the introduction of small-group interactive seminars for our MSc students and training our PhD students to tutor the MSc students (peer-tutoring). I was later invited by Professor Jane Dacre to become a Faculty Sub-Dean for Postgraduate Education. I represent the ION on various UCL committees. I have mentored and trained countless staff and students. I continue to ‘champion’ education at every opportunity.

## The “Interview” with the Editor

### 7. Tell us about the forthcoming exhibition and your nomination as an ‘inspiring woman’



UCL recently sent out a call to all staff and students asking all to nominate an ‘inspiring woman’. I was put forward and was selected (along with a small number of other people) from over 200 nominations. I will take part in an exhibition on ‘Women at UCL: presence and absence’ that the Provost will open on 9<sup>th</sup> March 2016.

Amongst my many roles at UCL (Senior Lecturer, Tutor, Researcher, etc) this nomination related in particular to my voluntary role at UCL since 2000/2001, facilitating informal resolution of inter-personal issues amongst the staff and student body. I am currently a Dignity at Work Advisor (DWA) and Co-director of UCL Cultural Consultation Service

(CCS). I see staff and students for individual consultations, larger groups, teams, departments and faculties across UCL.

The presenting issues, which might be complex and long-standing, may include features such as mental health and/or inter-cultural issues, personality, gender, power, hierarchies, authority, leadership and hitherto unarticulated assumptions and expectations.

I have developed a number of bespoke interventions using a combination of psychological approaches e.g. Cognitive Behavioural Therapy (CBT), educational strategies e.g. small-group interactive workshops, one-to-one and/or team coaching and group mediation. International requests for consultancies have come from India and China.

### 8. How do you aim to inspire and encourage your students and colleagues?

It is difficult to answer this question briefly! As Head of the ION Education Unit, I am in a position of leadership, (i) for the colleagues in our immediate team, (ii) for a much larger pool of colleagues at ION and the wider UCL community and (iii) for our students. There is a lot of literature on leadership styles and ‘impact’. I aim to facilitate, mentor, coach, encourage and empower my colleagues and students to achieve the very best that they are capable of.

### 9. What impact do you feel IoN’s commitment to the Athena SWAN charter has made to the experience of staff and students in Queen Square?

The Athena SWAN Charter was established in 2005 to encourage and recognise commitment to advancing the careers of women in Science, Technology, Engineering, Maths and Medicine (STEMM) employment in higher education and research.

I think we have seen a number of positive, incremental changes at ION. We have collectively become aware of the roles and career opportunities for women academic/research/professional support staff. Our commitment to the Athena Swan Charter has encouraged us all to think more broadly about gender issues and the impact of these issues on career development. It is great that we are talking about these issues. Not so very long ago, we did not have discussions about ‘gender’. Now these issues are on the table, we are collecting data - we are having a conversation!

## The “Interview” with the Editor

### 10. Can you tell me more about the UCL Cultural Consultation service (CCS)?

On 01-Nov-11, a colleague and I launched the UCL Cultural Consultation Service (CCS) for staff and students. Website: [www.ucl.ac.uk/ccs](http://www.ucl.ac.uk/ccs).

This initiative was seed funded (5K) by Vice-Provost International, Professor Michael Worton; currently supported by Dame Nicola Brewer, VP(I). Activities have included consultations with individuals, groups, UCL departments and UCL faculties, consultation to 3 other universities (2 in London, UK and 1 in Mumbai, India and 1 in China). Interventions have included convening workshops (mainly London), one bespoke workshop at The Banyan Academy of Leadership in Mental Health (BALM) in Chennai, India (30-Aug-12) and the Cixi Department of Education, China (12-Jan-2016).



Outcome data collected shows both short-term benefits and longer-term beneficial outcomes. There are many lessons from the work of the CCS and I will mention just one. There is a need for brief psychological interventions to capture and support students who are experiencing pre-clinical difficulties such as spiralling downward low self-esteem, loneliness, low mood, anxiety. Issues that, if left unchecked, could lead to bigger more entrenched problems, eventually requiring referral for more intensive and more costly psychological support.

### 11. How has Queen Square changed over the years, and what does the place mean to you?

If I had to sum up Queen Square, the phrases that would spring to mind would be (i) 'Multi-disciplinary' (ii) 'academic rigour' (iii) 'energy' (iv) 'opportunity'. It is a vibrant community. Queen Square itself with the little garden is delightful, and you will come across colleagues, who might be leading academic researchers on the world stage, supping in the local pub or café.



I have seen many changes. I fondly remember meetings of the 'Academic Board' in Guilford Street; now these meetings are virtual. We used to have a large dining room in the basement of the hospital with a separate consultants' (only) dining-area. The Dean's Christmas Party and other grand events were held in the Old Boardroom and concerts were held in the hospital chapel. The pub on the corner of the Square, The Queen's Larder, has been and remains a constant: a place to celebrate a birthday, a retirement, or on a Friday, just to celebrate getting through to the end of the week.

# The “Interview” with the Editor



Dr Blackman with his poster at the QS Alumni event

Dr Graham Blackman is a specialist trainee in Psychiatry at the Maudsley Hospital and Institute of Psychiatry, Psychology and Neuroscience, who undertook an Elective placement at Queen Square in 2011.

## 1. Can you tell me why you were attracted to a career in medicine?

I started my medical training in my early twenties after initially completing a psychology degree. Whilst I thoroughly enjoyed psychology, I was attracted to medicine by the opportunity it provides to be able to work directly with patients and their families; to try to understand the problems they face and devise a plan to try and improve things. A Wellcome Trust funded vacation scholarship with Professor Peter Liddle, at Nottingham University, was the decider as I saw how it was possible to combine clinical practice with research and in doing so make an even greater contribution to the field.

## 2. What are your recollections of your Elective at Queen Square?

As a medical student on the graduate programme at Birmingham University I had the opportunity to undertake a 5 week elective at the end of my penultimate year. With a particular interest in the clinical neurosciences, I had no hesitation in applying for the elective programme at Queen Square, as I knew, by reputation, that it was a world famous centre for both clinical care and cutting edge research.

I had a hugely enjoyable and stimulating time during my elective. I attended a number of specialist clinics, Neurosurgery lists and teaching sessions – both on the wards and in lecture theatres. Thanks to the enthusiasm and support from clinicians who I met during the elective, I also undertook a research project - collecting and analysing the outcome data of a pioneering neurosurgical technique for treating cerebral arterio-venous malformations. This research was subsequently presented at a Queens Square alumni event and published in the British Journal of Neurosurgery.

## 3. You came to the Alumni event. What aspect of the event did you enjoy most?

I attended the alumni meeting as a recently qualified doctor in 2013. It was an extremely enjoyable event and a great chance to talk to other alumni of Queen Square, from former elective students like myself to consultant clinicians – it was really eye opening to see so many people who held similar affection to Queen Square as myself.

## The “Interview” with the Editor

### 4. What attracted you to Psychiatry?

The mind, brain and behaviour had always fascinated (like many at Queen Square, I’m sure!) and I had known since a teenager that I wanted to work in that area – the only question was in what capacity. After having gained some experience in Psychiatry, Neurology and Neurosurgery it seemed my background and skills were best suited towards a career in Psychiatry, though my interest in the other two specialities remains. Advances in basic and clinical research have really started to bridge the gap between psychiatry and its more biologically based cousins, making it an exciting time to be in the field.

### 5. Do you see a cross over between Psychiatry and Neurology? And do you think there should be more Neurology teaching in Psychiatry and vice versa?



Absolutely. I think these specialities have been artificially divided for too long – Freud has a lot to answer for!

Advances in neuro scientific research has allowed us to begin to understand the neurobiological basis of many psychiatric disorders, such as Schizophrenia and conversion disorder. This is now starting to bear fruit with the development of novel treatments – such as new antipsychotic medication. Routing these disorders at the level of the brain is clear evidence that the arbitrary categorisation of disorders into either Neurological or Psychiatric is fundamentally flawed.

Indeed, a subspecialty of Psychiatry - called Neuropsychiatry - is focussed entirely on the interface between the two disciplines.

### 6. You are currently a on a psychiatry training post at the Maudsley/IOPPN. How is that going?

I am nearing the end of my second year on the Maudsley training programme. The training is excellent with a dedicated day for training every week, with talks by psychiatrists who have shaped psychiatry, both in the UK and internationally. It’s a demanding place to work due to the high level of social deprivation in the area and associated high turnover of patients. However, the flip side to this intensity is the learning opportunity it affords.

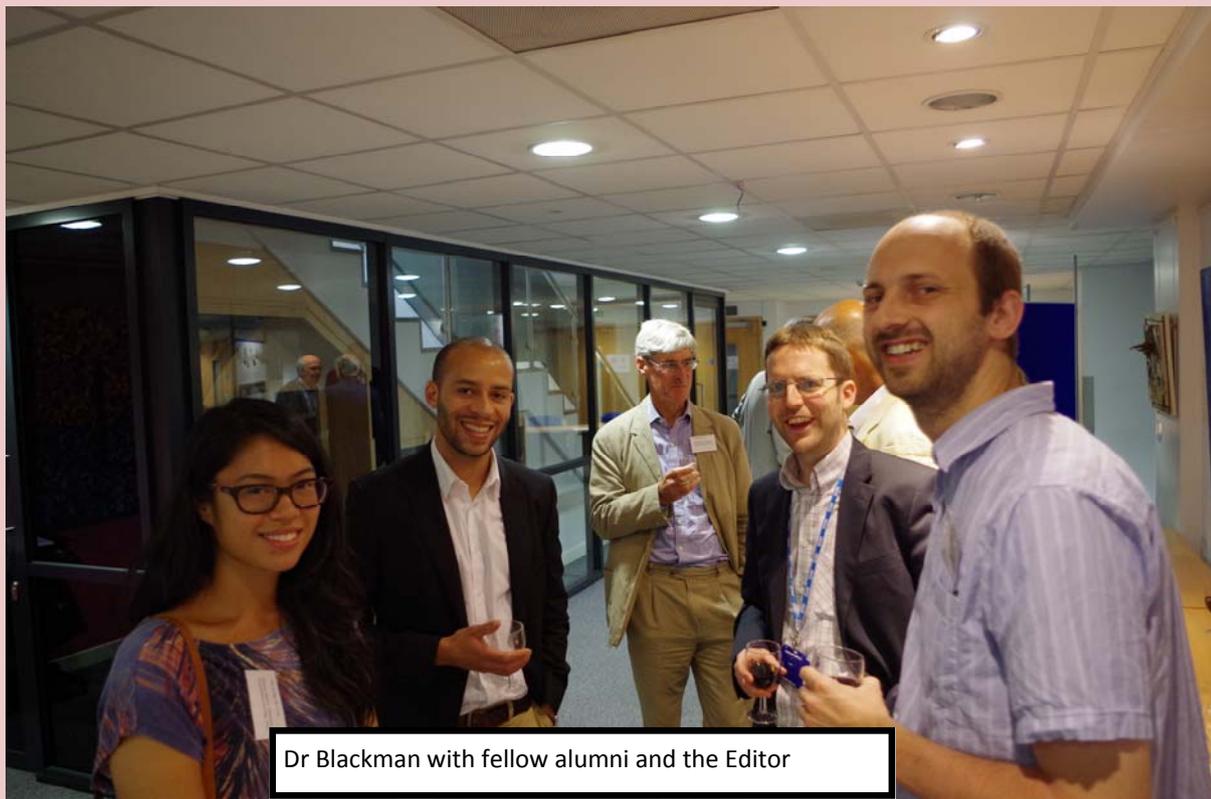
Another major advantage of the training programme is the close relationship between the Maudsley and the Institute of Psychiatry, Psychology and Neuroscience (IOPPN) which is part of Kings College London– the largest research centre of its kind in Europe. I’m currently on a 6 month secondment in the Neuropsychiatry section of the IOPPN, undertaking neuro-imaging research in patients with psychosis.

### 7. What have you found most challenging during your career so far?

Unfortunately, mental health has often faced the brunt of chronic under investment in the NHS. Therefore, the lack of resources in some areas can be frustrating as a doctor, particularly when you can see it having direct impacts on patient care.

There’s no doubt that being on call in psychiatry can be difficult at times. Assessing and making important decisions about patients treatment in times of crisis can be challenging both intellectually and emotionally, particularly when balancing an individuals right to autonomy with the duty to protect patients, and others from harm.

## The “Interview” with the Editor



Dr Blackman with fellow alumni and the Editor

### **8. What do you think are the major challenges for clinicians within the NHS in the 21<sup>st</sup> century?**

The NHS is changing before our eyes at the moment and it is very hard to know how it is going to look in another 10 years. This ambiguity makes it challenging to know how best to tailor your skills and knowledge for the future.

The current dispute between the government and BMA I think reflects deep frustration amongst junior doctors in certain aspects of their training and I think it's really important that these issues be addressed to ensure recruitment and retention in medicine continue at healthy levels.

Another dilemma facing the NHS is the growing expectation within society of the services that should be routinely available, contrasting with the static and in some places, reduced) overall investment.

### **9. Where do you see yourself in 10 years time?**

That's a difficult one. I strongly feel that active involvement in research benefits clinical work and vice versa. I'm fortunate to have thoroughly enjoyed both activities and strive to continue both - challenging as that may be!

Ideally in 10 years time I would like to have completed my clinical training with a specialised interest in Neuropsychiatry. I also hope to have completed a higher research doctorate by route of a training fellowship, namely a PhD. With these two elements, hopefully I would be in a good position to be able to secure a consultant post with both clinical, and research and teaching components at a leading teaching hospital.

# QUEEN SQUARE LIBRARY AND ARCHIVES

## Queen Square Library anniversary reception: renaming the Archives pod as the Louise Shepherd Room



On Monday 22nd June 2015, we were joined by members of Louise Shepherd's family, and many colleagues from across Queen Square and UCL Libraries past and present, to mark the renaming of the Archives "pod" as the Louise Shepherd Room and the fifth anniversary of the re-opening of the Library.

The highlight of the evening was the unveiling of a new commemorative plaque on the Archives "pod" in Louise's memory. Please see selected photos from the event: <http://www.ucl.ac.uk/ion/library/lib-info/future-library-project/anniversary>

## Recent exhibitions in Queen Square Library

### Embroidered Minds: William Gowers & the Morris Family



William Morris, the designer and social reformer, lived and worked in Queen Square from 1865-81.

Embroidered Minds, a collaboration between artists, writers, doctors and academics, are investigating a "conspiracy of silence" about epilepsy in the Morris family.

In the first of a series of exhibitions, the collaborators combined embroidered work by William Gowers with their own. This exhibition ran in Queen Square Library from November 2015 until 26<sup>th</sup> February 2016.

Please see our website for further details, including selected text, a compilation of art work images, photos of the installation, and exhibition handout: <http://www.ucl.ac.uk/ion/library/historical/embroidered-minds>

### Teaching in Queen Square: from Brown-Sequard's outpatient lectures to distance learning

This exhibition, which ran in Queen Square Library until November 2015, featured photographs, objects, and documents from Queen Square Archives, highlighting a range of teaching activities in the Square from the foundation of the National Hospital to the present day.

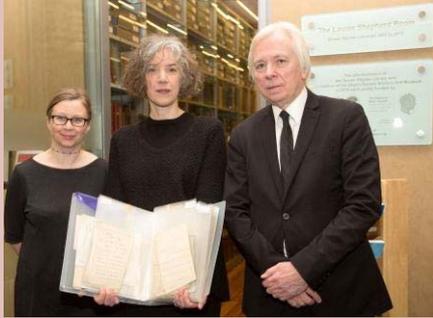
Please see our website for the exhibition handout and links to compilation of selected images: <http://www.queensquare.org.uk/archives/visiting/exhibitions>.

### Queen Square Library & Archives video

Staff at Queen Square Library have made a short [video](#) to raise awareness of their services and resources. The video includes interviews with Library users together with footage of the Library environment and archive materials, and we gratefully acknowledge the support of students and staff of Queen Square who took part.

# QUEEN SQUARE LIBRARY AND ARCHIVES

## Recent additions to Queen Square Archives



We are pleased to announce that in February 2016 we received an extensive collection of [Gowers correspondence](#) on temporary loan for digitisation purposes. We have also digitised Gowers case notes from the 19th Century. Selected [case notes and illustrations](#) are available online.

[National Brain Appeal newsletters](#) have also been digitised and are searchable

We are also delighted to have received the following donations over recent months:

- an original manuscript with hand coloured plates by Dr Charles Beevor from a landmark 1909 paper: On the Distribution of the Different Arteries Supplying the Human Brain. Philosophical Transactions of the Royal Society of London. Includes related correspondence and articles. Donated by Professor Alastair Compston.
- Oil painting by Sophie Gresswell donated by the National Brain Appeal. The painting, It's Not Brain Surgery (Mind-Blown) was completed at a paint-a-thon at The National Hospital.
- Papers, photographs and objects relating to the history of nursing education at the National Hospital, including: course handbooks; nursing certificates; annual reports; recruitment material; files of correspondence and lecture notes, including Matron Ling and Sister Rubin; diagrams and plans; video material; photographs of students, Queen Square buildings and equipment; brooches. Donated by Thomas Aird.
- Device for making embossed Maida Vale Hospital logos. Donated via the Joint Research Office, UCL.
- Two files of Sir Victor Horsley papers donated by Sophia Heseltine. One file is of Queen Square correspondence and research information. The other file is of political correspondence, including Leicestershire Liberals, temperance speeches, elections to societies, and certificates.

Please contact [neuroarchives@ucl.ac.uk](mailto:neuroarchives@ucl.ac.uk) if you would like to visit to view any of the above.

**Free alumni access to selected e-journals - <https://www.ucl.ac.uk/alumni/benefits/alumniejournals>**

We are delighted to offer all UCL alumni free access to thousands of academic journals to help you continue your research or professional development.

Courtesy of UCL Libraries, alumni can now access the following:

- [JSTOR](#) hosts back issues of more than 2,000 academic journals from the social sciences, humanities, and sciences. Back issues are defined by JSTOR as those published more than five years ago.
- [Sage's](#) portfolio contains more than 750 journals spanning the humanities, social sciences, science, technology and medicine
- [Project Muse](#) provides access to 500 journals across the humanities and social sciences.

# History of Neurology and Psychiatry Symposium



## The 2nd British Symposium on The History of Neurology and Psychiatry



on 25th & 26th November 2015

at the Institute of Neurology,

33 Queen Square, London WC1N 3BG



### A commemoration of the centenary of the death of Sir William Gowers November 25th.



Reviewing Gowers contribution to Neurology,

Speakers will Include :

Rebecca and Timothy Gowers, Andrew Lees, Christopher Boes,  
Michael Hanna, Alastair Compston, Mark Weatherall, John Duncan.

### History of neurology and psychiatry in London November 26th.

Topics include: The Bethlem Hospital, Insanity, Child and Old Age Psychiatry,  
Psychotherapy, Neurasthenia, Shellshock, Hysteria, Epilepsy,  
Movement Disorders, Brain Imaging, The Institute of Neurology  
and The London Hospital.

Speakers will include: Victoria Northwood, Bonnie Evans,  
Claire Hilton, Simon Shorvon, Niall Quinn, Adrian Thomas,  
David Bell, Deji Ayonrinde, Jon Stone, Stefanie Linden,  
Michael Clark, Alastair Compston and Michael Swash.

See [www.hnps.co.uk](http://www.hnps.co.uk)  
For full programme and registration details

After training at University College Hospital William Gowers spent most of his working life at Queen Square. He is now best remembered for his Manual of the Diseases of the Nervous System known at Queen Square as 'The Bible of Neurology' but he was also arguably the greatest neurologist that ever lived. On November 25th 2015 a meeting organised by Andrew Lees and Simon Shorvon and supported by the Guarantors of Brain took place at the National to celebrate the centenary of his death.

Rebecca Gowers read extracts from 'The Children's Journals' that have remained in the family but will be donated soon to the Hospital archives and Timothy her brother the distinguished mathematician illustrated how far ahead of his time Gowers was in much of his thinking. Christopher Boes, a Queen Square alumnus, now working at the Mayo Clinic, presented a fascinating insight into the extremely close academic relationship between Sir William Osler and Gowers, and Andrew Lees gave examples of how Gowers diagnostic skills and Sherlock Holmes crime solving techniques had close similarities. Professor John Duncan and Professor Michael Hanna gave lectures on the importance of Gowers' clinical research to their specialities and Mark Weatherill, another alumnus, now working at Charing Cross Hospital talked about Gowers and headaches. The Gowers teaching round and the Gowers Memorial Lecture are a reminder to current

staff at the hospital not only of his name but how his influence remains in their everyday practice of neurology, passed down in the oral teaching tradition of the hospital from four successive generations of Queen Square neurologists.

Article written by Professor Andrew Lees

## From Sudan, 5 Septembers later by Dr. Muaz Abdellatif M Elsayed

Dear UCL alumni colleagues,

Greetings

Allow me to share my story after I left ION in November 2009 carrying my Masters in Clinical Neurology back home. I owe my success to all professionals, patients and administrators who helped me greatly. My especial thanks go to Professor Simon Shorvon, Ms Daniela Warr and Mr David Blundred.

The trip back home:

Difficulties started when I had to reapply for new passports as the previous ones were delayed in the mail after visa renewal. Then it was not easy to take the 6 week old twins into the airport and then make a connection in Doha. I thought it was very serious to be in that crowded hall while the signs stood for precautions against Swine flu! Things were better in Khartoum airport but I did forget the double seat push chair and had to come a few days later to collect it.

Five days after home settlement, I headed towards the university and the Dean's office. I found another new Dean. Before greeting me, he asked me why did you come back?!! It was not the type of reception I was thinking of and I felt unease in that dialogue. In other words, it was the first unseen obstacle for me after going home.

Then I went to the National Center for Neurology and Neurosurgery (Alshaab Teaching Hospital) where I was working before coming to the UK. It was nice to meet all my colleagues there who were very welcoming and celebrated my return. Then, meeting with other SSNS (Sudanese Society for Neurosciences) members I was thrust into the busy organizing committee as well as my previous position as a treasurer for the 3<sup>rd</sup> international neuroscience's conference. The team work in SSNS made the conference a reality and success. It was my first time to meet and work with Professor Victor Patterson and Professor Osheik Abu Asha Seidi. This proved to be a great experience and a productive relationship.

Three weeks later, I received a call from the faculty Dean informing me that the faculty wanted me to move to the west bank of the river Nile (Omdurman Teaching hospital 1898). I agreed, on the condition of working solely in neurology and had my own office. I met the senior physician a few days later and he agreed to that. However, he asked me to cover another medical unit for 6 weeks for a consultant who was on annual leave. So I had to cover the ER immediately. It was an interesting experience and hard work, but made easier by the dedicated junior staff. At the same time I became involved in the clinical meetings and in 6 weeks became the academic coordinator for the medical department in the hospital.

After that, I was asked to join a senior colleague in his medical unit. I realized that the work load of medical cases was huge as well as the student's teaching and my eagerness to separate my neurology work. An invitation to rejoin the National Center of Neurology and Neurosurgery in Khartoum was not exactly what I was thinking or planning at this stage. Hence I did not accept the post.



I tried plan B by presenting my proposal to the hospital director, senior physician and Faculty Dean. I wrote this proposal in the UK after I finished my MSc in Queen Square. However, the response was quite unsatisfactory from the first two people and I continued to work on both (Medicine - Neurology).

The hospital I work in is a tertiary hospital receiving every day 30-40 admissions in general medicine. After a few months I was asked to see the ICU neurology patients in two other nearby governmental hospitals. Moreover, I was not able to get an office until the moment of writing this in February 2016.

## From Sudan, 5 Septembers later by Dr. Muaz Abdellatif M Elsayed

I tried to go higher and involve the Ministry of Health, by presenting my proposal and trying to convince them to establish a neurology unit in OTH. They had sent the proposal to a senior neurologist who recommended it, but no valid action was taken. I started to talk with my colleagues in neurology and other doctors about what I wanted to do and asked for their help and advice.

Later in 2010, I became the Head of Department of Internal Medicine in the university and this was a perfect chance to work on rewriting the internal medicine curriculum: objectives, design assessment forms, recruiting new staff, and send teaching assistants for PHD degrees (Jordan) for unavailable subspecialty in the department. The most important was to improve the teaching and testing of neurology during the study of the medical students in the faculty of medicine at Omdurman Islamic University. Here, I must mention the excellent behaviour of the education unit in number 7 QS, who helped me a lot in the administration, communication, form design and conduction of work. Because of the proud relationship I had with the respected Ms Daniela Warr and my friend Mr David Blundred I had carefully observed what and how they did things to improve the situation. They really were extremely helpful to me and this translated to another continent to help other people in need.

I partially joined the university unit which was led by a professor of neurology. He was kind enough to allow me to cover his neurology clinic with him in OTH. However, I preferred not to cover other clinics at this point as he had similar clinics in two other hospitals. Working with neurology patients for two months made me think of organizing the work. In regard to inpatients and in the ICU department, I offered all physicians my help with neurology cases under their care. For the outpatient clinics, we received cases from all over the city.

After four months of work in the hospital, I designed the neurology consultation form to regulate the demanding requests from the units and made use of a similar form used in Soba University Hospital Neurology unit offered by Dr Isam M E Ezzileidin. The redesign was not hard, but it was difficult to convince doctors at all levels to use it. More forms followed, addressing the check lists for admitted patients, LP consent forms, neurological unit records and others. Omdurman Islamic University donated two cabinets in which to keep our files.

It was four months after I joined the hospital, when one registrar was sent to me in his neurology shift. His name was Dr Abdulhamid Hassan who later became a physician and is now working in KSA. I was able to make a separate neurology outpatient clinic which has since become an established one. This was 18 months after I joined the hospital.

By the end of the 3<sup>rd</sup> year (June 2013), I was able to convince the new helpful hospital administration to separate the neurology unit from general medicine. Moreover, it was agreed to give us two wards for specialized neurology service. One was named after the late professor Daoud Mustafa Khalid (Medicine & Neurology Godfather in Sudan and an ethical symbol). The other was named after Professor Farog Yasin Omer who has worked there for more than 25 years. The total number of beds was 28. I was also able to make a logo for the unit where Professor Paterson made some useful changes.

Soon after that I was invited to a famous national TV health program which helped me to talk about the neurology service in Omdurman teaching hospital. New patients then joined our outpatient hospital clinic (June 2013).

In the 3<sup>rd</sup> year I was asked by the new hospital director to write a plan to develop the private wing in the general hospital. I did that and kindly he managed to apply some changes accordingly.

## From Sudan, 5 Septembers later by Dr. Muaz Abdellatif M Elsayed



Prof Ammar, Prof Ghubash, Associate Prof Abdellatif M Elsayed & Dr Manji

When the 4<sup>th</sup> SSNS conference came along, the neurology wards in Omdurman Teaching Hospital were ready to receive visiting consultants and professors from the UK to teach registrars, and help in seeing difficult cases. Their impression was very good, most especially from Professor Victor Patterson, Dr Abdulla Shiho, and Dr Hadi Manji who was one of the inspiring teachers I worked with during my MSc. Their visit to Sudan is well remembered in the Sudanese Neurosciences Society.

Since 2012 and onwards, I have been involved successfully in the research work of the neurology registrars (**Partial fulfillment of MD degree**) in the topics of

- Subarachnoid hemorrhage outcome in 40 Sudanese patients
- Precipitating factors of seizures in 100 epileptic patients
- IgM Auto antibody profile in 26 GBS patients
- Factors affecting compliance of AEDs in 96 patient
- BP behavior in the first week of stroke in a group of Sudanese patients.

The research work helped me to submit my papers to the University for promotion and I was awarded the post of an associate professor in February 2013.

In August 2014, my university requested me to take on more administrative tasks and I became the Vice Dean of the Faculty of Medicine OIU. The major challenge was to prepare for the second visit of Professor Janet Grant from WFME (World Federation of Medical Education). The points she raised in 2011 had to be met, especially in quality assurance and social accountability. It was a heavy work load, together with the routine and unexpected administrative work. I was able to establish the quality assurance office in the faculty along with training staff. It has now been approved as the quality assurance department. We also managed to improve and document the social accountability of the faculty which provides free medical service in 12 state hospitals.

The task force group work made it possible and we succeeded in that task among other three Sudanese universities and the Sudan Medical Council in that pilot study.



SSNS Charity Clinic

SSNS activities became popular and we managed to execute charity clinics in the far West and the Far East accompanied by eminent colleagues like Professor Patterson, Dr Abdulla Shiho, Professor Riad Goider, Professor Ashraf Gubashi and Professor Eric Shumutzgaard from the European Academy of Neurology. The public meetings with the native citizens discussed issues like stroke care, headache and epilepsy.

I have worked under Professor Ammar Eltahir M Ahmed the president of SSNS for 4 years. He was my teacher in the faculty of Medicine, University of Khartoum and now he is the Dean. He has shown great leadership, organization and devotion. He pushed the society forward and consolidated through team work, while Professor Osheik Seidi boosted training and created an international dimension for the SSNS.

## From Sudan, 5 Septembers later by Dr. Muaz Abdellatif M Elsayed

Training courses for the local doctors in neurology and for the local university undergraduate students are an important annual activity of SSNS. I played an active role in the activities and acted as the treasurer of SSNS until 2014 when I became the financial advisor and have been the general secretary since March 2016. It was an honor to the SSNS to receive the visit of the president of the World Federation of Neurology Professor Raad Shakir, Professor Riad Goider the president of the Pan African Neurological Societies and Professor Mohammed Eltamawi the president of the Pan Arab Neurological Societies. This came during the SSNS annual training course and international conference.

In October 2015 I was actively involved in the European academy of neurology sub-Saharan course which provided a great chance to meet colleagues from Africa and professors from Europe and America. It was an excellent chance to meet Professor Hanna Cock and enjoy the huge knowledge delivered in that course by eminent colleagues. Another administrative bonus was learned from Mrs. Eveline Speido from the EAN.

In the Sudan Medical Specialization Board I joined the internal medicine exam committee in 2012. In 2013, I became the head of the committee. Interestingly, it exposed me to a different level of postgraduate responsibilities. This included the frequent discussion meetings for exam papers followed by liaison between the different examiners and finalization of the clinical exam. During the work of SMSB I had the chance to submit my proposal for the logbook of internal medicine training. This was good collaborative work between senior colleagues who have substantial medical education knowledge. Critical appraisal of the document led to an agreed copy which is now operational.

After completing the MSc in Clinical Neurology and finishing the local MD in medicine, followed by the four years of local neurology training helped me with the following:

- Able to write a well structured proposal for research, curriculum and administration
- Learned to work hard to achieve goals
- Improved my team working abilities
- My role in the neuroscience society became more active and mature
- I managed to strengthen professional relationships with other departments and colleagues.
- My vision about development of neurology service in Sudan was made better by the unit I fought for and the joint work of the local community, university and remote society.
- I was well prepared to take an active high level administrative role in the university.
- I was a member of the curriculum review committee for the local neurology MD and worked as the convenor.
- My first published research (SJMS) in neurology here was about the pattern of neurological diseases in OTH.

I want to share my story with my other colleagues because I believe some of them will be working in hard conditions in their countries and the exchange of ideas, experiences and plans may help them to achieve their goals, especially in patient's service, research and training in neurology.

Dr. Muaz Abdellatif M Elsayed, Consultant Physician Neurologist, Associate Professor of medicine/neurology, Vice Dean Faculty of Medicine Omdurman Islamic University.

e.mail. [muaz\\_muaz@hotmail.com](mailto:muaz_muaz@hotmail.com)

## PHOTOS FROM OUR ARCHIVES

Do you recognise any of the people in these photos? Please help to complete the Queen Square Archives.

Queen Square Archives has an ever growing collection of group photographs which have been digitised. We have already managed to identify many of the people in several photos and are appealing to Queen Square Alumni members for help to identify the people in these photographs. If you recognise anybody, please contact [sarah.lawson@ucl.ac.uk](mailto:sarah.lawson@ucl.ac.uk)

Do you recognise anyone from this dinner event?



Can you help in identifying this person?

# PHOTOS FROM OUR ARCHIVES

Can you help us with some "Puzzles From The Archives"?



This photo was taken in 1969 of the Telephone Exchange at the National. Do you know where it used to be, or what is there now?

This is the 'Hospital Museum' in 1969. Do you know what was in there?



This is a painting in our archives. Can anyone identify who the artist is and the likely date it was produced?