

## Speaker biographies –

Thames Valley event CVD prevention 28<sup>th</sup> September, Pentahotel Reading



### **Dr. James Mapstone**

James Mapstone started his clinical career in emergency medicine before moving to public health. He did his MSc at LSHTM and was a clinical lecturer in injury research for a year. He has had a varied career, including being a Director of Public Health, Chief Executive of a PCT, Clinical Director for Acute Care across the South of England and Deputy Regional Director of Public Health in a Strategic Health Authority and now in Public Health England. His main research areas have been in emergency care and injury prevention.



### **Dr Shahed Ahmad**

Shahed is the Medical Director for NHS England, South Central. He is the Responsible Officer for the 3200 GPs in the South Central and the director lead for the Controlled Drugs Accountable Officer function and Clinical Programmes and Thames Valley Strategic Clinical Networks and Senate.

Shahed trained at Corpus Christi College, Cambridge and University College and Middlesex School of Medicine, London. He obtained his MSc in Public Health from the London School of Hygiene and Tropical Medicine and did his leadership training at the London Business School. Shahed's training in public health included working at the Kings Fund and CDSC Colindale.

Shahed is an experienced NHS Director, performing director posts in PCTs since 2002. Shahed was the lead director in his PCT for Fitness for Purpose and producing the Commissioning Strategy Plan. Shahed has benefitted in his career from the advice and mentoring of others and has a strong commitment to workforce and leadership training. He has taken innovative approaches, including negotiating for an NHS team to be trained as Six Sigma green belts by a major car manufacturer. At the time of public health transition to local government, Shahed led on a leadership development programme for Public Health Consultants in London.

In 2008, Shahed led for London on the rollout of Vascular Risk Assessment, and London achieved the fastest rollout in the country. He led for London ADPH on the London Cancer Board and Primary Care Transformation Board. Shahed chaired the London Hypertension Leadership Group and is a member of the PHE national Blood Pressure System Leadership Board.

Shahed's passion is to improve the health outcomes of the populations he serves. In both Newham and Enfield, he led evidence based programmes that led to reduction in mortality and improvements in life expectancy which were amongst the fastest in the region.



### **Dr Matt Kearney**

Dr Matt Kearney is a general practitioner and National Clinical Director for Cardiovascular Disease Prevention in England. He has been working for both NHS England and Public Health England since 2013, building a national programme to improve prevention of cardiovascular disease. In particular, he has focused on mobilising the wider primary care system to support earlier detection and improved management of conditions such as hypertension, atrial fibrillation, and raised cholesterol.

From 2009 to 2014, Matt worked as an advisor to the Department of Health helping develop a national respiratory strategy, and from 2005 to 2013, was a member of Public Health Interventions Advisory Committee at the National Institute for Health and Care Excellence. He graduated in Medicine from the University of Birmingham and obtained a Master's Degree in Public Health from the University of Liverpool in 2003. He is a Fellow of the Royal College of Physicians and a Fellow of the Royal College of General Practitioners.



### **Zoe Girdis**

Zoe trained and started her career in Sydney, Australia where she practiced as Community Pharmacist and managed various community pharmacies

She is a Clinical Pharmacist and Independent Prescriber who has 20 years' experience working as a specialised senior pharmacist. Zoe has worked in 3 different countries as a Community Pharmacist and Clinical Specialist. She was one of the first Pharmacists in Australia to receive a post graduate qualification and accreditation that focussed on Clinical Medication review. This allowed her to lead in developing a new way of working in the late 1990's by reviewing patients in care homes under a new government initiative. She then took this skills set and practiced in Ireland and then in the United Kingdom.

In addition to her Regional Technical Adviser 3 days a week she works 2 days a week at 2 GP surgeries as an Independent Prescriber/Consultant, serving a population of 26,000 patients. Zoe has been in this role since 2006 leading and running clinics as a Prescriber in Cardiovascular Disease, Multimorbidity/ Polypharmacy and multidisciplinary care home reviews.

Zoe teaches and consults on a variety of courses including non-medical prescribers and graduates at University of Southampton and University of Portsmouth as well as bespoke

teaching for nurses, GPs and other allied health care professionals. She has clinically led Medicines Management Team within Portsmouth CCG and supported, mentored and lead other medicines management colleagues in various guises. She is also a CPPE Clinical Mentor for GP Pharmacists Training Pathway and sits on the Primary Care Pharmacist's Association, Pharmacist in General Practice Committee.



### **Helen O'Kelly**

Helen is the health service engagement lead for the south east England for the British Heart Foundation, acting as catalyst for change working alongside decision makers in health services to identify challenges, opportunities and develop solutions to improve cardiovascular care.

She has a background in health service improvement and clinical networks in mental health and cardiovascular disease, having worked for the London clinical networks for mental health, dementia and neurology, the south London stroke network, the national stroke implementation team and South London and Maudsley NHS Foundation Trust.

Prior to joining the NHS, Helen developed national policy at the Department of Health, leading the team that wrote the National Stroke Strategy and delivering a piece of legislation for the protection of vulnerable adults.



### **Steve Sparks**

Steve Sparks joined RightCare in January 2016. Steve is currently working with CCGs in East Surrey, Sussex and Berkshire, Oxford and Buckinghamshire. Before joining RightCare, Steve led the National Institute for Health and Care Excellence's field team of 8 implementation consultants for 9 1/2 years. This involved helping hospitals, commissioners and local authorities make the most of the evidence based products produced by NICE.

Steve has always been motivated by helping patients and service users access the most effective treatments and services, but in a way that secures the long term sustainability of the health and care system. Working with RightCare provides Steve with a great opportunity to pursue this with some really good new resources and approaches.

Prior to joining NICE, Steve worked as a commissioner of specialised and general acute services, was Deputy Secretary of the Barts and the London School of Medicine and Dentistry and held a number of senior positions in acute hospitals in London and on the South Coast. Steve has an interest in health services organisational research and sits on the National Institute for Health Research's Health Services and Delivery Panel.

When not at work, Steve can be found running on the South Downs in Sussex or skiing and hiking in the Swiss alps.



### **Andrew Hughes**

Andrew is the analytical lead in heart disease in the National Cardiovascular Disease Intelligence Network. He also provides data intelligence support to PHE's partnership with the Global Burden of Disease project, as well as the Blood Pressure System Leadership Board.

Andrew has worked in public health data science for more than 10 years in England, with experience in applied statistical methodologies with population data, developing information tools and service modelling. He regularly uses a range of software technologies to manipulate, analyse and visualise data, as well as train and support others to best use available intelligence on population health.

### **Amar Latif**

Amar Latif is a GP in West Oxfordshire and Clinical Lead for Long Term Conditions at Oxfordshire Clinical Commissioning Group. He has been involved and led on the Oxfordshire Integrated Diabetes Project for the last 2 years, bringing together primary, community and secondary care to provide improved care for diabetic patients in Oxfordshire.



### **Catherine Croucher**

Catherine Croucher has been a Consultant in Public Health for Surrey County Council since February 2014. She leads the Health Improvement Unit for the Council which commissions Children's Public Health, Sexual Health, Substance Misuse, Tobacco Control and NHS Health Checks Services. She is also the lead Consultant for the Surrey Heath CCG and Borough Council area – representing Surrey Heath on several Frimley Health STP work streams. Previously Catherine worked in Bedfordshire and London as a Public Health Intelligence specialist before joining the Public Health Specialty Training Programme.



### **Lorna Wellsteed**

Lorna Wellsteed has run her own UK leadership development business based in Mortimer, Berkshire, since 1993. Lorna specialises in leadership and organizational development and has a professional background in Human Resource Management. Earlier in her career Lorna worked for a national training organization and strategic health organizations in Bristol and Liverpool, providing internal consultancy in management and organizational development. She has also worked as an Honorary Fellow in Human Resource Management at Manchester University. Lorna studied at Birkbeck College, University of London and has a Masters degree in Organizational Behaviour. Lorna has built up a number of business associations, this includes working with OPP in Oxford running qualifying training for the MBTI®. Lorna is an Associate Partner with the NHS Thames Valley and Wessex Leadership Academy and the NHS Kent, Surrey and Sussex Leadership Collaborative.

Lorna is a qualified and credentialed executive coach with expertise in team coaching, large group facilitation, action learning, mentoring, leadership development, career development and training, design and delivery of development centres and psychometric profiling. Much of her work includes system leadership and the development of cross-organizational and multi-professional networks. Lorna also works with top teams and system leaders focusing on system, organizational and personal change.



### **Dr. Raj Thakkar**

Raj's varied roles include working as a GP partner since 2004, clinical commissioning director for Chiltern and Aylesbury vale CCG in planned care, cardiac lead for Thames Valley Strategic Clinical Network and atrial fibrillation champion for NHS IQ and more recently for Oxford AHSN. He was also worked as a presenter on BBC Radio and is a medical writer and adviser. Raj has written and published over 100 articles and several books including the MIMS Consultation Guide which won the BMA book award for medicine 2012.