

CURRICULUM VITAE

Dr Quentin Spender

MB, BS; DCH; MRCP (Paediatrics); MRCPsych

Consultant Child & Adolescent Psychiatrist

Expert in Mind Ltd
Astec House, Sedlescombe Road South
St Leonards on Sea, East Sussex, TN38 0TA
Tel: 01424 444 130 Fax: 01424 234 625

Last Locum NHS Consultant post

Consultant in Child and Adolescent Psychiatry, Swindon CAMHS, Oxford Foundation NHS Trust, January 2017-July 2018

Last substantive NHS Consultant post

Consultant in Child and Adolescent Psychiatry, Wolverhampton CAMHS, Black Country Partnership Foundation NHS Trust, 2007-2014

Former NHS Consultant post

Consultant and Senior Lecturer in Child & Adolescent Psychiatry, Chichester CAMHS, Sussex Partnership Trust and St George's Medical School, 1995-2006

General Medical Council number 2500090

Medical Protection Society number

154636

UKCP/AFT registration number 995149

UKCP Registration in Family Therapy

Medico-legal experience

I was an NHS consultant in Child and Adolescent Psychiatry from 1995 until 2018. I retired for the first time in 2014, and then worked in a variety of Locum posts. I retired for the second time in July 2018. I have since been developing a combination of different sorts of independent work, including clinical work for Psychiatry-UK.

I have done a variety of Expert Witness reports in the past, mainly from 1993 to 2007, the number per year ranging from three to ten. Since then, I have done a smattering from 2007 until 2018. I was mostly too busy with clinical work to undertake Expert Witness reports, but did one in 2009, one in 2012, one in 2018 and have so far done three in 2019 [written September 2019].

The reports of September 2018 and January 2019 concerned Post-Traumatic Stress Disorder. Previously, my specialist interest was in complex child protection cases, for a variety of Courts, including the Family Court and the High Court, usually funded by Legal Aid. For these commissions, I took on the role of Single Joint Expert, and was usually instructed by the Solicitor representing the Guardian-ad-Litem for the children involved; and on a few occasions by the Official Solicitor.

I did a number of forensic reports on adolescents during my time working in Chichester from 1995 to 2005, before there was a subspecialty of Forensic Child & Adolescent Psychiatry. My reports in April and June 2019, coincidentally, were also forensic in nature.

I am experienced at doing thorough medico-legal assessments. In addition to Paediatric Liaison Psychiatry, Family Therapy, ADHD and Conduct Disorder, my clinical interests include Depression, Self-Harm, PTSD and ASD.

<u>SPECIALISMS</u>	
ADHD (Diagnosis)	Learning Difficulties
ASD (Diagnosis)	Learning Disabilities
ADD (Diagnosis)	Mood Disorder
ADHD	Neglect
ASD	OCD
ADD	Pain Management
Asperger's	Personality Disorders
Antisocial Behaviour	Psychosis
Anxiety	Psychosomatic
Attachment	PTSD
Bereavement	Risk
Bipolar	Schizophrenia
Brain Injury	Self Harm
Capacity	Sex Change
Chronic Pain	Sexual Abuse Victims
Depression	Tourette's
Domestic Violence	Trauma
Historic Sex Abuse	Suicidal Ideation

<u>CASE TYPES</u>
ADHD
ASD
Criminal
Disability Discrimination
Educational
Family
Fitness to Plead
Global Family Assessment
Historic Sexual Abuse
Neuropsychiatric
Neuropsychological
Risk Assessments
Road Traffic Accident
PTSD
Somatization Disorder

Qualifications

M. B., B. S. (Royal Free)	1979
Diploma in Child Health (London)	1981
Membership of the Royal College of Physicians (Paediatrics)	1983
Membership of the Royal College of Psychiatrists	1990
Advanced Clinical Training in Family Therapy	1996
Fellowship of the Royal College of Paediatrics and Child Health (resigned in 2010 following cessation of 'Child in Mind' Project).	2002

Child Psychiatry

Post Specialty	Consultants	Hospital	Dates	
Registrar	psycho-geriatrics	Dr J. R. Robinson	Littlemore Hospital, Oxford.	Aug 1988 to Jan 1989.
Registrar	acute general psychiatry	Dr D. Julier and Dr P. J. Cowen	Littlemore Hospital,	Feb 1989 to July 1989.
Registrar	acute general psychiatry	Prof M. G. Gelder Dr D. Gath	Warneford Hospital, Oxford.	Feb 1990 to July 1990.
Registrar	child psychiatry	Dr J. M. M. Lindsay Dr D. P. H. Jones	Park Hospital, Oxford.	Aug 1989 to Jan 1990.
Research Registrar	child psychiatry	Prof M. G. Gelder Dr A. Stein (Wellcome Trust)	Park Hospital, Oxford.	Aug 1990 to Jan 1991.
Temporary lecturer	child psychiatry	Prof M. G. Gelder Dr A. Stein Dr G. Stores	Park Hospital, Oxford.	Feb 1991
Senior Registrar	child and adolescent psychiatry	Dr Brian Jacobs Dr Mike Shaw Dr M de Jong Dr Sue Dinnick	Queen Mary's Hospital for Children, Carshalton.	Mar 1991 to Jan 1992
Senior Registrar	child and adolescent psychiatry	Dr David Walk Dr Geraldine Fitzpatrick	St George's Hospital, Tooting	Feb 1992 to Feb 1993
Lecturer	child and adolescent psychiatry	Professor Peter Hill	St George's Hospital Medical School;	Feb 1993 to March 1995
Honorary Senior Registrar		Dr Margaret de Jong,	St Helier Trust	Feb 1993 to March 1995

Honorary Consultant	child and adolescent psychiatry	(Locum for Dr Alan McClelland for three months)	Pathfinder Trust, St George's Hospital.	Oct 1994 to March 1995
Consultant and Senior Lecturer	child and adolescent psychiatry		Sussex Partnership Trust & St George's Medical School Chichester CAMHS	March 13 th 1995 to June 11 th 2006
Locum Consultant	child and adolescent psychiatry		Oxfordshire & Bucks Mental Health Trust Aylesbury CAMHS	June 12 th 2006 to March 12 th 2007
Locum Consultant	child and adolescent psychiatry		Pontypridd and Rhondda NHS Trust. Merthyr Tydfil and Aberdare CAMHS.	April 16 th 2007 to July 27 th 2007
<i>All three the same job:</i>				
Locum Consultant	child and adolescent psychiatry		Wolverhampton City Primary Care Trust. Wolverhampton CAMHS	October 1 st 2007 to July 31 st 2009
Consultant	child and adolescent psychiatry		Wolverhampton City Primary Care Trust. Wolverhampton CAMHS	August 1 st 2008 to July 31 st 2011.
Consultant	child and adolescent psychiatry		Black Country Partnership Foundation NHS Trust. Wolverhampton CAMHS	August 1 st 2011 to April 14 th 2014
Retired				April 15 th 2014
<u>Post-retirement</u>				
House-husband				May to November 2014
Locum Consultant	Child and Adolescent Psychiatry		Worcestershire Health & Care NHS Trust. Wyre Forest CAMHS Kidderminster	December 3 rd 2014 to March 27 th 2015
Locum Consultant	Child and Adolescent Psychiatry		Norfolk & Suffolk Foundation Trust. King's Lynn and Ipswich	April 29 th 2015 to August 31 st 2015
Locum Consultant	Child and Adolescent Psychiatry		Greater Glasgow and Clyde NHS Paediatric Liaison Service Glasgow Children's Hospital	October 5 th 2015 to January 29 th 2016
Locum Consultant	Child and Adolescent Psychiatry		Central Manchester NHS Foundation Trust Tier 3 CAMHS, various sites	February 26 th 2016 to January 20 th 2017
Locum Consultant	Child and Adolescent Psychiatry		Oxford Healthcare NHS Foundation Trust Swindon CAMHS	January 23 rd 2017 to July 22 nd 2018

Independent Consultant	Child and Adolescent Psychiatry	Private Practice Oxford	October 13 th 2018 to present
Consultant	Child and Adolescent Psychiatry	Psychiatry-UK Telepsychiatry <i>Including Expert Witness work</i>	March 18 th 2019 to present
Consultant	Child and Adolescent Psychiatry	OWL Independent Therapy Centre	March 2019 to present
Consultant	Child and Adolescent Psychiatry	Expert in Mind Medico-Legal report agency	September 2019 to present

Additional posts (unremunerated):

- 1) I was appointed to lead what I subsequently christened the '*Child in Mind*' Project by the Royal College of Paediatrics and Child Health and the Royal College of Psychiatrists, acting jointly, in October 2001 – commencing in March 2002. I was initially the project director, but in 2005, I handed over the lead role to my paediatric colleague Dr Avril Washington. One of my first acts was to insist on appointing a clinical psychologist to join our project team, and we were a multidisciplinary group (our paediatric psychologist, Dr Karina Lambrenos, retired in 2008). The three of us agreed that working together we were greater than the sum of our parts. The project aimed to teach paediatricians Child Mental Health – as it relates to paediatrics. We started with trainees who were SHOs and are now ST1-2. We would have liked to extend in both directions – to cover both the two foundation years and the later stages of run-through training (ST4-6), but funding was severely curtailed from May 2007 and then completely ceased in January 2010, when the Royal College of Paediatrics and Child Health axed the project. It has since been replaced with an e-learning programme.
- 2) Mental health co-convenor of the British Paediatric Mental Health Group from 2002 to June 2012 (formerly the British Paediatric Psychology and Psychiatry Group; subsequently the Paediatric Association for Mental Health). I was one of two mental health professionals on the executive committee – the other being a clinical psychologist, Jacqui Stedmon, who works in Plymouth, and has a national role in the British Psychological Society. My role has been taken over by Anthony Crabb, a Consultant in Paediatric Liaison Psychiatry in Southampton, who is also convenor of the Paediatric Liaison group for psychiatrists. The role included helping to access speakers for the annual residential conference (in Highgate House, Northampton) and the half-day slot at the RCPCH Spring meeting in York. It also involved commenting on NICE guidelines of relevance to this group; and on government policy initiatives.
- 3) Member of the editorial board of the Journal of Psychological Therapies in Primary Care from June 2012 to December 2016. This journal was an offspring of the Centre for Psychological Therapies in Primary Care at Chester University, both being funded by a philanthropist and headed by Emeritus Professor Patrick Pietroni.

These projects and our textbook on Child and Adolescent Mental Health have both served my vision of the way in which CAMHS services should be developing – which is towards an increasing range and depth of skills at lower tiers. So in the future, an increasing proportion of Child and Adolescent Mental Health Services *could* be provided by front-line professionals such as Health Visitors, School Nurses, Paediatricians, Probation Officers, Family Link Workers, Social Workers and Teachers.

Peer reviewed publications

- Spender, Q., Douek, E. Bacterial parotitis due to Haemophilus influenzae in an infant. *British Medical Journal*, 1985; **290**: 606.
- Spender, Q. W., Lewis, D., Price, E. H. Norwalk like viruses: study of an outbreak. *Archives of Disease in Childhood*, 1986; 61: 142-147.
- Spender, Q. W., Cronk, C. E., Stallings, V. A., Hediger, M. L., Fat distribution in children with cerebral palsy. *Annals of Human Biology*, 1988; **15**: 191-196.
- Spender, Q. W., Cronk C. E., Charney E. B., Stallings V. A. Assessment of linear growth in children with cerebral palsy: use of alternative measures to height or length. *Developmental Medicine and Child Neurology*, 1989; **31**: 206-214.
- Cronk, C. E., Stallings, V. A., Spender, Q. W., Ross, J. L., Widdoes, H. D. Measurement of short term growth with a new knee height measuring device. *Am. Journal of Human Biology*, 1989; **1**: 421-428.
- Spender, Q., Dennis, J., Stein, A, Cave, D., Percy, E. and Reilly, S. Impaired oral-motor function in children with Down's syndrome: a study of three twin pairs. *European Journal of Disorders of Communication*, 1995; **30**(1): 77-87.
- Spender, Q., Stein, A, Dennis, J., Reilly, S., Percy, E. and Cave, D. An exploration of feeding difficulties in children with Down's syndrome. *Developmental Medicine and Child Neurology*, 1996: **38**; 681-694.
- Spender, Q. Clinical audit of outcomes in outpatient child psychiatry using problem rating scales. In: *Focus on clinical audit in child and adolescent mental health services*, edited by E Hardman and C Joughin, London: Royal College of Psychiatrists, 1998, pp. 85-95.
- Scott S, Spender Q, Doolan M, Jacobs B, Aspland H. Multicentre controlled trial of parenting groups for childhood antisocial behaviour in clinical practice. *BMJ*, 2001: **323**; 194-198.
- Nestel, D., Taylor, S., Spender, Q. Evaluation of an inter-professional workshop to develop a psychosocial assessment and child-centred communication training programme for paediatricians in training. *BMC Medical Education* 2004, 4:25. <http://www.biomedcentral.com/content/pdf/1472-6920-4-25.pdf>
- Leading Article: Commentary on adolescent depression. Abandoning the diagnosis will endanger severely depressed children. Quentin Spender. *British Medical Journal*, 2004: **329**; 1396.
- Remschmidt, H; Hoare, P; Ettrich, C; Rothenberger, A; Santosh, P; Schmidt, M; Spender, Q; Tamhne, R; Thompson, M; Tinline, C; Trott, G. E; Medori, R. Symptom control in children and adolescents with attention-deficit/ hyperactivity disorder on switching from immediate-release methylphenidate to OROS methylphenidate: results of a 3-week open-label study. *European Child & Adolescent Psychiatry*. **14**(6) Sep 2005, 297-304.
- Hoare, Peter; Remschmidt, H; Medori, R; Ettrich, C; Rothenberger, A; Santosh, P; Schmidt, M; Spender, Q; Tamhne, R; Thompson, M; Tinline, C; Trott, G. E. 12-month efficacy and safety of OROS methylphenidate in children and adolescents with attention-deficit/hyperactivity disorder switched from immediate-release methylphenidate. *European Child & Adolescent Psychiatry*, **14**(6) Sep 2005, 305-309.
- Suyash Prasad, Val Harpin, Lynne Poole, Harry Zeitlin, Saroj Jamdar, Kanagasabai Puvanendran, on behalf of the SUNBEAM study group. A multi-centre, randomised, open-label study of atomoxetine compared with standard current therapy in UK children with ADHD. *Current Medical Research and Opinion*, 2007, **23**(2): 379-394.
- Spender Q. Leading Article : Talking to Children. *British Journal of General Practice*, **57**(544), 2007, pp 861-863.
- Spender Q. A guide to understanding behavioural disorders. Commissioned review. *Archives of Disease in Childhood* 2013; **98**: 625-628.

Reviews

- Spender, Q., Cooper, H. Commissioned review: The hinterland between audit and research. *Association of Child Psychology and Psychiatry Review and Newsletter*, 1995; **17**(2): 65-73.
- Spender, Quentin and Scott, Stephen. Conduct disorder. *Current Opinion in Psychiatry*, July 1996; **9**(4): 273-277.
- Spender, Q. & Scott, S. Management of antisocial behaviour in childhood. *Advances in Psychiatric Treatment*, May 1997; **3**(3): 128-137.
- Royal College of Paediatrics and Child Health, December 2004. Evidence Based Guideline for the Management of CFS/ME (Chronic Fatigue Syndrome/Myalgic Encephalopathy) in Children and Young People.
- Spender Q. Assessment of adolescent self-harm. *Current Paediatrics*: **15**(2), April 2005, pp 120-126.
- Book review: *Child and Adolescent Mental Health*, February 2007; **12**(1): 52. Working with Self-Harming Adolescents. A Collaborative Strengths-Based Therapy Approach. Matthew D. Selekman. London: W. W. Norton & Co, 2006.
- Spender Q. Assessment of adolescent self-harm. (Updated version of 2005 paper, for renamed journal). *Paediatrics and Child Health*: **17**(11), 2007, pp 448-453
- Spender Q. NEETs: a Medical Perspective., Guest Editorial in *Journal of Psychological Therapies in Primary Care*, December 2014; **3**(2): pp vii-xvii.

Books

- Spender Q, Salt N, Dawkins J, Kendrick T and Hill P, 2001. *Child Mental Health in Primary Care*. Radcliffe Medical Press, Oxford. 375 pages.
- Spender Q, Barnsley J, Davies A and Murphy J, 2011. *Primary Child and Adolescent Mental Health*. Radcliffe Medical Press, Milton Keynes. Three volumes: 750 pages. Published in July 2011 as the second edition of the above textbook.

Book chapters

- Spender, Q., Hill., P. Primary prevention of childhood mental health problems. In *The Prevention of Mental Illness in Primary Care* ed. Kendrick, T., Tylee, A., Freeling, P, Cambridge University Press, Cambridge, 1996: chapter 2, pages 21-40.
- Hill., P, Spender, Q. Secondary prevention of childhood mental health problems. In *The Prevention of Mental Illness in Primary Care* ed. Kendrick, T., Tylee, A., Freeling, P, Cambridge University Press, Cambridge, 1996: chapter 9, pages 149-166.
- Spender, Q. and John, A. Psychological and psychiatric perspectives. In: *Legal Concepts of Childhood*, edited by Julia Fionda. Hart publishing, Oxford, UK and Portland, Oregon, 2001.
- WHO Guide to Mental and Neurological Health in Primary Care, Second Edition, 2004. I was a member of the UK National Consensus Group for the child and adolescent guidelines.
- Spender, Quentin. The effects of bipolar disorder on children and families. Section of Chapter 3, Parenting with Bipolar Disorder, in Aiken, Cara: *Family Experiences of Bipolar Disorder. The ups, downs and the bits in between*. London: Jessica Kingsley; 2010. Pages 59-64.

Unpublished writing

Dissertation: Spender, Quentin. A systemic approach to the treatment of teenage self-harm: integration with other models. *Dissertation completed for the Advanced Clinical Training in Family Therapy*, Institute of Family Therapy and Birkbeck College. April 1996.

Medical Student Handbook (distributed to all fourth year students at St. George's Hospital Medical School) Spender, Q., Hill, P., Dawkins, J., Turk, J., Cameron, M., Park, R., Hughes, P. St George's Student Handbook in Child and Adolescent Psychiatry. July 1996.

An Audit of an Osmotic Controlled-Release Formulation of Methylphenidate (Concerta®). Spender, Q. and Berry, R. February 2004.

Paediatric Mental Health Washington, A., Spender, Q., Lambrenos, K. Written as Chapter 17 of *Training in Paediatrics*, edited by Professor Mark Gardiner, published by Oxford University Press in 2009: a textbook for run-through specialist trainees up to ST3 and MRCPCH. The chapter was considered too original, so was not published. It was replaced by a chapter on Child Psychiatry rather than Paediatric Mental Health.

Self-harm. Spender, Q. Chapter in *Child and Adolescent Mental Health for Lawyers*, edited by Professor Sam Stein.

Research

(A) Studies of growth and nutritional status in children with chronic developmental disabilities, including cerebral palsy, spina bifida and juvenile rheumatoid arthritis, at the Children's Hospital of Philadelphia (1986-87).

(B) An intensive cross-sectional study of feeding problems in a cohort of 14 children with Down's syndrome aged 9 to 36 months served by the Oxfordshire Down's syndrome service, funded by the Wellcome Trust supervised by Dr Alan Stein, (then) Senior Lecturer in Child Psychiatry at the Park Hospital in Oxford (1990-91). Two publications resulted (see above).

(C) An audit of consumer satisfaction with the service at two child guidance clinics, in Merton and Sutton. Published by the FOCUS group of the Royal College of Psychiatrists.

(D) A pilot study examined 10 boys aged 6-10 with severe mixed disorders of conduct and emotion (1992-95). This involved three inpatient units -- Guy's, the Bethlem and Stepping Stones (Cotswold House, Sutton), and the use of an intensive outpatient package. This used the videotape vignettes developed by Dr Carolyn Webster-Stratton for this age group, and consisted of approximately twenty weekly groups held simultaneously for both children and their parents. The results were not published, due to the small numbers, but this pilot led on to the next study.

(E) A multi-centre controlled trial of Carolyn Webster-Stratton's programme for parents of children aged three to seven years (1995-2000). This was co-ordinated from the Institute of Psychiatry by Dr Stephen Scott, with the aid of a grant from the Department of Health. Referred families were recruited from clinics including the Maudsley Children's Department, Croydon Child Guidance Clinic, Chichester Child and Family Service and Brixton Child Guidance clinic. My role in the study was both as group therapist and as data manager. The final analysis of 141 subjects (BMJ, 2001), including 37 from Chichester, showed statistically significant improvements in a variety of outcome measures in comparison to a waiting list control group.

(F) A randomised controlled study of the effect of diet on hyperactivity, using a diet excluding amines, additives and colourings and a plausible control diet (1998-2005). Referrals from the waiting list for the child and family service, after screening for ADHD symptoms with questionnaires, and direct from GPs. Interim analyses suggested that different children respond to different exclusions, including crisps in the control group as well as amines in the treatment group, making the statistical comparison non-significant. The clinical implication is that it is not always easy to decide which foods it is best to exclude.

- (G)** Involvement in a multicentre trial of Concerta by Janssen-Cilag: an open comparison between thrice daily short-acting methylphenidate and once daily Concerta. Two publications (see above).
- (H)** Involvement in a multicentre trial funded by Janssen-Cilag of a quality of life measure called the AIM (ADHD Impact Module). The data from the main part of this study have unfortunately been impounded by the copyright holders for the questionnaire, but the comparison of some ADHD questions with results of the EuroQoL was the subject of a poster at the IACAPAP meeting in Berlin, 2004.
- (I)** Involvement in a multicentre randomised controlled trial of atomoxetine funded by Eli Lilly. The comparison group had standard treatment. This commenced in December 2004, and our final set of outpatient appointments was in September 2005. The results showed an improved quality of life, as shown by the Parent Rated Child Health and Illness Profile (CHIP-CE), in the atomoxetine group compared to standard current therapy.