



CURRICULUM VITAE

Dr. Ken Courtenay

MB BCH BAO BA MSc

MRCGP FRCPSYCH FRCPEdin

Dr. Ken Courtenay

PERSONAL DETAILS

Name	Kenneth Patrick Courtenay
E-mail	ken.courtenay@nhs.net
Education	University of Dublin Trinity College MB BCh BAO BA (1987)
General Medical Council	Registration No. 3347722

POST – GRADUATE EDUCATION

Master of Science in Medical Leadership, Birkbeck, London 2019

Master of Science in Autism and Related Disorders, Swansea University 2021

Diploma in Geriatric Medicine (**DGM**) Royal College of Physicians (London) 1990

Diploma of the Royal College of Obstetricians and Gynaecologists (**DRCOG**) 1991

Member of the Royal College of General Practitioners (**MRCGP**) 1992

Member of the Royal College of Psychiatrists (**MRCPsych**) 1998

Fellow of the Royal College of Psychiatrists (**FRCPsych**) 2014

Member of the College of Psychiatrists Ireland (**MCPsychI**) 2020

PROFESSIONAL CERTIFICATION

General Medical Council Specialist Register (2003) *General Adult Psychiatry
Psychiatry of Learning
Disability*

General Medical Council Specialist Register (2007) *General Medical Practice*

Section 12(2) MHA (1983) Approved Doctor London Region (2019)

Joint Committee on General Practice Training (1992)

Joint Committee on Family Planning Certificate (1991)

AUTISM ASSESSMENT

I have completed accredited training in using the ADOS 2 and ADI-R diagnostic tools.

CURRENT EMPLOYMENT

March 2020 to present

Barnet Enfield and Haringey Mental Health NHS Trust London UK

Consultant Psychiatrist in Forensic Psychiatry of Intellectual Disability

EMPLOYMENT HISTORY

October 2006 – January 2020

Barnet Enfield and Haringey Mental Health NHS Trust London UK

Consultant Psychiatrist in Intellectual Disability

November 2005 – June 2006

Daughters of Charity Intellectual Disability Services Dublin Ireland

Locum Consultant Psychiatrist in Learning Disability

June 2004 – October 2005

South West London & St. George's Mental Health NHS Trust London UK

Locum Consultant Psychiatrist in Psychiatry of the Deaf

April 2003 – February 2004

Westminster Primary Care Trust London UK

Locum Consultant Psychiatrist in Psychiatry of Learning Disability

April 1998 – March 2003

St. George's Hospital Medical School London

Higher Specialist Trainee in Psychiatry

March 1995 – February 1998

St. George's Hospital Medical School London

General Professional Training in Psychiatry

June 1994 – December 1994

Auckland Healthcare New Zealand

Educational Supervisor: Dr. A. Fraser

August 1988 – November 1992

General Medical Training (1988 – 1992)

AUGUST 1987 – JULY 1988

Pre - Registration Training (1987 - 1988)

Mayday University Hospital Croydon Surrey

Queen Elizabeth II Military Hospital Woolwich London

EDUCATIONAL ACHIEVEMENTS

I am an accredited Clinical Supervisor with experience of supervising Foundation Year trainees, Core Trainees, and Specialist Trainees.

I am an approved examiner for undergraduates in UCL.

I have examined in the Membership examination of the Royal College of Psychiatrists

ACADEMIC ACHIEVEMENTS

University College London - Honorary Clinical Fellow in Dept. of Psychiatry

In this role I teach undergraduate and post-graduate students on mental health in People with Intellectual Disability.

- I am a co-applicant with Prof. A. Hassiotis on the NIHR funded study on Intensive Support Teams in intellectual disability services
- I was principal investigator on the LonDownS Consortium on dementia in Down Syndrome led by Prof. A. Strydom
- I am a co-applicant on COVID-19 and intellectual disability with Dr. R. Shankar of Exeter University

PROFESSIONAL ROLES

ROYAL COLLEGE OF PSYCHIATRISTS

Chair, Faculty of Psychiatry of Intellectual Disability

I am Chair of the Faculty of Psychiatry of Intellectual Disability in which I lead the Faculty within the Royal College and externally with NHS England and other national agencies.

College Assessor

I represent the Royal College of Psychiatrists on Appointments Panels for the appointment of Consultant Psychiatrists in the NHS.

BARNET ENFIELD AND HARINGEY MENTAL HEALTH NHS TRUST

Clinical Director 2013 - 2015

I held the role of clinical Director with responsibility for services for Older People, Learning disability, Liaison Psychiatry, Enfield Community Services with a budget of £40m.

Professional Medical Lead 2015 – 2018

I held the role where I was responsible for the professional performance of non-training grade doctors supporting them in annual appraisal and their path to revalidation. I investigated complaints against doctors. I led on recruitment to all non-training grade vacancies.

Trust Appraisal Lead 2018 to 2021

As the Trust Appraisal Lead, I supported the non-training grade doctors in completing their annual appraisals and in preparing for Revalidation with the GMC. I supported the Medical Director in making decisions to recommend colleagues for revalidation.

Medical Appraiser

I conducted annual appraisals with colleagues. I led the Appraiser Network of appraisers to ensure high standards of Medical Appraisal. I provided regular training on Medical Appraisal in the Trust.

Trust Specialty Doctor Tutor 2016 - 2019

In my role I worked with the Specialty Doctors in the Trust in providing pastoral and professional support through regular educational events and acting as a point of contact in the Trust for this cohort of doctors.

**EUROPEAN ASSOCIATION FOR MENTAL HEALTH IN INTELLECTUAL DISABILITY
(EAMHID) *Secretary 2013 - 2019***

I was the secretary of EAMHID an international Association based in Europe to promote the practice of mental health in people with intellectual disability. I contributed to organising three international bi-annual conferences.

**EUROPEAN PSYCHIATRIC ASSOCIATION – SECTION MENTAL HEALTH INTELLECTUAL
DISABILITY *Secretary 2014 - 2019***

I founded the Section MHID in the European Psychiatric Association in 2014 having recognised a gap in the EPA on the mental health of people with intellectual disability. The Section MHID has been successful in raising the profile of the needs of people with intellectual disability and people with Autism among psychiatrists in Europe. The Section MHID successfully organised joint symposia at the International Congresses since 2014.

**DEMENTIA IN INTELLECTUAL DISABILITY SPECIAL INTEREST GROUP (DID-SIG)
*Secretary 2009 - 2013***

I founded the Special Interest Group in 2009 in collaboration with Dr. Strydom of UCL as a supportive peer group for colleagues working with people with intellectual disability with dementia. The SIG has facilitated the development of research work in dementia in people with intellectual disability.

LEADERSHIP

BARNET ENFIELD AND HARINGEY MENTAL HEALTH NHS TRUST

Service Development

- In Haringey Learning Disability Partnership in 2007, I identified a gap in patient safety and introduced the Care Programme Approach to the service.
Outcome: person-centred CPA; easy-read CPA materials
- In 2009, I proposed to Haringey PCT de-commissioning of the in-patient service to re-provide as an Intensive Support Team (IST).
Outcome: IST established; in-patient admissions reduced to three per year.
- Autism Diagnostic Care Pathway
In 2012, I collaborated with three local CCGs on creating Autism diagnostic care pathways.
- In 2017 I established the Down Syndrome Clinic for adults with Down Syndrome in Haringey.
Outcome: dementia and health assessments completed on 56 adults; raise profile on the health needs of adults with Down Syndrome.

Operational Management

- As Medical Lead, I anticipated vacancies in Consultant Psychiatrist posts and actively recruited to Consultant posts in three years.
Outcome: ten Consultant Psychiatrists appointed in three years
- As Trust Medical Appraisal Lead, I have revised the appraisal system for doctors.
Outcome: introduction of new appraisal software in 2019; delivered training on Medical Appraisal and GMC Revalidation

Education and Training

- I lead on Autism in the Trust.
Outcome: training to psychiatrists and other staff; professional opinions on Autistic patients.

FACULTY OF PSYCHIATRY OF INTELLECTUAL DISABILITY

ROYAL COLLEGE OF PSYCHIATRISTS

Chair of Faculty 2018 to 2022

I lead on and manage the issues and challenges affecting the specialty. I interface with internal College committees and advisory groups representing the specialty. I am a member of Council of the Royal College of Psychiatrists and a Trustee of the Board.

Internal Relations

- I have strengthened the role of Chair through collaborative working with colleagues across Faculties and College committees
- I have raised the image and reach of the Chair by using social media and direct contact with members
- I pro-actively work on recruitment to the specialty having established a working group to tackle the challenges in recruitment
- I maintain good links with trainees and members of the Faculty across the four nations to encourage active participation in the specialty and their professional careers
- I support the publication of College Reports leading on innovations in practice for members and commissioners of services
- I believe in co-production with service-users and families and have promoted development of materials with families and carers as valued partners

External Relations

- I respond to innovations and policy challenges in Government on intellectual disability on behalf of the College
- I support the President in managing the public face of the College on intellectual disability
- I manage the response of the College to public scandals in care that have occurred since 2018
- I value the role of media in promoting the specialty and in shaping positively attitudes in the profession
- I contributed to the CQC Thematic Review on restrictive practices
- I strengthened links with Third Sector partners
- I work collaboratively with NHS England on furthering the work of Transforming Care
- I represented the specialty on reviewing the impact by NHS England of COVID-19 on people with intellectual disability and Autistic people

- I represent the College on the Independent Care and Education Treatment Review Oversight Panel led by Baroness Hollins
- I have led on collaborating with the Royal College of Physicians (London) and the Royal College of General Practitioners to develop the emerging role of Intellectual Disability Physician with Health Education England
- I lead the Faculty's relationships with other professional bodies

LEARNING DISABILITY SENATE

As a member of the Senate, I represent the Faculty in the forum for professional bodies supporting people with intellectual disability.

- I have advised the Royal College of Nursing on the challenges facing recruitment to Learning Disability Nursing profession
- I work collaboratively with the British Psychological Society on areas of shared interest in mental health in intellectual disability in producing professional joint statements

EUROPEAN ASSOCIATION FOR MENTAL HEALTH IN INTELLECTUAL DISABILITY

Secretary EAMHID 2013 – 2019

As the secretary of the Association:

- I re-wrote the constitution and devised a new governance structure to ensure good governance and transparency in the Association
- I contributed to organising three international congresses attracting over 1500 participants from across European countries.

EUROPEAN PSYCHIATRIC ASSOCIATION - SECTION MHID

Secretary EPA Section MHID 2014 – 2018

I established the Section MHID in 2014 with a colleague in Berlin having detected a gap in the EPA on the mental health needs of people with intellectual disability.

Outcome: 10 successful joint symposia at the international congresses; over 100 members of the Section; completion of a guidance paper on mental health in intellectual disability

LONDON CONSULTANT PSYCHIATRISTS IN INTELLECTUAL DISABILITY

Chair 2010 to 2021

I was Chair of the regional group of psychiatrists practising in Psychiatry of Intellectual Disability that brings together doctors from across London and the South East of England to share learning on practice.

Outcome: engagement with Consultants and trainees; established social media presence; three professional meetings per year.

PUBLICATIONS

Original Papers (first author)

Courtenay, K. (2000). Learning Disability in Psychiatry – the future of services. *Psychiatric Bulletin*, 24(11), 433-433.

Courtenay, K. P., & Stephens, J. P. (2001). The experience of patient suicide among trainees in psychiatry. *Psychiatric Bulletin*, 25(2), 51-52.

Courtenay, K., & Choulamany, C. (2007). Mental healthcare in Laos. *International Psychiatry*, 4(4), 90-92.

Courtenay, K., Soni, S., Strydom, A., & Turk, J. (2009). Behavioural phenotypes and mental disorders. *Psychiatry*, 8(10), 391-397.

Courtenay, K., Jokinen, N. S., & Strydom, A. (2010). Caregiving and adults with intellectual disabilities affected by dementia. *Journal of Policy and Practice in Intellectual Disabilities*, 7(1), 26-33.

Courtenay, K., & Murray, A. (2015). Foot health and mobility in people with intellectual disabilities. *Journal of Policy and Practice in Intellectual Disabilities*, 12(1), 42-46.

Courtenay, K., & Elstner, S. (2016). Drug therapy in ADHD in people with intellectual disabilities. *Advances in Mental Health and Intellectual Disabilities*, 10(1), 27-35.

Courtenay, K. (2017). The Overuse of Psychotropic Medication in People with Intellectual Disabilities. *Journal of Mental Health Research in Intellectual Disabilities* Vol. 10, pp. 194-194.

Courtenay, K. (2018). Special edition: mental health and intellectual disabilities in Europe. *Advances in Mental Health and Intellectual Disabilities*, 12(3/4), 89-90.

Courtenay, K. (2018). Community Intellectual Disability Services in the UK <https://frontline-ireland.com/community-intellectual-disability-services-in-the-uk/>

Courtenay, K., & Perera, B. (2020). COVID-19 and People with Intellectual Disability: impacts of a pandemic. *Irish Journal of Psychological Medicine*, 1-21.

Courtenay, K. (2021). The case for removing intellectual disability and autism from the Mental Health Act. *The British Journal of Psychiatry*, 218(1), 64-65.

Original Papers (co-author)

Hollins, S., & Courtenay, K. (2000). Issues and Dilemmas for Learning Disability Community Psychiatric Services. *Mental Health Review Journal*, 5(2), 26-29.

Middleton, I., & Courtenay, K. (2000). Career focus - Psychiatry of learning disability. *BMJ-British Medical Journal-International Edition*, 320(7245), S2.

Strydom, A., Shooshtari, S., Lee, L., Raykar, V., Torr, J., Tsiouris, J., ... & Maaskant, M. (2010). Dementia in older adults with intellectual disabilities—epidemiology, presentation, and diagnosis. *Journal of Policy and Practice in Intellectual Disabilities*, 7(2), 96-110.

Buszewicz, M., Welch, C., Horsfall, L., Nazareth, I., Osborn, D., Hassiotis, A., ... & Moulster, G. (2014). Assessment of an incentivised scheme to provide annual health checks in primary care for adults with intellectual disability: a longitudinal cohort study. *The Lancet Psychiatry*, 1(7), 522-530.

Chan, T., Courtenay, K., Kalsy, S., Eady, N., Janicki, M. P., Wilkinson, H., ... & Mulryan, N. (2014). *Intellectual Disability and Dementia: Research into Practice*. Jessica Kingsley Publishers.

Thomas, B., Courtenay, K., Hassiotis, A., Strydom, A., & Rantell, K. (2014). Standardised patients with intellectual disabilities in training tomorrow's doctors. *The Psychiatric Bulletin*, 38(3), 132-136.

Sheehan, R., Sinai, A., Bass, N., Blatchford, P., Bohnen, I., Bonell, S., ... & Mukherji, K. (2015). Dementia diagnostic criteria in Down syndrome. *International Journal of Geriatric Psychiatry*, 30(8), 857-863.

Eady, N., Courtenay, K., & Strydom, A. (2015). Pharmacological management of behavioral and psychiatric symptoms in older adults with intellectual disability. *Drugs & Aging*, 32(2), 95-102.

Perera, B., & Courtenay, K. (2017). ADHD and Challenging behaviour in People with Intellectual Disability: should we screen for ADHD? *Psychiatria Danubina*, 29(3), 562-564.

Sinai, A., Mokrysz, C., Bernal, J., Bohnen, I., Bonell, S., Courtenay, K., ... & McBrien, J. (2018). Predictors of age of diagnosis and survival of Alzheimer's disease in Down syndrome. *Journal of Alzheimer's Disease*, 1-12.

Eady, N., Sheehan, R., Rantell, K., Sinai, A., Bernal, J., Bohnen, I., ... & Hassiotis, A. (2018). Impact of cholinesterase inhibitors or memantine on survival in adults with Down syndrome and dementia: clinical cohort study. *The British Journal of Psychiatry*, 212(3), 155-160.

Perera, B., & Courtenay, K. (2018). Mental health services for people with intellectual disability in the United Kingdom. *Advances in Mental Health and Intellectual Disabilities*, 12(3/4), 91-98.

Al-Khudairi, R., Perera, B., Solomou, S., & Courtenay, K. (2019). Adults with intellectual disability and Attention Deficit Hyperactivity Disorder: Clinical characteristics and medication profiles. *British Journal of Learning Disabilities*, 47(2), 145-152.

Korb, L., Perera, B., & Courtenay, K. (2019). Challenging behaviour or untreated ADHD? *Advances in Mental Health and Intellectual Disabilities*.

Conway, R. R., Perera, B., Courtenay, K., Tsolakidis, S., & Gopal, S. (2019). Reducing antipsychotic medication in ID using QI methodology. *Advances in Mental Health and Intellectual Disabilities*.

Perera, B., Audi, S., Solomou, S., Courtenay, K., & Ramsay, H. (2020). Mental and physical health conditions in people with intellectual disabilities: Comparing local and national data. *British Journal of Learning Disabilities*.

Perera, B., Courtenay, K., Solomou, S., Borakati, A., & Strydom, A. (2020). Diagnosis of Attention Deficit Hyperactivity Disorder in Intellectual Disability: Diagnostic and Statistical Manual of Mental Disorder V versus clinical impression. *Journal of Intellectual Disability Research*, 64(3), 251-257.

Chauhan, U., Courtenay, K., & Hoghton, M. (2020). Physical Health in People with Intellectual Disabilities. *Oxford Textbook of the Psychiatry of Intellectual Disability*, 203.

Hassiotis, A., Walsh, A., Budgett, J., Harrison, I., Jones, R., Morant, N., ... & Taggart, L. G. (2020). Intensive support for adults with intellectual disability and behaviours that challenge: a survey of provision and service typologies in England. *BJPsych Open*, 6(2).

Watkins, L., O'Dwyer, M., Kerr, M., Scheepers, M., Courtenay, K., & Shankar, R. (2020).

Quality improvement in the management of people with epilepsy and intellectual disability: the development of clinical guidance. *Expert Opinion on Pharmacotherapy*, 21(2), 173-181.

Watkins, L., Reuber, M., Perera, B., Courtenay, K., Banks, R., Murphy, E., ... & Shankar, R. (2020). Valproate prescribing practices for women with intellectual disability across Europe. *Acta Neurologica Scandinavica*. <https://doi.org/10.1111/ane.13337>

Deb, S., Nancarrow, T., Limbu, B., Sheehan, R., Wilcock, M., Branford, D., Courtenay, K., Perera, B., & Shankar, R. (2020). UK psychiatrists' experience of withdrawal of antipsychotics prescribed for challenging behaviours in adults with intellectual disabilities and/or autism. *BJPsych Open*, 6(5).

Perera, B., Laugharne, R., Henley, W., Zabel, A., Lamb, K., Branford, D., ... & Shankar, R. (2020). COVID-19 deaths in people with intellectual disability in the UK and Ireland: descriptive study. *BJPsych open*, 6(6).

Hassiotis, A., Kouroupa, A., Jones, R., Morant, N., Courtenay, K., Hall, I., ... & Lloyd-Evans, B. (2021). Clinical and cost evaluation of intensive support team (IST) models for adults with intellectual disabilities who display challenging behaviour: a comparative cohort study protocol. *BMJ open*, 11(3), e043358.

Hassiotis, A., Langdon, P., Courtenay, K., Hall, I., Lloyd-Evans, B., Romeo, R., ... & Taggart, L. (2020). Expanding capacity in mental health research in intellectual disabilities. *BJPsych Bulletin*, 1-4.

Perera, B., Chen, J., Korb, L., Borakati, A., Courtenay, K., Henley, W., ... & Shankar, R. (2021). Patterns of comorbidity and psychopharmacology in adults with intellectual disability and attention deficit hyperactivity disorder: an UK national cross-sectional audit. *Expert Opinion on Pharmacotherapy*, 1-8.

Chaplin, E., Rawat, A., Perera, B., McCarthy, J., Courtenay, K., Forrester, A., ... & Murphy, D. (2021). Prisoners with Attention Deficit Hyperactivity Disorder: co-morbidities and service pathways. *International Journal of Prisoner Health*.

Roy, A., Courtenay, K., Odiyoor, M., Walsh, P., Keane, S., Biswas, A., ... & Munir, K. (2021). Setting priorities for people with intellectual disability/intellectual developmental disorders across the lifespan: a call to action by the World Psychiatric Association. *BJPsych International*, 1-4.

Watkins, L., Reuber, M., Perera, B., Courtenay, K., Banks, R., Murphy, E., ... & Shankar, R. (2021). Valproate prescribing practices for women with intellectual disability across Europe. *Acta Neurologica Scandinavica*, 143(1), 56-61.

Shemtob, L., Ramanathan, R., & Courtenay, K. (2021). Learning disability registers: known unknowns and unknown unknowns. *British Journal of General Practice*, 71(705), 153-154.

Book Chapters

Chauhan, U., Courtenay, K., & Hoghton, M. (2020). Physical Health in People with Intellectual Disabilities. *Oxford Textbook of the Psychiatry of Intellectual Disability*, 203.

Courtenay, K., & Smith, C. (2019). Educating on Health Care in People with Intellectual Disability. *Education about Mental Health and Illness. Mental Health and Illness Worldwide*, 263-278.

Courtenay, K., & Eady, N. (2014). Medication treatment of dementia in people with intellectual disabilities. *Intellectual Disability and Dementia: Research into Practice*, 62.

Courtenay, K., & Choulamany, C. (2011). Economic and social changes. *International Perspectives on Mental Health*, 140.

Letters

Courtenay, K. (2021). The case for removing intellectual disability and autism from the Mental Health Act. *The British Journal of Psychiatry*, 218(1), 64-65.

Courtenay, K. (2020). Covid-19: challenges for people with intellectual disability. *BMJ*, 369.

Courtenay, K. (2019) A case for learning disability doctors

<https://www.theguardian.com/society/2019/jul/26/a-case-for-learning-disability-doctors>

Courtenay, K. (2002). First episode psychosis. GPs must assess patients' risk behaviour. *BMJ (Clinical research ed.)*, 324(7343), 976-976.

Courtenay, K. (2002). Patient suicide. *Psychiatric Bulletin*, 26(6), 235-235.

Courtenay, K. P. (2002). Use of outcomes measures by psychiatrists. *The British Journal of Psychiatry*, 180(6), 551-551.

Courtenay, K. P. (2000). Psychotherapy and Developmental Disability. *The British Journal of Psychiatry*, 177(6), 566-566.

Book Reviews

Courtenay, K. (2004). Behavioural Phenotypes in Clinical Practice. *British Journal of Learning Disabilities*, 32(1), 45-46.

Courtenay, K. (2001). Mental Retardation: Nature, Cause and Management, 3rd edn. *British Journal of Learning Disabilities*, 29(3), 112-113.

ACADEMIC PEER REVIEW

I review manuscripts for the following academic journals on intellectual disability, mental health, Down Syndrome, and Autism

- British Medical Journal (5.48)
- BMC Psychiatry (2.74)
- BJPsych Open (2.28)
- Journal of Research in Intellectual Disability (1.75)
- International Journal of Law and Psychiatry (1.2)

- British Journal of Learning Disability (0.92)
- Advances in Mental health and Intellectual Disability (0.58)
- Irish Journal of Psychological Medicine (0.27)