

Dr Helen Stokes-Lampard MBBS, PhD, FRCGP

Interim Head of Primary Care, Academic Head of Community Based Medicine Teaching, Head of Academic GP Trainee programme
MSc Primary Care Academic Lead
Academic GP Trainee Lead

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About

Helen Stokes-Lampard is a GP Principal and Primary Care Academic at the Department of Primary Care (Interim Head of Department), having started here in 2000 as a GP Registrar and progressed through the ranks to her current roles as Interim Head of Department of Primary Care, the Head of Academic Community Based Medicine Teaching across the whole of the MBChB (Medicine undergraduate) programme, she is also the Head of the dynamic Academic GP Trainee programme, which is the largest in the UK with 15 trainees in programme currently.

As Clinical Director of the Primary Care Trials Unit Helen was involved in advising on a diverse range of research projects. Since handing over the reins in 2012 she has remained interested in all areas of Primary Care research although she is no longer regarded as 'research active' she sees her primary research role as being focussed on enhanced communication between the research teams and coal face GPs and is happy to advise researchers on the pragmatic implications of their research ideas.

Helen was the Programme Director for the MSc in Clinical Primary and Community Care at the University for two years and remains the lead for the Community Gynaecology module.

Having many diverse roles outside the University, including being the Honorary Treasurer of the Royal College of General Practitioners (the largest Medical Royal College), being a mentor for 'doctors in difficulty' in the Midlands and her commitment to General Practice at The Cloisters Medical Practice in Lichfield, she is committed to the 'bigger picture' of academic research but also believes in high quality one-to-one patient contact and the value of continuity of care for chronic disease management.

Helen was initially funded by a Deanery initiative and then by two NIHR awards (doctoral and post-doctoral) so she recognises the importance of valuing and nurturing junior clinical academics and encouraging their careers through the early years.

Qualifications

- FRCGP 2010
- PhD Medicine (University of Birmingham) 2010
- MSc (Primary Care Research Methods, University of Birmingham) 2003
- MRCGP (Merit) 2002
- LOC(IUT) 2002
- DRCOG (RCOG) 1998
- DFSRH (RCOG) 2000
- MBBS (London) 1996

Biography

Helen Stokes-Lampard qualified in Medicine from St George's Hospital Medical School, London in 1996. Initially contemplating a career in Obstetrics and Gynaecology, she underwent a Damascene conversion to Academic Primary Care and joined the Department at Birmingham in 2000 as an Academic GP Registrar. She quickly became involved in the RCGP and became a nationally elected representative for GPs in training which involved membership of several national committees including revising the assessment process for the new MRCGP examination.

Having successfully completed her GP Training in Birmingham she took up the offer of a post as a part time Principal at The Cloisters Medical Practice immediately after qualifying and simultaneously started at The University of Birmingham as an Academic Fellow.

Helen spent some time organising a highly successful national conference for GPs in training (GP or not to be?) she then focussed on her research career and gained a national fellowship to fund her doctoral studies and training.

Having completed her PhD she immediately took up the post as Clinical Director of the Primary Care Trials Unit (PCCRTU), one of the busiest and most successful Primary Care research units in the UK.

In Nov 2011 Helen was elected as Assistant Treasurer of the Royal College of GPs, taking over the full role of Honorary Treasurer in November 2012. From this point she handed over the leadership of the Trials Unit and took over as Academic Lead for the MSc in Clinical Primary and Community Care for two years. In 2014 she took over as Academic Head of Community Based medicine for the undergraduate Medicine programme for Birmingham (MBChB) and relinquished the MSc.

Helen became the Academic Lead for Academic GP Trainees at the University in 2010 and continues with that to the present.

Teaching

Teaching Programmes

Varied contribution to the undergraduate Medicine programme since 2000 including regular teaching and examining of Ethics, Professional Socialisation and Communication Skills. Additionally some ad hoc lectures in the introductory programme and comprehensive input into assessment both at undergraduate and postgraduate levels.

Academic Head of Community Based Medicine (CBM) Yr1-5 of undergraduate MBChB

Regular guest lectures in the MSc Oncology and Cytopatology Screeners Training Programmes

Module lead for the Community Gynaecology module of the MSc in Clinical and Community Care

Academic Head of Community Based Medicine (Undergraduate programme MBChB Yr 1-5) since December 2013

Postgraduate supervision

Helen is currently supervising both MSc and PhD students. She is interested in supervising additional MSc or doctoral research students in the following areas:

- Women's health issues in the primary care setting
- Cancer screening in Primary Care
- Contraception or STD Screening in Primary Care

If you are interesting in studying any of these subject areas please contact Helen on the contact details above, or for any general doctoral research enquiries, please email: dr@contacts.bham.ac.uk (<mailto:dr@contacts.bham.ac.uk>) or call +44 (0)121 414 5005.

For a full list of available Doctoral Research opportunities, please visit our [Doctoral Research programme listings \(http://www.bham.findaphd.com/?es=y&apl=y&aplt=&show\)](http://www.bham.findaphd.com/?es=y&apl=y&aplt=&show).

Research

In view of other research commitments Helen no longer leads research projects but is happy to act in an advisory capacity

Other activities

- 2002 – Present, GP Principal, The Cloisters Medical Practice, Lichfield.
- 2012 – Present, Honorary Treasurer RCGP nationally
- 2005 – 2012, Honorary Treasurer of the Midland Faculty of the RCGP.
- 2010 – 2013: External Examiner BM Finals, Southampton Medical School.
- 2010 – Present: Mentor for Doctors in Difficult (West Midlands)
- 2009-2012: External Examiner MMedSci Keele University Medical School.
- 2009 - 2013: Women in Academic Medicine, working party (Athena Swan), College of Medicine, University of Birmingham.
- 2010 – 2013 Executive Board member of the Society for Academic Primary Care.
- 2010 – Present: Member of national Audit committee of RCGP.
- 2008 – 2010: Chair of Personnel Group, School of Health and Population Sciences, University of Birmingham.
- 2008 - April 2009: Regional Treasurer Representative on the Finance Committee of the RCGP.
- 2002 - 2005: GPs in training representative on Academy of Medical Royal Colleges Trainees Committee.
- 2002 - 2004: Moderator of an RCGP e-forum for newly qualified GPs.
- 2001 – 2003: GP Registrar Observer on RCGP Council, by national election.
- 2001 – 2004: GP Registrar Observer on RCGP Midlands Faculty Committee with active involvement in RCGP locally.

Publications

E L Moss, A Moran, T M Reynolds, **H Stokes-Lampard**. Views of general practitioners on the role of Ca125 in Primary Care to diagnose ovarian cancer. BMC Women's Health 2013,13:8.

S Damery, L Nichols, R Holder, R Ryan, S Wilson, S Warmington, **H Stokes-Lampard**, K Manavi. Assessing the predictive value of HIV indicator conditions in general practice: a case-control study using the THIN database. BJGP June 2013; DOI:10.3399/bjgp13X668159.

J Smith, A Cook, C Packer, **H J Stokes-Lampard**. Testing for Chlamydia trachomatis: is more choice a good thing? JFFPRHC, Jan 2011;37;4-7.

H J Stokes-Lampard (2010) Utilisation of vaginal vault cytology tests post-hysterectomy: An exploration of the factors influencing variability in NHS utilisation of vaginal vault cytology tests. Lambert. ISBN 978383839007.

Vaginal vault cytology tests in practice; what is the current situation? Analysis of a decade of data from a UK tertiary centre. Cytopathology. Published online 25th May 2010.

Bankhead CR, Collins C, Stokes-Lampard H, Rose P, Wilson S, Clements A, Mant D, Kehoe ST, Austoker J. Identifying symptoms of ovarian cancer: A qualitative and quantitative study. BJOG 2008; 115:1008-1014.

Daley A, MacArthur C, Stokes-Lampard I, Wilson S, McManus R, Mutrie N. Exercise participation, Body Mass Index and Health-Related Quality of Life in Menopausal Aged Women. BJGP 2007; b:130-135.

Stokes-Lampard H, Wilson S, Waddell C, Ryan A, Holder R, Kehoe S. Vaginal vault smears after hysterectomy for reasons other than malignancy: a systematic review of the literature. BJOG 2006; 113:1354-1365.

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