

## CURRICULUM VITAE

### **NICHOLAS MATTHEW KOSKY**

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### **SUMMARY OF SKILLS & EXPERIENCE:**

I have been a Consultant Psychiatrist for 30 years with particular experience in the fields of General Adult and Prison psychiatry. I am a Judicial Office Holder and sit in 2 First Tier Tribunals as a medical member. I have Parole Board Experience as a specialist member. I have been a Medical Director in 2 Trusts and was successful in this role in terms of service quality, staff engagement and financial control. I have a good understanding of NHS structure & policy. I have worked at a national level for the Royal College of Psychiatrists, the National Institute for Health & Care Excellence, the Healthcare Quality Improvement Partnership, the National Patient Safety Agency & NHS England. In 2011, I was awarded a national Clinical Excellence Award & made a Fellow of the Royal College of Psychiatrists.

I am a Judicial Office Holder. In 2018 I was appointed as a medical member to the Parole Board & the Mental Health Review Tribunal, in 2020 to the Social Entitlement Chamber & in 2021 to the War Pensions & Armed Forces Compensation Scheme Chamber.

I have well developed leadership, research & clinical skills. I function effectively as part of a team at any level or individually & always show initiative. I have good organisational, communication & administrative abilities. I am an experienced & determined chair. I have over 40 publications & conference appearances.

I am an experienced expert witness & prepare about 20 reports a year for medicolegal purposes. I have experience of a wide range of psychiatric issues in criminal, coroner, civil, employment & family Courts & the Court of Protection. I am an accredited practicing member of the Academy of Experts.

I am a trained and practicing prescriber of medical cannabis.

### **EDUCATION:**

|                                      |             |
|--------------------------------------|-------------|
| Felsted Preparatory & Senior Schools | 1971 - 1981 |
| St. George's Hospital Medical School | 1981 - 1986 |
| University of Westminster            | 1994 - 1995 |
| Open University                      | 2019 – 2021 |

### **QUALIFICATIONS:**

|      |                                            |                                             |
|------|--------------------------------------------|---------------------------------------------|
| 1986 | M.B.B.S.                                   | (University of London)                      |
| 1991 | M.R.C. Psych                               | (Royal College of Psychiatrists)            |
| 1995 | Postgraduate Diploma in Management Studies | (University of Westminster)                 |
| 2000 | Certificate in Psychopharmacology          | (British Association of Psychopharmacology) |
| 2011 | F.R.C. Psych                               | (Royal College of Psychiatrists)            |
| 2021 | MA (Phil) (Distinction)                    | (Open University)                           |

### **EMPLOYMENT HISTORY**

#### Posts held at Consultant Level

#### **November 2021 – date**

Medical Member, War Pensions & Armed Forces Compensation Scheme Chamber

#### **September 2020 – Mar 2024**

Medical Member, Social Entitlement Chamber

#### **August 2018 – March 2023**

Psychiatric Specialist Member, Parole Board

#### **August 2018 – date**

Medical Member, Mental Health Review Tribunal

#### **January 2019 – date**

Consultant Psychiatrist, as required positions, Dorset HealthCare University Foundation Trust & other mental health services.

#### **August 2018 – Jun 2019**

Associate Medical Director, Dorset HealthCare University Foundation Trust

#### **July 2015 – July 2018**

Medical Director, Dorset HealthCare University Foundation Trust

#### **April 2017 – July 2018**

Consultant Psychiatrist, Bridport Community Mental Health Team

**July 2011 – July 2015**

Associate Medical Director, Dorset HealthCare University Foundation Trust

**April 2009 – July 2011**

Medical Director, Dorset Community Health Services

**February 2006 – April 2017**

Consultant Psychiatrist, Prison Mental Health Inreach Team

Dorset Community Health Services/ Dorset Healthcare University Foundation Trust

**January 2003 – January 2006**

Undergraduate Tutor, University of Southampton Medical School

**December 2002 – April 2009**

Clinical Director, Mental Health, Dorset PCT/Dorset Community Health Services

**November 2000 – 2003**

Visiting Fellow, Institute of Health & Community Studies, Bournemouth University

**November 2000 – November 2002**

Associate Clinical Director, with lead in Clinical Governance & Prescribing

North Dorset Primary Care Trust

**April 1999 - October 2000**

Medical Lead in Clinical Governance, Dorset Community NHS Trust

**September 1995 – January 2006**

Consultant Psychiatrist, General Adult Psychiatry & Rehabilitation

Dorset Community NHS Trust /North Dorset Primary Care Trust/ Dorset Primary Care Trust

**Posts at Non- Consultant Level**

September 1987 – August 1995

Core & higher professional training on the St George's Hospital Medical School Psychiatry training rotation

**TEACHING EXPERIENCE:**

I have taught clinical & pre-clinical medical students & other doctors in lecture & seminar format on clinical matters & on interview skills. I have acted as examiner to medical students at the end of their psychiatry attachments, & to trainee psychiatrists on membership courses. I have been involved in the teaching of social work students on MSc & Approved Social Worker course, & of Clinical Psychologists. I have been an undergraduate clinical tutor at the Department of Psychiatry, Southampton Medical School and a visiting fellow at Bournemouth University providing supervision & lectures. I have taught prison staff from a range of disciplines about mental health issues & management of common mental health problems. I teach on mental health matters at the Judicial College.

**OTHER INFORMATION:**

I am a member of the Academy of Experts & the Medical Cannabis Clinicians' Society. I am skilled in the use of Microsoft Office, RiO, PARIS, CareNotes & Systm1. I have been trained in SPSS. I have newspaper, magazine, TV, podcast, radio interview & social media experience. I have acted as consultant to film and TV dramas & documentaries & theatre productions. I have acted as article & book reviewer for The British Journal of Psychiatry, The International Journal of Eating Disorders, Nutrition & Dietetics, Psychiatric Bulletin, The International Journal of Social Psychiatry, The International Journal of Psychiatry in Clinical Practice & the Journal of Psychopharmacology. I have sat on a local Research Ethics Committee. I have chaired NICE guideline development groups for Chronic Pain, Sciatica, Care of Adults with Mental Health Problems in Contact with the Criminal Justice System, an update to the Epilepsy guidelines & the Quality Standards group on Epilepsy; I have been a member of other NICE guideline development groups & had other roles at NICE. I set up the Community Diversion & Prison Psychiatry Network, & the Obsessive Compulsive & Related Disorder Network for the Royal College of Psychiatrists & have been chair & vice-chair of the General Adult & Community Faculty Executive Committee, & a member of Council & Trustee at the Royal College of Psychiatrists. I am a director of a film production company.

I have completed the following courses:

- (1993) Distance-learning course in audit from the University of Dundee.
- (1996) Diploma course in ICD10 from the World Psychiatric Association.
- (1996) 'Leadership & Mental Health' development course, Tor College of Health
- (2005) Solution Focused Therapy, Consilium Training
- (2007) Certificate in Mental Health Law, Capstick's Solicitors, London
- (2010) Certificate, HFMA, Introduction to NHS Finances
- (2010) RCGP Part 1 Diploma Substance Misuse
- (2013) Case Manager Training, NCAS

(2012, 2014, 2018) Chair training, NICE

(2025) Medical Cannabis Prescribing, (provider withheld, commercially sensitive)

#### **PUBLICATIONS, RESEARCH and RELATED ACTIVITY:**

- “Undergraduate training in psychiatry - a personal view.” N.M.Kosky. *Association of University Teachers of Psychiatry Newsletter*, June 1987. (Opinion)
- “Bulimia Nervosa & Food Allergy.” N.M.Kosky, S.E.McCluskey, J.H.Lacey. *International Journal of Eating Disorders*. (1993) Vol. 14 No. 1 **117** (Case report)
- “Consent for surgery for psychiatric patients.” N.M.Kosky. *British Medical Journal* (1993) Vol. 306 **519** (Letter)
- “Resuscitation skills of psychiatric trainees - a suitable case for treatment?” N.M.Kosky, K.Spearpoint. *Psychiatric Bulletin*. (1993) Vol. 17 No. 8 **489 – 491** (Audit & evaluation)
- “F23.” N.M.Kosky, R.Bale. *International Journal of Social Psychiatry* (1994) Vol. 40 No.2 **150-153** (Case report)
- “Patients’ access to their notes - experience on an inpatient unit.” N.M.Kosky, T.P.Burns. *Psychiatric Bulletin* (1995) Vol. 19 No. 2, **87 - 90** (Open trial)
- “Use & understanding of antidepressants in primary care” N. Kosky, J. Rasmussen. *Intl. Jnl. Psychiatry in Clin. Prac.* (1999) Vol. 3, **121-134** (Audit & evaluation)
- “Rapid Tranquillisation” N Kosky *Jnl. Psychopharmacology* (1999) Vol. 13 No 4 (Letter)
- “Personality disorders; the rules of engagement” N Kosky & P Thorne *Intl. Jnl. Psychiatry in Clin. Prac.* (2001) Vol. 5, **169-172** (Clinical guideline)
- ‘Venlafaxine vs. SSRIs’ *Prescriber*, N Kosky 2001 (Peer review supplement)
- “Pharmacology of antipsychotics.” Nick Kosky, *Prescriber*, Vol. 12 No 13 **36** 2001 (Letter)
- “A possible association between high & high normal dose olanzapine & 1<sup>st</sup> degree heart block” N Kosky *Jnl Psychopharmacology* (2002) Vol. 16 No 2 **181-182** (Case report)
- “Graduates: making safe arrangements for older patients with enduring mental health problems” D Jolly, N Kosky, F Holloway *Council Report 110*, Royal College of Psychiatrists, 2003 (Clinical guideline)
- ‘Older people with long standing mental illness: the graduates’ D Jolly, N Kosky, F Holloway *Advances in Psychiatric Treatment*, 2004, **27-33** (Clinical guideline & review)
- “A randomised controlled evaluation of a care pathway for an acute episode of schizophrenia” L Mynors-Wallis, S Rastogi, N Virgo, N Kosky, A Howard. *Journal of Integrated Care Pathways*, 2004, Vol. 8, **106-113** (RCT)
- ‘Principles of assessment, treatment & prevention’. N. Kosky, in *Essential Revision Notes in Psychiatry for MRCPsych*. Ed. C Fear, PASTEST 2004 ISBN 190462703X (Book chapter)
- ‘Anxiety: Management of anxiety (panic disorder, with or without agoraphobia, & generalised anxiety disorder) in adults in primary, secondary & community care’ Member of Guideline Development Panel, *National Institute of Clinical Excellence, Clinical Guideline 22*, 2004. (Clinical guideline & review)
- PRODIGY guidance on schizophrenia. Contributor. Feb 2007 (Clinical guideline)
- ‘The use of licensed medications for unlicensed applications in psychiatric practice’ Member of guideline development panel, *College Report 142*, Royal College of Psychiatrists, 2007 (Clinical guideline)
- ‘Meeting NICE self-harm standards in an accident & emergency department’ Leah Hughes, Nick Kosky, *Psychiatric Bulletin*. 2007, Vol. 31, **255-258** (audit)
- ‘Use of licensed medicines for unlicensed applications in psychiatric practice’ D. Baldwin, N. Kosky. *Advances in Psychiatric Treatment* 2007 Vol 13 **414-422** (Clinical Guideline)
- Prescribing for unlicensed applications N. Kosky, D.S. Baldwin, *European Neuropsychopharmacology* 2008;18(supp.4): s199 (clinical guideline)
- Clinical Knowledge Summaries – Schizophrenia. Contributor. July 2009 (Clinical guideline)
- Clinical Knowledge Summaries – Depression. Contributor. 2010 (Clinical guideline)
- Secondary mental health care in prisons: results of a national survey’ N Kosky, C Hoyle *The Psychiatrist* 2012 Vol 35 **445-448** (Original research)
- ‘The epilepsies: diagnosis and management of the epilepsies in adults and children in primary and secondary care’ Chair of Guideline Development Group, *National Institute of Health & Clinical Excellence, Update Clinical Guideline 20*, January 2012. (Clinical guideline & review)
- ‘NICE response to World Report on epilepsy guidance’ Alderson P, Kosky N, Cross H *The Lancet*, 2012 Vol 379 **1300**, (letter)
- “Service models in adult psychiatry” L Mynors-Wallis, N Kosky, C Fear, G Undrill, *College Report 189*, Royal College of Psychiatrists (2014) (Service review)

<http://www.nice.org.uk/mpc/evidencesummariesunlicensedofflabelmedicines/ESUOM28.jsp> (evidence summary reviewer for NICE) (2014)

“Compassion. What you can do in everyday healthcare” N Kosky, A Cole-King, A Summers, et al, 2015, Faculty Report, General Adult Faculty, Royal College of Psychiatrists

“The health of prisoners: summary of NICE guidance” R Bradshaw, B Pordes, H Trippier N Kosky, S Pilling, F O’Brien, *BMJ*, 2017 (Editorial)

“Mental health of Adults in Contact with the Criminal Justice System” Chair of Guideline Development Group, *National Institute of Health & Clinical Excellence*, 2017. (Clinical guideline & review)

“Health and Justice Mental Health Services: Safer Use of Mental Health Medicines” Deputy Chair, guideline development group, NHS England 2017 (Clinical Guideline)

“Low back pain and sciatica in over 16s; assessment and management” Chair of Guideline Development Group, *National Institute of Health & Clinical Excellence*, *Update Clinical Guideline 59* 2020. (Clinical guideline & review)

“Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain” Chair of Guideline Development Group, *National Institute of Health & Clinical Excellence*, *Clinical Guideline 193* 2021. (Clinical guideline & review)

“Chronic pain (primary and secondary) in over 16s: summary of NICE guidance” Carville S, Constanti, M., Kosky, N., Stannard, C., Wilkinson, C. *BMJ* 2021 (Editorial)

“Rapid response to Doctors raised concerns about NICE guidelines on chronic primary pain” Stannard, C., Kosky, N., Carville, S. *BMJ* 2021; 373 doi: <https://doi.org/10.1136/bmj.n942> (Published 09 April 2021)

“Vitamin B12 deficiency in over 16s: diagnosis and management” Co-opted member of Guideline Development Group, *National Institute of Health & Clinical Excellence* 239 2024 (Clinical guideline & review)

#### **POSTER & CONFERENCE PRESENTATIONS:**

“A multicentre study of nefazadone & sertraline in depressed outpatients” T. Burns, N. Kosky et al. European College of Neuropsychopharmacology. October 1995

“Use & understanding of antidepressants in primary care” N. Kosky, J. Rasmussen. European College of Neuropsychopharmacology. September 1997

“Observations on antidepressant prescribing in primary care” N. Kosky, J Rasmussen. American Psychiatric Association. June 1998 & Collegium Internationale Neuropsychopharmacologicum, Glasgow. July 1998

“A multicentre study of nefazadone & sertraline in depressed outpatients: long term data” T. Burns, N. Kosky et al. British Association of Psychopharmacology, Harrogate. July 1999

“Depression: symptoms that GPs recognise & treat” N. Kosky, J Rasmussen. Collegium Internationale Neuropsychopharmacologicum, Brussels, July 2000

“Depression in general practice: what is actually recognised & treated with antidepressants” J Rasmussen, N Kosky. British Association of Psychopharmacology, Cambridge, 2000 & European College of Neuropsychopharmacology, Munich, 2000

“Interface issues: old age & general & community psychiatry” D. Jolly, N Kosky, F Holloway. Annual General Meeting, Royal College of Psychiatrists, 2002

“Off license use of psychotropics” Invited speaker, European College of Neuropsychopharmacology, 2008

“The Offender Diversion & Inreach Pathway” Invited speaker, General Adult & Community Faculty, Royal College of Psychiatrists Annual Conference, October 2009

“Prison Psychiatry” Invited speaker, SpRs in Forensic Psychiatry Annual Conference, November 2009

‘Liberating the NHS – challenges for psychiatrists’ Invited speaker, Royal College of Psychiatrists, Royal College of General Practitioners and NHS Confederation Symposium, September 2010

‘ADHD: improving care for offenders’ Invited speaker, General Adult & Community Faculty, Royal College of Psychiatrists Annual Conference, October 2010

‘ADHD in prisons’ Invited speaker, Andrew Sims Centre, December 2010

‘From nightmare to dream team’ Invited speaker, Higher Trainee Conference, Bristol, May 2011

‘Mental Health Adults in contact with the Criminal Justice System’ Inside Government, January 2018

‘Update on NICE - Mental Health Adults in contact with the Criminal Justice System’ Centre for Mental Health, April 2018

‘The HorseCourse, Restart programme – examination of an initial dataset’ poster presentation General Adult Faculty Royal College of Psychiatrists Annual Conference, October 2018 (Best consultant poster prize)