



Epileptic Disorders Educational Prize 2018

Rohit Shankar

Dr Rohit Shankar MBE, FRCPsych is a Consultant Developmental Neuropsychiatrist and clinical director for the adult Intellectual Disability Neuropsychiatry services for Cornwall Partnership NHS Foundation Trust. He is an Hon. Clinical Associate Professor (Senior Clinical Lecturer) at Exeter Medical School. He did his MBBS in Coimbatore Medical College followed by post-graduation at the National Institute of Mental Health and Neuroscience (NIMHANS) India.

He was conferred into the Membership of **The Most Excellent Order of the British Empire**, British order of knighthood instituted in 1917 by King George V to reward outstanding achievement or service to the intellectual disability community. He was awarded the Royal College of Psychiatrists Fellowship (FRCPsych) as a mark of recognition for his work to Psychiatry in 2016.

He is the winner of the ILAE Epileptic Disorders Epilepsy Education Award 2018, national BMJ Neurology awards 2016, HSJ National Patient Safety Awards 2016 in 2 categories (mental health & training/education), NIHR commercial researcher award 2016, Business Health award 2016, Epilepsy Foundation America SUDEP Challenge Award 2016, ILAE UK expert led poster award 2015 & 'Highly commended' in the BMJ awards – innovations 2017. He was a finalist in the Health Service Journal awards 2012- 2015 (various categories including patient safety), 3 categories of the HSJ –Values 2016 awards, HSJ patient safety awards 2016 - 3 categories and 2015 in 1 category, RCPsych Public Educator of the year Award 2013 and the BMJ awards (mental health) 2012 & 2017. He was the recipient of the Royal College of Psychiatrists southwest division innovation award for 2009, 2011, runners up in 2012, BMA 'highly commended' book award 2011 and international Medical Futures Award 2007. He received the public health Beddoes fellowship in 2010 to use radio as a medium to raise public awareness and insight towards mental health issues while reducing stigma.

He is the Innovation lead for the Royal College of Psychiatrists south west division, On the Project management committee for the UK Epilepsy Deaths Register, executive member on the ILAE UK Working group on services for adults with Intellectual Disability and Epilepsy, chair of the epilepsy ID strategy group and a National executive committee member – ID Faculty RCPsych, Academic secretary -ID Faculty RCPsych, A 'top speaker' for National Autism Society, the Trust research governance deputy director and on the editorial board for the journal Progress in Neurology and Psychiatry Advances in Mental Health and Learning Disabilities (AMHID). He is an expert reviewer in epilepsy for the Learning disability death register and on the Epilepsy Action research advisory panel.

He has over 100 publications, oral and poster presentations in peer reviewed journals and international conferences, chaired three national RCPsych College Reports and contributed to five books. His research focus is SUDEP and in impact of ID in PWE. He has set up the UK ID AED research register to look at outcomes of AEDs in people with ID which has been adopted by NIHR. He is currently running the PIXIE genetic project in Cornwall. In the last 3 years he has received various grants for research, innovation and teaching. He has developed training DVDs and monthly podcasts for psychiatrists and GPs, tele-health projects for patient safety, run monthly BBC mental health phone ins for the last 8 years, an online website to foster safer epilepsy care which has been supported by the Joint Epilepsy Council UK and leading national epilepsy charities and a pioneering website which offers a trip advisor experience for trainee doctors. He has created the SUDEP and seizure safety checklist (<https://www.sudep.org/checklist>) and released EpSmon (<https://www.sudep.org/epilepsy-self-monitor> & www.epsmon.com) which has positive Cochrane reviews and NHIR systemic technological appraisals and is the world's first evidence based mobile application for people with epilepsy to monitor their risk. The checklist and app are both part of the UK national epilepsy commissioning toolkit. He has recently launched the Purple Book a tool for self-empowerment and monitoring on psychotropic and anticonvulsant medication for people with ID. He leads the 'do not flush your life away' public health campaign targeting men's public toilets to improve middle age men mental health and suicide risk which has spread across Cornwall and is gaining national traction.