

Dr ADAM ROHAN WINSTOCK
MBBS, BSc, MSc, MRCP, MRCPsych, FACHAM, MD

Curriculum Vitae

General information

Name: Dr Adam Rohan Winstock

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adam@globaldrugsurvey.com

Medical School:
1985-1991 University College and Middlesex Hospital's School of Medicine
(University of London).

Professional Qualifications:

- June 1988, **B.Sc**
- June 1991 **M.B.B.S.**
- March 1994 **M.R.C.P (UK)**
- May 1997 **M.R.C.Psych**
- July 2000 **M.Sc**
- Nov 2002 **FACHAM**
- Aug 2008 **MD**

CSST in general adult psychiatry (subspecialisation in substance misuse)
awarded July 2001

Section 12 Approved / Approved Clinician

Current appointment (Jan 2011-present)

CLINICAL

Consultant Addictions Psychiatrist

South London and Maudsley NHS trust. Denmark Hill. London SE5.

At HMP Brixton I am the senior addictions clinician with the Substance Misuses Team. I see 40-50 patients for initial assessment and review of their management. I also provide support to the primary care service, working closely with the lead GP to support their staff in the effective management of those with substance use problems. I am also consultant to the Maudsley Hospital Party Drugs Clinic.

At Blackfriars Community Drug and Alcohol team, I am one of two consultants. My primary clinical role is to provide senior clinical leadership and support to one of the clinical teams, the Assessment and Brief Treatment Team. My clinical work address the full range of clinical addiction issues with a focus on optimising opioid treatment

and assessment and the management of alcohol and crack cocaine problems. I am confident in the management of all substance withdrawal syndromes, the common psychiatric and physical comorbidities, as well as the assessment and management of substance use disorders within special groups such as offenders, pregnant women, those with children, those with chronic pain and HIV. I also have a special interest and experience in the management of cannabis use and novel drug abuse disorders.

ACADEMIC

Honorary Senior Lecturer in the Addictions. National Addiction Centre. Institute of Psychiatry, King's College London

Previous employment: UK April 2009-Jan 2011

Clinical Senior Lecturer. National Addiction Centre. Institute of Psychiatry, King's College London

Honorary Consultant Addictions Psychiatrist

South London and Maudsley NHS trust. Denmark Hill. London SE5

Previous employment: Australia (Feb 2002-Oct 2009)

Oct 2008-Feb 2009

Clinical Health Consultant to ACT Health and Northern Territory Government

Oct 2006-Sept 2008

Senior Staff Specialist Drug Health Services, SSWAHS. 4-6 clinical sessions per week (opioid treatment program, co-morbidity clinics, hospital consult support, on call) 4 sessions per week, teaching, research and national consultancy/advisory role.

Conjoint Senior Lecturer, National Drug and Alcohol Research Centre. UNSW (April 2002-present).

Oct 2005- August 2007

Project leader NSW State Wide Advisory Team (SWAT Project)

Feb 2002- Sept 2005

Area Clinical Director/ Senior Staff Specialist Drug Health Services South West Sydney Area Health Service. I provided clinical leadership and strategic policy development to a large (population 950,000) culturally diverse Area Health Service in areas relating to drug and alcohol use. I managed 150 staff including 6 doctors, 50 nurses and other clinical and support staff. In my three and half years I supported the implementation of clear clinical governance structures as well as the development and implementation of standardised assessment, treatment policies and protocols including treatment matching. Services directly managed by me included 3 public pharmacotherapy units dosing 750 patients (another 750 in the community), hospital consult and liaison services at 5 general hospitals, a 20 bed in patient

specialist unit and 15 community sites. I also worked with my co director in taking the service through two significant organisational changes. Under my clinical leadership the Area increased its medical workforce and recruitment in nursing and allied health positions and became a site for clinical research.

Previous employment: Australia

Oct 2006-Sept 2008

Senior Staff Specialist Drug Health Services, SSWAHS. 4-6 clinical sessions per week (opioid treatment program, co-morbidity clinics, hospital consult support, on call) 4 sessions per week, teaching, research and advisory meetings.

Conjoint Senior Lecturer, National Drug and Alcohol Research Centre. UNSW (April 2002-present).

Oct 2005- August 2007

Project leader NSW State Wide Advisory Team (SWAT Project)

The SWAT project was a 2 year project funded by the NSW Department of Health, run through SSWAHS. Its aims were to expand the capacity of existing specialist, community and primary care services that provide treatment for those with substance use problems particularly opioid dependence. The SWAT project team (myself, a project manager, a researcher and administrative support) systematically conducted high level consultations with all 8 NSW Area Health Services (providing services to 6 million people), their respective public clinics and GP Divisions (37 and 32 across NSW respectively) and regional pharmacy representatives. Its aims were to develop locally determined and resourced, sustainable frameworks to increase the capacity of service providers to care for those with substance related problems. Reporting outcomes included clinical activity maps for each area health service and recommendations on clinical service development that address local concerns. I have been responsible for all its initiatives, project plan, outcomes and training packages. Central to the project has been the development of Streamed Shared Care that matches patients to providers based on client complexity. The project provided 5 reports, 2 NDARC monographs and 2 on line Patient Journey Kits aimed at improving the shared care of those with substance use and mental health problems in the community by using Medicare care plans and item number rebate programs.

Feb 2002- Sept 2005

Area Clinical Director/ Staff Specialist Drug Health Services South West Sydney Area Health Service. I was Co-Director of this service with the Service Director Ms Victoria Nesire. I provided clinical leadership and strategic policy development to a large (population 950,000) culturally diverse Area Health Service in areas relating to drug and alcohol use. I worked half time clinically across the service, fulfilling different primary roles at different times. I managed 150 staff including 6 doctors, 50 nurses and other clinical and support staff. In my three and half years I supported the implementation of clear clinical governance structures as well as the

development and implementation of standardised assessment, treatment policies and protocols including treatment matching. Services directly managed by me included 3 public pharmacotherapy units dosing 750 patients (another 750 in the community), hospital consult and liaison services at 5 general hospitals, a 20 bed in patient specialist unit and 15 community sites. I also worked with my co director in taking the service through two significant organisational changes. Under my clinical leadership the Area increased its medical workforce and recruitment in nursing and allied health positions and became a site for clinical research.

Higher Clinical Training Experience

With specific regard to substance misuse, I have gained experience in the following areas:-

- ◆ Routine and high dose **prescribing for opiate dependence** including methadone, buprenorphine, buprenorphine naloxone and diamorphine for maintenance.
- ◆ Outpatient **detoxification** from opiates using Lofexidine, clonidine, buprenorphine, methadone, codeine based products and naltrexone, and from alcohol using benzodiazepines. Extensive experience in the o/p management of stimulant and cannabis users.
- ◆ Specialist knowledge, skills and experience in the management of those with problems related to **ketamine, GHB, mephedrone and other new substances of abuse** .
- ◆ Clinical management of a 20 bed **in patient unit**-providing assessment, stabilisation and withdrawal for those with problems related to alcohol, stimulants, cannabis and benzodiazepines in addition to opioids. Approximately 50% of the patients had significant co morbid mental health problems.
- ◆ Development of coordinated pregnancy services from drug using women.
- ◆ Assessment and management of **pregnant drug users** and collaborative **parenting assessments** with social services
- ◆ Extensive experience is assessment, training and collaborative service provision in management of **co morbid psychiatric and physical** problems within drug and alcohol users.
- ◆ **Hospital Consult and Liaison**. This included development and implementation of policies and procedures for the management of common substance use related problems in general hospital and the setting up of a hospital consult service across all 5 general hospitals. Pregnancy specific issues including domestic violence and child risk assessment.
- ◆ Assessment and management of complex dependent patients with **chronic pain**.
- ◆ Management of **specialist prescribing** such as injectables including diamorphine and methadone.
- ◆ **Drug use and criminality**. I am currently lead addiction consultant for HMP Brixton where I am in charge of assessment and policy development. I also spent one year assessing service provision for substance misuse at Feltham Young offenders Institution. In Australia, during my time as clinical director my area was a pilot for 3 court diversion schemes; **Adult Drug Court**, Magistrates Early Referral Into Treatment (**MERIT**) and **Youth Drug Court**. I developed policies and protocols to improve the structures supporting clinical governance between health agencies and to assist in the treatment matching of patients.
- ◆ Management of drug uses with viral hepatitis and **HIV**.
- ◆ Focused **harm reduction** experience through client education sessions with

emphasis on safer injecting and overdose prevention.

- ◆ Clinical **audit** and professional development program implementation and evaluation
- ◆ Clinical **supervision** and investigation of serious untoward incidents.
- ◆ Liaison with **police** and other emergency services.
- ◆ **Shared care models** of service delivery including the development of 4 way agreement framework for managing drug users in the community.
- ◆ Skills in individual and group **motivational interviewing and relapse prevention.**
- ◆ Assessment and management of the **addicted doctor** and liaison with the GMC and NSW Medical Board.
- ◆ Writing of **expert witness reports for the court.**

Previous employment: UK

Specialist registrar psychiatry and substance misuse.

South London and Maudsley NHS Trust, London 1997-2001.

SpR to Dr T Davies based at the Norwood Community Team, South East London. Involved in and out-patient services, management of crisis, Section 12 approved work, liaison with agencies such as primary care, dual diagnosis services, social services, police and housing.

Hon SpR to Dr B.Toone-Neuropsychiatry /Liaison (Tertiary referral National Adult Attention Deficit Hyperactivity Disorder Clinic). Sept 2000-March 2001.

Hon SpR to Dr M Simic-Adolescent Psychiatry/ Liaison . Providing teaching, clinical supervision and case assessment for a community based adolescent mental health service. (April-Sept 2001)

Sept 1997-Sept 2000. Clinical Lecturer in the Addictions, National Addiction Centre, Supervisor Professor J Strang and rotational Honorary SpR in Psychiatry, SLAM.

- ◆ **April 2000-Sept 2000.** Hon SpR to Dr T Fahy, Brixton Community Mental Health services (4 sessions/wk)
- ◆ **Oct 1999-April 2000.** Hon SpR in Medical Education at the Chantler Clinical Skills Centre at Guy's, King's.
- ◆ **Sept 1998-Oct 1999.** Hon SpR to Dr D. Ball / Dr E. Finch, Croydon Community Drug and Alcohol Services. SpR to Drug Testing and Treatment Order (DTTO) pilot and Stimulant Clinic. Close links with three inpatient units. (6 sessions/wk)
- ◆ **Sept 1997-Aug 1998.** Hon SpR to Dr E. Finch and Dr M. Farrell, Methadone Maintenance Clinic and Stimulant Clinic, Marina House, Maudsley Hospital Addictions Directorate. Involved links with three inpatient units. (6 sessions/wk)

Senior House Officer and registrar training in psychiatry April 1995 - Sept 1997 Bethlem Royal and Maudsley NHS Trust.

1 April 1997 - 3 Oct 1996	Registrar to Prof A Maden. Formerly Consultant Forensic Psychiatrist. Dennis Hill 'medium secure' Unit.
6 Oct 1996 - March 31 1996	Registrar to Dr Jane Marshall at the National Alcohol Unit , Bethlem Royal Hospital.
1 April 1996 - 3 October 1996	Registrar to Dr Fiona Subotsky and Dr Jonathon Dare in Child & Family Psychiatry at the Belgrave Department at King's College Hospital, Denmark Hill.
3 October 1995-31 March 1996	Senior House Officer to Professor C Kumar at the Perinatal and Liaison Psychiatry at the Mother & Baby Unit at the Bethlem Royal Hospital, Monks Orchard Rd, Beckenham, Kent.
1 April 1995-2 October 1995	Senior House Officer to Professor J Leff. in General Adult Psychiatry at the Maudsley Hospital, Denmark Hill, London SE5.

Additional Skills Training.

Psychotherapy	- 2 patients with Consultant supervision
Family Therapy	- Under the supervision of Dr Jonathan Dare using structural model, April-October 1996
Motivational Interviewing course	- Leeds Addiction Unit, April 1996
Advanced Motivational Interviewing	- Institute of Psychiatry, April 1999.
Cognitive Behavioural Therapy for amphetamine abuse.	- NSW. Assoc Prof Amanada Baker 2007

General medical training

August 1991- Jan 1995

Prior to commencing my psychiatric training I worked as a physician for three and half years in a broad range of medical specialities including A+E, endocrinology, rheumatology, haematology, renal, gastroenterology, HIV, infectious diseases and respiratory medicine.

- I undertook my physician training at Charing Cross Hospital and the Hammersmith Hospital in London and also at the Royal United Hospital and the Royal National

Hospital for Rheumatic Diseases in Bath.

- I attained my Membership of the Royal College of Physicians in 1994, obtaining both parts at the first attempt. I subsequently gained further experience as a ship's doctor on a 2300 person cruise ship for 6 months being responsible for acute medical healthcare provision to crew and passengers, before embarking upon my psychiatric training.

Membership of Scientific Associations:

- ◆ Member of the Society for the Study of Addiction
- ◆ Member of the London Toxicology Group
- ◆ Member of the International Harm Reduction Association
- ◆ Member of APSAD

State Committee Memberships/advisory roles.

- ◆ Chair of the Chapter Education Committee for the Chapter of Addiction medicine (RACP). November 2004-September 2006
- ◆ Chair of the steering committee for the development of guidelines for the introduction of buprenorphine –naloxone (Suboxone into) Australia (RACP) 2006
- ◆ Quality in Treatment Group, NSW Dept of Health and was previously a member of the Clinical Advisory Panel. 2002-July 2008
- ◆ State Steering committee for Dual Diagnosis. 2003-2008
- ◆ Working group for the development of National Co-morbidity Guidelines
- ◆ Working group for the development of National Guidelines for the Management of methamphetamine psychosis. 2005/6
- ◆ Working group for the development of National Guidelines for the use of Buprenorphine (and co-author) 2005
- ◆ Expert advisor to the TOKEIN 2 study group chaired by Professor Gavin Andrews.2006

Academic: teaching and research

Research

I am currently undertaking research into cannabis, dance drugs, legal highs and patient education. I am well versed in the development, implementation and completion of research within a broad range of settings including the preparing of

funding submissions and ethics applications. I have experience in questionnaire design for both semi-structured and self-complete studies and am familiar with the problems surrounding clinical research particularly in attaining the co-operation of both staff and patients. More recently I have completed two clinical withdrawal trials and have another under way. I have collaborated with other health care disciplines in my work and enjoy the dissemination of skills and knowledge that this permits. I have a good working knowledge of statistics and database management.

Current and recent research/educational grant awards:

- I have just conducted the largest study of drug use patterns ever conducted in the UK within my capacity as Director of **Global Drug Survey**. 15,500 people from around the world completed this online survey including 7,700 from the UK.
- Co applicant with Professor Iain McGregor (University Sydney) **NHMRC on pre clinical trials on mephedrone** . Awarded Oct 2011. **\$285,000**
- Risk assessment of mephedrone for **EMCDDA. £18,000 2010**
- Double blind randomised placebo controlled trial of lithium in the management of cannabis withdrawal. **\$520,000K NHMRC* 2008**
- National needs analysis and consultation for the development of national training program on drug and alcohol for the **Australian Police (Cost Shared Funding Agreement) \$135,000 +GST* 2008**
- Access All Areas DVD - the development and evaluation of a DVD resource for in and out of treatment drug users. **Commonwealth Dept of Population and Aging/ANCD. \$185,000* 2007**
- Pharmacy practice in NSW and Victoria. **Commonwealth Dept of Population and Aging/ANCD. \$15,000***

Past research grants (pre 2007)

- Post marketing surveillance of Suboxone. Co-investigator with NDARC
- A trial of Suboxone. Co-investigator in a multi centre research trial.
- The development of an interactive CD –ROM to train general hospital staff in the use of the CIWA-AR for the management of alcohol withdrawal. Funded by **AERF 100K***
- Trial of lithium for cannabis detoxification (with NDARC) Funded by DoH **45K***
- A consumer survey of NSW pharmacotherapy services in NSW funded by Reckitt Benkiser **30K***
- A consumer survey of treatment satisfaction of community treated opiate dependent clients. Funded by DoH **25K***
- Does the rate of buprenorphine induction effect treatment retention: A retrospective analysis of 350 buprenorphine clients commencing treatment.

- Double blind placebo RCT of monoamine precursors for stimulant withdrawal. Funded by DoH **62.5K***
- The impact of routine injecting site examination of the therapeutic relationship.

*= Chief investigator and grant holder (NHMRC lithium trial now handed to colleagues in Australia since I cannot remain the CI if I am not resident)

Publications

Peer reviewed (data based) journal papers

Published:

2011 (11)

1. Alves P **Winstock AR** A client survey about knowledge about opioid dependence treatment December 2011 The Psychiatrist B J Psychiatry
2. **Winstock AR**, Mitcheson L, Ramsey J, Marsden J. Mephedrone: use, subjective effects and health risks. Addiction. November 2011
3. **Winstock AR, Wilkins C** 'Legal highs' The challenge of new psychoactive substances Series on Legislative Reform of Drug Policies Nr. 16 October 2011
4. **Winstock AR**, Mitcheson L, De Luca P, Davey Z, Schiffano F 'mephedrone – new kid on the block' Addiction 2011 jan vol 105 (10) pp 1685-7
5. Larance B, Degenhardt L, Lintzeris N, Bell J, **Winstock A**, Dietze P, Mattick R, Ali R, Horyniak D Post-marketing surveillance of buprenorphine-naloxone in Australia: Diversion, injection and adherence with supervised dosing.. Drug Alcohol Depend. 2011 May 12. [Epub ahead of print]
6. Tacke U, Seppä K, **Winstock A** Assessment and treatment of cannabis use disorders in primary health care. Duodecim. 2011;127(7):674-81. Review. Finnish. Larance B,
7. Degenhardt L, Lintzeris N, **Winstock A**, Mattick R. Definitions related to the use of pharmaceutical opioids: extramedical use, diversion, non-adherence and aberrant medication-related behaviours. Drug Alcohol Rev. 2011 May;30(3):236-45. doi: 10.1111/j.1465-3362.2010.00283.x.
8. Larance B, Degenhardt L, O'Brien S, Lintzeris N, **Winstock A**, Mattick RP, Bell J, Ali R. Prescribers' perceptions of the diversion and injection of medication by opioid substitution treatment patients. Drug Alcohol Rev. 2011 Jan 5. doi: 10.1111/j.1465-3362.2010.00274.x. [Epub ahead of print]

9. The prevalence and correlates of buprenorphine inhalation amongst opioid substitution treatment (OST) clients in Australia. Horyniak D, Dietze P, Larance B, **Winstock A**, Degenhardt L. *Int J Drug Policy*. 2011 Mar;22(2):167-71. Epub 2010 Nov 27.
10. **Winstock AR**, Lintzeris N, Lea T Should I stay or should I go? Coming off methadone and buprenorphine treatment. *Int J drug Policy* 2011 Jan vol 22 (1) pp77-81
11. Larance B, Degenhardt L, O'Brien S, Lintzeris N, **Winstock AR**, Mattick RP, bell J, Ali R Prescribers perceptions of the diversion and injection of medication by opioid substitution treatment patients . *drug and alcohol Review* 2011 Jan 5

2010 (6 papers)

12. **Winstock AR**, Ford C, Witton J Managing cannabis dependence and withdrawal in primary care. *BMJ* 2010;340:c1571
13. **Winstock AR**, Marsden J, Mitcheson L What should be done about mephedrone *BMJ* 2010;340:c1605
14. **Winstock AR**, Ramsey JD. Legal highs and the challenges for policy makers. *Addiction*. 2010 Oct vol.105(10)pp 1685-7
15. **Winstock AR**, Sheridan J, Lea T Problems experienced by community pharmacists delivering opioid substitution treatment in New South Wales and Victoria, Australia **Addiction Volume 105 Issue 2, Pages 335 – 342 Feb 2010**
16. **Winstock AR**, Lea T. Diversion and injection of methadone and buprenorphine among clients in public opioid treatment clinics in NSW Australia. *Subst Use Misuse* 2010, vol 45 (1-2) pp 240-52

2009 (9 papers)

17. Larance B, Degehardt L, Mattick R, Bell J, Lintzeris N, **Winstock AR**, Ali R "Injection of medications used in opioid substitution treatment in Australia following the introduction of a mixed partial agonist-antagonist formulation" *Medical Journal of Australia* August 2009
18. **Winstock AR**, Lea T, Sheridan. What is diversion of supervised buprenorphine and how common is it? *J. J Addict Dis*. 2009 Jul;28(3):269-78.
19. **Winstock AR**, Lea T, Jackson A methods and motivations for buprenorphine diversion *J Addict Dis*. 2009;28(1):57-63.

20. **Winstock AR**, Lea T, Copeland J. Lithium carbonate in the management of cannabis withdrawal J Psychopharmacol. 2009 Jan;23(1):84-93t)
21. **Winstock, A.**, Lintzeris, N., Lea, T. Why do patients report transferring between methadone and buprenorphine?. Drug and Alcohol Review. 2009; 28:686-687
22. **Winstock AR**, Nittis M, Whitton G, Lea T. Opioid dependent patients' experiences and attitudes on having their injecting sites examined **Int J Drug Policy** 2009 Jan;20(1):85-9.
23. **Winstock AR**, Lea T Evaluation of a training program to improve clinicians' assessment of patient stability. Drug Alcohol Rev. 2009 Jul;28(4):353-9.
24. **Winstock AR**, Lea T, Fettel Pilot evaluation of an educational DVD to engage in and out of treatment drug users. **Drugs, Education, Policy and Prevention**. April 2009; 16(2): 182–192
25. **Winstock AR**, Lea T, Bath N, Madden A. Knowledge about methadone and buprenorphine by those in treatment for opioid dependence in NSW **Drugs, Education, Policy and prevention. Vol 16. Issue 2. 2009. 182-192**

2008 (5 papers)

26. Lea T, Sheridan J, **Winstock A**. Consumer satisfaction with opioid treatment services at community pharmacies in Australia. Pharm World Sci. 2008 Dec;30(6):940-6
27. **Winstock AR**, Lea T, Sheridan J Prevalence of methadone and buprenorphine diversion and injection from community pharmacies in NSW. **International J Drug Policy**. 2008 Dec;19(6):450-8.
28. Madden A, Lea T, Bath N, **Winstock AR** Satisfaction guaranteed? What clients on methadone and buprenorphine think about their treatment. Drug Alcohol Rev. Drug Alcohol Rev. 2008 Mar 31:1-8.
29. **Winstock AR**, Lea T, Sheridan. Patients' help-seeking behaviours for health problems associated with methadone and buprenorphine treatment. Drug Alcohol Rev. **2008** Jul;27(4):393-7.
30. Bunker J, **Winstock AR**, Zwar N, "GP involvement in caring for patients with opioid dependence" **Australian Family Physician**. Vol 37, No 1/2 p 57-60 **2008**

2007 (5 papers)

31. **Winstock AR**, Lea T, Safe storage of methadone takeaway doses: a survey of patient practice. **Australian and New Zealand Journal of Public Health** 31 (6), 526–528 **2007**
32. Bell J , Shanahan M, Mutch C, Rea F, Ryan A, Batey R, Dunlop A, **Winstock A** A randomized trial of effectiveness and cost effectiveness of supervised versus unsupervised administration of buprenorphine-naloxone for heroin dependence. **Addiction** **2007**
33. Winstock AR, Lea T, Ritter A. The impact of community dispensing fees on the introduction of buprenorphine-naloxone in Australia. **Drug and Alcohol Review**, **2007**, **26:4,411-416**.
34. McCambridge J, **Winstock AR**, Mitcheson L, Hunt N. Five-year trends in patterns of hallucinogen use among people in dance contexts in the United Kingdom. **Eur Addict Res**. **2007**;13(1):57-64
35. Mitcheson L^{1,2}, McCambridge J², Bryne A³, Hunt N^{1, 4}, **Winstock AR**⁵ Sexual health risk among dance drug users: cross-sectional comparisons with nationally representative data. **International J Drug Policy** (on line June 2007)

2006 (5 papers)

36. **Winstock AR**, Anderson CM, Sheridan J. National survey of HIV and hepatitis testing and vaccination services provided by drug and alcohol agencies in Australia. **Medical J Australia** Vol 184, No 11, June 5 **2006** p560-562
37. Chong MS, Wolff K, Wise K, Tanton C, **Winstock AR** Cannabis use in patients with multiple sclerosis - **Mult Scler**. **2006 Oct;12(5):646-51**
38. Wolff K, Tsapakis EM, **Winstock AR**, Hartley D, Holt D, Forsling ML, Aitchison KJ. Vasopressin and oxytocin secretion in response to the consumption of ecstasy in a clubbing population. **J Psychopharmacol**. **2006** May;20(3):400-10
39. McCambridge J, Hunt N, Mitcheson L, **Winstock AR**. The rise of Viagra among British Illicit Drug users : 5 year survey data. **Drug and Alcohol Review** (**2006**) 25,111-113.
40. Wolff K, **Winstock AR**. Ketamine: from medicine to misuse. **CNS Drugs**. **2006**;20(3):199-218

2005 (2 papers)

41. McCambridge J, Mitcheson L, **Winstock AR**, Hunt N. Five-year trends in patterns of drug use among people who use stimulants in dance contexts in the United Kingdom. **Addiction** **2005**, Vol 100, 1140-1149.
42. McCambridge J, Hunt N, **Winstock AR**, Mitcheson L. Has there been a decline in

the prevalence of cannabis use among British night clubbers? Five year survey. **Drugs: education, prevention and policy**. Vol 12, No 2, April **2005**, 167-169.

2002 (2 papers)

43. **Winstock AR**, Wolff K and Ramsey J. 4 MTA a new synthetic drug on the dance scene. **J. Drug and Alcohol Dependence (2002)** Jul 1;67(2):111-5.
44. **Winstock AR**. Areca nut-abuse liability, dependence and public health. **Addiction Biology. (Jan 2002)**

2001 (3 papers)

45. **Winstock AR**, Wolff K and Ramsey J. Ecstasy pill testing: harm minimization gone too far? **Addiction. (2001)** Aug;96(8):1139-48.
46. **Winstock AR**, Griffiths P, Stewart D. Drugs and the dance music scene: A survey of current drug use patterns among a sample of dance music enthusiasts in the UK. **Drug Alcohol Depend (2001)** Sep 1;64(1):9-172001)
47. Miles H, **Winstock AR**, Strang J. Identifying young people who drink too much: the clinical utility of the five-item Alcohol Use Disorders Identification Test (AUDIT). **Drug and Alcohol Review (2001)** 20, 9-18

2000 (3 papers)

48. **Winstock AR**, Sheridan J, Lovell S, Farrell M, Strang J. National Survey of hepatitis testing and vaccination services provided by drug services in England and Wales **Eur J Clin Microbiol Infect Dis (2000)** 19: 823-828
49. **Winstock, AR**, Sheridan J, Lovell S, Cummins M, Strang J. Opiate overdose-experience and incidence among UK drug agencies. **J Substance Misuse. (2000)** 5, 99-102
50. **Winstock AR**, Trivedy CR, Warnakulasuriya KAAS, Peters TJ. A dependency syndrome related to areca nut use: some medical and psychological aspects among areca nut users in the UK. **Addiction Biology.(2000)** 5, 173-179.

1995 (1 paper)

51. Shovlin C, **Winstock AR**, Peters AM, Jackson JE, and Hughes JMB. Medical complications of pregnancy in hereditary haemorrhagic telangiectasia. **Q J Med, (1995)**; 88: 879-887.

In press:

1. **Hughes B**, Winstock AR Controlling new drugs under marketing regulations
For debate Addiction
2. **Winstock AR**, Mitcheson L, Galatt M, Cottrel A Prevalence of urinary
symptoms among Ketamine users British Journal of Urology
3. **Winstock AR**, Mitcheson L Managing new psychoactive Drugs . British
Medical Journal

Commissioned editorials/journal papers

Published:

1. **Winstock AR, Lea T** Buprenorphine. Did you get your dose. Of Substance , vol 5,
no 4, p24-25. 2007
2. **Winstock AR**. The National Drugs Campaign. The role of the GP. **Australian
Family Practitioner**. Vol 35, (3) p 122-124 (2006)
3. **Winstock AR**. Is your teenager trying drugs? **Australian Family Practitioner**
Vol 35 (3) P 125 (2006)
4. **Winstock AR**. Alcohol and the Young. Journal of the Royal College of
Physicians, (1999) Vol 33, 2, 175-179 March.
5. **Winstock AR**, Strang J. Alternative ways of using and abusing drugs. **British
J Hosp Med** (1999) Vol 60, 3, 165-168.
6. **Winstock AR** The policy issues relating new substances of abuse. In press Of
substance 2011

Commissioned reports/guidelines/monographs

1. Adam **Winstock** & John Marsden (2010) 'Mephedrone: assessment of health
risks and harms', Appendix 1 to the: Risk assessment report of a new
psychoactive substance: 4-methylmethcathinone (mephedrone), EMCDDA
contract: CT.10.EPI.034
2. Larance, B., Degenhardt, L., Mattick, R.P., O'Brien S., Lintzeris, N., Bell, J.,
Winstock, A. & Ali, R. (2009). The diversion and injection of the
pharmaceutical opioids used in opioid substitution treatment: Findings from the
Australian post-marketing surveillance studies of buprenorphine-naloxone,
2006-2008. Sydney: National Drug and Alcohol Research Centre. (full text pdf
version)
3. **Winstock, A.**, Molan, J. & Lea, T (2008). Survey of New South Wales Opioid
Treatment Program Public Clinics: SWAT Report 3. Sydney: National Drug and

Alcohol Research Centre.

4. **Winstock, A.**, Lea, T. & Molan, J. (2008). NSW Community Pharmacy Survey: SWAT Report 2, Sydney: National Drug and Alcohol Research Centre.
5. Winstock AR, Bell J Guidelines for the introduction of buprenorphine –naloxone into Australia. Australasian Chapter of Addiction Medicine 2006
6. Lintzeris N, Clark N, **Winstock A**, Dunlop A, Muhleisen P, Gowing L, Ali R, Ritter A, Bell J, Quigley A, Mattick RP, Monheit B, White J. National Clinical Guidelines and Procedures for the Use of Buprenorphine in the Treatment of Opioid Dependence. Commonwealth Government of Australia 2006
7. **Winstock AR** Guidelines on the use of buprenorphine in the management of opiate dependence. Produced for the CDA, NSW DoH 2006
8. **Winstock AR** Guidelines for the managements of cannabis withdrawal. CDA, NSW, DoH 2005
9. **Winstock AR** Guidelines for the managements of cannabis withdrawal among those with mental illness NSW DoH 2007
10. Howes S, **Winstock AR***. The contribution of youth media to the identification and dissemination of new trends in drug use. Funded by European Monitoring Centre for Drugs and Drug Addiction. Lisbon In press. (2001).*principle researcher.
- 11.** Wolff K, & **Winstock AR**. Practical Guidelines For Narcology Clinics in the RUSSIAN FEDERATION Detoxification, Social Rehabilitation And Reintegration December 2001:

Book chapters.

Published:

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1. Winstock AR , Anderson C Managing alcohol withdrawal with the CIWA-Ar. CD-ROM and on line at www.ciwa-ar.com. AERF Funded 2006
2. Winstock AR Access All Area. 'Making Treatment Transparent' An information resource for in and out of treatment injecting drug users. www.anex.org.au
3. Winstock AR Can Do Co-morbidity training for Primary Care. www.agpncando.com.au

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6. **Winstock AR** Buprenorphine use by the smoking route in jails in NSW. *Drug Alcohol Rev.* 2008 Jul;27(4):449-5
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Publications submitted:

1. **Winstock AR,** Mitcheson L, Ford C. Managing and assessing new drugs of abuse. **BMJ**

2. **Winstock AR** Blazko U, Mitcheson L, Ramsey J Swallowing drugs to avoid arrest – prevalence and consequences. **Submitted to Science Medicine and the Law Sept 2011**
3. **Winstock AR**, Mitcheson L, Cottrell Ketamine and urinary disorders British journal of Urology

Publications in preparation:

1. **Winstock AR**, Ramsey J Why the term legal highs needs to be abandoned
2. **Winstock AR**, Ramsey J What would we need to know to make informed decisions on new drugs and what is knowable with the tools we can expect to have
3. **Winstock AR**, Blasko U, Measham F, Mitcheson Getting busted in the UK
4. **Winstock AR**, Lea T Knowledge among in treatment users for opioid dependence in NSW and where the gaps are.
5. **Winstock AR**, Marsden J, Ramsey J, Davies S Mitcheson L, mephedrone urine analysis a case series
6. **Winstock AR**, Mitcheson L. Dependence, health concerns and patterns of use and health seeking among 2500 cannabis users in the UK.
7. **Winstock AR** Mitcheson L Motivations for using legal highs amongst a polydrug using population

Book and paper reviews:

I am regularly asked to review papers for Addiction, J Psychopharmacology, Int Drug Policy and Drug and Alcohol Dependence, harm Reduction Journal, Drug and Alcohol review. I have been recently asked to join the editorial boards of Drugs and Alcohol Today. I have also reviewed papers and books for the British Journal of Psychiatry, Australian and New Zealand Journal of Psychiatry, Drug and Alcohol Dependence, Addiction Biology.

National/international training/teaching/policy.

- ◆ I am currently developing a series of 20 webinars with the RACGP and NDARC in Australia on broad aspects of addiction medicine.
- ◆ I teach on a number of MSc and undergraduate and postgraduate courses run by KCL and SLAM (medicine, pharmacy, intercalated BSc, Calman training days, Maudsley rotations psychiatry courses)
- ◆ I was Program Leader for the MSc in the Clinical and Public Health Aspects of Addiction at the NAC at the IOP for 18 months.
- ◆ I developed and implemented the National guidelines and training package for the provision of unsupervised doses and the introduction of **buprenorphine – naloxone (Suboxone)** into Australia on behalf of the Australasian Chapter of Addiction Medicine in collaboration with James Bell.
- ◆ I was a part of the expert panel for the National clinical guidelines and procedures for the use of buprenorphine in the maintenance treatment of opioid dependence National Drug Strategy Lintzeris L, Clarke N, Winstock A et al 2007)
- ◆ I was commissioned by the Australian Divisions of General Practice (AGPN) and the Commonwealth Department of Population and Aging to develop an 8 module training package on **managing dual diagnosis in primary care**. This was subsequently rolled out nationally and provided a pragmatic approach to assessment, diagnosis and the principals of good clinical practice in the treatment of common co-morbid problems. I have trained staff in co morbidity across the country. I subsequently revised this to be appropriate for both older people and veterans with substance use problems. In Feb 2009 I finished the project by filming 6 hours of on line video based training modules.
- ◆ I have developed and delivered **multidisciplinary training** packages on foetal alcohol syndrome, perinatal psychiatry and post traumatic stress disorder.
- ◆ I have provided **training to senior and front line police** in the UK and in Australia for the last 7 years and have been the medical consultant to the Mental Health Intervention Team in NSW and have been funded to conduct a national needs analysis for training in drug and alcohol for the **Australian Police Force**. I have provided training to police expert witness training courses in the UK since 2004 and have run **master classes in drug recognition in London**.
- ◆ Following funding from the Alcohol, Education and Rehabilitation Foundation I developed an **interactive CD Rom to assist in training hospital based clinical in the use of brief interventions and the management of alcohol withdrawal** using the CIWA-Ar. This is a modular package for both self directed and trainer led learning. It has been accredited by the RANZC, RACGP, College of Nursing for CPD. It is also available on line at www.ciwa-ar.com
- ◆ I have delivered educational program to aboriginal health workers on a range of drug and alcohol and mental health issues across Australia.
- ◆ I have developed and personally delivered a streamed **shared care multi-**

disciplinary teaching/training package for GPs, pharmacists and other primary healthcare providers on a range of drug and alcohol related issues, specifically management of opiate misuse, including the use of methadone and buprenorphine within primary care. Between 1998-2001 I delivered this package in the UK to 5 Health Authorities having taught over 350 GPs as well as their staff and pharmacists. This process has been replicated within NSW and to date I have trained over 100 pharmacists and 500 GPs in multidisciplinary workshops.

- ◆ I have developed and evaluated educational packages for public clinic opioid treatment program to **assess stability and suitability for transfer to pharmacy and the provision of unsupervised doses**. To date I have trained the staff in all 37 public clinics across NSW (over 330 staff).
- ◆ I am an accredited trainer on the **Pharmacotherapy Accreditation Course** run by NSW Dept of Health and am currently reworking the training course. I have conducted 12 workshops and have reorganised the program and delivered the first split course over 2 nights.
- ◆ I was an advisor and trainer to the pan London initiative on drug misuse training and am developing the training package for Accident and Emergency departments in London. 2000
- ◆ In 1999 I was invited as an expert to a European Commission meeting concerned with helping **Eastern European countries** develop policies to address the issue of synthetic drugs (PHARE Technical Assistance in Demand Reduction) Summer School of **Synthetic Drugs** in Prague 1999)
- ◆ I have also been a consultant for the Pompidou Group providing consultancy for the development of 'drug workers' within the **Russian Federation**. In collaboration with the Ministry of Health this I involved a visit in December 2000 to assess current provision and resources availability and the later preparation of a post-graduate clinical training manual.
- ◆ I was on the steering committee of the Home Office London DPAS proposal for the development of new guidelines on safer clubbing during 2001.
- ◆ I was commissioned to write detoxification protocols for both cannabis and buprenorphine assisted opiate detoxification for the Centre for drug and Alcohol, NSW DoH.
- ◆ I have undertaken the first part of the RACP trainers and supervisors course.

Conference involvement:

I am regularly requested to speak at national and international conferences on a range of topics. I was the program planner for a large national conference in the UK between 2001-2003 (Insights and Innovations) and have developed a number of training programs for the police including a Master Classes in Drug Recognition in conjunction with the UK Forensic Medical Services. A list of invited national and international conference presentations in the last 5 years is available on request

Presentation Areas:

- New drugs of abuse
- Drug related risk identification and management
- Mental and substance use for law enforcement officers.
- Pharmacotherapy Accreditation Course
- Cannabis
- Hospital medicine and substance use
- Drugs and driving
- Managing co-morbidity in stimulant users/cab
- Alcohol and depression
- Benzodiazepines and anxiety
- Dual diagnosis
- Dance drugs
- Dance drugs and the psychiatrist
- Young people and drugs
- Introduction to drug and Alcohol
- Managing drug problems in shared care
- Stimulant and cannabis psychosis
- Physical complications of drug misuse
- The media and drugs
- Drug controls and new policy options
- UK and global drug policy

Other activities

I am founder and Director of Global Drug Survey www.globaldrugsurvey.com and architect of the personal drug use assessment app the 'drugs meter'. To be launched in March 2012.

References

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