

MR NICK A. ARESTI MBBS BSc FHEA AFFMLM FRCS (Tr&Orth)
CURRICULUM VITAE

Consultant Trauma & Orthopaedic Surgeon (Upper Limb) – Barts Health NHS Trust

Orthopaedic Clinical Network Director – Barts Health NHS Trust

Clinical Lead of Orthopaedics – The London Clinic

Clinical Lead (WXH) – Barts Health NHS Trust

Vice Chair Orthopaedic Committee – British Orthopaedic Association (BOA)

Honorary Senior Clinical Lecturer – Barts & The London School of Medicine

National Medical Director's Clinical Fellow (15/16)

Personal Details

GMC 7021132

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Whipps Cross: p.maffia@nhs.net
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Private Practice: hello@alignorthopaedics.co.uk

Qualifications FRCS (Tr&Orth) – 2018 MBBS – 2008
FHEA – 2011 BSc (Hons) – 2005
MRCS – 2011

Professional Bodies British Elbow & Shoulder Society General Medical Council
British Orthopaedic Association Medical Defence Union
Royal College of Surgeons of England

CV Highlights

Prizes:

- BOA / Zimmer Biomet Travelling Fellowship, 2019.
- JOA Congress travel award, 2019.
- Charles Manning Prize for best presentation, 2018.
- Percivall Pott Travelling Fellowship prize, 2016.
- Inaugural Stephen Copeland Trainee of the Year award, 2015.
- Enhanced recovery summit, London, April 2012 - Award for best presentation.
- SITE exam - September 2011 - Ranked within the top 3 of all core surgical trainees in London.

Academia:

- Twenty-five peer reviewed publications and four abstract publications.
- Author and editor of three textbooks and eight textbook chapters.
- Reviewer for: The Lancet, Injury, Knee Journal and Cambridge University Press.

Leadership & Management:

- Orthopaedic Clinical Network Director – Barts Health.
- Clinical Lead for T&O – Whipps Cross University Hospital.
- Clinical lead for T&O – London Clinic.
- Vice Chair of BOA Orthopaedic Committee.
- Associate Fellow of Faculty of Medical Leadership and Management.
- National Medical Director's Clinical Fellow (15/16).
- Previously Clinical Fellow to the Chief Inspector of Hospitals.
- Attended Michael Porters 'Value Based Healthcare Intense Seminar', Harvard Business School.
- Lead for Orthopaedic Evidence Based Intervention Programme, NHS England.
- Shared Decision Making (SDM) Orthopaedic Committee Member, NHS England.
- Pathway redesign committee member, GIRFT.
- Previously Percivall Pott Rotation treasurer, and trainee rep.
- Trainee representative on UCLP Postgraduate Medical and Dental Education Board (PGMDEB)
- Committees: (current and past) HEE Repatriation committee, NatSSIPs national safety group.
- Introductory Certificate in Healthcare Finance: Healthcare Financial Management Association.
- Member of Camden CCG MSK contract evaluation panel.
- Involvement in 25 audits & quality improvement projects.

Teaching:

- Fellow of the Higher Education Academy (FHEA).
- Postgraduate Certificate in Medical Education.
- Co-editor of an MRCS website (www.passthemrcs.com).

Fellowships

2019-20	Shoulder & elbow surgery <i>Mr Graham Tytherleigh-Strong and Mr Lee Van Rensburg Addenbrooke's University Hospital</i>
2016-17	National Medical Director's Clinical Fellow <i>Professor Sir Mike Richards & Professor Sir Bruce Keogh Care Quality Commission</i>

Travelling Fellowships

07/2019	Professor David Ring, Austin, USA
07/2019	Dr Steven Burkhart, San Antonia, USA

Higher Orthopaedic Training

ST8	Hand surgery <i>Mr Alistair Hunter & Miss Anthea Davy, University College London</i>
ST7	Peripheral nerve injuries <i>Mr Mike Fox, Royal National Orthopaedic Hospital Shoulder and elbow surgery Mr Adrian Carlos, Barts Health Orthopaedic Centre</i>

- ST6** Lower limb arthroplasty
Mr Satish Kutty, Mr Dennis Kosuge, Princess Alexandra Hospital
- ST5** Upper limb surgery
Mr Livio Di Mascio, Royal London Hospital
Pelvic and trauma surgery
Mr Peter Bates, Mr Paul Culpan, Royal London Hospital
- ST4** Foot, ankle and paediatric surgery
Mr Krishna Vemulapalli, Queen's Hospital Romford
Shoulder and elbow surgery
Mr Ali Al-Sabti, Queen's Hospital Romford
- ST3** Spinal surgery
Mr Alexander Montgomery, Royal London Hospital
Lower limb arthroplasty and foot & ankle surgery
Mr Ravindran Ranjith, Basildon Hospital

Basic Surgical Training and Foundation Training

- CT2** Bone tumour unit
Professor Timothy Briggs, Royal National Orthopaedic Hospital
Upper limb surgery
Mr Philip Ahern, Hillingdon Hospital
- CT1** Vascular surgery
Mr Harpaul Flora, Royal London Hospital
Paediatric orthopaedic surgery
Mr Manoj Ramachandran, Royal London Hospital
Cardiothoracic surgery
Mr Alex Shipolini, London Chest Hospital
- FY2** Barnet and Chase Farm Hospitals
Trauma & Orthopaedic surgery, A&E, GP
- FY1** Whittington Hospital
Gastroenterology, Vascular surgery, Obstetrics & Gynaecology

Peer Reviewed & Commissioned Publications

Distal Humerus Hemiarthroplasty for trauma: A systematic review of the outcomes and complications. R. Piggott, O Hennessy, N Aresti. *J Shoulder Elbow Surg.* 2022 Mar 22

When can anterior dislocations of the shoulder with an isolated fracture of the greater tuberosity be safely reduced in the emergency department? Effiom DN, Bartlett JD, Raja H, Aresti N. *Br J Hosp Med (Lond).* 2022 Apr 2;83(4):1-8.

The management of suspected scaphoid fractures in the UK: a national cross-sectional study. Suspect Study Group. *Bone & Joint Open* 2:11, 2021

Revision guided suture-button bone block stabilisation of the shoulder in the presence of significant retained glenoid metalwork. Tytherleigh-Strong G, Aresti N, Begum R. *JSES International* (2020) 1e11

Editorial: Subacromial decompression surgery for shoulder pain – Approach with caution. Nick A Aresti, Livio Di Mascio. *BMJ* 2019;364:l586 (Commissioned)

Customizable pre-printed consent forms: a solution in light of the Montgomery ruling.

Owen D, Aresti N, Mulligan A, Kosuge D. *Br J Hosp Med (Lond)*. 2018 Feb 2;79(2):97-101.

Primary care management of postoperative shoulder, hip, and knee arthroplasty.

Aresti N, Kassam J, Bartlett D, Kuttly S. *BMJ*. 2017 Oct 18;359:j4431

Hip disorders: when to worry.

Srinath Ranjit, Nick Aresti. *Clinical Focus Primary Care*, 11(2): 110–120, May 2017.

The mutual benefit of clinical fellows to arm's length bodies.

Nick Aresti, Mike Richards, David Behan, Rishi Duggal. *Health Service Journal*, 27th October, 2016.

Care Quality Commission (CQC) Inspections

N Aresti, M Zeiderman. *Journal of Trauma & Orthopaedics*, September 2016 4(3).

Hip Osteoarthritis.

Aresti N, Kassam J, Nicholas N, Achan P. *BMJ*. 2016 Jul 6;354:i3405

Are standard Antero-posterior and 20 Degree Caudal Radiographs a True Assessment of Mid-shaft Clavicular Fracture Displacement?

Wright J, Aresti N, Heuvelings L, Di Mascio L. *Journal of Clinical Orthopaedics and Trauma*. 21 Jan 2016.

Complications Encountered with Total Hip Arthroplasty in Rheumatoid Patients.

Aresti NA, Khan WS, Malik A. *Curr Rheumatol Rev*. 2015 May 21.

The Peri-operative Management of the Rheumatoid Patient Undergoing Total Knee Arthroplasty- A Review of Literature.

Sohail MZ, Aresti N, Hanna SA, Khan WS, Malik AA. *Curr Rheumatol Rev*. 2015 May 21.

V-Y Vertebral Body Osteotomy For The Treatment Of Fixed Sagittal Plane Spinal Deformity.

Mehdian H, Arun R, Aresti NA. *Spine J*. 2015 Jan 19. pii: S1529-9430(15)00030-3.

The initial management of spinal injuries.

NA Aresti, IS Grewal, AS Montgomery. *Orthopaedics & Trauma* 2014;28:63-69.

Cervical spine trauma.

IS Grewal, NA Aresti, AS Montgomery. *Orthopaedics & Trauma* 2014;28:79-87.

Intraoperative nerve monitoring during total shoulder arthroplasty surgery.

AA Malik, N Aresti, K Plumb, J Cowan, D Higgs, S Lambert, M Falworth. *Journal of Shoulder & Elbow Surgery*. 2014;6:90-94

Developing an electronic teaching and training portfolio.

N Aresti, M Ramachandran. *Curr Rev Musculoskelet Med*. 2014 Feb 6

Perioperative management of cardiac disease.

Aresti NA, Malik AA, Ihsan KM, Aftab SM, Khan WS. *J Perioper Pract*. 2014 Jan-Feb;24(1-2):9-14.

Non-original malappropriate eponymous nomenclature (NOMEN): examples in paediatric orthopaedics.

N Aresti, M Ramachandran. *Journal of Paediatric Orthopaedics B* 2012 Nov; 21(6) 606-10.

Cauda Equina Syndrome Following Sacral Fractures: Three Cases And A Review Of The Literature.

N Aresti, G Murugachandran, R Shetty. *Journal of Orthopaedic Surgery J Orthop Surg*. 2012 Aug;20(2):250-3.

The Perioperative Management of Skeletal Metastases.

J Bhamra, A Malik, N Aresti, W Khan, R Pollock – *J Perioper Pract.* 2012 Jan;22(1):24-9.

Establishing Axillary Sentinel Lymph Node Biopsy (SLNB) For Early Breast Cancer in the United Kingdom: A Survey of the National Training Program.

Keshtgar M, Aresti N, MacNeil F. *European Journal of Surgical Oncology*, 2010; 36(4): 393–398.

This project also led to the following abstract publications:

Cancer Research and Treatment 2009;69 (24 Suppl): Abstract nr 1020.

British Journal of Surgery 2009; 96(S2): 27–33.

Manufacture of small calibre quadruple lamina vascular by-pass grafts using a novel automated extrusion-phase-inversion method and nanocomposite polymer.

S Sarkar, G Burriesci, A Wojcik, N Aresti, G. Hamilton, A Seifalian. *J Biomech*, 2009; 42(6):722–30.

Published abstract: Range of movement as a discharge criteria following knee arthroplasty ; can it be safely ignored in a rapid recovery programme.

Aresti N, Houlihan-Burne D. *International Journal of Surgery* 2012 10(8) ii

Published Textbooks

Pediatric Orthopedic Trauma In Clinical Practice

N Aresti, M Barry, JMH Paterson, M Ramachandran. *Springer international*, 2016.

Pediatric Orthopedics In Clinical Practice

N Aresti, M Barry, JMH Paterson, M Ramachandran. *Springer international*, 2016.

Anatomy Vivas for the iMRCS

N Aresti, M Ramachandran, M Stringer. *Cambridge University Press*, 2012.

Published Book Chapters

Shoulder surgery

Nick Aresti, Omar Haddo, Mark Falworth in *Operative Orthopaedics*, 2nd Edition: The Stanmore Guide

Tissue engineering approaches for rotator cuff repair

N Aresti, WS Khan, AA Malik in *Bone and Cartilage Regeneration*, Springer, 2017.

The role of bone marrow-derived Mesenchymal stem cells in sports injuries

A Vris, N Aresti, WS Khan, AA Malik in *Bone and Cartilage Regeneration*, Springer, 2017.

Biomechanics of fracture fixation

N Aresti, P Culpan, P Bates in *Basic Orthopaedic Sciences*, 2nd edition M Ramachandran. CRC Press, 2017.

Carpal injuries

N Aresti, L Di Mascio in *Orthopaedic Trauma: The Stanmore and Royal London Guide* – S Dawson-Bowling, P Achan, T Briggs, M Ramachandran. CRC Press, 2014.

Proximal tibia and pelvic fractures

N Aresti, P Achan in *Orthopaedic Trauma: The Stanmore and Royal London Guide* – S Dawson-Bowling, P Achan, T Briggs, M Ramachandran. CRC Press, 2014.

Hip and pelvic fractures

N Aresti, M Barry in Pediatric Orthopedic Trauma In Clinical Practice. Springer international, 2016.

Paediatric spine

N Aresti, M Ramachandran in Pediatric Orthopedics In Clinical Practice. Springer international, 2016.

Published Local Guidelines

Day surgery shoulder replacements, Addenbrooke's Hospital.

Several brief guides used on CQC inspections.

Managing elbow dislocations in A&E – N Aresti, K Vemulapalli (Trust guidelines).

Trauma consent guidelines, Hillingdon Hospital – N Aresti, N Somashaker (Trust guidelines).

Insertion of the Mirena Coil in Outpatients, Whittington Hospital, – N Aresti, N Pisal (Trust guidelines).

Renal colic management in Accident and Emergency – N Aresti, C Buckle (Hospital proforma).

Committees

Vice Chair of British Orthopaedic Association Orthopaedic Committee.

National Standards for Safety in Invasive Procedures (NatSSIPs) safety group, NHS England, 2015.

Camden CCG MSK contract evaluation panel, 2016.

British Orthopaedics Association quality standards group.

GMC advisory group, duty of candour.

Trainee representative, HEE repatriation committee.

Leadership & Management Roles

Clinical Lead T&O Department – Whipps Cross University Hospital (2021-2016)

British Orthopaedic Association Elective Committee Member (2019-2021)

Governance lead – Barts Health Orthopaedic Centre (2020 -)

Expert advisory group – GIRFT London expert advisory panels (COVID-19)

Shared Decision Making (SDM) Orthopaedic Committee Member, NHS England.

Clinical champion – NHSE Crowdcity platform.

Clinical Fellow to the Chief Inspector of Hospitals.

National Medical Director's Clinical Fellow.

Lead for Orthopaedic Evidence Based Intervention Programme, NHS England.

Introductory Certificate in Healthcare Finance: Healthcare Financial Management Association (HFMA).

Attended Michael Porters 'Value Based Healthcare Intense Seminar', Harvard Business School, 2016.

Trainee representative, Percivall Pott rotation 2015 – 2018.

Treasurer of the Percivall Pott rotation 2013-2015.

Initiated scheme @ Barts Health whereby management and junior doctors met to discuss service management and understand each-others roles.

Member of 'platinum team' in Q-Health program – initiative to encourage university students to form start up companies.

Lead for fortnightly trust wide arthroplasty audit, October 2014 – March 2015.

Interview panel for middle grade orthopaedic post, Basildon Hospital, March 2013.

Trainee representative on the UCLP Postgraduate Medical and Dental Education Board (PGMDEB).

Question writing and standard setting for UCL medical school clinical finals examinations.

GMC question writing and standard setting workshops.

Presentations (International & National)

Revision guided suture-button bone block stabilisation of the shoulder in the presence of significant retained glenoid metalwork. Tytherleigh-Strong G, Aresti N, Begum R, BESS 2020 virtual congress, November 2020.

Understanding stress in surgical training and building a resilience programme: a unique app based response to hammeritout, JOA Congress, May 2019.

Fragment Specific Fixation for Complex Distal Radius Fractures: Clinical And Radiological Outcomes At 1 Year Follow Up, poster presentation, BSSH, May 2017.

Guardian of Safe Working Hours: CQC Perspective, NHS Employers event, July 2016.

Key Note Talk: CQC Inspections, CQC Regulation in the Independent Sector, TLE Miad Seminar, May 2016.

Independent Inspections Independent Healthcare Inspection Group Meeting, London, April 2016.

ACDF vs cervical arthroplasty in cervical myelopathy East Anglian Spinal Group Meeting, November 2014.

Trauma case presentations and massive dural leaks East Anglian Spinal Group Meeting, September 2013.

Range of movement as a discharge criteria following knee arthroplasty; can it be safely ignored in a rapid recovery programme?

Enhanced Recovery Summit, London, April 2012 (National podium presentation) (Awarded prize for best presentation)

- ISAKOS conference, Toronto, 2013 (e-poster)
- BOA, Birmingham, 2013 (e-poster)
- BASK spring conference, Leeds, 2013 (e-poster)
- Association of Surgeons in Training (ASiT) Annual Conference, 2012 (National poster presentation).

Establishing axillary sentinel lymph node biopsy (SLNB) for early breast cancer in the United Kingdom: A survey of the current status and national training program.

- British Breast Group AGM, January 2009 (National podium presentation).
- ABS at BASO & BASO – ACS Joint Scientific Conference, November 2008 (National podium presentation).
- 32nd Annual San Antonio Breast Cancer Symposium – San Antonio, Texas, USA – December 2009 (International podium presentation).
- Society of Academic and Research Surgery (SARS) annual national meeting, Bristol, UK – January 2009 (International poster presentation).

Presentations (Local)

Mental Health in Joint Replacement Surgery, Percivall Pott 46th Annual Meeting – November 2018.
Awarded best presentation

Grand Round presentation: The hipbone is connected to the thigh bone (NOF#) – Newham – February 2018.

Audit presentation: Supracondylar fractures – PAH Audit – Nick Burkett – September 2017.

Teaching presentation: Clavicle fractures – PAH Audit – July 2017.

Research presentation: Fragment specific fixation: The Royal London experience – Percivall Pott Annual Scientific Meeting – November 2016.

Teaching presentation – Leadership & Management – Rotation teaching – October 2016.

Teaching presentation – The role of the CQC – Paediatric regional training – June 2016.

Departmental presentation – Are we overusing PFNAs, closing the loop? – BHR Trust Audit Day, December 2015.

Regional presentation – Disc replacement vs fusion in the cervical spine – East Anglia spine meeting, November 2014.

Departmental presentation – Consent guidelines – BHR Trust Audit Day, March 2014.

Departmental presentation – Note keeping audit – BHR Trust Audit Day, December 2013.

Research presentation: Intraoperative nerve monitoring during shoulder arthroplasty – Percivall Pott Annual Scientific Meeting – November 2013.

Regional presentation – The Royal London Trauma Experience – East Anglia spine meeting, September 2013.

Departmental presentation – Are we overusing PFNAs? – BHR Trust Audit Day, January 2013.

Percivall Pott / Royal London teaching presentation – Biomechanics of the spine, July 2013.

Percivall Pott / Royal London teaching presentation – Spinal cord anatomy, June 2013.

School lecture – Building a career in healthcare – The Latymer School, Edmonton, October 2013.

Departmental presentation – Cervical spine clearance – Spinal away day, Barts Health, June 2013.

Departmental presentation – Spinal cord injury pathway – Spinal away day, Barts Health, June 2013.

Departmental presentation – Presentation time of orthopaedic pathologies via A&E – Basildon Hospital, March, 2013.

Departmental presentation – Neck of femur fracture consent audit – Hillingdon Hospital, January 2012.

Departmental presentation – Morbidity and mortality – Hillingdon Hospital, November 2011.

University lecture – Core surgical training, a new generation in surgery – October, 2011.

Departmental presentation – Renal Colic Management in A&E – Barnet Hospital, Department of A&E, July 2010.

Trust presentation – Morbidity and mortality – Chase Farm Hospital, Department of Orthopaedics, October 2009.

Grand round presentation – Extra-intestinal manifestations of inflammatory bowel disease – Grand round presentation, Whittington Hospital, June 2009.

Trust presentation – Sedation and discomfort endoscopy audit – Inter-departmental meeting, Whittington Hospital, June 2009.

Departmental presentation – Neutropenic sepsis – Whittington Hospital, April 2009.

Departmental presentation – Morbidity and mortality – Whittington Hospital, February 2009.

Departmental presentation – Good, bad and dangerous – Presentation on the dangers of clinical trials, Whittington Hospital, February 2009.

Departmental presentation – Factors affecting adequacy of Pipelle and Tao Brush – Whittington Hospital, January 2009.

Departmental presentation – Mirena audit and trust guidelines – Department of Gynaecology, Whittington Hospital, November, 2008.

Audits

Urgent scaphoid pathway re-audit, UCLH, December 2018.

Audit of practice, PNI unit, RNOH, July 2018.

NJR audit – Barts Health Orthopaedic Centre, February 2018. Loop closed.

Adequacy of consenting for arthroplasty – PAH, Harlow, March 2017.

Outcomes of Trimed wrist fracture system – Royal London Hospital, July 2015. Loop closed

Use of outcome forms in clinic – Royal London Hospital, April 2015

Are we overusing PFNAs? Closing the loop - Queen's Hospital, December 2015.

Are we overusing PFNAs? A cost analysis of the NICE guidance – Queen's Hospital, January 2014. Loop closed.

Audit of medical record keeping – Queen's Hospital, Romford, December 2013.

Delay in operative fixation of spinal fractures - Royal London Hospital, June 2013.

Cervical spine clearance – Royal London Hospital, June 2013.

Time of presentation to A&E of Orthopaedic referrals – Basildon Hospital, January 2013.

Peri-operative diabetic control – Basildon Hospital, January 2013.

Morbidity and mortality – RNOH, Stanmore, September 2012.

National hip fracture database audit – Hillingdon Hospital, January 2011.

Arthroplasty discharge criteria – Mount Vernon Hospital, December 2011. Loop closed.

Consenting for fractured neck of femurs – Hillingdon Hospital, December 2011.

Morbidity and mortality – Hillingdon and Mount Vernon Hospitals, October 2011.

Trust wide audit on consent – Royal London Hospital, November 2010. Loop closed.

Trust wide audit on documentation – Royal London Hospital, November 2010. Loop closed.

Acute management of renal colic – Barnet Hospital, Accident and Emergency department, July 2010.

Time to theatre for fractured neck of femurs – Chase Farm Hospital, Orthopaedic department, December 2009.

Morbidity and mortality – Chase Farm Hospital, Orthopaedic department, August to December 2009.

Sentinel lymph node biopsy training audit – New Start, Royal College of Surgeons, 2007 – 2009.

Sedation and discomfort endoscopy audit and presentation – Whittington Hospital, June 2009. Loop closed.

Morbidity and mortality audit – Whittington Hospital, Department of Surgery, December to April 2008/9.

Mirena intra-uterine coil insertion in outpatients – Whittington Hospital, December 2008.

Peripheral line audit – Whittington Hospital, November to December 2008. Loop closed

Teaching

Fellow of the Higher Education Academy (FHEA), awarded 19th October 2011.

Postgraduate Certificate in Medical Education (PG Cert (MedEd)), University of Dundee, awarded 11th August, 2011.

Invited guest lecturer at The Latymer School Edmonton: "So you want to be a doctor?" September, 2013.

Interviewer for UCL Medical School 2012 – present.

Co-editor of website aimed at MRCS examination (www.passthemrcs.com).

Have taught at Orthopaedic regional teaching, Royal London Hospital, July 2013.

Anatomy demonstrator, University College London Medical School, October 2011-12.

TIPS course (Teaching Improvement Project System) – passed and tutor on.

PALS (Peer-Assisted Learning Scheme) SSC whilst a final year medical student.

Courses & Conferences

BESS Annual Conference, Harrogate, June 2019.

UK Shoulder Fellows Forum, Arthrex, April 2019.

Training the Teachers Course, UCL, March 2019.

Research and Audit Core Knowledge Course, HEE, January 2019.

The Cadaveric Arthroscopic Course: Intermediate Shoulder & Introduction to Elbow, Smith & Nephew, November 2018.

Advanced Trauma Life Support (ATLS), Royal College of Surgeons, UCLH, November 2018.

Good Clinical Practice eLearning (Secondary Care), August 2018.

Hip Fracture Review Training Day, June 2016.

NHS Leadership Day, attended several during the academic year 2015-16.

Trimed Upper Extremity Cadaveric Workshop, Liverpool, November 2015.

Indian Orthopaedic Association Annual Conference, London, November 2104. Organiser and attendee.

Orthotrainer ST3 interview course, London, March 2013 & April 2014. Organiser and faculty member.

Research Governance Framework (GCP) course, Barts Health August 2013.

East Anglia Spine Regional Meeting, Duxford, September 2013.

Cardiff knee arthroplasty course, WIMAT Cardiff, September 2012.

AO Principles in Operative Fracture Management for Surgeons, AO Trauma Course, Leeds, 11th – 14th July, 2011.

CCRiSP (Care of the Critically Ill Surgical Patient), Royal College of Surgeons of England, 13th – 15th April, 2011.

BSS (Basic Surgical Skills), Adenbrookes Hospital, 11th – 13th March 2009.

ATLS (Advanced Trauma and Life Support), Lister Hospital, 14th – 16th October 2009.

Association of Surgeons in Training (ASiT) Annual Conference, Cardiff, 24th – 25th March, 2012.

Basic knee arthroscopy, Royal National Orthopaedic Hospital, Stanmore, 12th December, 2011.

Applied Basic Surgical Sciences for the iMRCS, Royal College of Surgeons of England, 24th – 28th January, 2011.

Building Excellence in Speciality Training, Mayday University Hospital, 20th December, 2010.

STEP® Core programme, Royal College of Surgeons, October 2010 – present.

A&E Radiology Survival Course, Northwick Park Hospital, 8th April 2010.

Advanced Life Support, North Middlesex Hospital, 9th – 10th May 2009.

Intermediate life support, Whittington Hospital, February 2009.

ALS and BLS refresher course, Chase Farm Hospital, September 2009.

Patient simulation training – FY1 and FY2, The Royal London, 16th December 2008 and 12th January 2010.

Orthopaedic Masterclass – Evening orthopaedic lectures, run by the Wellington Hospital.

Other

Certified "Microsoft Office Specialist" in Word, Excel and PowerPoint, awarded via NHS MOST programme.

Full sporting colours (Royal Free & University College Medical School Union) – February 2006

London Marathon – April 2009 – Ran for The Whittington Hospital charity and raised over £2,500.

Married with twin boys and a goldfish. Enjoy sport, travelling and property development.

Referees

Mr Pramod Achan

Consultant Orthopaedic Surgeon
Programme Director, Percival Potts Rotation
Barts Health NHS Trust

Mr Livio Di Mascio

Consultant Upper Limb Surgeon
Barts Health NHS Trust