

N P Plunkett

Curriculum Vitae

Qualifications

MB ChB 1991

FRCA 1996

CCST (Anaesthesia) 2001

FFPMANZCA 2002

FFPMRCA 2007

CURRENT APPOINTMENT

- **Consultant in Anaesthesia and Pain Medicine at Royal Hallamshire and Northern General Hospitals, (Sheffield Teaching Hospitals (STH) NHS Trust), Jan 2004 to present.**
- **Honorary Senior Lecturer in Anaesthesia, University of Sheffield, Jan 2004 to present.**
- **Lead Clinician, STH Pain Clinic, 4/2011 to present.**

Pain medicine represents my subspecialist interest, and was the focus of higher training abroad and the attainment of a higher qualification by examination in pain medicine (FFPMANZCA). I have since been awarded a similar qualification by a newly formed Faculty of Pain Medicine at the Royal College of Anaesthetists, in recognition of my clinical work in pain medicine, and am a Foundation Fellow of this body (FFPMRCA).

I have considerable involvement with the FFPMRCA with respect to training and assessment issues, culminating in my appointment as Chair of the Court of Examiners (see below) from May 2017, and appointment to the Board of the Faculty of Pain Medicine in May 2018.

I carry out the majority of clinical pain work at the Pain Clinic, located at the Royal Hallamshire Hospital, (with some clinical work also at the Northern General Hospital, and Graves Sports Centre). This involves new patient clinics (I see about 600 annually), follow-up clinics, and procedural sessions (administering pain relieving injections). My current repertoire includes radiofrequency lesioning and spinal cord stimulation for spinal pain, including Dorsal Root Ganglion Stimulation. I also offer an intervention service for the treatment of refractory cancer pain, including neurolytic blocks and intrathecal delivered drug treatment.

For some years, I have had a role in service redesign both within the clinic, and in partnership with the Primary Care Trust. I was appointed Clinical lead in recognition of this. I founded a weekly Multidisciplinary clinical meeting, a monthly Pain Clinic business meeting, and continue to lead the Pain Clinic with service redesign in concert with the CCG and STH management.

I altered my NHS role to reflect my long term subspecialist interest in Pain Medicine, becoming a full time Pain Physician October 2017.

PREVIOUS APPOINTMENTS

Locum Consultant in Anaesthesia and Pain Management at Royal Hallamshire Hospital, Sept 2003- Jan 2004.

This was the temporary post I took up on return to this country following 2 years of consultant and subspecialist work at Auckland Hospital, New Zealand. It presaged the substantive post to which I was subsequently appointed.

Consultant in Anaesthesia and Pain Medicine at Auckland Hospital, Auckland City, New Zealand, July 2002- July 2003

In addition to regular anaesthetic sessions, I had 3 clinical and procedural half day sessions per week in The Auckland Regional Pain Service (TARPS). This is the largest and longest established (1980) multidisciplinary pain clinic in New Zealand, and the first in the world to publish prospectively on the efficacy of multidisciplinary management for refractory pain conditions, under Prof Bob Large, Director during my tenure as Consultant and Fellow. I worked closely with the ACC (Accident Compensation Corporation), a Governmental body established to reduce litigation and speed recovery in cases where pain and disability resulted from accidents. Outcomes from this body have influenced pain management guidelines worldwide.

I also had sessional and on call commitment to a consultant led Acute Pain Service (APS), which was internationally regarded (founded by Prof Stephan Schug) and assumed responsibility for pain management for all post surgical patients.

In addition, I spent 2 weeks attending and observing the activities of the Newcastle Pain Medicine and Research Group, NSW, Australia. This world class unit under Prof Nik Bogduk has propagated the rationale and technique of precision diagnosis and treatment of spinal pain. It was a valuable opportunity to see their activities first-hand, and has confirmed for me the utility of certain validated treatments in chronic neck and back pain.

Pain Fellow at Auckland Hospital. July 2001- July 2002

This was a post accreditation subspecialist position, full time training in Pain Medicine, and was the precursor to the consultant position held subsequently, involving work with the APS and TARPS as outlined above.

A particular goal was attaining the FFPMANZCA (Fellow of the Faculty of Pain Medicine of the Australian and New Zealand College of Anaesthetists) by examination. I was the second ever candidate from New Zealand to sit and pass this exam.

SPECIALIST REGISTRAR TRAINING IN ANAESTHESIA

North Trent Region Deanery: Dec 1997- May 2001

Mersey Region Deanery: Feb 96- Dec 1997

PRIZES

- Inaugural O’Riordan prize for Mathematics, and O Level Gold Medal, 1984
- An audit into the efficacy of CSE in obstetric analgesia in Jessop Hospital. Presented to the anaesthetic department, RHH, 2/99, and to the North Trent Region Trainee’s Presentation evening, 11/98. Submitted to the Central Sheffield Universities Hospitals Audit Competition, where it won 2nd prize of £1000. The audit resulted in practice change at Jessops.
- Commendation of a case report submitted to the Faculty of Pain Medicine of Australia and New Zealand- “Ethno-cultural differences in pain expression in Maori” , Melbourne 2002

PUBLICATIONS

- Letter Anaesthesia, 2001, Acute epiglottitis
- Co-author of a book chapter on pain clinic management of chronic pelvic pain. Plunkett N, Richmond M. Chronic Pelvic Pain: the Pain Clinic Perspective. In Li T C, Ledger W L, eds. Chronic Pelvic Pain. London: Taylor and Francis, 2006: 139-160
- Pinto A, Plunkett N, Mathers P. The effectiveness of radio-frequency neurotomy of the supra-scapular nerve in refractory shoulder pain. British Journal of Pain 2012; 6: 56
- Book review, Essentials of Pain Medicine, 3rd Edition. N Plunkett. February 2012 British Journal of Anaesthesia 108(2):332-33

- The impact of spinal cord stimulation (SCS) on psychological factors and relationship with pain relief - long term follow up. T. Bendinger, D Turbull, D Poole, N Plunkett. *Regional Anaesthesia and Pain Management*, 2014, Vol39, Number5, Sup 1
- Long term analgesic efficacy of spinal cord stimulation (SCS) - time response relationship. T. Bendinger, D Turbull, D Poole, N Plunkett. *Regional Anaesthesia and Pain Management*, 2014, Vol39, Number5, Sup 1
- The impact of spinal cord stimulation on psychological factors and the relationship with pain relief'. . T. Bendinger, D. Turbull, D. Poole, N. Plunkett. *Pain Practice* 2014, May, Volume 14, Issue Supplement s1
- Long term analgesic efficacy of spinal cord stimulation: a five year follow up. T. Bendinger, D. Turbull, D. Poole, N. Plunkett. *Pain Practice* 2014, May, Volume 14, Issue Supplement s1
- Prospective evaluation of the effectiveness of Percutaneous Radiofrequency neurotomy of the Suprascapular nerve in improvement in pain and function in refractory shoulder pain using the Shoulder Pain and Disability index (SPADI) questionnaire. *British Journal of Pain* 2014, Vol 8(2) Supplement 1: 29. Y Kamel, P Mathers, N Plunkett
- Does low dose opioid therapy remain effective in chronic pain patients? A retrospective analysis of a select group of short-term responders to evaluate the long-term effectiveness of transdermal buprenorphine. Puppwar S and Plunkett N, et al. *Journal of Observational Pain Medicine*, Vol 1, No 4 (2014)
- Psychological factors as outcome predictors for spinal cord stimulation. T Bendinger, D Poole, N Plunkett. *British Journal of Pain*, 2015; 9(2), supplement 1.2015
- Bendiger T, Plunkett N et al. Psychological factors as outcome predictors for spinal cord stimulation. *Neuromodulation* 2015; 18: 564-471 (This was also the subject of a short editorial- "Editors Choice")
- On invitation I have written the chapter on Assessment of Competence for the landmark Faculty publication *Core Standards in Pain Medicine Services- CSPM FPM 2015*
- Measurement in Pain Medicine Tomasz Bendinger and Nick Plunkett *British Journal of Anaesthesia*, 16 (9):310-315 2016
- Dorsal root ganglion stimulation vs. conventional spinal cord stimulation - efficacy and patient experience of two neurostimulation methods for the treatment of Complex Regional Pain Syndrome type II: A case report. Tomasz Bendinger MD PhD FRCA FFPMRCA EDRA and Nick Plunkett FRCA FFPMANZCA FFPMRCA *Journal of Observational Pain Medicine – Volume 1, Number 5 (2017) 42-47 ISSN 2047-0800*
- Berwertz M, Mathers P, Plunkett N, Bendinger T; "Suprascapular nerve radiofrequency ablation for chronic shoulder pain – our experience in managing patient’s analgesia and improving outcomes"; *Regional Anesthesia & Pain Medicine: September/October 2017 – Volume 42 – Issues 5S – p e 120*
- Berwertz M. Bendinger T, Plunkett N: "Can outcomes of interventional procedures be predicted using psychological assessments? Retrospective evaluation of chronic pain patients undergoing interventional procedures, using common psychological pain scales": *Br J Pain*.2017 May; 11(3 Supplement): page 40
- Dr Joel S Perfitt, Dr Nick Plunkett: Dorsal Root Ganglion Stimulation – Analysis of revision rates *Br J Pain*. 2019 May; 13(2 Suppl): 5–47.
- Placebo effect in the management of chronic pain J.S. Perfitt, N. Plunkett, and S. Jones *BJA Education*, 20(11): 382-387 (2020)
- On invitation I have edited the chapter in the landmark Faculty publication *Core Standards in Pain Medicine Services- Continuing Professional Development CSPM FPM 2020*

I am a reviewer (2018) for the editorial teams of 2 pain journals- British Journal of Pain (the official academic publication of the British Pain Society) and Pain Reports- a publication of the IASP (International Association for the Study of Pain).

Multiple articles (approximately 13 to date (12/20)) in Transmitter, the magazine of the FPM released biannually, on diverse subjects including as Chair of NEPG (Autumn 2014), Exam Quality Assurance Spring 2015, Exam update in my capacity as VC and then Chair of Examinations biannually from Spring 2016 to date, FPMRCA ethnicity and gender performance review Spring 2020.

PRESENTATIONS TO LEARNED SOCIETIES

- Combined Spinal Epidural in Obstetric Analgesia, ESOA Dublin, 6/99. Poster presentation, commended by judging panel, published as abstract.
- Service evaluation of differential value of different treatments ascribed by 120 patients at a teaching hospital (STH) multidisciplinary pain clinic. Poster presentation to Annual Scientific Meeting of British Pain Society April 2010, published as CD ROM
- The Effectiveness of Butrans patches in chronic pain patients. Poster presentation to Annual Scientific Meeting of British Pain Society June 2011, published as CD ROM
- Use of external intrathecal drug delivery systems in the management of malignant pain – a retrospective audit (2003-2010). Poster presentation to Annual Scientific Meeting of British Pain Society June 2011, published as CD ROM
- Oral evidence contribution to NICE (National Institute for Clinical Excellence) scoping meeting for “The pharmacological management of neuropathic pain in adults in non-specialist settings”. Published as NICE CG 96 (3/2010)
- The effectiveness of radio-frequency neurotomy of the supra-scapular nerve in refractory shoulder pain. Poster presentation to Annual Scientific Meeting of British Pain Society April 2012
- Psychological factors as outcome predictors for spinal cord stimulation. Annual Scientific Meeting of British Pain Society in Glasgow, April, 2015
- The impact of spinal cord stimulation (SCS) on psychological factors and relationship with pain relief - long term follow up. European Society of Regional Anaesthesia Annual Congress, Seville, Spain. Sept. 2014
- Long term analgesic efficacy of spinal cord stimulation (SCS) - time response relationship. European Society of Regional Anaesthesia Annual Congress, Seville, Spain. Sept. 2014
- Long term analgesic efficacy of spinal cord stimulation: a five year follow up. Poster presentation at World Institute of Pain Congress in Maastricht, The Netherlands. May 2014.
- ‘The impact of spinal cord stimulation on psychological factors and the relationship with pain relief’. Oral presentation (junior colleague Dr Bendinger) at World Institute of Pain Congress in Maastricht, The Netherlands. May 2014
- “Psychological factors as outcome predictors for spinal cord stimulation” accepted for poster presentation, International Neuromodulation Society Congress, Montreal, June 2015
- Psychological factors as outcome predictors for spinal cord stimulation. Annual Scientific Meeting of British Pain Society, Glasgow, April, 2015
- Invited Speaker to National Annual Acute Pain Symposium- “Pain Service involvement in MSK service redesign” Chester, Sept 2015
- Berwertz M, Mathers P, Plunkett N, Bendinger T; Poster presentation ESRA Lisbon 2017 “Suprascapular

nerve radiofrequency ablation for chronic shoulder pain – our experience in managing patient’s analgesia and improving outcomes”

- Berwertz M, Bendinger T, Plunkett N: Poster presentation ESRA Lisbon 2017 “Can outcomes of interventional procedures be predicted using psychological assessments? Retrospective evaluation of chronic pain patients undergoing interventional procedures, using common psychological pain scales”
- Invited Speaker to National Diabetic Symposium (2nd BDSN)- Spinal Cord Stimulation for Painful Diabetic Neuropathy, Sheffield 2017
- Presentation of 2 case reports to DRG Spinal Cord Stimulation Masterclass, Manchester, 9/3/18
- Invited Speaker to North of England Pain Medicine Group – “A Pain Service response to MSK reorganization” NEPMG, Huddersfield, June 2018
- A Retrospective Analysis of Dorsal Root Ganglion Neuromodulation Patient Reported Outcomes Pre and Post Implantation at Sheffield Teaching Hospitals (STH) Dr R Rao¹, Ms Debbie Poole², Dr Nick Plunkett³ Poster presentation NSUKI 16-17th November 2019 (Leeds)
- Dr Joel S Perfitt, Dr Nick Plunkett: Dorsal Root Ganglion Stimulation – Analysis of revision rates. Poster presentation BPS May 2019
- Invited Speaker Summer lecture FPM at the College of Anaesthetists of Ireland, Dublin 20/5/19
- Invited Speaker Royal College of Physicians of Edinburgh Neurology Symposium 5/11/20

TEACHING AND TRAINING

- **Appointed by the Royal College of Anaesthetists as Regional Educational Advisor in Pain Medicine for Sheffield and North Trent (1/08- 2014).**
Tenured post with regional responsibility for Pain Training for anaesthetists in training at all grades. This involves educational supervision of pain trainees of different grades, visiting local hospitals to ensure adequacy of training, and chairing the Pain Training Advisory Group to administer pain training in North Trent.
- **Appointed to the Training and Assessment Committee, Faculty of Pain Medicine (2009- 2018)**
One of the 2 standing Committees of the Faculty of Pain Medicine, with active involvement in workstreams to design and implement strategies for standardising and monitoring the delivery of high quality pain medicine training for post graduate anaesthesia trainees nationwide.
- **Appointed as the sole Faculty Advisor on the standard of Out Of Programme Training and Research applications for Advanced Pain Training/fellowships nationwide (2010- 2015).**
- **Appointed as Assessor for applications to Fellowship of the Faculty of Pain Medicine (FFPMRCA) (2010-2015).**
- I regularly lecture to the Sheffield FRCA Part 2 course on pain medicine, set up, organized and delivered on a pain tutorial day for middle grade (ST3/4) anaesthetic trainees, and have lectured on pain subjects to GPs, anaesthetists, careers advice for anesthetic trainees, Regional Advisors on mentoring, and other groups.
- **Chair of the North of England Pain Medicine Group (2014-2017),** co-organizing an annual national meeting, and chairing sessions. I also set up and administered a website for the purpose.
- **Appointed to the Court of Examiners Faculty of Pain Medicine (2010-present). Appointed as Deputy Chair to the Court (2011-2017).**
This is an exciting project with the stated purpose of planning, designing, testing and administering a new postgraduate examination for senior anaesthetic trainees undergoing advanced pain training. It will be one of only a handful of such rigorous and objective tests of Pain Medicine as a subspeciality in the world, will raise

the standard of Pain Medicine education and assessment, and is will inevitably confer prestige on successful candidates, as well as becoming the “industry standard” for job applications for consultant posts with subspeciality interest in pain medicine. My subsequent appointment to **Deputy Chair** of this group was in recognition of my many and varied roles within pain training and assessment, locally, regionally and nationally.

- **Chair Court of Examiners Faculty of Pain Medicine (2017-present)**
- **Appointed to the Board of the Faculty of Pain Medicine (2018- present)**
- **Invited Faculty Leeds International Cadaver course 2017, 2018, 2019**
- **Invited External Examiner at FPM at the College of Anaesthetists of Ireland, Dublin 20/5/19**
- **Invited external reviewer of Pain Services, RCOA**

RELEVANT (MEDICO-LEGAL) COURSES ATTENDED

- “Medico-legal Report Writing- Advanced Skills”, (Midlands Pain Forum), Leicester September 2007
- “Medico-legal Expert Training” (Specialist Info) Manchester March 2011
- “The Whiplash Conference” (7 Solicitors LLP) Leeds May 2011
- Cambridge Medicolegal meeting September 2013
- Cambridge Medicolegal meeting September 2014
- Cambridge Medicolegal meeting September 2019

Invited presentations to medico-legal audiences.

- A Pain Medicine perspective on accident related pain. Kennedys solicitors, Sheffield (partners from Sheffield, Manchester, Birmingham), April 2011
- A Pain Medicine perspective on accident related pain. Esure Insurance, Manchester, 28/10/11

MEMBERSHIP OF PROFESSIONAL SOCIETIES

- The Royal College of Anaesthetists
- The Faculty of Pain at the Royal College of Anaesthetists
- The Australian and New Zealand College of Anaesthetists
- The British Medical Association
- The Medical Protection Society
- The International Association for the Study of Pain