

Curriculum Vitae

Mr Alexandros Vris

Consultant Orthopaedic Surgeon

Personal information

Name: Alexandros VRIS
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Secretary: Ms Lisa Abbott
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GMC registration: 7468946 - Full registration with a licence to practice
Nationality: Greek
Date of birth: 28/03/1978



Education

Jul 2002: MB ChB (Ptychio Iatrikes)
Aristotle University of Thessaloniki, Department of Medicine

Qualifications

May 2013: Specialist qualification exit exam in trauma and Orthopaedics (FRCS equivalent). Entry in the Greek specialist register for Trauma & Orthopaedics
Hellenic Republic, Region of Western Greece, General Directorate of Public Health and Social Welfare

Current NHS post

Aug 2017 to date: Consultant in limb reconstruction, bone infection, foot and ankle surgery and complex lower limb trauma
Department of Orthopaedics, Royal London Hospital, London, UK

Private practice

Expert medico-legal reports for for traumatic and degenerative orthopaedic conditions
Consultation services to Synthes and Bonesupport

Professional memberships

General Medical Council (GMC)
British Limb Reconstruction Society (BLRS)
European Bone and Joint Infection Society (EBJIS)
British Orthopaedic Foot and Ankle Society (BOFAS)
AO trauma

Previous appointments

Jul 2017 - Aug 2017	Post CCT fellow in limb reconstruction <i>Royal Liverpool and Broadgreen Hospital, Liverpool, UK</i>
Jun 2016 - Jun 2017	Post CCT foot and ankle and diabetic foot fellow <i>Department of Orthopaedics, Kings College Hospital, London, UK</i>
Apr 2015 – Jun 2016	Post CCT fellow in limb reconstruction <i>Department of Orthopaedics, Royal London Hospital, London, UK</i>
Oct 2014-March 2015	Senior SpR in Orthopaedics and Trauma <i>Department of Orthopaedics, Royal London Hospital, London, UK</i>
Jun 2014-Sep 2014	Junior SpR in Orthopaedics and Trauma <i>Department of Orthopaedics, Royal London Hospital, London, UK</i>
Apr 2014 - Jun 2014	Honorary observer fellow in limb reconstruction <i>Department of orthopaedics, King's College Hospital, London, UK</i>
Jun 2013 - Mar 2014	Private practice as a Consultant Orthopaedic Surgeon Honorary associate specialist in limb reconstruction <i>Rion University Hospital, Patras, Greece.</i>
Feb 2009 - Mar 2013	Trainee in Trauma & Orthopaedic Surgery <i>Rion University hospital of Patras, Greece</i>
Dec 2007- Apr 2008	Attending doctor in ski center <i>Kalavrita ski cente, Achaia, Greece</i>
Feb 2006 - Dec 2007	Trainee in Paediatric Trauma and orthopaedics <i>Karamandanion Children Hospital, Patras, Greece</i>
Apr 2005 - Feb 2006	Trainee in General Surgery <i>General Hospital of Aegio, Greece</i>

Feb 2004 - Feb 2005	Military Doctor, doctor of local military personnel, doctor in health committees of Patras department of Greek Police, Patras Firefighters and Patras Port Authority <i>Greek Army Technical Training Center, Patras, Greece</i>
May 2003 - Feb 2004	Rural medical practitioner <i>Health centre of Apiranthos, Naxos island, Cyclades, Greece</i>
Feb 2003 - May 2003	Junior trainee (FY2 equivalent) <i>Vardakeio and Proio General Hospital of Syros island, Cyclades, Greece</i>

Fellowships

Jul 2017 – Aug 2017	Post CCT fellow in limb reconstruction <i>Royal Liverpool and Broadgreen Hospital, Liverpool, UK</i>
Jun 2016 to Jun 2017	Post CCT foot and ankle and diabetic foot fellow <i>Department of Orthopaedics, Kings College Hospital, London, UK</i>
Apr 2015 – Jun 2016	Post CCT fellow in limb reconstruction <i>Department of Orthopaedics, Royal London Hospital, London, UK</i>
Mar 2016	Bone infection visiting fellowship <i>Nuffield Orthopaedic Centre bone infection unit , Oxford, UK</i>
Oct 2011 - Nov 2011	Limb reconstruction – Ilizarov Frame Clinical Fellowship <i>Russian Ilizarov Scientific Center – Restorative traumatology and orthopaedics, Kurgan, Russia</i>

Courses

July 2018	Northern Osteotomy Masterclass <i>Newcastle, UK</i>
June 2018	Novel foot and ankle approaches cadaveric foot course <i>Keele, UK</i>
Apr 2018	Training Orthopaedic educational Supervisors (TOES) course <i>London, UK</i>
Nov 2017	CHAOS (computer assisted treatment of post-traumatic and congenital deformities) course <i>London, UK</i>

May 2017	Oxford Osteomyelitis Masterclass <i>Oxford, UK</i>
April 2017	AOTrauma Masters Course, Foot and Ankle Reconstruction <i>Bristol, UK</i>
March 2017	Advanced Plating Techniques in Foot and Ankle Surgery, cadaver lab <i>Newcastle Surgical Training Centre, Freeman Hospital, Newcastle, UK</i>
Feb 2017	International Foot and Ankle Mega Course, cadaver lab <i>Arthrolab, Munich, DE</i>
Sep 2016	Good Clinical Practice (GCP) training for non-CTIMP Studies <i>King's Health partners Clinical Trials office</i>
May 2016 – July 2016	AO faculty development programme <i>Vilnius, Lithuania</i>
June 2016	Charcot Reconstruction Cadaveric Workshop - Tibiotalocalcaneal Nailing Techniques <i>Kings College London, Guys Campus, London, UK</i>
May 2016	Fundamentals of Arthroscopic Surgery Training (FAST) course <i>The Haptic Facility, Simulation Centre, Barts Health, London, UK</i>
Oct 2015	SpR management course <i>Royal London Hospital, London, UK</i>
Jun 2015	Hull Deformity Correction Course <i>Hull, UK</i>
May 2015	AO trauma Advanced principles of fracture management <i>Warsaw, Poland</i>
May 2015	Smith and Nephew TSF course <i>York, UK</i>
Nov 2014	MATCH (Multidisciplinary Action Training in crises and human factors) <i>Barts Health Education Centre, London, UK</i>
Feb 2013	Orthopaedic Biomechanics, Metallic Biomaterials – Properties & Behaviour <i>BioHexagon Ltd, Athens, Greece</i>
Nov 2012	AOTrauma Upper Limb Advanced Symposium <i>Patras, Greece</i>

Mar 2012	Foot and ankle surgical anatomy course <i>Orthopaedic Department, University Hospital of Ioannina, Greece</i>
Oct 2010	Hip Joint Replacement: Hard Bearings and Modularity <i>University Hospital of Patras, Vytina, Greece</i>
Oct 2010	AO foot and ankle course <i>Athens, Greece</i>
May 2010	AO Trauma basic course <i>Athens, Greece</i>
Oct 2009	Upper limb surgical anatomy cadaveric course <i>University hospital of Ioannina, Metsovo, Greece</i>
Jul 2009	Basic skills in Microsurgery, animal specimens <i>University Hospital of Ioannina, Greece</i>
Sep 2007	Gait Analysis Course (16th Annual Meeting of ESMAC) <i>Athens, Greece</i>
Nov 2004	ATLS (Advanced Trauma Life Support) course <i>Rion University Hospital, Patras, Greece</i>

Teaching experience

Mar 2019	Faculty in GRECMIP International Congress in Foot and Ankle Minimally invasive Surgery <i>Marrakech, Morocco</i>
Feb 2019	Faculty in the S&N TSF intermediate course <i>Watford, UK</i>
Nov 2018	Faculty in AO basing Principles Course <i>Basingstoke, UK</i>
Oct 2018	Faculty S&N TSF course <i>Leeds, UK</i>
June 2018	Faculty in the joint 2018 ADFS – Kings Charcot Symposium <i>Kia Oval, London, UK</i>
June 2018	Faculty in Kings Charcot Foot cadaveric workshop <i>Guy's Campus, London, UK</i>

June 2018	Faculty in AO Advanced principles of fracture management course <i>Patras, Greece</i>
May 2018	Faculty in the non-technical skills course for Orthopaedic surgeons <i>Barts Health Education Centre, London, UK</i>
Apr 2018	Faculty in Percivall Pott training rotation FRCS course <i>London, UK</i>
Jan 2018	Faculty in King's Intramedullary Nailing Course <i>Weston Education Centre, Kings College Hospital, London, UK</i>
Sep 2017	Faculty in RLHOTS FRCS (T&O) Trauma Viva Course <i>Barts Health Education Centre, London, UK</i>
June 2017	Faculty in Kings Charcot Reconstruction Cadaver Workshop <i>King's College London, Guy's Campus, London, UK</i>
Nov 2016	Faculty in AO Basic principles of fracture management course <i>Patras, Greece</i>
Sep 2016	Faculty in King's FRCS (T&O) Trauma Revision Course <i>Weston Education Centre, Kings College Hospital, London, UK</i>
Sep 2016	Faculty in King's SpR education day <i>Weston Education Centre, Kings College Hospital, London, UK</i>
Sep 2016	Faculty in FRCS (TR & ORTH) intense revision course <i>Weston Education Centre, Kings College Hospital, London, UK</i>
Feb 2016	Faculty in AO Advanced principles of fracture management course <i>Athens, Greece</i>
Jun 2014 to date	Regular speaker in the RLHOTS teaching sessions <i>Royal London Hospital, London, UK</i>
Feb 2009 - Mar 2013	Member of the educational committee of the Orthopaedic Department of the University Hospital of Patras <i>Patras, Greece</i>

Management - Leadership - Quality Improvement Projects

July 2018	Co-author of the limb reconstruction fellow and 2 nd limb reconstruction nurse feasibility proposal for the Royal London Hospital <i>Royal London Hospital, London, UK</i>
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May 2018	Surgeon in the “superlist” trial <i>Royal London Hospital, London UK</i>
2017 – 2018	Member of the Barts Health Diabetic Foot Network
Sep 2017	Delegate for the Royal London Hospital in the 1st Major Trauma Centre National Summit <i>Leeds, UK</i>
2017	Director and clinical supervisor of the International Surgical Training Programme (RCS) for Barts Health Orthopaedics <i>Royal London Hospital, London, UK</i>
2017	Lead of the Fracture Clinic efficiency improvement project in the Royal London Orthopaedics Department <i>Royal London Hospital, London, UK</i>
June 2017	Member of Organising Committee and faculty of King’s College Hospital International Symposium: “The Multidisciplinary and Surgical Reconstruction of the Charcot Foot” <i>Kia Oval Cricket Stadium, London, UK</i>
2017	Implementation of bone biopsies in outpatients in the King’s College Hospital Diabetic Foot Unit. Organiser and facilitator of workshop for podiatrists on animal bone specimens, SOP submitted to Trust. <i>King’s College Hospital, London, UK</i>
Jun 2016 - Jun 2017	Lead of monthly research meetings of the King’s Diabetic Foot Unit MDT <i>King’s College Hospital, London, UK</i>
Apr 2016	Lead surgeon in the surgical site verification and marking section of the latest National Safety Standards For Invasive Procedures (NatSSIPs) in Bart’s Health NHS Foundation Trust <i>Royal London Hospital, London, UK</i>
Apr 2015 – Oct 2015	Senior administrative registrar of the Orthopaedic department at the Royal London hospital. Rota coordination, staff grade and locum registrar recruitment, vetting all referrals to the department. <i>Royal London Hospital, London, UK</i>
Sep 2010 - Mar 2013	Chief resident and rota coordinator in the Orthopaedic Department of the University Hospital of Patras <i>Patras, Greece</i>
Sep 2006 - Dec 2007	Chief resident and rota coordinator in the Orthopaedic Department of the Karamandanion Children’s Hospital <i>Patras, Greece</i>

- Sep 2004 - Feb 2005 Screening of new recruits, permanent army personnel and Emergency Incident Medical Response Commander, in the Technical Training Camp of the Greek Army
Patras, Greece
- May 2004 - Sep 2004 Emergency Incident Medical Response Commander, 88 EMA (Battalion). in the Northern Aegean Greek - Turkish borders. Leader in coordinating the emergency response team and setting up medical facilities in conflict simulation exercises. Screening and organising yearly check-up of 88 EMA permanent army personnel.
Romanos, Lemnos island, Greece

Audit

- Mar 2017 Bone biopsy in neuropathic feet in the outpatient setting
King's College Hospital, London, UK
Role: Audit lead
Aim: Implementation of bone biopsies in outpatients as standard practice in line with NICE recommendations in the diagnosis and treatment of diabetic foot osteomyelitis
- Feb 2016 Virtual paediatric fracture clinic
Royal London Hospital, London, UK
Role: Data collection from 1000 paediatric trauma patients
Aim: Establishment of safe pathways for virtual follow up of paediatric minor trauma patients reducing clinic visits
- Nov 2011 Establishment of a pin site care protocol in ICU treated patients with temporary external fixators
Patras University Hospital, Patras, Greece
Role: Led this audit investigating post-definitive fracture fixation surgical site infection rates with ICU flora
Aim: Treatment guidelines presented in departmental meeting

Recent Publications – Research

The double bend guidewire technique in intramedullary nailing,
Vris A, Vaghela KR, Heidari N, Ann R Coll Surg Engl. 2017 Jul;99(6):505. doi: 10.1308/rcsann.2017.0033. Epub 2017 Apr 5.

Removal of spinning locking screws using a scalpel blade.

Vaghela KR, Vris A, *Ann R Coll Surg Engl.* 2017 Feb;99(2):179-180. doi: 10.1308/rcsann.2016.0314. Epub 2016 Oct 28.

Fractures of the proximal tibial metaphysis in children – complications
G. Christodoulou, G. Tagaris, G. Sdougkos, A. Vlachos, A. Vris. *Journal of Bones and Joint Surgery (JBJS) –Br Vol 91-B Supplement I: 62* 2009.

Community-associated Staphylococcus aureus infections and nasal carriage among children: molecular microbial data and clinical characteristics.
Sdougkos G, Chini V, Papanastasiou DA, Christodoulou G, Stamatakis E, Vris A, Christodoulidi I, Protopapadakis G, Spiliopoulou I. *Clin Microbiol Infect.* 2008 Nov;14(11):995-1001. doi: 10.1111/j.1469-0691.2008.02064.x. Epub 2008 Sep 18.

Book chapter: "The role of bone marrow derived mesenchymal stem cells in sports injuries"

"Stem cells in the clinical applications, Vol 2. Cartilage and Bone Regeneration", Springer International Publishing

Proceedings of the 2018 International Consensus Meeting on Periprosthetic Joint Infection – Philadelphia, July 25-27, 2018. Foot and ankle section. Co-author for the questions:

- Does revascularization prior to foot and ankle surgery reduce the incidence of surgical site infection (SSI)?
Nima Heidari, Alexander Charalambous, Iris Kwok, Alexandros Vris, Yueyang Li
- What is the best method to differentiate acute Charcot foot from acute infection?
Nima Heidari, Irvin Oh, Yueyang Li, Alexandros Vris, Iris Kwok, Alexander Charalambous, Ryan Rogero
- Should treatment of diabetic foot infections be based on bone biopsies?
Nima Heidari, Iris Kwok, Alexandros Vris Li, Alexander Charalambous

2017-2018

Reviewer for Hip International and Journal of Clinical Orthopaedics and Trauma

Podium Presentations

March 2018

Bone transport by hexapod external fixator in tibial segmental bone defects secondary to infection and trauma
Alexandros Vris, Hamed Mazoochy, Jade Brien, Nima Heidari
2018 OBIC meeting, Oxford, UK

- March 2018 Double stacked hexapod external fixator for bone transport in tibial segmental bone defect: Development of a treatment algorithm and clinical results
Alexandros Vris, Hamed Mazoochy, Jade Brien, Nima Heidari
2018 BLRS meeting, Southampton, UK
- Jul 2017 Primary results of bone biopsies in outpatients with neuropathic ulcers. Comparison with wound swabs and superficial tissue samples.
Alexandros Vris, Edward Massa, Raju Ahluwalia, Venu Kavarthapu
2017 AOFAS annual meeting, Seattle, USA
- Mar 2015 A new treatment regimen for Potts disease with persistent large para-spinal abscesses and non-healing sinuses.
Kalpesh R. Vaghela, Alexandros Vris, Veronica White, A Montgomery, A Ranganathan
2015 BASS meeting, Bath, UK
- Jun 2012 Bone transport over an intramedullary nail. Early or late application of an intramedullary nail?
A. Vris, A. Kouzelis, N. Sfikas, E. Panagiotopoulos
ASAMI and BR 7th International Congress, Thessaloniki, Greece
- Jun 2012 Monolateral external fixators vs Ilizarov type circular external fixator. There is no difference in the quality of life of patients.
A. Vris, C. Matzaroglou, A. Saridis, K. Assimakopoulos, K. Kafchitsas, B. Habermann, E. Billis, E. Tsepis, P. Diaremes, E. Panagiotopoulos
ASAMI and BR 7th International Congress, Thessaloniki, Greece
- Jun 2012 The Ilizarov method in treatment of post-traumatic hand stumps. Functional and cosmetic results in three different orthopaedic centers.
A. Vris, M.Y. Danilkin, C. Matzaroglou, G. Diamantakis, CS Georgiou, K. Kafchitsas, Bjoern Habermann, A. Saridis
ASAMI and BR 7th International Congress, Thessaloniki, Greece
- May 2010 Clinical and radiological results after the first year of application of the Osseofix® expandable titanium mesh cage in thoracolumbar compression fractures.
A. Vris, A. Chatziantoniou, A. Panagopoulos, P. Salonikidis, P. Zouboulis
36th annual spine symposium "N Giannestras-P. Smyrnis", Costa Navarino, Pylos, Greece
- Oct 2009 Our experience in the cervical vertigo syndrome
C. Matzaroglou, P. Zouboulis, D. Konstantinou, A. Chatziantoniou, A. Saridis, A. Vris, E. Dimitriadi, E. Cheristanidou, D. Kouzoudis, E. Panagiotopoulos, P. Dimakopoulos
65th Hellenic Orthopaedic Congress, Thessaloniki, Greece

- Oct 2007 Community-associated Staphylococcus aureus infections and nasal carriage study among children
Sdougkos G, Chini V, Papanastasiou DA, Christodoulou G, Tagaris G, Stamatakis E, Vris A, Protopapadakis G, Spiliopoulou I.
63rd Hellenic Orthopaedic Congress, Athens, Greece
- May 2007 Fractures of the proximal tibial metaphysis in children - Complications
Christodoulou, G., Tagaris, G., Sdougkos, G., Vlachos, A., Vris, A.
8th E.F.O.R.T. Congress, Florence Italy
- Jul 2005 Early conclusions from the application of self-expanding nails.
A Vris, C Donados, N Spiliopoulos, K Kourtzis, D Kanellopoulos, N Kourtzis
Orthopaedic Trauma Seminar, University Hospital of Patras, Greece

Poster presentations

- May 2018 Corrective midfoot fusion for Charcot neuroarthropathy
Nijil Vasukutty, Anoop Anugraha, Alex Vris, Venu Kavarthapu
2018 EFORT congress, Barcelona, Spain
- June 2017 The implementation of percutaneous bone biopsies in the outpatients setting and how it has changed our practice in Charcot foot Patients with neuropathic ulcers
Edward Massa, Marjan Raad, Maureen Bates, Venu Kavarthapu, Prasanth Vas, Alexandros Vris
18th EFORT congress, Vienna, Austria
- Aug 2016 Management of lower limb infections at a London trauma centre
Ghani R, Vris A. Achan P, Heidari N, Dave J
35th EBJIS annual meeting, Oxford, UK
- May 2016 High dose local antibiotic delivery through bone substitutes and PMMA. Is there a need for monitoring for toxicity?
Vris A, Kwok I, Ghani R, Hossenbaccus K, Dave J, Heidari N
9th RLHOTS annual meeting, London, UK
- Apr 2007 Complications in fractures of the proximal tibial metaphysis in children.
Tagaris G, Vlachos A, Vris A, Christodoulou G, Sdougkos G
EPOS/IFPOS Combined Meeting, Sorrento Italy

Meetings – conferences

May 2018	Invited delegate in the TSF 20 th anniversary limb restoration masterclass <i>Vienna, Austria</i>
March 2018	OBIC meeting <i>Oxford, UK</i>
March 2018	BLRS meeting <i>Southampton, UK</i>
Jul 2017	2017 AOFAS annual meeting <i>Seattle, USA</i>
Mar 2017	Masters Fracture Forum 2017 <i>London, UK</i>
Nov 2016	BOFAS Annual Scientific Meeting <i>Bristol, UK</i>
Aug 2016	Joint OBIC – EBJIS meeting <i>Oxford, UK</i>
Jun 2016	The Multidisciplinary and Surgical Management of Charcot Foot <i>London, UK</i>
Jun 2016	Bonesupport - Technological innovations leading to improved outcomes <i>Milan, Italy</i>

Prizes - awards

May 2016	Best poster prize High dose local antibiotic delivery through bone substitutes and PMMA. Is there a need for monitoring for toxicity? Vris A, Kwok I, Ghani R, Hossenbaccus K, Dave J, Heidari N <i>9th RLHOTS annual meeting, London, UK</i>
Oct 2017	Outstanding contribution in reviewing <i>Journal of Clinical Orthopaedics and Trauma, Elsevier</i>