

## Curriculum Vitae

### Personal Information

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**Date of Birth** January 2, 1958  
**Sex** Male  
**Licensure** GMC registration: Full 5198041  
Rajasthan Medical Council, India. No 003558/8775 dated 22.3.82/23.9.95

### Educational

2016	Mary Seacole post graduate certificate in Healthcare Leadership from NHS England
2013	MA (Education in Clinical Settings) Brighton Uni
2010	FRCP (LON) RCP (Lon)
2008	FRCP (EDIN) RCP (Edin)
2006	MD University of Newcastle
1998	MRCP (UK) Royal College of Physicians of UK
1985	MD University of Rajasthan, Jaipur
1980	MBBS University of Rajasthan, Jaipur

### Professional Experience

#### Posts Held

1 April 06 onwards Consultant (from 2006) and Lead ESH (Endocrinology and Diabetes, from 2011 to 2017)  
Deputy Chief, Medicine (2017 onwards)  
Adviser, Recruitment (2018 onwards)  
KSS Deanery Lead for SAS Project (2010-2012)  
SAS Tutor, Conquest (2009 to 2015)  
Honorary Lecturer, MG Medical College, Jaipur and Brighton School of Medical Sciences (2011-2018)  
Honorary reader, BSMS (2019 onwards)  
Honorary Lecturer, Kings College London (2019 onwards)  
Deputy subdean BSMS 01.06.2014 onwards  
Lead, Clinical Governance Steering group, ESH. Lead, Risk management and Clinical Governance, Medicine (2010-2012)  
Career Lead, Junior doctors (2013 onwards)  
Chair, Medical Division, Conquest Hospital (2010-2017)  
Mentor GP, Middlesex Uni (2011-2012), Consultants ABCD (2012 onwards)  
Member BMA SRCSC committee and Executive South East Coast regional Council (2013 to 2018)  
Executive Member, Association of British Clinical Diabetologists (2014 onwards)  
Regional Link Fellow, RCP (Edin) 2014-2015  
Regional advisor RCPE (2016 onwards) and RCPL (2016 onwards)  
Member Clinical Leadership Network (2014 onwards)  
Member, Records committee and drug committee (2014-15)  
ESH obesity Lead 2014 onwards  
News Editor, British Journal of Diabetes and Vascular

		Disease (2015 onwards)
		Member Editorial board, WJD and Austin Journal of Clinical Case Reports (2014 onwards)
		Chair, D and E Audit committee (2015-2017)
2	Jan 04 to Mar 06	Specialist Registrar, Southampton University Hospital
3	Jan 02 to Dec 03	Clinical Research Associate, Diabetes/ Metabolism, University of Newcastle
4	Oct 01 to Feb 02	LAT, SpR, Endocrinology/Diabetes, Hartlepool University Hospital
5	Nov 00 to Sept 01	LAT, SpR, Endocrinology/Diabetes, Royal Sunderland Hospital
6	June 00 to Oct 00	LAS, SpR, Endocrinology/Diabetes, Royal Victoria Infirmary, Newcastle
7	Oct 92 to May 00	Specialist Physician (Endocrinology and Diabetes), Sinaw Hospital, Ibra hospital and Ibri Hospital, Ministry of Health, Sultanate of Oman
8	April 92 to Oct. 92	Endocrinologist and Diabetologist, Mallya Apollo Hospital, Bangalore
9	Aug 91 to Jan 92	Registrar, Jaslok Hospital & Research Center, Bombay
10	June 85 to July 91	Consulting Physician, Dashora Nursing Home, LIC of India, Mineral Exploration of India, Calgary Eye Hospital
11	Jan 82 to June 85	Postgraduate residency (Senior House Officer, Registrar, Senior Registrar), SMS Medical College Hospital, Jaipur

### **Details of Experience**

#### **Current Post**

Deputy Chief of Medicine and Adviser Recruitment at Conquest Hospital, Hastings: I am involved in operational and strategic issues relating to various medical specialties including clinical work, education and training from 2017.

Lead Consultant (Endocrinology and Diabetes from 2011-2017) ESHT: Clinics ward rounds, acute patients' care, journal clubs etc. Supervising juniors while on unselected general medical take. I developed monthly cross-site video linked MDMs for widening horizons and better cross cover.

Regional Adviser (RCP London and Edinburgh): I approve job descriptions for new consultant appointments, organise regional update for trainees, organise Trust visits and facilitate webstreaming of evening teaching from both colleges to both sites in our Trust. I advertise this to trainees and medical students.

Lead, Research group, Endocrinology, ESHT: To co-ordinate research and liaise with national bodies.

As the national lead of safer insulin prescribing group (from 2014), my team and I have organised yearly national competition to promote insulin safety in the UK. I have been the first author for the national guidelines for diabetes in the delivery room (2016) and one of the authors in the new diagnosis of diabetes and type 1 diabetes guidelines (2016).

As the deputy Sub-dean for BSMS, I organise their training programme at ESH (Seminal programme, examinations, case-in-depth etc).

Deanery SAS project lead: I led on SAS project in the KSS region and chair SAS tutors' meeting at the deanery every 2 months. This work was selected as poster in AMEE and Ottawa conference.

Link Fellow RCP (Edin): I promote RCP (Edin) and RCP (Lond) activities in the region and support the members. I have successfully proposed some of my colleagues for membership to college (e.g. 29.11.2010).

SAS Tutor: Organised workshops and assessed their needs in 2012-2015.

Lead, Risk management and Clinical Governance Steering group, Medicine: audits and governance reports

Career Lead, Junior doctors: organising and delivering career advice sessions, career evening and mock interviews for junior doctors

I regularly obtain feedback on my teaching sessions and teaching ward rounds and I have changed practice in a number of ways as part of action research while doing MA in medical education. Some of this work like theme based ward rounds has been accepted as poster in international educational meetings and published in BMJ.

Chair, Medical Division: Fostering consensus on multiple issues like provision of rheumatology cover following Dr Henderson's retirement, New strategy, bed closure, hand over, coding, Dr Foster data, development of new drug chart. My letter to CE was received in positive light and further support was assured.

Mentor, Middlesex Uni: Mentoring GPs for Diabetes courses. Mentored nurse practitioners for nurse prescribing course and mentor junior consultants through a national website after suitable training.

Honorary Lecturer, MG Medical College, Jaipur, India. Lecture regularly when in India.

Member BMA SRCSC committee and member south east coast regional council: Union work and dissemination of information, I raised the issue of distances and poor roads in southeast which should be considering while integrating services.

I lead the SBU, diabetes and endocrinology by regular networking and sharing examples of best practice (2011-2017). I also regularly credit people for the work they have done to maintain their morale and encourage them. Chairing the cross site diabetes meeting, I have developed a programme of continuous diabetes guidelines project development. I have led on developing a handbook and insulin prescription chart for insulin use in in-patients. I am on the ABCD group to develop a nationally agreed standardised chart which would reduce insulin errors. I have liaised with other centres in the country to develop newer method of picking up Type 1 diabetes i.e. urinary c peptide. I have liaised with the biochemistry of co-ordinate thyroid tests in patients with antibodies. Learning lessons from mortality meetings, we have developed a central chart to co-ordinate leaves to avoid the risk of staffing shortages, a system of letter for every diabetic foot patient seen so that the plan can be more widely shared. My clinic satisfaction survey showed that all patients were very satisfied with the clinical care. I have received letter of appreciation and thanks form many patients

In my deanery level education team consisting of all trust SAS leads, I employ the same approach of group work but recently I have expanded our interaction through linked-in and by way of newsletter. I regularly give ownership to the members for their ideas.

In my research team with the newly appointed research nurse, I have regular meetings and I tell her how to proceed from my previous experience. We are the highest recruiters in some of the clinical trials.

As a chair of clinical governance and risk team we meet regularly and divide the work with defined dead lines to be more productive.

I have done MD and spent 4 years doing only research which provided me with insight into research ethics, research governance, research network and funding for research etc

I appraise my senior colleagues and SAS doctors regularly and have done an appraisal course in 2009

I have managed to develop integrated diabetes clinics in the community after 2 years of negotiations and talks at various levels (now stopped due to financial reasons). This required leadership and change management. I am a member of south east clinical leadership network.

I am aware of the challenges faced by the trust - financial as well as with quality. I have liaised with the managers on how to make a difference by writing to the CEO on behalf of Medical consultants as chair of medical division.

As chair of clinical governance steering group I have attended divisional board meeting and suggested ways to reduce risk and help achieve foundation status.

We had suggested managing the risk of staffing shortage which was independently picked by CQC and changes have been made since. I have also highlighted the risks in audit meeting and stressed hand over policy. I have done a course on reducing risk on 13.10.11 and understanding CQC on 7.11

As a member of diabetes commissioning group, I prepared draft commissioning for in-patients with diabetes on 5.7.2011.

As a member of Medicine and Emergency Care divisional Board (2014), I raised the issue of poor coding leading to loss of revenue for the hospital. I also raised the issue of shortage of middle grade doctors and suggested that we utilise IMG scheme and facilitate clinical attachments I am a member of antibiotic committee as well.

With my differing roles, I have a fairly good idea as to who can advise when I need help. I can also freely interact with other clinical leads in different specialities.

With the pressure nationally on improving efficiency, I have increasingly used linked-in, Newsletter and E mail broadcast and Video linked meeting to improve efficiency and save time and fuel. This represents creative thinking and problem solving.

## **Previous posts**

### **1.In the UK**

My last post was with Dr Sandeman, Dr Krentz, Dr Leatherdale and Dr Brown and Dr Sharp at **Southampton University Hospital**.

My previous post was that of a **clinical research associate with Prof Philip Home**. My work was registered with the University of Newcastle for the degree of MD. I satisfactorily completed the first two assessments by Dr Sally Marshall and Dr Jim Shaw.

### **LAT SpR with Dr Jean McLeod and Dr Suleiman at Hartlepool University Hospital**

Clinics: Here I had experience in general diabetic clinics, general endocrine clinics, *obstetric diabetic clinics and a few paediatric diabetic clinics*. *In addition, I attended renal clinics and a genetic clinic.*

### **LAT SpR with Prof RL Kennedy and Dr AJ Chapman at Royal Sunderland Hospital**

Clinics: I did diabetic clinics, endocrine clinics, *pituitary clinics, thyroid clinics, weight management clinics, clinic for growth hormone for adults, medical obstetric clinics, joint thyroid surgical clinics for patients with thyroid lumps including thyroid cancer, young persons' diabetic clinic, joint surgical obesity clinics, joint infertility and PCOS clinics and community diabetic clinics in Washington and Ryhope.*

The previous post was that of a locum SpR (LAS) with Prof R Taylor and Dr S Marshall at the **Royal Victoria Infirmary**. This was an acute medicine post with training in Endocrinology and Diabetes. The work involved doing clinics like diabetes clinics, pregnancy with diabetes clinics and general medical clinics. In addition, I also participated in 1 in 7 on-call rota for acute medicine. I also used to be on call for diabetic problems in surgical wards.

### **2. In Oman**

In Oman I was working as a specialist physician and regional diabetologist. The work corresponded to that of a consultant in the UK. I developed regional and local diabetic registry, and developed a training programme for doctors and nurses in the region in addition to clinical responsibilities.

### **3. In India**

While working as a consultant in Banglore, I set up the diabetic service for the hospital and organised a national conference on diabetes to mark the occasion.

### **Innovative teaching and training tools developed/ contributed/ under development**

1. Developing an online training module for the Royal College of Midwives for diabetes needs after conducting a nationwide survey on behalf of the national diabetes association (ABCD) 2019
2. With my 2 other colleagues I organised a regional update in medicine in Brighton (30 April 2018 and May 2019) with the attendance of over 200 doctors and excellent feedback. This was followed by Trust visit with the President of the college on both occasions.
3. Organised a career evening for the Trust in 2017 and on 31<sup>st</sup> October 2018 with feedback like 'we want Dr Dashora everywhere'.
4. I have been producing a GP-question time newsletter from July 2015 for GPs in East Sussex Area with excellent uptake and feedback.
5. Supervised teaching medical students by F2 22.02.18.
6. Delivered clinical induction to juniors on 4<sup>th</sup> April 2018.
7. Organised and delivered seminar programme for BSMS students at Hastings as Deputy Sub Dean.
8. With my five colleagues I organised RCPE symposium on diabetes in 2017.
9. Produced and delivered educational material at South Thames Physicians Group meeting (2.12.2016 and 29.05.2015)
10. Developed a trainee-led, theme based, curriculum oriented three phase ward round to increase it's educational value 2013-2014
11. Authored a web-based chapter on acute abdomen for RCP (London) ACUMEN Project (10/2012)
12. Helped develop situation Judgement test for Foundation doctors 14.9.2011
13. Lead on job planning course and workshop developed for RCP (Edin) 21.11.2011
14. Developed a social networking site LinkedIn for development of SAS tutors and SAS doctors 12.2010 with feedback from SAS doctors like 'excellent idea', 'good idea'.
15. Developed and edited SAS newsletter to support identified needs for the training of SAS doctors 8.2011 which received feedback from the Director as (excellent and impressive) and DME as 'well done'

16. Developed Local Faculty Groups for SAS doctors in KSS region trusts by 11. 2011.
17. Member of the diabetes programme management group meeting on 25.07.11 where I raised the issue of staffing shortage of registrars in DGH resulting in decision to send the 1year reg to DGHs.

#### **Invited lectures to develop SAS training and development programme**

1. Brighton SAS doctors development day 06.07.11 SAS doctors training in KSS region
2. MGM Medical College, Jaipur 20.12.10
3. Delivered a lecture in the BMA SSASC 6.7.11 to share SAS development activities by KSS
4. Medway hospital 21.06.2011 The role of SAS doctors in NHS

#### **Educational Research, Poster and Presentations**

1. Dashora U. Workshop on SAS tutors development at HEKSS SAS tutors development day 11.11.2014
2. Dashora U. Mukherjee S. Does awareness of opportunities affect SAS doctors engagement in CPD activities? SAS development day 18.3.2014
3. Dashora U, Rahman S. Lack of recognition affects SAS doctors engagement in CPD activities. SAS tutors sharing meeting 28/02/2014 London
4. Dashora U, Rahman S, Govindan R. What factors influence the engagement of SAS doctors in CPD activities. Poster at Multispecialty conference in London 21/01/2014
5. Dashora U, Mukherjee S. Setting up a social networking site for SAS grade doctors to assess their needs and support assessments - experience from KSS deanery. Abstract accepted for Ottawa conference Kuala Lumpur. 9-13.3.2012
6. Dashora U and Montefort. The role of power in my teaching. Abstract accepted at Lyon, AMEE Conference 27-29.08.2012
7. Dashora U, Mukherjee S. Setting up Local Faculty Group for SAS doctors – an experience from KSS deanery. AMEE conference 2011 9 AA 15
8. Helped develop content of paper: Mitchell, D four alternatives to a reductive view of knowledge (seeing with a squint). Journal of evaluation in clinical practice doi;10.1111/j.1365-2753.2011.01724.x

#### **Teaching Experience**

##### **Teaching**

<b>Year</b>	<b>Staff group taught</b>	<b>Comment</b>
1983-1985	SHO and house officers	Case-discussions, journals etc
1991-1992	SHO, HO and nursing staff	Lectures and clinics
1993-2000	Medical students, HO, SHO, nurses	Lectures, clinics, bedside etc
1996-1997	Nursing students	Module on pharmacology
2000-2003	SHO and medical students	Small and large group teaching, Diabetes resource day teaching
2004- 2006	Medical students, SHO, Nurses	Small group and large group teaching
2006-2007	All grades of medical professionals	Small and large groups
2007-2010	All grades of medical professionals	Small and large groups, BSMS and Kings students
2010onwards	Medical students as honorary Lecturer at MG Medical College, Jaipur	
2011 onwards	Honorary Senior Lecturer, Brighton School of Medical Sciences	
2016 onwards	As Regional Adviser, Royal College of Physicians of London and Edinburgh, webstreamed evening teaching sessions (2 a month) for all staff groups	

Received feedback like 'excellent, relevant, useful, Dr Dashora was the best' from trainee groups

Received letter of thanks from Brighton and GKT deans for teaching medical students (17.5.12, 27.9.13).

GP teaching sessions (4-10 sessions every year from 2006 e.g. dates 6.6.2013, 26.6,24.2.14 )

Non medical prescribers (25.6.14)

### **Teaching on university and deanery courses**

I teach on MSc for Diabetes practice in primary care (Brighton Uni) (1-2 times a year from 2013 e.g. dates 4.6.13, 04.02.14, 2015, 2016, 2017)

I teach on MSc in diabetes for Nurses (Brighton)

MSc Clinical management of diabetes secured feedback like: 'brilliant lecturer, personable, funny, interesting, clear to understand.

Paediatric SpR training day: endocrine emergencies 8.7.11 Acute Endocrinology for ACCs trainees regional day 2012

SAS development day 18.3.14. Feedback useful, thought provoking and interactive

### **Work experience:**

Accepted candidates for work experience (1-2 students every year from 2010 e.g. dates 12.8.13 28.10.13)

### **Teaching skills courses attended/ completed**

1. Unbiased judgement module from RCP on 20.02.2018
2. Senior educator course 8.11.2017
3. Thinking environment course 1.10.2015
4. Educational supervisor refresher 17.04.2015
5. Excel level 1 and 2 31.10.02
6. Access level 1 and 2 14 and 21.11.02
7. Power point level 1, 2 and 3 on 16.5.02, 4.11.02
8. Small group teaching 11.11.02
9. OSCE Training 25.11.02
10. Breaking bad news 15.05.2003
11. Managing long documents 29.07.2003
12. Interview and selection skills course 10.11.2004
13. Certificate in Teaching 16.08.2007
14. Certificate in Educational Supervision 15.11.08
15. Training course for teaching in Brighton School of Medical Sciences 13.09.07
16. Career support training workshop 28.09.2009
17. Train the trainer course 26.10.11
18. Post Graduate Certificate in Medical Education 2011 passed 2<sup>nd</sup> module with merit 69 % third module with distinction (74%)
19. Completing Post graduate Diploma in Medical Education 2012
20. MA in Medical education 2013 with merit
21. Attended most faculty meetings for tranees at different levels

### **Membership of teaching associations and management of education**

1. Member AMEE 10.2011-13
2. Member NACT 03.05.2011-13
3. Member LAB (from 2013 onwards e.g. dates 27.6.13, 10.12.13)
4. SAS tutors meeting at deanery 2013 to 2015 e.g. date 22.10.13

### **Educational conferences attended**

1. AMEE 27-31.08.2011

### **Examine/ evaluation/ interview duties**

1. Mock and real OSCEs (e.g. dates 4.8.15, 25.2.17, 13.4.17 and others)
2. Audit presentation examiner ? date ? 3.6.13, 5.6.2013
3. PACES 5-6.6.11, 10.11, 2012, 2013 PACES feedback from college similar activity as examiners 17.7.13, 30.7.14
4. GKT Posters
5. CMT interviews panellist 13.2.13
6. Southeast Thames foundation school scoring day 3.11.11
7. Interviewed for registrar and research nurse endocrinology 31.3.11
8. Interview for registrar 10.2012

### **Awards and Certificates**

1. Clinical Excellence Award level 9 from 2015
2. Special appreciation award by the Ministry of Health, Oman in 1994, 1998 and 1999
3. Appreciation certificate in recognition of services rendered in the rural health welfare camp, Khori, Jaipur 14th March 84
4. Nominated as a scientific leader in a local survey 22<sup>nd</sup> August 2007
5. Nominated by the foundation doctors as a good teacher 8/2011

### **Academic and Research Work**

#### **Supervisor for post graduate work**

Appointed as a supervisor for MA thesis on 'experiences of registered nurses in supporting people with diabetes' PGMED Brighton uni 24.4.13

#### **Clinical trials:**

Endobarrier (in mirror 4.14) study participant identification centre site 05.12.2013

Address 2 trial Principal Site Co-investigator 2015

Reflect trial: Principal Site investigator 2015

Intense clinical trial: site investigator 2016

#### **National Guidelines:**

Currently involved with the number of national guidelines from the Joint British Diabetes Societies, some as a first author

1 Managing diabetes during delivery. [http://www.diabetologists-abcd.org.uk/JBDS/JBDS\\_Pregnancy\\_final\\_18082017.pdf](http://www.diabetologists-abcd.org.uk/JBDS/JBDS_Pregnancy_final_18082017.pdf)

2 Price HC, Ismail K, Joint British Diabetes Societies (JBDS) for Inpatient Care, Allan B, Castro E, Dashora U, Dhatariya K, Flanagan D, George S, Gregory R, James J. Royal College of Psychiatrists Liaison Faculty & Joint British Diabetes Societies (JBDS): guidelines for the management of diabetes in adults and children with psychiatric disorders in inpatient settings. Diabetic Medicine. 2018 Aug;35(8):997-1004.

#### **Work with NICE**

Representing ABCD on NICE committee on SGLT2 inhibitors currently 2018

One of the lead expert adviser on NICE medical technology guidance. VibraTip for testing vibration perception to detect diabetic peripheral neuropathy. Dec 2014

<https://www.nice.org.uk/guidance/mtg22/chapter/7-committee-members-and-nice-lead-team>



## Work with NCEPOD

Lower limb amputations: Working together. Expert adviser on  
<https://www.ncepod.org.uk/2014/11a.html>

## Research courses

GCP refresher 15.05.2018

## Publications in peer-reviewed journals

### A1 *Web publications*

1. audit presentation inpatients\_with\_diabetes\_2008 cf 2007.ppt.  
[http://www.networks.nhs.uk/nhs-networks/south-central-thinkglucose-programme/documents/audit%20presentation%20inpatients\\_with\\_diabetes\\_2008%20cf%202007.ppt/view](http://www.networks.nhs.uk/nhs-networks/south-central-thinkglucose-programme/documents/audit%20presentation%20inpatients_with_diabetes_2008%20cf%202007.ppt/view) (posted on 5/08/2011)
2. poster joint care 151110 SHA.ppt. <http://www.networks.nhs.uk/nhs-networks/south-central-thinkglucose-programme/documents/poster%20joint%20care%20151110%20SHA.ppt/view> (posted on 17/03/2011)

### A2 *Original Papers published in peer-reviewed journals*

1. Dashora U, Patel DC, Gregory R, Winocour P, Dhatariya K, Nagi D. Association of British Clinical Diabetologists (ABCD) position statement on the use of sodium-glucose cotransporter-2 inhibitors in type 1 diabetes (updated 2019). *British Journal of Diabetes*. 2019 May 24.
2. Dashora U, George S, Sampson M, Walden E. National guidelines have contributed to safer care for inpatients with diabetes. *Diabetic Medicine*. 2018 Sep 5.
3. Dashora U, Murphy HR, Temple RC, Stanley KP, Castro E, George S, Dhatariya K, Haq M, Sampson M, Joint British Diabetes Societies (JBDS) for Inpatient Care, Allan B. Managing hyperglycaemia during antenatal steroid administration, labour and birth in pregnant women with diabetes. *Diabetic Medicine*. 2018 Aug;35(8):1005-10.
4. Sampson M, Jones C, Joint British Diabetes Societies (JBDS) for Inpatient Care, Allan B, Benbow S, Castro E, Dashora U, De P, Dhatariya K, Flanagan D, George S. Joint British Diabetes Societies for Inpatient Care: clinical guidelines and improving inpatient diabetes care. *Diabetic Medicine*. 2018 Aug;35(8):988-91.
5. Dashora U, Gallagher A, Dhatariya K, Winocour P, Gregory R, ABCD Committee. Association of British Clinical Diabetologists (ABCD) position statement on the risk of diabetic ketoacidosis associated with the use of sodium-glucose cotransporter-2 inhibitors. *British Journal of Diabetes*. 2016 Dec 20;16(4):206-9.
6. Price HC, Ismail K, Joint British Diabetes Societies (JBDS) for Inpatient Care, Allan B, Castro E, Dashora U, Dhatariya K, Flanagan D, George S, Gregory R, James J. Royal College of Psychiatrists Liaison Faculty & Joint British Diabetes Societies (JBDS): guidelines for the management of diabetes in adults and children with psychiatric disorders in inpatient settings. *Diabetic Medicine*. 2018 Aug;35(8):997-1004.
7. Dashora U, Patel D, Gregory R, Nagi D. Association of British Clinical Diabetologists (ABCD) position statement on the use of sodium-glucose

- cotransporter-2 (SGLT-2) inhibitors in type 1 diabetes. *British Journal of Diabetes*. 2018 Jul 20.
8. Dashora U, Sampson M, Castro E, Stanisstreet D, Hillson R, Diabetes OB. The best hypoglycaemia avoidance initiative in the UK. *British Journal of Diabetes*. 2017 Jun 25;17(2):74-7.
  9. Dashora U, Rafique S, Tharayil G, Jones S, Castro E, Sathiskumar P. The feasibility and impact of implementing NICE guidance on diabetes control during delivery. *British Journal of Diabetes*. 2017 Aug 20;17(3):100-6.
  10. Dashora U, Macklin A, Ryder B, Castro E. Clinical use of Humulin R U-500 insulin in the UK: results of the first Association of British Clinical Diabetologists' U-500 audit. *British Journal of Diabetes*. 2016 Sep 27;16(4):185-7.
  11. Dashora U, Castro E. Insulin U100, 200, 300 or 500?. *British Journal of Diabetes*. 2016 Mar 8;16(1):10-5.
  12. Hitchings AW, Lai D, Jones PW, Baker EH, Akunuri S, Tumilty M, Poloniecki J, Balasanthiran A, Caneja C, Norrie K, Weldring T. Metformin in severe exacerbations of chronic obstructive pulmonary disease: a randomised controlled trial. *Thorax*. 2016 Feb 25;thoraxjnl-2015. Dashora u as contributing site investigator.
  13. Dashora U, Sampson M, Castro E, Stanisstreet D, Hillson R. Rowan Hillson Insulin Safety Award 'best in class' insulin prescription chart competition. *British Journal of Diabetes*. 2015 Sep 1;15(3):135-8.
  14. Nagi D, Dashora U, Reeve R. ABCD News. *British Journal of Diabetes*. 2017 Dec 15;17(4):170-5.
  15. Dashora U and Morris R. Is there evidence of power in my teaching? *The clinical teacher* 2014; 11:3:229-230
  16. Dashora U. Why don't staff, associate specialist, and specialty doctors engage more fully with the CPD opportunities offered to them? *BMJ career* 2014; 348:3-4
  17. Dashora U, Govindan R, Nahhas A. The needs of Specialty and Associate Specialist (SAS) grade doctors at East Sussex Hospital Trust. *Clinical Tutor* 2013, volume 18, no 3: 1-3
  18. Dashora U, Radia K, Radia C. Integrated care: improving glycaemic control in joint clinics *Diabetes in Primary Care* 2011, Vol. 13, No. 6, Page 369-374
  19. REJ Ryder\* et al The Association of British Clinical Diabetologists (ABCD) nationwide exenatide audit. *Pract Diab Int* October 2010 Vol. 27 No. 8, 352-357.
  20. Dashora U, Ashwell SG, Home P. An exploratory study of the effect of using high-mix biphasic insulin aspart in people with Type 2 diabetes. *Journal of Diabetes Obesity and Metabolism* 2009;11:680-687
  21. Grant P, Dashora U. High-mix analogue insulins: do they have a therapeutic role? *Br J Diabetes Vasc Dis* 2009;9:166—170
  22. Sibal L, Law HN, Gebbie J, Dashora UK, Agarwal SC, Home P. Predicting the Development of Macrovascular Disease in People with Type 1 Diabetes: A 9-Year Follow-up Study: *Ann N Y Acad Sci*. 2006 Nov;1084:191-207

23. Dashora UK, Ashwell SG, Sibal L, Home P. Insulin glargine in combination with nateglinide in people with Type 2 diabetes: a randomized placebo-controlled trial. *Diabet Med* 2006; 24:344-349
24. Ashwell SG, Amiel SA, Bilous R, Dashora U, Heller S, Hepburn DA, Home P. Improved Glycemic Control with Insulin Glargine plus Insulin Lispro. *Diabet Med.* 2006 ;23:285-92.
25. Dashora U, Mathias D, James A, Zammit-Maempel I, Perros P. Management of recurrent pituitary cysts with pituitary-nasal drain. *Pituitary.* 2002; 5(4):225-33.
26. Dashora UK, Dashora V, Idicula J, Asfour M. High prevalence of gestational diabetes in early pregnancy in the Sultanate of Oman. *Diabetes International* 2001; 11:56-58

#### *B Contribution to a book*

1. Dashora UK, Taylor R. Maintaining tight glycaemic control during intermittent high dose prednisolone administration during type 1 diabetic pregnancy. Case studies in diabetes Ed Prof John Betteridge Martin and Dunitz (London) 2003,17-20.
2. Expert advisor and one of the authors of NCEPOD report on lower limb amputations 14.11.2014
3. Chaudhury Mohammad Dashora UK, David Younger. Stroke Due to Vasculitis in Adults invited 19.1.13 Chapter 26. pp.109-126

#### *C Reviews*

1. Grant P, Dashora U. The Incretin effect and the use of dipeptidyl peptidase IV inhibitors. *IJDDC* 2007;27:65-68
2. Dashora UK, Dashora V. Insulin Glargine. *Int.J.Diab.Dev.Countries* 2000; 21:124-128
3. Dashora UK. Musculoskeletal features of Diabetes Mellitus. *Int.J.Diab.Dev.Countries* 1994; 14:129-133
4. Chandalia HB, Dashora, U, Soparkar, V. NIDDM-Future prospects. *J. Assoc. Physicians India* 1993; Suppl.1:104-108.

#### *D. Case reports*

1. Umesh D, Al-Abdullah Alhasan and Rita J. Is it the Heart or the Brain? *Austin J Clin Case Rep.* 2014;1(6): 1029.
2. Wolfenden T, Dashora U, Carroll P. Hypoglycaemia in a man who is non-diabetic. *BMJ case reports*, 2014 –case reports.bmj.com
3. D'Silva A, Akroyd R, Brooks T, Dashora U. Of mice and men. *BMJ Case Rep.* 2014 Jan 8;2014. pii: bcr2013200938. doi: 10.1136/bcr-2013-200938.
4. Neurological compromise and paravertebral collections *BMJ* 2013; 347 doi: <http://dx.doi.org/10.1136/bmj.f7130>
5. Montefort M, Chowdhury M, Dashora U. Cerebral vasculitis presenting as a stroke. *BMJ case report* 10.2012
6. Dashora U, Kumar S, Combes A. Golton, R. Diabetes in the young but not needing insulin – what type is it? *BMJ case report* 10.2012
7. Gooderick D, Dashora UK, Kumar, S. Ketoacidosis in Type 2 diabetes – is it Type 1 and half diabetes. *BMJ Case Reports* 2011; doi:10.1136/bcr.07.2011.4460

8. Dashora UK, Farid M, Titus MA, Bhat AR. Acute respiratory failure as the initial presentation of Myasthenia Gravis. *Oman Medical Journal* 1999; 15/3:53-54
9. Dashora UK. Atrial fibrillation following scorpion sting in a young man. *Oman Medical Journal*. 1999; 15/3:38-39
10. Dashora UK, Dashora V. Caudal Regression Syndrome with bilateral renal agenesis in an infant born to a diabetic mother. *Int. J. Diab. Dev. Countries* 1997; 17:67-68

*E. Letters*

1. Dashora UK, Taylor R. Maintaining glycaemic control during high dose prednisolone administration for hyperemesis gravidarum in type 1 diabetes. *Diabet Med*. 2004; 21(3):298-9
2. Dashora UK, Dashora V, Kennedy RL. Two-hour 75-g oral glucose tolerance test early in pregnancy detects most cases of gestational diabetes. *Diabetes Care* 2002;25:803
3. The need for doctor-patient-administration dialogue. Dashora UK [bmj.com/cgi/eletters/324/7341/0/g#21367](http://bmj.com/cgi/eletters/324/7341/0/g#21367), 15 Apr 2002
4. Faragala MM, Dashora UK, Dabbagh K, Siddique R. An unusual case of sickle cell disease with recurrent acute Chest syndrome. [www.bmj.com/cgi/eletters/318/7198/1585](http://www.bmj.com/cgi/eletters/318/7198/1585) year 2000
5. Faragala MM, Dashora UK, Dashora V, Marzook S, Dabbagh K. Low prevalence of cancer in Oman. [www.bmj.com/cgi/eletters/319/7210/642](http://www.bmj.com/cgi/eletters/319/7210/642) year 2000
6. Dashora UK. Acute hypotensive reaction to cotrimoxazole. *J. Assoc. physicians. India* 1990; 38:672

*F. Thesis:*

1. What influences SAS doctors' participation in CPD activities. 2013. For the degree of MA in medical education from Brighton Uni.
2. Studies of insulin treatment in the management of Type 2 diabetes. MD from the University of Newcastle 2006
3. Serum Immunoglobulin G, A and M in epileptics and in patients on Carbamazepine. Submitted to the University of Rajasthan for the degree of M.D. 1984. The work involved measurement of serum immunoglobulins by radial immunodiffusion disks in patients with idiopathic epilepsy and in patients with epilepsy on carbamazepine.

*G. Abstracts/ Posters*

1. A retrospective study of Diabetic ketoacidosis (DKA) management in a District General Hospital. Govindan R; Castro E; Dashora UK. Presented in the national ABCD meeting, Glasgow, 24.05.2018.
2. What happened to patients diagnosed with gestational diabetes mellitus in Hastings antenatal clinic? 5 year review. Sathiskumar P, Rafique S, Dashora.U. Presented in the national ABCD meeting, Manchester, 22.04.2016
3. Audit of Blood Glucose and Insulin Management of Diabetic Mothers during delivery Rafique S, Castro E, Dashora U, Sathiskumar P. Presented at the national ABCD meeting, London, 06.11.2015

4. U500 effectiveness and weight change over 5 years. Presented in ABCD meeting 2015. Cardiff, 23-24.4.2015
5. Poster for 12th National Multi-Specialty conference accepted on 20.11.13 for poster on 22.1.14
6. Dashora U, Castro E. Glycaemic control and weight change over 4 year in patients ESH research meeting 2015.
7. Dashora U, Castro E. Best in class insulin prescription chart. Presented in the national ABCD meeting, London, 7.11.2014.
8. Dashora U, Castro E. Glycaemic control and weight change over one year in patients with Type 2 diabetes managed on Humulin R (U500) insulin. Poster presented at ABCD national conference. London Nov 2013
9. Critical Analysis of the Endocrine and Diabetes Module of the Core Medical Training Curriculum in UK. Ashton Chris and Dashora U. AMEE conference, Prague, 13.05.2013
10. Dashorau, Radia K, Radia C, Morris R. Short-term integrated diabetes clinic intervention improves long-term diabetes care the evidence for legacy effect. Poster presented at EiD conference. Intanbul 2012
11. Dashora U, Radia K, Radia C and Lotlikar, A. The effect of joint clinics on diabetes control 7-8.12.2012 The 13th Annual Conference of the South Asian Health Foundation, Birmingham. Selected for SAHF award
12. Dashora U, Radia K, Radia C and Lotlikar, A.. Joint intermediate diabetes clinic has a lasting effect on glycaemic control. National Primary care diabetes conference 17.11.2012 Birmingham. Selected for PCD award.
13. Dashora U, Radia K, Radia C. Diabetes clinics run in the community jointly by specialists and general practitioners can have durable legacy effect on glycaemic control.CODHY conference, Barcelona 8-11.11.2012
14. Diabetes clinic performance over a period of four years at Conquest Hospital, Hastings, UK, CODHY conference, Barcelona 8-11.11.2012
15. Grant P, Dashora U, Carroll P. Hypercalcaemia due to CaSR Mutation. Endocrine Clinical Case meeting 2011
16. Grant P, Dashora U. Pure Gonadal Dysgenesis and Disordered Sexual Development, RSM Clinical Cases Meeting Brighton December 2010
17. DashoraUK, RadiaK. Joint intermediate diabetes clinic is effective in improving diabetes control. Poster at National Primary care Diabetes Conference, November 2010
18. An assessment of the needs of SAS doctors at East Sussex Hospitals, Umesh Dashora, Rajesh Govindan, Aktham Naahas and Scarlett McNally, NACT abstract book 2010: 2.
19. K.Y. Thong et al. Response at 3 months to insulin dose decisions made at exenatide initiation in the Association of British Clinical Diabetologists (ABCD) nationwide exenatide audit. Diabetologia 2010, Vol.53 Supplement1: S38
20. Jose, et al insulin use in (ABCD) nationwide exenatide audit. Diabetologia 2010, Vol.53 Supplement1: S343
21. Ottify M, Pascall D, DashoraU. Spontaneous internal carotid artery dissection in the postpartum woman with anticardiolipin antibody. Poster number P1.118, 32nd British International Congress of Obstetrics and Gynaecology 2010

22. R. E. J. Ryder, C. Walton, P.H. Winocour, ABCD nationwide exenatide audit contributors. Association of British Clinical Diabetologists (ABCD) nationwide exenatide audit. *Diabetologia* 2009, Vol.52 Supplement1: A741
23. R.E.J. Ryder, C. Walton, P.H. Winocour, ABCD nationwide exenatide audit contributors. Factors accounting for variability in weight and HbA1c response to exenatide in the Association of British Clinical Diabetologists (ABCD) nationwide exenatide audit. Abstract Book, 20th World Diabetes Congress, IDF, Montreal, Canada, 18-22 October 2009, pp.582
24. Edwards V, Combes A, Castro E, Dashora U. In-patient diabetes care at Conquest Hospital, Hastings. Abstract accepted in Proceedings of national conference of diabetes in-patient national network December 08.
25. Dashora UK, Ashwell SG, Vaz J, Home PD: A randomized cross-over trial of a high-ratio pre-mix insulin analogue (Biphasic insulin aspart 70/30) in people with Type 2 diabetes (Abstract, poster). *Diabetic Medicine* 2006 (in press); Diabetes UK 2006
26. Sibal L, Law HN, Dashora U, Gebbie J, Home P: Predictors for the development of cardiovascular disease in young people with Type 1 diabetes: a 10-year follow-up study (Abstract, Poster) European Federation of Internal Medicine 5th congress, 2005, 34
27. Dashora UK, Home PD: comparison of twice daily isophane insulin regimen with twice daily pre-mix insulin in people with type 2 diabetes requiring insulin (Abstract, poster). *Diabetic Medicine* 2005; 22 (suppl. 2): 50. Diabetes UK 2005
28. Dashora U, Ashwell S, Hilberg C, Vaz J, Home PD: Thrice daily treatment with high-ratio biphasic insulin aspart improves lunch-time post-prandial glucose control compared with twice daily treatment with low ratio biphasic human insulin in people with Type 2 diabetes (Abstract, poster). *Diabetes*; 2004:1979 (PO). American Diabetes Association 2004
29. Dashora UK, Pearce S. Two cases of silent thyroiditis with misleading uptake scans. Abstract European Association of thyroid diseases meeting 18-22.10.2003.
30. Dashora UK, Taylor R. Maintaining glycaemic control during high dose prednisolone administration in type 1 diabetic pregnancy. Poster 332 at Diabetes UK 2003 conference.
31. Dashora UK, Kennedy RL. Concurrence of primary hypothyroidism, hypoparathyroidism, benign intracranial hypertension and epilepsy in an adult. Poster 52 at British Endocrine Societies conference 25.3.2003.
32. Kennedy RL, Robson T, Nayar R, Dashora UK, Blackwell D. Diabetes and Social Deprivation: Prevalence , Relationship with Age and Sex and Glycemic control. Abstract for ADA 2001.

#### *H. Presentations*

1. Dashora U. Grand rounds multiple dates e.g.1.10.2013, 6.9.2016 among others.
2. Dashora U. Why do SAS doctors not participate in CPPD more fully. SAS sharing meeting 18.03.2014
3. Rahman S, Dashora U. Does recognition affect participation of SAS doctors in CPD activities. NACT meeting 28.02.14 presented by Dr Rahman

4. SECSN meeting (diabetes clinical advisory subgroup workshop): Presented an integrated model of diabetes care with good feedback member 23.9.2013. presentation on 7.1.14
5. Dashora U. Mukherjee S. Across the Deanery – from SAS Tutors, NACT meeting 08.03.2013
6. Dashora U An assessment of the needs of SAS tutors in Kent Surry and Sussex (KSS) region, NACT meeting 1.3.2012.
7. Dashora UK. Diabetes in the young but not needing insulin. What type is it? SETPGM 23.11.12
8. DashoraUK. Developing integrated diabetes clinic. The Hastings experience, SETPGM, 21.11.2011
9. National diabetes in-patient audit at ESH 25.11.10
10. DashoraUK. National Inpatient Diabetes Audit 2010 what next. Presented at SETPG regional meeting 13.05.11
11. Dashora UK Testosterone deficiency in diabetes. Presented at South East Thames Physician group regional meeting 14.05.2010
12. DashoraUK, Naahas A, McNally S. SAS doctors needs at East sussex hospital trust. Presented at NACT conference 22.03.2010
13. Dashora UK Achievement of NICE targets in diabetes clinic at Conquest. Presented at South East Thames Physician group regional meeting 04.12.2009
14. Dashora UK. Novel insulin therapies in Type 2 diabetes. A guest lecture at SMS medical college, jaipur 2008
15. Dashora UK. Which insulin regimen to choose. A guest lecture at the Indian endocrine congress at Tirupati 2007
16. Dashora UK, Sibal L, Ashwell SG, Home PD: A randomised placebo-controlled trial of insulin glargine in combination with meal-time nateglinide in insulin-treated people with Type 2 diabetes (Abstract, oral). Diabetic Medicine; 2005; 22 (suppl. 2): 8. Diabetes UK 2005
17. Dashora UK, Sibal L, Ashwell SG, Home PD: Is there a role for glargine insulin in combination with nateglinide in insulin treated people with Type 2 diabetes. Oral presentation at the Isle of Wight diabetes conference 2005
18. Insulin Requirement during high dose steroid treatment for hyperemesis gravidarum in type 1 diabetes. Dashora UK, Taylor R. Presented at the Association of Physicians meeting at Hartlepool 01.3.2003
19. Type 2 diabetes presenting as diabetic amyotrophy. Regional CME Meeting at Freeman 6.2.2003
20. Content of GP referral letters to diabetes service in Hartlepool. Dashora UK, MacLeod J. Presented in the Association of Physicians' meeting, northern region at Hexham 12.7.02
21. Dashora UK, Mathur DS, Mehta SR, Singhal NC. Clinical Correlation of Iodine 131 uptake and Scan Studies of Thyroid in 3000 cases. Abstracts. National Nuclear Medicine Conference 1984, Jaipur

#### *I. Recent Audits*

1. DKA Audit 2018
2. Clinic performance audit 2014, 2015 and 2016
3. Site lead for National Exenatide qw pilot audit from 5.12.2013

4. Site lead for National Exenatide audit 2012-2014 (with a number of publications and presentations – see CV)
5. Site lead for national audits on Liraglutide 2013-2014
6. Contributor to National Diabetes in Pregnancy audit 9.1.14, Insulin Pump audit 21.5.13, National diabetes in-patient audit 2012-2014
7. Presented audits on achievement of targets in diabetes clinics 5.6.13, Why patients are upset 4.9.13 and U 500 insulin audit 4.9.13
8. Handover audit 15.3.2013
9. Reaching NICE targets in diabetes clinic 1.3.2012
10. Patient satisfaction in diabetes clinics 1.1.2012
11. Comparing National Inpatient Diabetes data at DGH and Conquest. 7.09.2011
12. National NHS Diabetes foot care audit pilot – 5.05.2011
13. National Diabetes in-patient audit – what to do next 13.05.2011 and 25.11.2010
14. Reaching NICE targets in Diabetes Clinic 24.06.2010, 09.2009
15. Clinical governance report and audit 24.06.2010
16. Study of young people with diabetes 2009
17. Testosterone deficiency in diabetes audit 26.11.09
18. In-patient diabetes re-audit presented by Valerie Edwards at the cross-site meeting and accepted as an abstract at the national in-patient diabetes network 12.08.08
19. Insulin regimens audit presented by BB 26.06.08.
20. Audit of achievements of NICE targets in diabetic clinic presented by UD 10.09.08.
21. Lipid management in diabetes audit presented by UD 10.09.08.
22. Diabetic foot audit presented by UD on 27.11.08.

#### *G Innovation*

1. Following the success of pilot of integrated clinics in 2 surgeries, I have led on developing this service more widely in Hastings and Rother area. Other consultants have liked and joined in this project. Chief executive has bed back with comments like ‘fantastic and terrific development’ and GPs find the clinics very useful
2. Following a successful example elsewhere I have started doing a relative’s clinic in my own time to reduce complaints.
3. I have been doing a monthly GP question time newsletter from 2015 to address their clinical questions with good feedback

#### *H ABCD Papers*

I have been a contributor to a number of national audits done under the auspices of ABCD which has resulted in a number of national and international publications, posters and presentations.

#### **Editing of Journals:**



My involvement with a number of medical journals and magazines taught me teamwork and generating finances in addition to encouraging scientific reading and writing.

*News Editor and Member Editorial Board, BJDVD: 2014 onwards (23.5.14)*

*Associate Editor: 1. Endodiabology- a newsletter of northern deanary 2003.*

*Member of Editorial Board: 1. International Journal of Diabetes in Developing Countries 1994 to date 2. Diabetes Today.1994 to date (A quarterly magazine published on behalf of the National Diabetes Association of India, jointly with the Research Society of Grant Medical College, Bombay), 3. World Journal of Diabetes 1/2011 onwards 4. .SMS Medical College Annual Journal 1975 and 1976. Peer reviewer for Diabetic Medicine, International Journal of Diabetes in Developing countries, and Diabetes Obesity and Metabolism, Journal of Diabetes Complications 2010, 12.11.11*

*Editor: Newsletter for SAS doctors, GPs*

### **Mentoring**

Mentored for Post graduate diploma in diabetes and endocrinology from Middlesex Uni 06.2009

Guide for Nurse Prescribing Course for one candidate 2010

Mentor for SAS doctors at Conquest

Mentoring for new consultants in Diabetes: 6.5. 2011 onwards

### **Career support**

I organise and provide career support sessions to FYS and CTs at Conquest in my capacity as career support lead

### **Interests**

A. *Essay Writing:* International Essay Competition: Held by the GULF NEWS group of Newspaper 1993 on 'How to stop smoking'-First Prize

B. *Quiz: Prizes* (1) First prize in a Travel Quiz sponsored by Egypt Air through Gulf News -Newspaper on 10th Jan 1994 (2) First prize in a 'All -Oman Inter -Regional medical quiz' held at Ibra Hospital 1997 (3) Prize for 12th Puzzle of 'The Practitioner-East Mediterranean Edition' 1997

C. *Literary and Cultural:* Debates: National level prize-winner for three years consecutively i.e. 1977-1980 in addition to many prizes at the state (75,76,77,78,79,80) and intercollegiate level.

D. *Swimming:* National level winner in swimming competitions (76, 77). Captain of the swimming team of college 1977.

E. *Diabetes Education*

Published articles in non peer-reviewed journals for GPs and patients

Dashora UK, Dashora V. Diabetes and your kidney. Diabetes Today 1997;7/3:11-15

Dashora UK, Dashora V. Contraception in Diabetes. Diabetes Today 1996;6/4:7-10

Dashora UK. Married life and Diabetes. Diabetes Today 1995; 5/2:17

Dashora UK. Can a diabetic take an oral electrolyte solution? Diabetes Today 1995:5/2:9

Dashora UK. Your question -our answers. Diabetes Today 1994:4/2:5

30 other similar articles.

F. *GP Education lectures in diabetes*

Lectured in GP meetings

Local 2009 to 2018 Multiple meetings example dates (22.04.10, 17.12.10, 22.04.2009, 17.11.2009, 30.06.2009, 24.09.2009, 19.11.2008, 10.06.2009, 25.11.2009)

**Conferences Organized/ Examiner duties**

1. PACES Examiner 2010, 2011, 2012 (3-4.3.), 2013, 2014, 2015, 2016, 2017
2. OSCE Examiner 2007, 2008, 2009 and 2010 to 2016
3. GIM training day on 1st Nov 2004
4. Diabetes Update on 4th October 1992 at Mallya Apollo Hospital, Bangalore.
5. Regional workshop on Diabetes at Ibra Hospital 1997
6. Regional workshop on Diabetes at Ibr Regional Referral Hospital 1998 and 1999

**Courses and Conferences attended**

1. ABCD executive meeting 1.9.14, 2015, 2016, 2017, 23.05.2018
2. ABCD meeting 8.11.13, 2014, 2015, 2016, 2017, 2018
3. Mandatory training (moving, transfusion, infection control, BLS) 09.9.14, 9.10.13 to 2018
4. SAS doctors appraisal training event at London 17.01.13
5. Completed MA in medical education (26.3.13 enrolment) 12.13
6. Trust audit meetings 20.6.13
7. Completed PGD in 12.12
8. One of the best 4 out of 15 presenters from all over the world in Advance medical communication workshop 15-16.11.2012
9. Diabetes meeting. Paris 29.2 to 2.3.2012
10. SGLT 2 receptor blockers meeting 11.5.2012
11. BLS, Infection control and manual handling 2.11.11
12. Restore Men's health conference 14-15.10.11
13. CQC Training 06.07.2011
14. ABCD Meeting 05.05.2011
15. Risk management course 13.10.2011
16. Restore the health of Man conference 14-15.10.2011
17. EASD 12-16.09.2011
18. Advancing module test certificate in stroke and thrombolysis 20.05.2010
19. Foundation course on Management by Medicology 15 and 22.02.2010
20. Cardio Diabetes master classes 9-11.10.2009
21. EASD 30.09 to 02.10.2009
22. Lap-Band Advisory board meeting 30.04.2009
23. Mental capacity act 10.12.08
24. Risk management, health and safety, Moving and handling, infection control, fire safety and blood transfusion 17.10.08
25. Diversity and equality workshop 27.05.08
26. Persuasive Presentation workshop 16.09.08
27. Cardio diabetes master classes 11-13.04.2008
28. European Congress of Endocrinology 3-7/05/2008
29. Diabetes in-patient National Network conference 15.12.08
30. Appraisal course 17.09.08
31. Selection and recruitment course 28.07.08

32. European Association for the Study of Diabetes 17-21.09.07
33. Thyroid ultrasound course 2.7.2007
34. American Diabetes Association meeting
35. British Endocrine Society meeting 5-8.3.2007
36. ADA conference 9-15.6.2006
37. ALS course 27-29.4.2005
38. 5th Congress of the European Federation of Internal Medicine 31.8.2005 to 03.09.2005
39. Spring meeting of the society for acute medicine 14-15.4.2005
40. Isle of Wight diabetes conference 13-14.10.2005
41. ADA conference, Florida 4-8.6.2004
42. Statistics course for MD students. University of Newcastle. 03.2003 to 05.2003
43. Teaching skills courses for medical teachers- (1) Excel 31.10.02 (2) Access 1 and 2 14 and 21.11.02 (3) Power point 1,2 and 3 on 16.5.02, 4.11.02 (4) Small group teaching 11.11.02 (5) OSCE Training 25.11.02
44. Management skills courses: Time management, facilitation skills, managing budget, managing meetings. 15.05.2003 to 15.06.2003. North Tyneside College
45. Diabetes UK 12-15.3.2002, 18-21.3.03.20-22.4.2005 Workshop on diabetic foot, research, and diabetic retinopathy
46. Care of the critically ill medical patient course 12-14 .12. 2001
47. ALS course 17-20 Jan 2001
48. Advance Endocrinology course 11-12.07.2001
49. Pituitary tumours- diagnosis, treatment and prognosis, Middlesbrough 29.05.2002
50. EASD 10-13.9.01
51. Attended National Diabetes Meeting with the WHO Representative, Muscat 1997,98,99

#### **Advisory Board Work**

1. Insulin degludec 20.06.2011
2. 2012 global advisory board meeting

#### **Innovative projects**

1. Virtual clinics (e-mail and phone clinics) 24.01.13 onwards till date

#### **Mentorship**

1. ABCD mentor 6.5.11

#### **Membership/ Fellowships**

1. Fellow and regional advisor, Royal college of Physicians of London
2. Fellow and regional advisor, Royal college of Physicians of Edinburgh
3. Diabetes UK
4. British Endocrine Society
5. Association of British Clinical Diabetologist
6. Member, Royal College of Physicians of UK
7. Medical Practitioners Society

8. American Diabetes Association 1992-1993
9. National Diabetic Association of India, Life
10. Association of Physicians of India, Life
11. Practitioners Society of Jaipur, Life

**Guest Lectures and CME Lectures** at various forums

1. Dashora UK. Newer diabetes treatment. An invited lecture at MG Medical College Jaipur 10.03.2010, 22.12.2011 to 2016 (various lectures)
2. Dashora UK Recent advances in diabetes. A guest lecture at SMS Medical college, Jaipur 21.02.2009
3. Advances in insulin therapy in Type 2 diabetes. European conference on insulin therapy, Mumbai, India 22.03.09
4. Postgraduate lecture on novel insulin regimens in Type 2 diabetes at SMS Medical College, Jaipur, India 18.07.07
5. 34 GP lectures on insulin treatment in Type 2 diabetes 2006-2012
6. Invited lecture on 'Diagnosis and Classification of Diabetes' at the National Diabetes Workshop on 4th Nov 98
7. Guest lecture on 'Diabetic Diet' at Santokba Durlabhji Memorial Hospital, Jaipur on 28-29 Dec 1991

**Management/ Organizational:**

1. Attended leading excellence programme organised by the Trust (March 2018 to September 2018) and using the skills successfully completed projects on coding which resulted in reduction in mortality, integrated care which improved efficiency among others
2. Deputy Chief of Medicine from 2017
3. Regional Advisors RCPE and RCPL meeting 2016
4. Royal College Appointment Advisory committee representative for consultants appointment in the country
5. Represented clinicians in the trust Policy group meeting on 30.1.14
6. Member ABCD Executive committee from 18.4.13 (Lead on : presented insulin safety project paper which was approved to be sent to JBDS in pt group where it was approved for national launch as a competition with me as lead, U 500 audit and integrated care was also presented.
7. Presented my proposal for improving insulin safety in UK in the JBDS meeting on 11.09.13. Accepted and I was asked to lead on the project by organising insulin prescription chart contest to identify and promote safe insulin prescribing.
8. Selected as NCEPOD advisor to investigate lower limb amputations in the UK 4.7.13, 21.11.13
9. Selected by ABCD to represent the views of Diabetes consultants in scoping exercise for glifozin drugs in NICE committees 30.7.13
10. Lead expert member for the evaluation of vibra tip for testing vibration perception in the detection of diabetic peripheral neuropathy on 8.4.14
11. Member, South East Coast Clinical Leadership Network 2013
12. Represented medical division in ECIST delivery group 10.01.2013

13. Member Local Faculty Groups 27.2.13, SAS 15.3.13 (organised courses, feedback and article 14 applications), Foundation 20.3.13, 19.6.13
14. Appointed in the role of Medical Appraiser by ESH on 23.11.12, received training and Appraiserd medical doctors 11.01.13,
15. M and M lead for D and E with meetings 29.1.13, 19.3.13, 23.7.13, 24.9.13
16. Research Lead 1.3.13 strategy development group
17. Lead D and E cross site, chaired cross site meetings every month 22.3.13, submission to formulary for newer drugs 9.7.13, meeting regarding challenges 6.9.13 detailed cress saving plan 19.09.2013
18. SAS tutor 2013. developed funding criteria 5.9.13
19. Member Antimicrobial stewardship Group meeting 27.3.13, 14.8.13
20. Member, Health records steering group to represent medical division 18.6.13, 24.9.13
21. Member SECRC 12.4.13
22. Regional Lead for SAS Project 2010-12 onwards and
23. SAS tutor 2009 onwards attended SAS tutors meeting on vario us dates 30.09.2014
24. Chair, Medical Division 2010 onwards (ward reconfigurations following bed reduction 1.2.13,
25. Member, Southern Region Consultants and Specialist committee 2010 onwards
26. Member, South east Region Council 2010 onwards
27. Member of medicine management board 2009
28. Lead for risk group for medicine at conquest 2007-2009
29. Clinical lead for out patients diabetes services across the trust 2008
30. Counsellor for foundation trainees 2008
31. Persuasive presentation course 2008 and 2012
32. Attended Wessex Professional Programme 5-7.10.2005
33. Class Representative to the students union, for the first year MBBS students 1978-1979
34. Literary secretary of the medical college 1978-1979
35. Acting Medical Officer In-Charge at Sinaw and Ibra Hospital
36. Chairman of CME committee at Sinaw and Ibra Hospital
37. Regional Diabetologist, Oman 1993-2000

#### **Social Activities**

1. Participated in Rural Camps, Family Planning Activities, and Urban Surveys In 1975-1985
2. Organise badminton club locally (ongoing)
3. Organised number of team building activities

#### **Career Aim**

While working as a consultant in NHS, I want to expand my role as a teacher and trainer. I also want to increase my contribution in the management structure for NHS which is crying out for input from clinicians.

#### **Referees:**

1. Dr P Sathiskumar. Consultant Endocrinologist. Conquest Hospital, The Ridge, St Leonards on Sea, Hastings, TN37 7RD. E mail: Sathis.Kumar@esht.nhs.uk. Ph 01424755255
2. Dr James Dennison, Department of Medicine, The Ridge, St Leonards on Sea, TN37 7RD .E mail: James.Dennison@esht.nhs.uk. Ph 01424755255