

Curriculum Vitae

Dr Nikolaos Tsampras

Personal details:

Name: Dr Nikolaos Tsampras

Date of Birth: 10.02.1979

Nationality: Greek (E.U.)

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Qualifications/Education:

CCT	Licence to use the Medical Specialty Title of Obstetrics – Gynaecology (CCT)	3/ 2012
RCOG-CPD	Associate	2011
ATSM	Advanced Labour Ward Practice –RCOG	7/2014
BFS	Module on Pelvic Ultrasound	6/2015
BFS	Module on ET/IUI	6/2015
ATSM	Subfertility and Reproductive Health	9/2016
ATSM	Benign Abdominal Surgery: Open and Laparoscopic	12/2018
BFS	Module on Quality Improvement of Fertility Service	9/2016
BFS	Module on Management of the Infertile Couple	6/2016
BFS	Module on Assisted Conception	6/2016

Memberships

British Fertility Society	2014
European Society of Human Reproduction and Embryology	2014
American Society for Reproductive Medicine	2015
British Society of Gynaecological Endoscopy	2017

Present appointment:

04.2020-present

Consultant Gynaecologist

St Mary's Hospital, Manchester

Responsibilities:

I am a Consultant in Gynaecology and Reproductive Medicine and Surgery in St Mary's Hospital, one of the largest Gynaecology Units in the country. I do regular benign gynaecology clinics, cancer diagnosis clinics (rapid access), specialist infertility and outpatient hysteroscopy clinics. I carry out regular theatre lists with an interest in minimal access gynaecology and endometriosis. I participate in the on call rota managing gynaecological emergencies and early pregnancy complications. I am competent in Ultrasound scanning. I am specialised in assisted reproduction techniques and I perform regularly oocyte collections and embryo transfers. I have led change in several aspects of gynaecology. Most recently I implemented the use of remote consultations in gynaecology. I have published several articles in peer reviewed journals. I have a strong interest in teaching.

Management of Change

1. Standard Operating Procedure (SOP): Virtual Consultations & Remote Working in Gynaecology. I led the implementation of virtual clinics in gynaecology during the Covid-19 pandemic. I authored the relevant policy for MCS. 6/2020
2. Infertility Service in Wythenshawe Hospital. I built an infertility service in Wythenshawe as part of the harmonization of services within the Manchester University Foundation Trust. I introduced modern diagnostics (AMH, AFC), HyCoSy clinic. New treatment pathways were established as ovulation induction with oral agents. A smooth and faster referral pathway for patients in need of licenced treatments was established. The Unit was frequently represented in the Reproductive Medicine MDT. A dedicated fertility clinic was created. Training opportunities in infertility led to the appointment of an Infertility ATSM trainee.
3. IV Iron Infusion Referral Pathway - I established a screening process and referral pathway for anaemic patients in accordance with NICE guidelines, while working in a multidisciplinary team (Haematology, Gynaecology, Anaesthetics) 3/2017
4. Thromboprophylaxis in HDU Audit - I designed the audit proforma, collected and processed the data. Updated the relevant guideline. All patients had LMWH administered on time and appropriate dose was given. In patients at high risk of bleeding pneumatic compression stockings had not been utilised. VTE risk assessment in HDU introduced. Plan to reaudit. 2014
5. Laparoscopic Hysterectomy Audit - I have defined the audit standards using national and international references. I supervised the data collection and the design of the audit proforma. The audit concluded to safety and efficacy of the procedure encouraging the clinicians to continue performing hysterectomies laparoscopically. 7/2017
6. Rescan Audit - I participated in the data collection and process. Poor documentation of decision making was revealed. Repeat scans were more frequent than policy recommendation. This audit resulted in updating the local Emergency Gynae Unit Guideline.

Recommendation for Consultant involvement after 3rd scan, urine HCG to monitor medical management. Plan to reaudit. 2014

7. Single Embryo Transfer (SET) Audit - I have led this audit including all IVF/ICSI cycles in 2014. I have presented the results in the Departmental Meeting. As a result of this audit the SET Policy was changed. 2015
8. Atypical Hyperplasia Audit - I processed the data and summarised the audit report. One patient was missed during follow up, as had migrated abroad. Improvement noted comparing to previous audits. Plan to reaudit. 2014
9. Anaesthetic Availability Audit - I have been the Clinical Lead of this Audit for 18 months, processing the data and investigating the cases that breached the national guideline. When time interval was extended, the notes were reviewed and root cause analysis was performed. The results were disseminated to the unit to increase awareness. 2013
10. SSR (Surgical Sperm Retrieval) Audit – I designed the proforma, collected data and presented this audit, as part of the annual HFEA licence requirements. 2016
11. Maximum dose of gonadotrophins for follicular induction in IVF/ICSI cycles- The project confirmed the additional benefit of using 450iu of FSH as the maximum starting dose in a certain group of patients. 2017

Administration:

Previously I have organised the junior doctor's rota and local training days. I am computer literate and proficient in use of MS Word, Excel and PowerPoint.

Books and monographs published:

1. Choice of gonadotropins: Which preparation & when to use?, World Clinics OBG-Ovulation Induction, issue 7, Tsampras N., Mathur R. 11/2015
2. Clinical Reproductive Science, Stimulation Protocols, Tsampras N., Fitzgerald CT (In press)
3. Asherman Syndrome. Medicolegal Issues in Obstetrics and Gynaecology. N. Tsampras, E. Edig-Osagie (Under Review)
4. How to avoid ovarian hyperstimulation syndrome: best management strategies. CHEONG et al: Practical Problems in Assisted Reproduction. N. Tsampras, R. Mathur (In Press)

Publications: Peer reviewed

1. Ovarian response to controlled ovarian stimulation for fertility preservation before oncology treatment: A retrospective cohort of 157 patients. N. Tsampras, S. Roberts, D. Gould, C.T. Fitzgerald European Journal of Cancer Care. 2018
2. Double Ovarian Stimulation - DuoStim - Protocol for Fertility Preservation in Female Oncology Patients. Tsampras N., Gould D., Fitzgerald CT. Human Fertility, 2/2017

3. Cervical mucus removal before embryo transfer in women undergoing in vitro fertilization/intracytoplasmic sperm injection: a systematic review and meta-analysis of randomized controlled trials. Laurentiu Craciunas, M.D., Nikolaos Tsampras, and Cheryl Fitzgerald, M.B., Ch.B., M.D. Fertility Sterility, 2014 May

4. The use of a peritoneal gas drain following gynecological laparoscopy: a systematic review. Laurentiu Craciunas, Laura Stirbu, Nikolaos Tsampras, Eur J Obstet Gynecol Reprod Biol. 2014 Apr 18

5. A literature review of the current evidence for routine antibiotic prophylaxis after cervical tissue excisions. Craciunas L, Tsampras N. J Obstet Gynaecol. 2014 Jun 9

6. Intrauterine injection of human chorionic gonadotropin (hCG) for assisted reproduction. Dr Craciunas, Dr Tsampras, Prof Cumarasamy, Prof Raine-Fenning. Cochrane Review. 5/2016

7. 6. Intrauterine injection of human chorionic gonadotropin (hCG) for assisted reproduction. Dr Craciunas, Dr Tsampras, Prof Cumarasamy, Prof Raine-Fenning. Cochrane Review - Update. 10/2018

8. Bed rest following embryo transfer might negatively affect the outcome of IVF/ICSI: a systematic review and meta-analysis. Craciunas L, Tsampras N. Human Fertility, February 2016

9. Recombinant versus bovine hyaluronidase for oocyte denudation before intracytoplasmic sperm injection: a systematic review and meta-analysis. Nikolaos TSAMPRAS; Martina KOLLMANN, MD; Laurentiu CRACIUNAS, Doctor – Medic; Journal of Obstetrics and Gynaecology, 2/2021 (In press)

10. Oxytocin antagonists for assisted reproduction. Cochrane Review in Progress

11. Office hysteroscopy safety and feasibility in women receiving anticoagulation and anti-platelet treatment. N. Tsampras, K. Ma, R. Arora, G. Mcleod, F. Minchelotti, L. Craciunas. European Journal of Obstetrics & Gynecology and Reproductive Biology, 3/2021

External presentations:

1. Low cost laparoscopy for the treatment of interstitial ectopic pregnancy. A case report. Nikolaos Tsampras, Edmond Edi-Osagie, Kenneth Ma, Angela Panteli, Linda Green, Kingshuk Majumder (ESGE Congress 2017)

2. Asherman's Syndrome: Literature review and medicolegal considerations Nikolaos Tsampras, Kingshuk Majumder, Kenneth Ma, Gracias Bhima, Linda Green, Edmond Edi-Osagie. (ESGE Congress 2017)

3. Impact of introducing ovarian reserve criteria on activity and results in an NHS IVF service. Tsampras N, dongol R., Gosh B, Mathur R., BFS Annual Meeting, Gateshead, 7/1/2016 (Oral Presentation)

4. Double Ovarian Stimulation - DuoStim - Protocol for Fertility Preservation in Female Oncology Patients. Tsampras N., Gould D., Fitzgerald CT. North of England Reproductive Medicine Group Annual Meeting, Manchester, July 2015. (Oral Presentation)
5. The Effect of Ethnicity in IVF/ICSI success rate. Akhtar MA, Tsampras N., Majumbar K., Edi-Osagie E., Sajjad Y., ASRM Annual Meeting, Hawaii 10/2014 (Oral Presentation)
6. Is this my husband's baby? Dilemma of Partial Rhesus Negativity, Tsampras N, Louli A., De Courcy-Wheeler. 11th World Congress in Fetal Medicine, Kos, Greece 2012
7. Case report of Post Ablation – Tubal Sterilization Syndrome. Tsampras N., Kamath M. 2nd Irish Congress of Obs, Gynae and Perinatal Medicine. 2012
8. Case Report of Ogilvie's Syndrome, post Caesarean Section. Tsampras N., Sim D. 2nd Irish Congress of Obs, Gynae and Perinatal Medicine. 2012
9. Case report of fetal anencephaly and abortion outcome, in rural hospital. Tsampras N., Chatzis P., Diamantides M., Tsalikis M., Tsalikis L. 8th World Congress in Fetal Medicine. Portorose, Slovenia 2009
10. Tetralogy of Fallot and hyperechogenic bowel combined as ultrasound findings of a routine scan during the 20th week of gestation, in a rural hospital. P. Chatzis, N.Tsampras, T. Dagklis, M. Tsalikis, L Tsalikis. 8th World Congress in Fetal Medicine. Portorose, Slovenia 2009
11. Congenital diaphragmatic hernia diagnosed in a rural hospital, by ultrasonographic findings during the 20th week of gestation. P. Chatzis, N.Tsampras, A. Pantelis, M. Tsalikis, L Tsalikis . 8th World Congress in Fetal Medicine. Portorose, Slovenia 2009
12. Case report : Fetal Spina Bifida with open meningocele and abortion outcome. N.Tsampras, M.Diamantidis, E.Karathanou, I.Xipolitos, P.Chatzis, C.Theodoridis, L.Tsalikis. 7th Athens Congress of Womens Health and Disease. Athens, Greece, 2008
13. Reproductive performance in woman with bicornuate uterus after surgical unification of the cavities. M.Diamantidis, E.Karathanou, P.Chatzis, N.Tsampras, C.Theodoridis, L.Tsalikis. 7th Athens Congress of Womens Health and Disease. Athens, Greece, 2008
14. Acute Toxoplasmosis in Pregnancy. Tsampras N., Chatzis P, Theodoridis Ch., Diamantides M, Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology Athens, Greece, 2009
15. Comparison study between closure and non - closure technic of the peritoneum in performing cesarean section. Chatzis P., Kazakos Th., Tsampras N., Theodoridis Ch., Tsalikis M, Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009
16. The therapeutic use of the intrauterine device of levonogestrel in the treatment of menorrhagia. Chatzis P., Tsampras N., Theodoridis Ch., Kazakos Th., Diamantides M., Xipolitos I., Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009
17. Acquired haemophilia after cesarean section. Diamantides M., Tsalikis L., Kazakos Th., Xipolitos I., Tsampras N. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009

18. Treatment of 3rd uterine prolapse with Le Forte procedure. Tsampras N., Chatzis P., Theodoridis Ch., Kazakos Th., Ifantides D., Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009

19. PCOS and glucose intolerance. Their diagnostic relationship and the role of metformin in the management. Chatzis P., Diamantidis M., Tsampras N., Theodoridis Ch., Ifantides D., Xipolitos I., Kazakos Th., Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009

20. Retrospective study of the cases of cesarean hysterectomy in our district hospital. Tsampras N., Chatzis P., Theodoridis Ch., Kazakos Th., Diamantides M., Xipolitos I., Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009

Clinical career:

Previous appointments

Dates	Career grade	Hospital
4/2020-present	Consultant Gynaecologist	St Mary's Hospital, Manchester University Foundation Trust, Manchester
5/2018-4/2020	Consultant in Obs and Gynae	Wythenshawe Hospital, Manchester
11/2017-4/2018	Locum Consultant Gynaecologist	St Mary's Hospital, Manchester
11/2016-11/2017 (12 months)	Senior Clinical Fellow in O/G (Minimal Access Surgery)	St Mary's Hospital, Manchester
11/2014-11/2016 (2 years)	Senior Clinical Fellow in Reproductive Medicine	St Mary's Hospital, Manchester
8/2014-10/2014 (3 months)	Locum SpR O&G	Ormskirk Hospital, Ormskirk
04.2013-8/2014 (16 months)	Clinical Fellow O&G	St Mary's Hospital, Manchester
09.2011 – 04.2013 (19 months)	Specialty Doctor O&G	Daisy Hill Hospital, Newry, N. Ireland
07.2009-09.2011 (26 months)	Specialty Trainee O&G	University Hospital of Larissa, Larissa, Greece
09.2010-11.2010	Clinical Attachment	St Mary's Hospital, Manchester
09.2007-07.2009 (22 months)	Specialty Trainee O&G	General Hospital of Serrai, Serrai, Greece
11.2006-08.2007 (9 months)	General Practitioner	Greek Army. 6 th Regimen, Corinthe, Greece
08.2005-06.2006 (9 months)	Specialty Trainee in General Surgery	General Hospital of Karpenissi, Karpenissi, Greece
03.2004-08.2005	Medical Practitioner	Health Centre of

(15 months)

Nemea, Nemea,
Greece

Postgraduate courses attended:

1. BFS Study Week, London 6.2015
2. Labour Ward Management, RCOG, London, 02.2012
3. MOET, Liverpool, 11.2013
4. ALSO, Athens, 11.2009
5. Subfertility and Reproductive Health, RCOG, 6.2016
6. Online Clinical Negligence Medico-Legal Training Course, 11.2020