

# CURRICULUM VITAE

## Mr James E. Metcalfe

MB ChB FRCS (Ed) Trauma and Orthopaedics  
Consultant Trauma and Orthopaedic Surgeon.  
Specialist Interest in Paediatric Orthopaedics  
And Foot and Ankle Surgery

<b>Date of Birth : 7<sup>th</sup> March 1970</b>	<b>GMC Number : 4016423</b>
<b><u>Qualifications: Undergraduate.</u></b>  MB ChB (Birmingham 1993)	<b><u>Qualifications: Postgraduate.</u></b>  FRCS Part One (Ireland 1995) FRCS Part Two (Edinburgh 1998) FRCS (Trauma and Orthopaedics) (Bristol 2004.)
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<b>Year first appointed as a consultant : 2006</b>	
<b>Website- <a href="http://www.james-metcalfe.co.uk">www.james-metcalfe.co.uk</a></b>	
<b>Special skills:</b> General trauma and orthopaedic surgery. Specialist interest in complex lower limb trauma and limb reconstruction. Specialist interest in paediatric orthopaedics. Specialist interest in foot and ankle surgery.	
<b>Professional Affiliations:</b> Fellow of the Royal College of Surgeons in Edinburgh. British Orthopaedic Association. British Foot and Ankle Society.	

## **Consultant Trauma and Orthopaedic Surgeon at Plymouth University Hospitals NHS Trust .**

### **Paediatric Orthopaedics**

I am one of three Consultants with a special interest in children's orthopaedics working at Derriford hospital. About 50 % of my practice is dedicated to paediatric orthopaedics.

We serve the Plymouth area but have expanded our catchment area to include Cornwall and South Devon. I perform paediatric orthopaedic Clinics in Plymouth based at Derriford Hospital. I also perform peripheral Clinics in Cornwall based at the Child Development Centre at Treliske Hospital and at Bodmin Hospital. I also run multidisciplinary clinics based at special schools in Plymouth.

Paediatric orthopaedic surgery is performed at Plym Paediatric Operative Suite. This is a dedicated paediatric theatre served by specialist nurses, ODP and highly trained paediatric anaesthetists. The majority of children undergoing surgery are allowed home on the day of surgery. For those children needing overnight care, admission to the paediatric ward is arranged. For more complex surgery the children are admitted to the Children's High Dependency Unit.

### **Cerebral palsy**

I assess and treat children with cerebral palsy from the Plymouth, Cornwall and South Devon areas. I am involved in multidisciplinary assessment with physiotherapists in out-reach clinics and special schools.

Gait analysis is performed in Plymouth and I report the analysis with Professor John Marsden. These meetings are usually multidisciplinary involving the physiotherapist. Gait analysis is an important tool in guiding surgical management.

The initial management of cerebral palsy includes exercises and orthotics. I can give advice on these. Further management includes spasticity modification with Botulinum toxin, I perform soft tissue or bony surgery as required as isolated procedures or as part of multilevel surgery. I also reconstruct subluxated or dislocated hips. .

### **Developmental Dysplasia of the Hip.**

I run the Developmental Dysplasia of the Hip Service with Dr Rima Vaitkute and Mr Ben Holroyd. We run an ultrasound of hip service screening babies with risk factors and clinical signs. Treatment with a Pavlik harness is instigated immediately at this one stop shop clinic. For failed Pavlik harness treatment or for delayed presentation I perform closed reduction and spica application. For delayed presentation in the older child I also perform hip reconstruction with femoral and acetabular osteotomies.

### **Club Feet.**

Club feet are treated by using the Ponseti method. This is delivered by specialist physiotherapists in Derriford Hospital. I perform an Achilles tenotomy if required under general anaesthetic. I treat the sequelae of relapsing club feet with tibialis anterior transfers. For complex deformities I use Ilizarov frames for three dimensional correction.

### **Perthes Disease.**

The treatment of Perthes disease includes conservative and surgical management. The surgical management is containment of the femoral head. This is achieved with proximal femoral osteotomies. For more complex deformity I have performed femoral arthrodiastasis.

### **Limb Deformity.**

I perform limb correction with a variety of techniques. These include manipulation of the growth plate with guided growth using 8 plates or hemiepiphysiodesis. For more complex deformity I use external fixators such as Ilizarov or Taylor Spatial Frames.

### **Paediatric Foot and Ankle Conditions.**

I assess and treat all paediatric foot conditions. The majority of foot deformity is treated conservatively with physiotherapy and orthotics. However I perform corrective surgery for curly toes, bunions and flat feet. The more complex deformities may require Ilizarov frame correction. I also assess ankle joints arthroscopically.

### **Adult Foot and Ankle Surgery.**

I am one of three Consultants who have a specialist interest in adult foot and ankle surgery. About 20% of my practice is dedicated to adult foot and ankle surgery. My surgical repertoire extends from the ankle, hind foot, mid foot and fore foot. I perform arthroscopic assessment and treatment of the ankle and subtalar joint.

### **Trauma.**

Plymouth Hospitals NHS Trust has a large Trauma and Orthopaedic Department with sixteen Consultant Surgeons. My duties involve trauma care and I participate in the on-call rota. I am involved in a specialist rota for dealing with paediatric trauma in the Plym Children's Surgical Unit. About 10 % of my practice is dedicated to trauma.

### **Teaching Undergraduate.**

The Peninsula Medical School is attached to Derriford Hospital. I am involved in the education of undergraduate medical students. I perform a regular "Broken Leg Week" introductory session twice per month. This involves basic science and clinical skills. I also teach medical students for their Special Study Unit in Paediatric Orthopaedics.

I am an examiner for the Peninsula Medical School. This involves examining 2<sup>nd</sup> and 4<sup>th</sup> year medical students in all medical aspects excluding orthopaedics. This is an extremely challenging activity for the medical student and the examiner.

### **Teaching Postgraduate.**

I teach on a regular basis to the Specialist Registrars on the South West training rotation. This is on aspects of paediatric orthopaedics and foot and ankle surgery. I am a regular faculty member of the Basic Surgical Skills course in Plymouth.

### **Teaching Child Protection.**

I have attended a specialist course in the delivery of child protection training. I have taught as a faculty member to Derriford Hospital Doctors. I am the orthopaedic lead for child protection and deliver annual training to the department.

### **Departmental Roles.**

Within the department I was the Audit lead for 6 years. I was the SHO Lead which involves recruitment and managing of the orthopaedic juniors rotas.

## **Nuffield Hospital Private Practice**

I have performed private practice since July 2006. This is mainly adult foot and ankle surgery .

## **Medico legal Practice**

I have performed medico legal work for 13 years since 2006.

I produce 60 – 80 medical reports per year.

My medico legal practice is 90% personal injury and 90% claimant .

I am receiving more medical negligence instructions.

The average waiting time is 4 weeks to appointment.

The average turnaround time is 4 weeks.

## **National Teaching**

### **AO Principles of Fracture Management.**

I am faculty that deliver the Principles of Fracture Management at Leeds. This occurs every two years and involves lecturing and practical teaching of fracture management skills.

### **Sheffield Paediatric Orthopaedics and Trauma Course.**

I was a faculty member delivering lectures and practical skills at Sheffield `Children`s Hospital.

## **Overseas Working and Teaching**

### **SPARSH Hospital – Bangalore 2011**

I was a visiting surgeon on a surgical camp visiting Bangalore in 2011. This involved delivering paediatric orthopaedic clinics and performing complex deformity correction and Cerebral Palsy Surgery over the course of a week.

### **Nepal Trips and Neverest Orthopaedics – 2013 – 2019**

Professor Rajan and I visited Nepal in 2013 working mainly at Nepal Medical College and Nepal Orthopaedic Hospital. We delivered a SICOT conference on paediatric orthopaedics. We performed clinics and surgery over a 2 week period. Professor Rajan and I co founded a charity called Neverest Orthopaedics to help fund these teaching trips.

We have visited annually since then providing teaching , clinics and theatre expertise. After the earth quake in 2015 , we have sponsored 10 orphaned girls with their education and in 2016 have built the girls an orphanage. We are dedicated the educate and support these girls through their school and further education.

We have links with SERC Special School in Kathmandu. Our charity is funding an exchange visit for their staff to visit special schools in Plymouth and South West England.

The Neverest 2019 trip was successful in delivering teaching and clinics at TU University hospital and Nepal Orthopaedic Hospital.

## **Dartmoor Search and Rescue Team**

I commenced training with Dartmoor Search and Rescue Team in Tavistock in 2012. This involved navigation in extreme weather, swift water training and other search skills. I completed training in March 2013 and was “badged” receiving my coveted Red Mountain Rescue jacket.

Completing training has enabled me to become a call out member. Training occurs every Wednesday evening. We are called out 2 – 3 times per month at all hours of the day and night.

Within the rescue team, I have attended a Swift Water Rescue course run by Rescue Three. This is an internationally recognised qualification. These skills were put to test in York in December 2015 when we were deployed to help the local population.

In 2014 I was invited to join the “Hasty” running team. We are a small group of runners that run during a call out. We quickly assess paths and other areas where missing persons are likely to be found.

In addition to my search and water skills, I also provide medical training to the team and also other search teams in the local area.

## **Ultra-marathon Running and Climbing**

I have completed 17 ultra marathons since 2012. I completed the Spine Mountain Rescue Challenger in 2018. This was a 108 mile race over the Pennines.

Within the Mountain Rescue Team, there is a core group of climbers who climb indoors over winter and out doors in Summer. We have aspirations for more adventurous overseas climbing in the next few years.

### Training Specialist Registrar Posts:

	Location	Specialty	Dates
Year 1	Queens Hospital, Burton on Trent	Trauma. General orthopaedics.	July 1999 – June 2000
Year 2	Royal Shrewsbury Hospital	Trauma. General orthopaedics.	July 2000 – June 2001
Year 3	Robert Jones and Agnes Hunt Hospital, Oswestry	Arthroplasty. Paediatric orthopaedics.	July 2001 – June 2002
Year 4	Stoke on Trent	Arthroplasty Paediatric Orthopaedics. Trauma.	July 2002 – June 2003
Year 5	Robert Jones and Agnes Hunt Hospital, Oswestry	Foot and ankle Surgery Upper limb	July 2003 – June 2004
Year 6	Stoke on Trent	Paediatric orthopaedics Trauma	June 2004 – December 2004
National Paediatric Orthopaedic Fellowship	Sheffield Children's Hospital	Paediatric orthopaedics	January 2005 – December 2006

### Training Junior Doctor Posts:

Job Title	Location	Specialty	Dates
House Officer	Stoke on Trent	Surgery	August 1993 – February 1994.
House Officer	Stoke on Trent	Renal Medicine	February 1994 – August 1994.
Anatomy Demonstrator	Sheffield University	Undergraduate teaching	August 1994 – August 1995
SHO	Stoke on Trent	Neurosurgery	August 1995 – February 1996
SHO	Stoke on Trent	Cardiothoracic surgery	February 1996 – August 1996
SHO	Stoke on Trent	General and vascular surgery	August 1996- February 1997.
SHO	Stafford District General Hospital	Orthopaedics	February 1997 – August 1997.
Senior SHO	Stoke on Trent	Orthopaedics	August 1997 – February 1998.
SHO	Glenfield Hospital. Leicester.	Orthopaedics	February 1998 – August 1998.
SHO	Royal Orthopaedic Hospital, Birmingham	Bone Tumour Unit	August 1998 – February 1999.
Junior Fellow	Royal Orthopaedic Hospital, Birmingham	Arthroplasty	February 1999 – June 1999

### **Postgraduate Courses.**

<b>Course</b>	<b>Location</b>	<b>Date</b>
Basic Surgical Skills	Stafford	1996
Care of the Critically Ill Surgical Patient	London	1997
ATLS	Stoke on Trent	1997
AO Basic Fracture Fixation Course	Leeds	2000
Basic and advanced elastic stable intramedullary nailing Course	Sheffield	2003
Foot and Ankle Course	Oswestry	2003
Edinburgh international instructional trauma course	Edinburgh	2003
Basic Sciences Course	Oswestry	2004
Management Awareness Course	Birmingham	2005
Basic Ilizarov Course	Sheffield	2005
International Club Foot Conference	Manchester	2005
European Advanced Limb Reconstruction Course	Edinburgh	2005
How to be a consultant surgeon III	London	2005
Advanced Paediatric Life Support	Plymouth	2006
Medico-legal expert witness certificate	Inns of Court School of Law	2006
Total ankle solutions arthroplasty course	Zurich	2006
ATLS	Plymouth	2006
APLS Instructors Course	Plymouth	2007
Taylor Spatial Frame Course	Southampton	2007
Child protection for Experienced Practitioners	Plymouth	2007
Dorset Hip Ultrasound Course	Dorset	2007
AO Current Concepts Course for Surgeons	Warwickshire	2008
Synthes National nailing Symposium	Bristol	2008
Training for Trainers Child Protection	Plymouth	2008
Baltimore Limb Deformity Course	Baltimore	2009
Level Three Child Protection Training	Plymouth	2010

### International Lecturing.

Foot and Ankle Symposium 2011	The National University of Malaysia April 2011. Invited as guest international speaker
Lectures Given	Biomechanics in diabetic foot
	Insights into diabetic foot infection
	Surgical treatment of osteomyelitis in the diabetic foot
	Fore foot and heel pain management
	Updates in foot and ankle surgery.
	Paediatric pes planus – surgical versus conservative treatment.

### Publications: Book

Chapter	Authors	Book
The Hip	Mr J.E. Metcalfe and Alan Sprigg Editors – K.J.Johnson E. Bache	Imaging in paediatric skeletal trauma. Springer ISBN- 978-3-540-66196-2



## Publications: Journal

Title	Authors	Reference
Longstanding sarcoma of the thumb	Mr J.E. Metcalfe and Mr R.J. Grimer	BMJ (Minerva) No 7184. 6 <sup>th</sup> March 1999 Page 680
Tackling osseous hydatidosis using orthopaedic oncological techniques	Mr J.E. Metcalfe and Mr R.J. Grimer	Annals of the Royal College Of Surgeons Of England.2000; 82 : 287 – 289.
Ewing’s sarcoma of the foot masquerading as osteomyelitis	Mr J.E. Metcalfe and Mr R.J. Grimer	Foot and Ankle Surgery. 10 (2004) 29 – 33.
Unexpected long femur in adults with acetabular dysplasia	J.Metcalfe, P.Banaszkiewicz , B. Kapur, J.Richardson and C. Wynn Jones .	Acta Othopaedica Belg 2005 Aug 71 (4) 424 – 8.
Contralateral slip prediction in slipped capital femoral epiphysis: is bone age the answer?	Donamamrdi Gorva A, Metcalfe J, Rajan R, Jones S, Fernandes JA	Acta Othopaedica Belg. 2007 Jun;73(3):327-31.
Elastic stable intramedullary nailing for displaced proximal humeral fractures in older children	Rajan RA, Hawkins KJ, Metcalfe J, Konstantoulakis C, Jones S, Fernandes J.	J Child Orthop 2008 Feb2(1) 15 – 9
Avoiding the unsanitary hip spica.	Watler R, Holroyd B and Metcalfe J	Ann R Coll Surg Engl. 2009 April; 91(3): 267
The effect of forefoot offloading postoperative shoe on posture, balance muscle activity and plantar pressure: a preliminary study.	Paton J, Thomason K, Trimble K , Metcalfe JE and Marsden J	<b><u>Accepted subject to amendments</u></b> Journal of American Podiatric Medical Association 2011
Can orthopaedic clinicians learn to read skeletal bone age? An inter- and intra observer study between specialties.	Rajan, R. A.. / Swindells, M. G.. / Metcalfe, J. E.. / Konstantoulakis, C..	Journal of Children's Orthopaedics 2011 Vol 5, No 1, 69-72
Improving emergency department management of paediatric clavicle fractures.	A H Matthews, M Boyd, AR Bott and J E Metcalfe	British Journal of Hospital Medicine May 2014 Vol 75 No 5 287 – 289
Effectiveness of the Cobb–Stainsby excision arthroplasty	A.H. Matthews , N.A. Jagodzinski, M. Westwood, J.E. Metcalfe, K.T. Trimble	Foot and Ankle Surgery Accepted 2016

### Podium presentations: International.

Title	Authors	Venue
Function after hind quarter amputation	Mr J.E. Metcalfe, Mr R.J. Grimer and Dr C.Eiser.	European Muscular-Skeletal Oncology Society 5 <sup>th</sup> May 2000.
Arthroplasty in adults with DDH: assess leg lengths carefully!.	Mr J.E. Metcalfe ,Mr P. Banaszkiwicz ,Mr B. Kapur ,Professor J.Richardson Mr C. Wynn Jones Dr J Kuiper	EFFORT Lisbon 2005

### Podium Presentation : National

Title	Authors	Venue
Ewing's Sarcoma of the foot : Unusual presentations	Mr J.E. Metcalfe and Mr R.J. Grimer	British Orthopaedic Oncology Society 19 <sup>th</sup> March 1999.
Ewing's Sarcoma of the foot : Unusual presentations	Mr J.E. Metcalfe and Mr R.J. Grimer	British Orthopaedic Association 1999.
Function after hind quarter amputation	Mr J.E. Metcalfe, Mr R.J. Grimer and Dr C.Eiser.	British Orthopaedic Association 2000.
Do Children with fractures have low bone mineral density?	Mr J.E. Metcalfe, Dr Davie and Mr Hay	British Orthopaedic Association Meeting 2002.
Contralateral slip prediction in SCFE : is bone age the answer!	Mr A.D.Gorva, Mr J.E Metcalfe, Mr R.Rajan, Mr S.Jones, Mr J.A.Fernandes	British Society of Children's Orthopaedics, Milton Keynes 2006
Why have a dog and bark yourself. Who should report skeletal bone age?	Mr A.D.Gorva, Mr J.E Metcalfe, Mr R.Rajan, Mr S.Jones, Mr J.A.Fernandes	British Society of Children's Orthopaedics, Milton Keynes 2006.
Should all fractured neck of femur patients have echocardiographic assessment?	Gupta S, Cove R, Loxdale S Keenen J and Metcalfe J	South West Orthopaedic Club April 2008
The value of echocardiographic assessment in patients with hip fractures	Cove R , Gupta S, Loxdale S Keenan J and Metcalfe J	British Orthopaedic Association September 2008

**Podium Presentation : Local.**

<b>Title</b>	<b>Authors</b>	<b>Venue</b>
Revision hip arthroplasty in a DGH	Mr J.E. Metcalfe and Mr M. Wallace	Registrars Research Day March 2000. Robert Jones and Agnes Hunt Hospital
A longitudinal study of fractures in children at a district general hospital from July to December 2000	Mr J.E. Metcalfe and Mr Hay	Registrars Research Day March 2001. Robert Jones and Agnes Hunt Hospital
Bone mineral density in children with fractures	Mr J.E. Metcalfe, Dr Davie and Mr Hay	Registrars Research Day March 2002. Robert Jones and Agnes Hunt Hospital
Do Children with fractures have low bone mineral density?	Mr J.E. Metcalfe, Dr Davie and Mr Hay	Naughton Dunn Club April 2002..
Arthroplasty in adults with DDH: assess leg lengths carefully!	Mr J.E. Metcalfe ,Mr P. Banaszkiwicz ,Mr B. Kapur, Professor J.Richardson, Mr C. Wynn Jones and Dr J Kuiper	Naughton Dunn Club December 2004..

### Poster Presentations :

Title	Authors	Venue
Bone conserving hip revision after failed hip resurfacings	Mr Vhadra, Mr G. Smith , Mr J.E. Metcalfe and Professor Richardson	British Hip Society Sheffield February 2004
Arthroplasty in adults with DDH: assess leg lengths carefully!.	Mr J.E. Metcalfe ,Mr P. Banaszkiwicz ,Mr B. Kapur ,Professor J.Richardson Mr C. Wynn Jones Dr J Kuiper	Welsh Orthopaedic Society Meeting Swansea May 2004 <b><i>Awarded best poster prize.</i></b>
The effect of rocker post-operative shoe on posture, balance, forefoot pressures and muscle activity.	Paton J, Thomason K, Trimble K , Metcalfe JE and Marsden J	British Orthopaedic Foot and Ankle Society Nottingham November 2010
The effect of rocker post-operative shoe on posture, balance, forefoot pressures and muscle activity.	Paton J, Thomason K, Trimble K , Metcalfe JE and Marsden J	Irish Orthopaedic Foot and Ankle Society May 2011 <b><i>Awarded best poster prize.</i></b>
Do not resuscitate orders- an audit of knowledge and patient wishes in orthopaedic surgery.	Mounsey E, Gorian L, Edwards C and Metcalfe J	Fracture neck of the femur- the team works. The Royal Society of Medicine November 2011

### Lectures given at courses:

Title	Institution	Venue
Hip screening for Developmental dysplasia of the hip.	Imaging for paediatric orthopaedic physiotherapists and radiographers	Sheffield Children's Hospital 12 <sup>th</sup> May 2005
Developmental dysplasia of the hip	The gastrointestinal, paediatric, trauma and vascular annual study weekend	Yorkshire and North Trent 36 <sup>th</sup> Regional Committee's Annual Study weekend 5 <sup>th</sup> November 2005