

Curriculum Vitae

Mr Nikolaos Tsampras

Personal details:

Name: Mr Nikolaos Tsampras

Date of Birth: 10.02.1979

Nationality: Greek (E.U.)

GMC Reg: 7090373(Full)

RCOG Associate: 155974

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Qualifications/Education:

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

Memberships:

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

Present appointment:

04.2020-present

Consultant Gynaecologist

St Mary's Hospital,

Manchester University Foundation Trust

03.03.2022-present

Honorary Senior Lecturer

The University of 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 have been awarded the title of Honorary Senior Lecturer by the University of Manchester, recognising my contribution to research. I do regular specialist infertility, benign gynaecology clinics, and outpatient hysteroscopy clinics. I carry out regular theatre lists with an interest in minimal access gynaecology and reproductive surgery. 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 regularly perform 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, as a response to the COVID-19 pandemic. I have published several articles in peer reviewed journals. I have a strong interest in teaching. I led the development of the national guideline for prevention of OHSS. I am an accredited BFS Trainer. I received formal leadership training, completing the NAC leadership course in 2018. I received a Clinical Excellent Award in the 2024 round.

Management of Change

1. I updated the DRM's website including accurate results and a large number of PILs, in accordance with the HFEA website audit tool. I led the wider team including embryologists, andrologists, nurses and counsellors in revising and validating the information provided online. December 2023.
2. Harmonisation of the Hysterosalpingogram referral pathway. I led a team of administrators and radiographers, establishing a single referral pathway and booking process for all the HSG clinics in MFT (Trafford, North Manchester and MRI). The new process eliminated the waiting list. November 2022.
3. I established the benign Gynaecology MDT. This is a monthly forum where gynaecologists discuss complex cases with the contribution of histopathologists and radiologists. A variety of conditions are regularly discussed including complex fibroids, non- cancerous endometrial abnormalities and patients with complex surgical or medical problems. I chaired the meeting between March 2021 and February 2023.
4. 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. I performed the largest at time electronic survey and received good feedback for the service. I published the results in a peer reviewed journal.
5. 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.

6. Peri-operative management of anti-coagulation prior to hysteroscopy. I authored the relevant policy liaising with haematology and cardiology. 2017
7. Management of postmenopausal bleeding. I authored the policy for MFT. 2017
8. Management of Pregnancy of unknown Location. I authored the local policy. 2017.
9. 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
10. 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
11. 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. 2014
12. 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
13. SSR (Surgical Sperm Retrieval) Audit – I designed the proforma, collected data and presented this audit, as part of the annual HFEA licence requirements. 2016

14. 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
15. 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
16. 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
17. 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

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. How to avoid ovarian hyperstimulation syndrome: best management strategies.

CHEONG et al: Practical Problems in Assisted Reproduction. N. Tsampras, R. Mathur

Publications: Peer reviewed

1. Prevention of ovarian hyperstimulation syndrome (OHSS): British Fertility Society policy and practice guideline. N Tsampras, K Palinska-Rudzka, Y Alebrahim, L Craciunas, R Mathur. Human Fertility, January 2025.
2. Vaginal myomectomy for a large intrastromal cervical fibroid: a case report. Alebrahim, Y., Lim, E.T., Manias, T., Tsampras, N. Journal of Surgical Case Reports, December 2024.
3. Modern considerations in perioperative care in gynaecology. Lim, E.T. Tsampras, N. Obstetrics, Gynaecology and Reproductive Medicine, December 2024.
4. Laparoscopic myomectomy for a large uterine fibroid: A video case report. Ee Thong Lim, Andras Kostic, Nikolaos Tsampras. European Journal of Obstetrics & Gynecology and Reproductive Biology. July 2024.
5. Vaginal vault dehiscence with small bowel evisceration, bowel necrosis, and intra-abdominal haemorrhage: a case report. Lim ET, Stylianides N, Craciunas L, Tsampras N. April 2024.
6. Video consultations in reproductive medicine: Safety, feasibility, and patient satisfaction. Nikolaos Tsampras, Laurentiu Craciunas , Michael Dearden , Akanksha Sood , Raj Mathur . May 2023

7. A rare case of bowel obstruction and intraperitoneal adhesions following uterine artery embolization. Sood A., Baraza W, Tsampras N. *Fertility Science and Research*, 6/2022.
8. Modern Perioperative Considerations in Gynecology. *Journal in Obstetrics, Gynaecology and Reproductive Medicine*. M. Elsherbiny, N. Tsampras 1/2022
9. 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
10. 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*, 4/2021
11. Oxytocin antagonists for assisted reproduction. Laurentiu Craciunas , Nikolaos Tsampras , Martina Kollmann , Nick Raine-Fenning , Meenakshi Choudhary. *Cochrane Review*, 9/2021
12. 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
13. Double Ovarian Stimulation - DuoStim - Protocol for Fertility Preservation in Female Oncology Patients. Tsampras N., Gould D., Fitzgerald CT. *Human Fertility*, 2/2017
14. 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
15. 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
 16. 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
 17. Intrauterine injection of human chorionic gonadotropin (hCG) for assisted reproduction. Dr Craciunas, Dr Tsampras, Prof Cumarasamy, Prof Raine-Fenning. Cochrane Review. 5/2016
 18. Intrauterine injection of human chorionic gonadotropin (hCG) for assisted reproduction. Dr Craciunas, Dr Tsampras, Prof Cumarasamy, Prof Raine-Fenning. Cochrane Review - Update. 10/2018
 19. 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
 20. Use of hyaluronic acid for sperm immobilisation and selection before intracytoplasmic sperm injection: A systematic review and meta-analysis. L Craciunas, N Tsampras, M Kollmann, L Stirbu, NJ Raine-Fenning. 11/2015.

External presentations:

1. Video consultations in reproductive medicine: Safety, feasibility, and patient satisfaction. Nikolaos Tsampras, Laurentiu Craciunas , Michael Dearden , Akanksha Sood , Raj Mathur. (Fertility 2023)- Oral Presentation.
2. A rare case of bowel obstruction and intraperitoneal adhesions following uterine artery embolization. Sood A., Baraza W, Tsampras N. (BSGE 2022).
3. Office hysteroscopy safety and feasibility in women receiving anticoagulation and anti-platelet treatment. F. Minchelotti, N. Tsampras (Global Congress on Hysteroscopy 2021).
4. Lowcost 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) - Oral Presentation.
5. Asherman's Syndrome: Literature review and medicolegal considerations Nikolaos Tsampras, Kingshuk Majumder, Kenneth Ma, Gracias Bhima, Linda Green, Edmond Edi-Osagie. (ESGE Congress 2017) - Oral Presentation.
6. 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.
7. 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)

8. 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)
9. 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
10. Case report of Post Ablation – Tubal Sterilization Syndrome. Tsampras N., Kamath M. 2nd Irish Congress of Obs, Gynae and Perinatal Medicine. 2012
11. Case Report of Ogilvie's Syndrome, post Caesarean Section. Tsampras N., Sim D. 2nd Irish Congress of Obs, Gynae and Perinatal Medicine. 2012
12. 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, Slovenjia 2009
13. 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, Slovenjia 2009
14. 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, Slovenjia 2009
15. 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

16. 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
17. Acute Toxoplasmosis in Pregnancy. Tsampras N., Chatzis P, Theodoridis Ch., Diamantides M, Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology Athens, Greece, 2009
18. Comparison study between closure and non - closure technic of the peritoneum in performing caesarean section. Chatzis P., Kazakos Th., Tsampras N., Theodoridis Ch., Tsalikis M, Tsalikis L. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009
19. 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
20. Acquired haemophilia after caesarean section. Diamantides M., Tsalikis L., Kazakos Th., Xipolitos I., Tsampras N. 11th Panhellenic Congress in Obstetrics and Gynaecology. Athens, Greece, 2009
21. Treatment of 3rd degree 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
22. 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

23. Retrospective study of the cases of caesarean 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 (15 months)	Medical Practitioner	Health Centre of Nemea, Nemea, Greece

Postgraduate courses attended:

1. NAC Leadership Course, 2018
2. MOET, Manchester 12.2019
3. Online Clinical Negligence Medico-Legal Training Course, 11.2020
4. Subfertility and Reproductive Health, RCOG, 6.2016
5. BFS Study Week, London 6.2015
6. MOET, Liverpool, 11.2013
7. Labour Ward Management, RCOG, London, 02.2012
8. ALSO, Athens, 11.2009

Medical Legal Services

I am providing medicolegal services as an expert witness in Gynaecology and

Reproductive Medicine. I completed the ‘Online Clinical Negligence Medico-Legal

Training Course’ in November 2020 and I have produced over 100 reports since January 2021.