

## Curriculum Vitae – Mr Nikolaos Tsampras

**Consultant in Gynaecology and Reproductive Medicine & Surgery**

**Honorary Senior Lecturer, The University of Manchester**

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### Personal Details

- **Name:** Mr Nikolaos Tsampras
  - **Date of Birth:** 10 February 1979
  - **Nationality:** Greek (EU)
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### Current Appointments

**Consultant Gynaecologist** (Apr 2020–present)

St Mary's Hospital, Manchester University NHS Foundation Trust (MFT)

**Honorary Senior Lecturer** (Mar 2022–present)

The University of Manchester

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### Professional Profile

Consultant in Gynaecology and Reproductive Medicine & Surgery at St Mary's Hospital, one of the largest gynaecology units in the UK. I hold the title of Honorary Senior Lecturer at The University of Manchester in recognition of my research contribution. My clinical practice encompasses specialist infertility and benign gynaecology clinics, outpatient hysteroscopy, and regular theatre lists with a focus on minimal access gynaecology and reproductive surgery. I participate in the on-call rota managing gynaecological emergencies and early pregnancy complications. I am proficient in ultrasound scanning and subspecialised in assisted reproduction, routinely performing oocyte retrievals and embryo transfers.

I have led change across several aspects of gynaecology, including the implementation of remote consultations during the COVID-19 pandemic, development of Trust policies and pathways, and service redesign across multiple sites. I have published in peer-reviewed journals, maintain a strong commitment to teaching, and led the development of the national British Fertility Society guideline on prevention of ovarian hyperstimulation syndrome (OHSS). I am an accredited BFS Trainer, completed the NAC Leadership Course (2018), received a Clinical **Excellence** Award (2024), and was recently elected to the **British Fertility Society Executive Committee**.

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### Qualifications & Education

- **CCT / Licence to use the Medical Specialty Title of Obstetrics and Gynaecology** (Mar 2012)

- **RCOG CPD Associate** (2011)
  - **Advanced Labour Ward Practice ATSM** (Jul 2014)
  - **BFS Module:** Pelvic Ultrasound (Jun 2015)
  - **BFS Module:** Embryo Transfer and IUI (Jun 2015)
  - **BFS Study Week** (Jun 2015)
  - **ATSM:** Subfertility and Reproductive Health (Sep 2016)
  - **BFS Modules (Jun–Sep 2016):** Assisted Conception; Management of the Infertile Couple; Quality Improvement of a Fertility Service
  - **ATSM:** Benign Abdominal Surgery – Open and Laparoscopic (Dec 2018)
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### **Professional Memberships**

- British Fertility Society (BFS) (since 2014)
  - American Society for Reproductive Medicine (ASRM) (since 2014)
  - European Society of Human Reproduction and Embryology (ESHRE) (since 2014)
  - British Society of Gynaecological Endoscopy (BSGE) (since 2017)
  - European Society for Gynaecological Endoscopy (ESGE) (since 2017)
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### **Scope of Responsibilities (Current Role)**

- Consultant clinics: infertility, benign gynaecology, outpatient hysteroscopy
  - Theatre lists: minimal access gynaecology and reproductive surgery
  - On-call: gynaecological emergencies and early pregnancy complications
  - Ultrasound scanning competence
  - Assisted reproduction procedures: oocyte retrievals and embryo transfers
  - Teaching & training: BFS-accredited Trainer; undergraduate and postgraduate teaching
  - Research & quality improvement: national guideline development, peer-reviewed publications
  - Leadership: service transformation, policy authorship, and pathway harmonisation across MFT
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## **Leadership, Management of Change & Service Development**

1. **DRM Website and Patient Information (Dec 2023):** Led comprehensive update of the Department of Reproductive Medicine website, including accurate success rates and a large suite of patient information leaflets (PILs), aligned with the HFEA website audit tool. Coordinated a multidisciplinary team (embryologists, andrologists, nurses, counsellors) to review and validate content.
2. **Hysterosalpingogram (HSG) Pathway Harmonisation (Nov 2022):** Led administrators and radiographers to establish a single referral pathway and centralised booking across Trafford, North Manchester, and MRI sites, **eliminating the waiting list**.
3. **Benign Gynaecology MDT (Mar 2021–Feb 2023):** Established and chaired a monthly MDT with histopathology and radiology to discuss complex benign gynaecology cases (e.g., complex fibroids, non-malignant endometrial abnormalities, complex surgical/medical co-morbidities).
4. **Virtual Consultations & Remote Working SOP (Jun 2020):** Authored the Trust policy and led implementation of virtual clinics during COVID-19 across gynaecology; conducted the largest electronic patient survey at the time demonstrating safety, feasibility and high satisfaction; published results in a peer-reviewed journal.
5. **Infertility Service Development at Wythenshawe Hospital:** Built a modern infertility service as part of MFT harmonisation: introduced AMH/AFC diagnostics and a HyCoSy clinic; established ovulation induction pathways; streamlined referrals to licensed treatments; ensured regular representation in the Reproductive Medicine MDT; created a dedicated fertility clinic; developed training opportunities leading to the appointment of an Infertility ATSM trainee.
6. **Peri-operative Anticoagulation Prior to Hysteroscopy Policy (2017):** Authored policy in collaboration with haematology and cardiology.
7. **Management of Postmenopausal Bleeding Policy (2017):** Authored MFT policy.
8. **Management of Pregnancy of Unknown Location Policy (2017):** Authored local policy.
9. **IV Iron Infusion Referral Pathway (Mar 2017):** Established screening and referral pathway for anaemia in line with NICE guidance through multidisciplinary working (Haematology, Gynaecology, Anaesthetics).
10. **Maximum FSH Dose Project in IVF/ICSI (2017):** Confirmed the benefit of using 450 IU FSH as the maximum starting dose in a defined patient cohort.
11. **Thromboprophylaxis in HDU Audit (2014):** Designed proforma, collected and analysed data; updated guideline; ensured timely LMWH at appropriate doses; identified missed use of pneumatic compression in high-bleeding-risk patients; introduced VTE risk assessment in HDU.

12. **Laparoscopic Hysterectomy Audit (Jul 2017):** Defined standards using national/international references; supervised data collection and proforma design; confirmed safety and efficacy, supporting continued laparoscopic practice.
  13. **Surgical Sperm Retrieval (SSR) Audit (2016):** Designed proforma; collected data; presented for HFEA licensing requirements.
  14. **Rescan Audit (2014):** Identified documentation gaps and higher-than-policy repeat scan rates; updated Emergency Gynaecology Unit guideline (consultant review after third scan; urine hCG to monitor medical management); plan to reaudit.
  15. **Single Embryo Transfer (SET) Audit (2015):** Led audit covering all IVF/ICSI cycles in 2014; presented at Departmental Meeting; **policy updated** accordingly.
  16. **Atypical Hyperplasia Audit (2014):** Processed data and prepared report; improved outcomes versus prior audits; one patient lost to follow-up after moving abroad; plan to reaudit.
  17. **Anaesthetic Availability Audit (2013):** Clinical Lead for 18 months; reviewed breaches of national standards, notes review with root cause analyses; disseminated learning Trust-wide.
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#### Books & Monographs

1. Tsampras N., Mathur R. **Choice of Gonadotropins: Which Preparation & When to Use?** *World Clinics OBG—Ovulation Induction*, Issue 7 (Nov 2015).
  2. Tsampras N., Fitzgerald C.T. **Clinical Reproductive Science: Stimulation Protocols** (In press).
  3. Tsampras N., Mathur R. **How to Avoid Ovarian Hyperstimulation Syndrome: Best Management Strategies.** In: Cheong et al., *Practical Problems in Assisted Reproduction*.
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#### Peer-Reviewed Publications (selected)

1. Tsampras N., Palinska-Rudzka K., Alebrahim Y., Craciunas L., Mathur R. **Prevention of ovarian hyperstimulation syndrome (OHSS): British Fertility Society policy and practice guideline.** *Human Fertility*. Jan 2025.
2. Alebrahim Y., Lim E.T., Manias T., **Tsampras N.** **Vaginal myomectomy for a large intrastromal cervical fibroid: case report.** *J Surg Case Rep*. Dec 2024.
3. Lim E.T., **Tsampras N.** **Modern considerations in perioperative care in gynaecology.** *Obstetrics, Gynaecology and Reproductive Medicine*. Dec 2024.
4. Lim E.T., Kostic A., **Tsampras N.** **Laparoscopic myomectomy for a large uterine fibroid: video case report.** *Eur J Obstet Gynecol Reprod Biol*. Jul 2024.

5. Lim E.T., Stylianides N., Craciunas L., **Tsampras N. Vaginal vault dehiscence with small bowel evisceration, bowel necrosis and intra-abdominal haemorrhage: case report.** Apr 2024.
6. **Tsampras N.**, Craciunas L., Dearden M., Sood A., Mathur R. **Video consultations in reproductive medicine: safety, feasibility and patient satisfaction.** May 2023.
7. Sood A., Baraza W., **Tsampras N. Bowel obstruction and intraperitoneal adhesions following uterine artery embolisation: rare case.** *Fertility Science and Research.* Jun 2022.
8. Elsherbiny M., **Tsampras N. Modern perioperative considerations in gynaecology.** *OGRM.* Jan 2022.
9. **Tsampras N.**, Ma K., Arora R., McLeod G., Minchelotti F., Craciunas L. **Office hysteroscopy in women on anticoagulation/antiplatelets: safety and feasibility.** *Eur J Obstet Gynecol Reprod Biol.* Mar 2021.
10. **Tsampras N.**, Kollmann M., Craciunas L. **Recombinant vs bovine hyaluronidase for oocyte denudation before ICSI: systematic review and meta-analysis.** *J Obstet Gynaecol.* Apr 2021.
11. Craciunas L., **Tsampras N.**, Kollmann M., Raine-Fenning N., Choudhary M. **Oxytocin antagonists for assisted reproduction.** *Cochrane Review.* Sep 2021.
12. **Tsampras N.**, Roberts S., Gould D., Fitzgerald C.T. **Ovarian response to stimulation for fertility preservation before oncology treatment: retrospective cohort (n=157).** *Eur J Cancer Care.* 2018.
13. **Tsampras N.**, Gould D., Fitzgerald C.T. **Double ovarian stimulation (DuoStim) for fertility preservation in female oncology patients.** *Human Fertility.* Feb 2017.
14. Craciunas L., **Tsampras N.**, Fitzgerald C. **Cervical mucus removal before embryo transfer: systematic review and meta-analysis of RCTs.** *Fertil Steril.* May 2014.
15. Craciunas L., Stirbu L., **Tsampras N. Peritoneal gas drain after gynaecological laparoscopy: systematic review.** *Eur J Obstet Gynecol Reprod Biol.* Apr 2014.
16. Craciunas L., **Tsampras N. Routine antibiotic prophylaxis after cervical excisions: literature review.** *J Obstet Gynaecol.* Jun 2014.
17. Craciunas L., **Tsampras N.**, Cumarasamy S., Raine-Fenning N. **Intrauterine hCG for assisted reproduction.** *Cochrane Review.* May 2016.
18. Craciunas L., **Tsampras N.**, Cumarasamy S., Raine-Fenning N. **Intrauterine hCG for assisted reproduction—Update.** *Cochrane Review.* Oct 2018.
19. Craciunas L., **Tsampras N. Bed rest following embryo transfer may negatively affect IVF/ICSI outcomes: systematic review and meta-analysis.** *Human Fertility.* Feb 2016.

20. Craciunas L., **Tsampras N.**, Kollmann M., Stirbu L., Raine-Fenning N. **Hyaluronic acid for sperm immobilisation/selection before ICSI: systematic review and meta-analysis.** Nov 2015.
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#### **External Presentations (selected)**

1. **Video consultations in reproductive medicine: safety, feasibility, patient satisfaction.** Fertility 2023 – Oral.
2. **Bowel obstruction and adhesions post-UAE: rare case.** BSGE 2022.
3. **Office hysteroscopy in women on anticoagulation/antiplatelets.** Global Congress on Hysteroscopy 2021.
4. **Low-cost laparoscopy for interstitial ectopic pregnancy: case report.** ESGE 2017 – Oral.
5. **Asherman's syndrome: literature review and medicolegal considerations.** ESGE 2017 – Oral.
6. **Ovarian reserve criteria and IVF/ICSI outcomes.** BFS Annual Meeting, Gateshead, Jan 2016 – Oral.
7. **Double ovarian stimulation (DuoStim) for onco-fertility preservation.** NERM Group Annual Meeting, Manchester, Jul 2015 – Oral.
8. **Ethnicity and IVF/ICSI success rate.** ASRM Annual Meeting, Hawaii, Oct 2014 – Oral. 9–23.

Multiple international presentations (Fetal Medicine World Congress 2009/2012; Greek national congresses 2008–2009) covering fetal anomalies, obstetric emergencies, surgical technique comparisons, PCOS and glucose intolerance, IUD use in menorrhagia, acquired haemophilia, uterine prolapse management, and caesarean hysterectomy series.

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#### **Clinical Career – Previous Appointments**

<b>Dates</b>	<b>Grade</b>	<b>Hospital</b>
Apr 2020–present	Consultant Gynaecologist	St Mary's Hospital, Manchester University NHS Foundation Trust
May 2018–Apr 2020	Consultant in Obstetrics & Gynaecology	Wythenshawe Hospital, Manchester
Nov 2017–Apr 2018	Locum Consultant Gynaecologist	St Mary's Hospital, Manchester

<b>Dates</b>	<b>Grade</b>	<b>Hospital</b>
Nov 2016–Nov 2017 (12 months)	Senior Clinical Fellow (Minimal Access Surgery)	St Mary's Hospital, Manchester
Nov 2014–Nov 2016 (2 years)	Senior Clinical Fellow (Reproductive Medicine)	St Mary's Hospital, Manchester
Aug 2014–Oct 2014 (3 months)	Locum SpR O&G	Ormskirk Hospital, Ormskirk
Apr 2013–Aug 2014 (16 months)	Clinical Fellow O&G	St Mary's Hospital, Manchester
Sep 2011–Apr 2013 (19 months)	Specialty Doctor O&G	Daisy Hill Hospital, Newry, N. Ireland
Jul 2009–Sep 2011 (26 months)	Specialty Trainee O&G	University Hospital of Larissa, Larissa, Greece
Sep 2010–Nov 2010	Clinical Attachment	St Mary's Hospital, Manchester
Sep 2007–Jul 2009 (22 months)	Specialty Trainee O&G	General Hospital of Serres, Serres, Greece
Nov 2006–Aug 2007 (9 months)	General Practitioner (Military Service)	Hellenic Army, 6th Regiment, Corinth, Greece
Aug 2005–Jun 2006 (9 months)	Specialty Trainee, General Surgery	General Hospital of Karpenissi, Greece
Mar 2004–Aug 2005 (15 months)	Medical Practitioner	Health Centre of Nemea, Greece

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### **Postgraduate Courses**

- NAC Leadership Course (2018)
- MOET, Manchester (Dec 2019)
- Online Clinical Negligence Medico-Legal Training Course (Nov 2020)
- Subfertility and Reproductive Health, RCOG (Jun 2016)
- BFS Study Week, London (Jun 2015)
- MOET, Liverpool (Nov 2013)

- Labour Ward Management, RCOG, London (Feb 2012)
  - ALSO, Athens (Nov 2009)
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### Teaching & Training

- Accredited **BFS Trainer** with delivery of hands-on training in assisted reproduction, hysteroscopy, infertility management, and ultrasound.
  - Established and chaired a **monthly departmental journal club** (DRM), enhancing critical appraisal and evidence-based practice.
  - **Honorary Senior Lecturer**: contributions to undergraduate and postgraduate teaching at The University of Manchester; supervision of trainees including ATSM placements.
  - Regular faculty/presenter at regional, national and international meetings.
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### Awards & Recognition

- **Clinical Excellence Award**, Manchester University NHS Foundation Trust (2024)
  - **Honorary Senior Lectureship**, The University of Manchester (2022)
  - **Elected Member, British Fertility Society Executive Committee** (2024)
  - **National Guideline Lead**: BFS guideline on prevention of OHSS (published 2025)
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### Medicolegal Services

I provide 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 have produced **250+ expert reports** since January 2021.