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Consultant Physician & Rheumatologist
Royal Free London NHS Foundation Trust, Barnet Hospital, LONDON

Qualifications

1993 B.Sc. **First Class Honours** in BMS with Pharmacology
1996 MB BS
2009 FRCP (UK)
2010 MFSEM (UK)
2012 MSc Sports & Exercise Medicine
2019 FRCPE

Academic Post

2020 - **Hon. Clinical Professor**, Division of Medicine, University College London
2019- **Hon. Professor of Clinical Medicine**, New Vision University.
2019- **Associate UK Dean**, St Matthews University
2017 - 2020 **Hon. Reader in Investigational Clinical Rheumatology**
William Harvey Research Institute, Barts and The London,
2009 - **Hon. Professor of Clinical Sciences**, St Matthews University

Sample of Publications (in the last 5 years)

1.Ahmed O, Krishnamurthy V, Kaba RA, **Tahir H**. The management of cardiovascular disease risk in patients with rheumatoid arthritis. *Expert Opin Pharmacother.* 2022 Jun;23(8):947-958. doi: 10.1080/14656566.2022.2076594. PMID: 35575484.
2.Coates LC, Garrod T, Gullick N, Kaur-Papadakis D, **Tahir H**, van Haaren S, McInnes I. Upadacitinib response rates in patients with psoriatic arthritis enrolled in the SELECT-PsA-1 and SELECT-PsA-2 trials assessed according to modified PsARC. *Rheumatology (Oxford).* 2022 Dec 23;62(1):e1-e3. doi: 10.1093/rheumatology/keac388. PMID: 35799375.
3.Gregory WJ, Kaur J, Bamford S, **Tahir H**. A Survey of Diagnostic Delay in Axial Spondyloarthritis Across Two National Health Service (NHS) Rheumatology Services. *Cureus.* 2022 Mar 30;14(3):e23670. doi: 10.7759/cureus.23670. PMID: 35510018; PMCID: PMC9060761.
4.Bennett B, **Tahir H**, Ganguly S, Moorthy A. An update on the considerations for patients with rheumatic disease being treated with rituximab during the COVID-19 pandemic and the potential drug treatment strategies. *Expert Opin Pharmacother.* 2022 Oct;23(15):1695-1700. doi: 10.1080/14656566.2022.2131395. Epub 2022 Oct 5. PMID: 36180063.
5.Jubber A, Woodward J, **Tahir H**, Moorthy A. Venous thromboembolism risk with Janus kinase inhibitors: Is it a class wide effect? *Expert Opin Drug Saf.* 2022 Aug;21(8):1005-1007. doi: 10.1080/14740338.2022.2100343. Epub 2022 Jul 13. PMID: 35818715.

6. Quek E, **Tahir H**, Kumar P, Hastings R, Jha R. Treatment of COVID-19: a review of current and prospective pharmacotherapies. *Br J Hosp Med (Lond)*. 2021 Mar 2;82(3):1-9. doi: 10.12968/hmed.2021.0112. Epub 2021 Mar 12. PMID: 33792391.
7. **Tahir H**, Grewal S. Current unmet needs and emerging novel pharmacotherapies in psoriatic arthritis. *Expert Opin Pharmacother*. 2021 Dec 3:1-4. doi: 10.1080/14656566.2021.2006184. Epub ahead of print. PMID: 34787511.
8. **Tahir H**, Byravan S, Fardanesh A, Moorthy A. Promising Treatment Options for Axial Spondyloarthritis: An Overview of Experimental Pharmacological Agents. *J Exp Pharmacol*. 2021 Jul 2;13:627-635. doi: 10.2147/JEP.S262340. PMID: 34257507; PMCID: PMC8269276.
9. RECOVERY Collaborative Group. Aspirin in patients admitted to hospital with COVID-19 (RECOVERY): a randomised, controlled, open-label, platform trial. *Lancet*. 2022 Jan 8;399(10320):143-151. doi: 10.1016/S0140-6736(21)01825-0. Epub 2021 Nov 17. PMID: 34800427; PMCID: PMC8598213.
10. Coates LC, Pillai SG, **Tahir H**, Valter I, Chandran V, Kameda H, Okada M, Kerr L, Alves D, Park SY, Adams DH, Gallo G, Hufford MM, Hojnik M, Mease PJ, Kavanaugh A; SPIRIT-P3 Study Group. Withdrawing Ixekizumab in Patients With Psoriatic Arthritis Who Achieved Minimal Disease Activity: Results From a Randomized, Double-Blind Withdrawal Study. *Arthritis Rheumatol*. 2021 Sep;73(9):1663-1672. doi: 10.1002/art.41716. Epub 2021 Aug 6. PMID: 33682378; PMCID: PMC8457232.
11. Mease PJ, Landewé R, Rahman P, **Tahir H**, Singhal A, Boettcher E, Navarra S, Readie A, Mpofu S, Delichas EM,

Pricop L, van der Heijde D. Secukinumab provides sustained improvement in signs and symptoms and low radiographic progression in patients with psoriatic arthritis: 2-year (end-of-study) results from the FUTURE 5 study. *RMD Open*. 2021 Jul;7(2):e001600. doi: 10.1136/rmdopen-2021-001600. PMID: 34330846; PMCID: PMC8327842.

12. Taribagil P, Creer D, **Tahir H**. 'Long COVID' syndrome. *BMJ Case Rep*. 2021 Apr 19;14(4):e241485. doi: 10.1136/bcr-2020-241485. PMID: 33875508; PMCID: PMC8057566

13. Byravan S, Fardanesh A, **Tahir H**, Moorthy A. 'Digital health strategies in the war against COVID-19 and beyond', *British Journal of Hospital Medicine*, 81(12), pp. 1–3. doi: 10.12968/hmed.2020.0684.

14. Byravan S, Fardanesh A, **Tahir H**, Moorthy A. Emerging COVID-19 vaccines: A rheumatology perspective. *Int J Rheum Dis*. 2021 Feb;24(2):144-146. doi: 10.1111/1756-185X.14048. PMID: 33523564.

15. Fardanesh A, Byravan S, Moorthy A, **Tahir H**. COVID-19 and rheumatology: Reflecting on the first wave and preparing for the second wave. *Int J Rheum Dis*. 2021 Jan;24(1):7-9. doi: 10.1111/1756-185X.14062. PMID: 33459529.

16. Quek E, **Tahir H**. COVID-19 vaccines: what happened to evidence-based medicine? *Br J Hosp Med (Lond)*. 2021 Feb 2;82(2):1-4. doi: 10.12968/hmed.2021.0047. Epub 2021 Feb 3. PMID: 33646036

17. Oldroyd AGS, Lilleker JB, Amin T, Aragon O, Bechman K, Cuthbert V, Galloway J, Gordon P, Gregory WJ

, Gunawardena H, Hanna MG, Isenberg D, Jackman J, Kiely PDW, Livermore P, Machado PM, Maillard S, McHugh N, Murphy R, Pilkington C, Prabu A, Rushe P, Spinty S, Swan J, **Tahir H**, Tansley SL, Truepenny P, Truepenny Y, Warriar K, Yates M, Papadopoulou C, Martin N, McCann L, Chinoy H; British Society for Rheumatology Standards, Audit and Guidelines Working Group. British Society for Rheumatology guideline on

management of paediatric, adolescent and adult patients with idiopathic inflammatory myopathy. *Rheumatology*

(Oxford). 2022 May 5;61(5):1760-1768. doi: 10.1093/rheumatology/keac115. PMID: 35355064; PMCID: PMC9398208.

18. Pavelka K, Kivitz AJ, Dokoupilova E, Blanco R, Maradiaga M, **Tahir H**, Wang Y, Porter BO, Stefanska A, Richards HB, Rohrer S; MEASURE 3 study group. Secukinumab 150/300 mg Provides Sustained Improvements in the Signs and Symptoms of Active Ankylosing Spondylitis: 3-Year Results from the Phase 3 MEASURE 3 Study. *ACR Open Rheumatol*. 2020 Feb;2(2):119-127.

19. van der Heijde D, Mease PJ, Landewé RBM, Rahman P, **Tahir H**, Singhal A, Boettcher E, Navarra S, Zhu X

Ligozio G, Readie A, Mpfu S, Pricop L. Secukinumab provides sustained low rates of radiographic progression in psoriatic arthritis: 52-

week results from a phase 3 study, FUTURE 5. *Rheumatology (Oxford)*. 2019 Oct 5. pii:

kez420. doi: 10.1093/rheumatology

20. Baraliakos X, Braun J, Deodhar A, Poddubnyy D, Kivitz A, **Tahir H**, Van den Bosch F, Delicha EM, Tallozy Z,

Fierlinger A. Long-term efficacy and safety of secukinumab 150 mg in ankylosing spondylitis: 5-year results from

the phase III MEASURE 1 extension study. *RMD Open*. 2019 Sep 3;5(2):e001005. doi: 10.1136/rmdopen-2019-001005.

21. Mease PJ, Smolen JS, Behrens F, Nash P, Liu Leage S, Li L, **Tahir H**, Gooderham M, Krishnan E, Liu-Seifert H,

Emery P, Pillai SG, Helliwell PS; SPIRIT H2H study group. A head-to-head comparison of the efficacy and safety

of ixekizumab and adalimumab in biological-naïve patients with active psoriatic arthritis: 24-week results of a randomised, open-label, blinded-assessor trial. *Ann Rheum Dis*. 2019 Sep 28. pii: annrheumdis-2019-215386.

22. Kivitz AJ, Nash P, **Tahir H**, Everding A, Mann H, Kaszuba A, Pellet P, Widmer A, Pricop L, Abrams K. Efficacy

and Safety of Subcutaneous Secukinumab 150 mg with or Without Loading Regimen in Psoriatic Arthritis: Results from the FUTURE 4 Study. *Rheumatol Ther*. 2019 Sep;6(3):393-407.

23. Mease P, van der Heijde D, Landewé R, Mpfu S, Rahman P, **Tahir H**, et al.

Secukinumab improves active

psoriatic arthritis symptoms and inhibits radiographic progression: primary results from the randomised, double-

blind, phase III FUTURE 5 study. *Ann Rheum Dis*. 2018 Mar 17.

24. Pavelka K, Kivitz A, Dokoupilova E, Blanco R, Maradiaga M, **Tahir H**, et al.

Efficacy, safety, and tolerability of

secukinumab in patients with active ankylosing spondylitis: a randomized, double-blind phase 3 study,

MEASURE 3. *Arthritis Res Ther*. 2017 Dec 22;19(1):285.

25. **Tahir H**, Deodhar A, Genovese M, Takeuchi T, Aelion J, Van den Bosch F, Haemmerle S, Richards HB.

Secukinumab in Active Rheumatoid Arthritis after Anti-TNF α Therapy: A Randomized, Double-Blind Placebo-

Controlled Phase 3 Study. *Rheumatol Ther*. 2017 Dec;4(2):475-488.

26. **Tahir H**, Biro I, Donnelly S, Greenwood M. Randomised, prospective, non-

blinded pilot study comparing the

effect of intramuscular steroid injections and intralesional steroid injections in the management of tennis elbow.

BMJ Open Sport Exerc Med. 2017 Feb 10;2(1)

27. Kavanaugh A, Mease PJ, Reimold AM, **Tahir H**, et al. FUTURE-1 Study Group.

Secukinumab for Long-Term

Treatment of Psoriatic Arthritis: A Two-Year Followup From a Phase III, Randomized, Double-Blind Placebo-

Controlled Study. *Arthritis Care Res (Hoboken)*. 2017 Mar;69(3):347-355.

28. **Tahir H**. Therapies in ankylosing spondylitis – from clinical trials to clinical practice. *Rheumatology* 2018 Aug

1;57 (suppl 6)

29. Mease PJ, Kavanaugh A, Reimold A, **Tahir H**, Rech J et al.
Secukinumab in the treatment of psoriatic arthritis:
efficacy and safety results through 3 years from the year 1 extension of the randomised phase III FUTURE 1 trial

1.
RMD Open. 2018 Aug 13;4(2)

30. Wodehouse T, Poply K, Ramaswamy S, Bourke J, **Tahir H** et al.
A pilot study investigating whether quantitative

sensory testing alters after treatment in patients with fibromyalgia. Br J Pain. 2018 Nov;12(4):250-256.

31. Pavelka K, Kivitz A, Dokoupilova E, Blanco R, Maradiaga M, **Tahir H**, et al.
Efficacy, safety, and tolerability of
secukinumab in patients with active ankylosing spondylitis: a randomized, double-blind phase 3 study,

MEASURE 3. Arthritis Res Ther. 2017 Dec 22;19(1):285.

32. Raine C, Canning B, Marks J, Donnelly S, Ong V, **Tahir H**.
Severe gangrene in a patient with anti-RNP positive
limited cutaneous systemic sclerosis/rheumatoid arthritis overlap syndrome caused by vasculopathy and vasculitis.

is.

Eur J Rheumatol. 2018 Dec;5(4):269-271.

33. Biro I, Bubbear J, Donnelly S, Fattah Z, Sarkodieh J, Ranganathan A, **Tahir H**.
Teriparatide and vertebral fracture

healing in Ankylosing Spondylitis. Trauma Case Rep. 2017 Nov 8;12:34-39.

Medico-Legal Work

I have prepared medicolegal reports for medical negligence and personal injury cases since 2005, including complex claims and serious injury reports. Reports are written in line with CPR recommendations, providing carefully written, balanced and independent opinion, while highlighting the possible range of opinion on the matter in question.

I have assessed over 250 personal injury and clinical negligence cases affecting claimants, including those with occupational musculoskeletal disorders, fibromyalgia, inflammatory arthritis (rheumatoid and psoriatic arthritis, ankylosing spondylitis) and lupus, as well as those with spinal pain, and other chronic pain syndromes.

I have prepared reports for both Claimants and Defendants in a ratio of 60:40.

I have been instructed as a Single Joint Expert, Joint expert and am available for court appearances and conferences with counsel in preparation for cases. I have also undertaken urgent reports.

I am a registered member of The National Expert Witness Agency, Premex Plus Panel, and Expert Witness.

Recent Service Achievements

I provide a specialist service for patients with inflammatory arthritis and fibromyalgia, which includes a focus on up to date care and streamline the management of complex patients. I developed a novel, cost effective weekly QIP MDT virtual biologic clinic, to facilitate patients access to biologics leading to improved standards of care, reducing treatment delays, integrating research and clinical practice and offering excellent training opportunity to maintain specialist knowledge on safe and effective prescribing. Awarded **Barts Health Innovation in health awards runner up in 2018**.

I led the nationally recognised AS Service (562 patients) recognised by the BSR as an **Emerging Best UK Practice** (2016). NASS regard the unit as a Centre of Excellence resulting in multiple out of region referrals, second opinions and has successfully reduced the time from symptoms to diagnosis to an average of 3.1 years. I co-developed the first Skype AS clinic at WXH and set up a new dedicated physio service for rheum patients.

I proposed, secured funding and co-designed the MySpA Educational App, available free of charge on both Google play and Apple Store. The App provides instant access to medical information, exercises and assessments, to help patients manage their arthritis.

I continue to engage and develop new patient education material. Following a successful bid for an education grant, I introduced 5 I pads in the rheumatology waiting area to support patient education. There is a wide range of educational material on rheumatological conditions and drug therapies as well as a library of exercises available to browse. I have co-developed a Quaterly Rheumatology Newsletter updating patients and GPs of our work and service. I obtained funding and introduced a Virtual Nurse measuring BP and BMI, with the aim of reducing waiting times in Rheumatology clinics.

Research Experience

Following on from my **2 NIHR research recognition awards**, I continue to be passionate about Clinical Research and am committed to continuing my involvement, despite a busy clinical job with the aim of capturing research, funding and producing publications, and presenting at International meetings.

I was promoted to Honorary Clinical Professor status in the Division of Medicine at University College of London.

I have promoted and embedded a research culture within our unit. In my last Trust, the unit participated in 28 multi-national phase 3/4 national portfolio studies, 10 of which I was the Chief Investigator, Principal Investigator for 16 and Co-Investigator for the remaining. I was consistently the lead recruiter nationally and recruited first European (ACHILLIES) and 1st Global (RHCF) I continue to present the outcomes of a number of the studies at a National (BSR)

and International level(ACR, EULAR, PSR, Arab conference). This work has significantly improved the profile of the Dept.

In the last 2 years I have had numerous publications and abstracts. I have co-written a Chapter on 'Infections' in the textbook of Sports Medicine. I was the Editor in chief of the FY Journal.

Teaching Activities

I thoroughly enjoy teaching and continue to actively participate in both Undergraduate and Postgraduate teaching.

I hosted 3 diets every year of triple cycles of the MRCP PACES exam at WXH (examining 270 doctors /year), and was the first site in the country to run the pilot PACES 2020 exam. I am on the panel of Chairs of International examiners and previously served as a board member of the Clinical Exam Board and I am currently on the Scenario Editorial Committee of the MRCP PACES exam. I have been actively involved in the development of the new PACES 2020.

I was an active member the BSR Education and training committee and the BSR e-learning group, reviewing material and lectures which have been presented on the RCP/BSR learning platform at an international level.