

# Curriculum Vitae

Mr William Rudge  
MBBS, MSc, FRCS (T&O)

Consultant Shoulder & Elbow Surgeon

Royal National Orthopaedic Hospital,  
Stanmore

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**SUMMARY**

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<b>Qualifications</b>	MBBS St George's Hospital Medical School, London MSc University College London FRCS (T&O) Royal College of Surgeons of England
<b>Special Interests</b>	Shoulder Arthroscopy Shoulder & Elbow Arthroplasty – primary and revision Shoulder Instability
<b>Training</b>	St George's Hospital Medical School, University of London London Deanery Orthopaedic Training Programme (S-W Thames)
<b>Fellowships</b>	Shoulder arthroscopy, arthroplasty, and upper limb trauma Miss J McBirnie & Mr CM Robinson Royal Infirmary of Edinburgh  Complex Shoulder & Elbow Reconstruction Mr M Falworth, Miss D Higgs, Mr S Lambert, Mr A Majed RNOH Stanmore
<b>Prizes/Awards</b>	1 National Podium Prize (3 <sup>rd</sup> place) 1 Regional Poster Prize Watanabe Club Travelling Fellowship in Shoulder Arthroscopy
<b>Publications</b>	10 Peer Reviewed Papers 3 Book Chapters 10 Podium Presentations 3 Papers in progress
<b>CME</b>	4 visits to UK/Ireland centres of excellence in shoulder arthroscopy 1 visit to US centre of excellence in shoulder arthroplasty
<b>Societies</b>	BOA, BESS
<b>Teaching</b>	Courses in Basic Sciences for the FRCS: Stanmore/Wrightington Watanabe Shoulder Arthroscopy Course Arthrex Shoulder Fellows Forum BSc & MSc in Clinical Orthopaedics: Stanmore/UCLH Teaching Lead, Shoulder & Elbow Unit, RNOH Stanmore
<b>Leadership</b>	BOA/BESS Clinical Leadership Fellow 2015/6 Clinical Director, Shoulder & Elbow Unit at RNOH Stanmore
<b>Service Improvement</b>	Virtual Clinic at RNOH Stanmore Coding Improvement Project at RNOH Stanmore
<b>Social Activities</b>	Rugby: United Hospitals, Royal College of Surgeons of England, St George's Hospital Medical School (all as captain) Music: European Doctors' Orchestra (clarinet), guitar, voice

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**PERSONAL DETAILS**

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**Address** Ponds Farm  
Chalfont Road  
Seer Green  
Bucks HP9 2QP

**Telephone** 07968 721 749

**Email** will.rudge@nhs.net

**Date of Birth** 26<sup>th</sup> March 1980

**GMC Membership No.** 6103402 (Specialist Register for T&O Nov. 2014)

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**QUALIFICATIONS**

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**April 2013** FRCS (Trauma & Orthopaedics)

**Nov. 2011** MSc in Musculoskeletal Sciences  
University College London / RNOH

**Nov. 2007** MRCS

**2004** MBBS (London)  
St George's Hospital Medical School, University of London

**1998** 4 A Grades at A-Level (Biology, Chemistry, Maths, Music)  
Tonbridge School – Music & Academic Scholarships

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**AWARDS/PRIZES**

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British Orthopaedic Association / British Elbow & Shoulder Society Leadership Fellowship 2015/6

Watanabe Club Travelling Fellowship in Shoulder Arthroscopy 2015/6  
Clinical visits to H Mullett (Dublin), G Jennings (Bath), G Tytherleigh-Strong (Cambridge), and S Drew (Coventry)

**Rudge W, Welck M, Rudge B, Goldberg A**

The first 3-years of the National Joint Registry for ankles: patterns of uptake and compliance, and a comparison with that of hips, knees, and shoulders

- Podium 3<sup>rd</sup> Prize Winner, British Orthopaedic Foot & Ankle Society Meeting 2014



Epsom & St Helier Hospitals Paediatrics / Foot & Ankle	ST3	Mr Churchill Oct. 08 – April 09
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**London Deanery Specialty Training Programme:**

Royal Surrey County Hospital Orthopaedic Surgery	ST2	Trauma SHO Aug. – Oct. 08
Guy's and St Thomas' Hospitals Plastic Surgery	ST2	Mr James Feb. – Aug. 2008
Princess Royal University Hospital Orthopaedic Surgery	ST2	Mr Yanni Aug. 07 – Feb. 08

**Guy's & St Thomas' Hospitals Basic Surgical Training Rotation:**

Guy's and St Thomas' Hospitals Cardiac Surgery	SHO	Mr O'Riordan Feb. – Aug. 07
Conquest Hospital, Hastings Orthopaedic Surgery	SHO	Mr Shepperd Aug. 06 – Feb. 07

**Training Posts:**

The Royal London Hospital Accident and Emergency	SHO	Mr Wilson Feb. – Aug. 06
RNOH, Stanmore Orthopaedic Surgery (Tumour Unit)	SHO	Prof. Briggs / Mr Cannon Aug. 05 – Feb. 06

**Pre-Registration Posts:**

Frimley Park Hospital Care of the Elderly	PRHO	Dr Debrah May – Aug. 05
Frimley Park Hospital Gastroenterology	PRHO	Dr Bown Feb. – May 05
St George's Hospital, London General Surgery	PRHO	Prof. Kumar Nov. 04 – Feb. 05
St George's Hospital, London Orthopaedic Surgery	PRHO	Mr Bircher Aug. – Nov. 04

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## CLINICAL SKILLS & EXPERIENCE

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### **Stanmore Shoulder & Elbow Unit**

Working in this national referral centre for shoulder & elbow surgery I have unparalleled exposure to shoulder & elbow arthroplasty, including both routine and complex primary arthroplasty, as well as a large number of revision procedures. I am proficient in anatomic TSR, reverse TSR – including patient specific instrumentation – and TER. I have experience in the use of bone graft for glenoid or humeral bone loss, and I also have experience with customised implants for revision and salvage procedures.

The unit has a nationally renowned multi-disciplinary shoulder instability service. I work closely with the members of the MDT managing complex instability in the in-patient and out-patient setting. I understand the delicate interplay of therapy, in-patient rehabilitation, pain management, clinical psychology, and the situations where surgery may be necessary. I have excellent experience in the use of botulinum toxin, diagnostic arthroscopies, and stabilisation procedures including arthroscopic capsular shifts for multi-directional atraumatic instability.

I also have experience in a number of other procedures carried out in very few centres, including tendon transfers, scapulothoracic arthroscopies and fusions, and sternoclavicular joint surgery.

I am not daunted by complexity, and assess patients accurately and form clear and methodical management plans.

### **Edinburgh Shoulder Fellowship**

This fellowship consisted primarily of arthroscopic shoulder surgery. I received excellent training in rotator cuff surgery with a large number of rotator cuff repairs carried out. Other arthroscopic procedures carried out in significant numbers were anterior stabilisations, subacromial decompressions, ACJ excisions, and capsular releases, all under the supervision of one of the UK's leading arthroscopic shoulder surgeons. There was also a trauma component to this fellowship, consisting predominantly of ACJ stabilisations and the fixation of clavicle fractures, including acute fractures, nonunions, and corrective osteotomies for malunions.

### **Watanabe Club Travelling Fellowship**

I was awarded this competitive and prestigious travelling fellowship for 2015/16, allowing me to visit several leading UK/Ireland shoulder arthroscopists. I have visited Hannan Mullett (Dublin), Gavin Jennings (Bath), Graham Tytherleigh-Strong (Cambridge), and Steve Drew (Coventry). This has given me the opportunity to observe a wide range of surgical procedures, with a particular emphasis on instability. Even more usefully I have been able to discuss ideas, techniques, and decision making, helping me to understand how to choose the best procedures for individual patients, and helping to optimise outcomes.

### **Peripheral Nerve Injuries**

I spent 6 months on the internationally renowned PNI Unit at Stanmore, learning how to assess and manage patients with acute nerve injuries, obstetric brachial plexus palsy, and thoracic outlet syndrome. I was trained to expose the supraclavicular and infraclavicular brachial plexus, as well as the terminal nerve branches of the upper limb. I was able to operate in parallel supervised operating lists, gaining confidence in exposing and handling

nerves, and this has served me well in subsequent posts. I have also gained further experience in peripheral nerve injuries during my time as the Shoulder & Elbow Fellow, with several joint cases carried out with the PNI consultants.

### **Pre-Fellowship Shoulder Training**

During a year at Frimley Park Hospital I gained extensive experience in the management of traumatic glenohumeral and ACJ instability in members of the armed forces. As well as learning surgical techniques equally relevant to the civilian population I also gained an understanding of the unique pressures on military personal, and the implications of surgical intervention for their careers. I have found that my ability to demonstrate to servicemen and women that I understand the military setup and processes has been extremely useful when managing the military patients seen at Stanmore.

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## **MANAGEMENT & SERVICE IMPROVEMENT**

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### **BESS Mix & Match Working Group**

Presented the preliminary report at the Optimising Outcomes Meeting, York, November 2019.

### **RMO Liaison Consultant**

Part of the tender process and implementation committee, and now mentoring RMOs.

### **Shoulder & Elbow Virtual Clinic, RNOH Stanmore**

I led the team setting up this novel clinic for the long term follow-up of arthroplasty patients. This has resulted in significant financial savings for the trust as well as improved patient satisfaction. It also ensures excellent long term data collection, which is an invaluable research resource. Setting up this Virtual Clinic has involved working with a wide range of clinical and non-clinical staff, including consultant surgeons, a nurse specialist, GPs, IT, medical records, and radiography staff, as well as the risk management and research & development teams.

### **Clinical Coding Improvement Project**

Whilst working as a fellow I set up monthly meetings with the clinical coding department in order to improve the accuracy of coding for in-patient treatment. This was due to concerns that previous coding practice did not reflect the complexity of work carried out by the Shoulder & Elbow Unit. Through individual case note reviews I was directly responsible for an additional income for the trust of around £10,000 a month. By educating the coders as to the precise nature of many of the procedures carried out on the unit there have also been further ongoing gains.

I have carried out a large number of audits, evaluating service provision and making improvements where necessary. I also have experience of managing theatre lists in order to maximise efficiency and productivity.

In addition to these projects I have had extensive training in management & leadership during my time as the BOA/BESS Leadership Fellow.

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**TEACHING**

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**Teaching Courses/Qualifications:**

New Appraiser Training  
Miad Healthcare (RNOH, Stanmore), September 2019

Training Orthopaedic Trainers  
Royal College of Surgeons (London), June 2014

Training & Assessment in Practice (TAIP)  
Royal College of Surgeons (London), May 2011

**Teaching Experience:**

Arthrex Shoulder Fellows Forum  
Munich, Germany (October 2018)

Reverse Shoulder Arthroplasty Symposium  
RNOH, Stanmore, (April 2016)

Basic Sciences in Orthopaedics for the FRCS (Orth) Exam  
RNOH, Stanmore, Multiple Courses (March 2014 – present)

Watanabe Practical Shoulder Arthroscopy Course: Diagnostic, Therapeutic, Reconstructive  
Multiple Courses (March 2016 – present)

MSc in Musculoskeletal Sciences – Simulation Training  
UCL, Multiple Cohorts (February 2016)

Basic Sciences Viva Course  
Wrightington Hospital, January 2014

BOA Plastering Course – Elbow Trauma  
RNOH, Stanmore, June 2011

BSc in Musculoskeletal Sciences – Surgical Skills  
UCL, April 2011

Introduction to Surgical Skills  
Royal College of Surgeons (Edinburgh), March 2010

Medical School OSCEs  
Barts & The Royal London Medical Schools, June 2006

“Medical School Days”  
So You Want To Do Medicine course, Royal National Orthopaedic Hospital, Stanmore,  
2004-6

“Medical School Life” and “The Life of a Junior Doctor”

Guest speaker to the Tonbridge School Medical Society, 2001-2009

I am the teaching lead for the Shoulder & Elbow Unit at Stanmore, and organise a 6 month rolling programme of small group teaching sessions for all of the trainees and therapists on the unit. At Frimley Park Hospital I helped to run a weekly teaching programme for all of the registrars and SHOs within the Orthopaedic Department. In addition I have taught medical students and junior doctors at various stages of their training. This has been in a variety of formats including bedside teaching, small group seminars, and lectures. I always seek feedback following teaching to ensure that I maintain high standards.

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## PUBLICATIONS

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Williams D, Booth G, Cohen H, Gilbert A, Lucas A, Mitchell C, Mittal G, Patel H, Peters T, Phillips M, **Rudge W**, Zarnegar R  
“Rapid design and implementation of a virtual pain management programme due to COVID-19: a quality improvement initiative”  
British Journal of Pain, April 2022

Lawson O, Nicholson J, Clement N, **Rudge W**, MacDonald D, McBirnie J  
“Tear size, general health status, and smoking influence outcome at five years following arthroscopic rotator cuff repair”  
Shoulder & Elbow, accepted August 2021

Brown M, Eseonu K, **Rudge W**, S Warren, A Majed, I Bayley, D Higgs, M Falworth.  
“The Management of Infected Shoulder Arthroplasty by Two-Stage Revision”  
Shoulder & Elbow, April 2019

**Rudge W**, Eseonu K, Brown M, S Warren, A Majed, I Bayley, S Lambert, D Higgs, M Falworth. “The Management of Infected Elbow Arthroplasty by Two-Stage Revision”  
Journal of Shoulder & Elbow Surgery, May 2018

Singh A, **Rudge W**, Quick T  
“An important lesson in assessing neurovascular involvement in proximal humeral fractures: the presence of neuropathic pain in a dysvascular limb”  
Journal of Shoulder & Elbow Surgery, January 2018

**Rudge W**, Sewell M, Wallace C, Al-Hadithy N, Lambert S  
“Shoulder arthroplasty in young patients with obstetric brachial plexus palsy can improve quality of life and function”  
Journal of Shoulder & Elbow Surgery, September 2015

### **Rudge W**

Trauma Scoring Systems; BOAST Guidelines for Pelvic/Acetabular Fractures  
Book chapters in “Trauma for the FRCS (Tr+Orth) Examination”, editors: A Trompeter, D Elliott  
Oxford University Press, 2015

**Rudge W**, Trompeter A, Newman K  
“Fractures of the tibial shaft in adults”  
Orthopaedics & Trauma, August 2014

**Rudge W**, James M

“Flexor tendon injuries in the hand: a UK survey of repair techniques and suture materials – are we following the evidence?”

International Scholarly Research Notices Plastic Surgery, March 2014

**Rudge W**, Carlstedt T

Nerve entrapment syndromes around the hip

Book chapter in “Young Adult Hip in Sport”, editor: Prof. F Haddad  
Springer, 2014

**Rudge W**, Rudge B, Rudge C

“A useful technique for the control of bleeding following peripheral vascular injury”

Annals of The Royal College of Surgeons of England, January 2010

**Rudge W**, Schifano F

“The Abuse of Stimulants in Sport”

Journal for Drug Addiction and Alcoholism of the United Nations Interregional Crime and Justice Research Institute. 2001; vol 4: 65-70

I am also a reviewer for The Bone & Joint Journal (formally JBJS Br)

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#### PRESENTATIONS & POSTERS

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Rudge W, Stoddart M, Butt D, Majed A, Higgs D, Falworth M

“Mid-term radiological outcomes and survivorship of "Mix-and-Match" implants in anatomic total shoulder arthroplasty”

Podium, British Elbow & Shoulder Society Meeting; Virtual, 2020

Adebayo O, Stoddart M, Panagoupoulos G, Higgs D, Falworth M, Butt D, Rudge W, Majed A

“The safety of general anaesthesia for acute shoulder & elbow surgery during the COVID-19 pandemic in a temporary Regional Trauma Unit”

Podium, British Elbow & Shoulder Society Meeting; Virtual, 2020

Shenoy R, Butt D, **Rudge W**, Higgs D, Falworth M, Majed A

“Revision of infected elbow arthroplasty – economic burden in relation to the national tariff”

Podium, British Elbow & Shoulder Society Meeting; Harrogate, 2019

Raja S, Jassim S, Butt D, **Rudge W**, Falworth M, Higgs D, Majed A

“Arthroscopic stabilisation of atraumatic shoulder instability: minimum two-year outcomes”

Poster, British Elbow & Shoulder Society Meeting; Harrogate, 2019

Lebe M, Burns S, Falworth M, Higgs D, **Rudge W**, Majed A

“Influence of socio-demographic and psychological comorbidities on disability in multidirectional shoulder instability”

Podium, EFORT; Lisbon 2019

Butt D, Denton A, Higgs D, Falworth M, Majed A, **Rudge W**

“Virtual Orthopaedic Clinic for upper limb arthroplasty follow-up in a tertiary centre”

Podium, British Elbow & Shoulder Society Meeting; Glasgow, 2018  
Ian Kelly Prize Winner  
Podium, SECEC; Geneva, 2018

Burns S, Lebe M, **Rudge W**, Higgs D, Falworth M, Majed A  
“Psychological co-morbidities associated with type 2/3 shoulder instability”  
Podium, British Elbow & Shoulder Society Meeting; Glasgow, 2018

**Rudge W**, Welck M, Rudge B, Goldberg A  
“The first 3-years of the National Joint Registry for ankles: patterns of uptake and compliance, and a comparison with that of hips, knees, and shoulders”  
Podium, British Orthopaedic Foot & Ankle Society Meeting; Brighton, 2014  
3<sup>rd</sup> Prize Winner

**Rudge W**, Clasper J  
“The first 12 months of the National Joint Registry for shoulders and elbows: patterns of uptake and a comparison with the first 12 months of hips and knees”  
Podium, British Elbow & Shoulder Society Meeting; Nottingham, 2014  
Abstract published in *Shoulder & Elbow*. 2014; vol 5 (4): 276

**Rudge W**, Sewell M, Lambert S  
“CAD/CAM Total Shoulder Replacement for the Treatment of the Adult Deformity in Obstetric Brachial Plexus Palsy”  
Podium, Sam Simmonds Meeting; Epsom, 2012  
Podium, British Elbow & Shoulder Society Meeting; Torquay, 2012  
Abstract published in *Shoulder & Elbow*. 2012; vol 4 (4): 296

**Rudge W**, Weiler R, Smitham P, Holloway C, Papadosifos N, Maswania J, Grange S  
“Comparison of a novel spring-loaded crutch with existing crutch designs: an analysis of gait phases and user preference”  
Podium, South West Thames Raine Prize Meeting; Frimley Park, 2011  
E-Poster, 12<sup>th</sup> Annual EFORT Congress; Berlin, 2012

**Rudge W**, Weiler R, Smitham P, Holloway C, Papadosifos N, Maswania J, Grange S  
“Putting the spring in your step - a novel crutch design”  
Poster, British Orthopaedic Research Society / Bone Research Society combined meeting; Cambridge, 2011  
Poster, Seddon Society Meeting; Stanmore, 2011

**Rudge W**, Adhikari A  
“Is it possible to assess the alignment of tibial components in total knee arthroplasties from standard antero-posterior knee radiographs?”  
E-Poster, 11<sup>th</sup> Annual EFORT Congress; Madrid, 2010  
Poster, Sam Simmonds Meeting, 2010 – Poster Prize Winner

**Rudge W**, Schifano F  
“The abuse of Stimulants in Sport”  
Poster, St George’s Annual National Consultative Day for Addictive Behaviour; London, 2001

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**WORK IN PROGRESS**

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Recruiting surgeon for two national Randomised Controlled Trials:

- Does surgery followed by physiotherapy improve short and long term outcome for patients with atraumatic shoulder instability compared with physiotherapy alone?
- START:REACTS trial.

**Rudge W**, Clement N, McBirnie J

Correlation of the Quick DASH and Oxford Shoulder Scores

Jabber Y, **Rudge W**, Majed A, Hs A, Fairhurst P, Reilly P, Emery R

Understanding Surgical Decision Making in Proximal Humeral Fractures Using Markov Chain Modelling

**Rudge W**, Majed A, Jabber Y, Resch H, Zyto K, Hs A, Reilly P, Emery R

Decision Making Analysis in Proximal Humerus Fractures Using Markov Chain Modelling

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**AUDIT**

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Documentation of Tourniquet Use in Upper Limb and Foot & Ankle Surgery

February 2019; Shoulder & Elbow Unit, RNOH, Stanmore

- Identified deficiencies in note keeping, with the potential for costly litigation.
- Implemented changes to op note templates, and improved awareness in theatres, leading to improved note keeping.

BOAST Standards for Fracture Clinic Services

July 2014; Dept. of Trauma & Orthopaedics, Frimley Park Hospital, Surrey

- Highlighted poor management of CRPS.
- I led a multidisciplinary team in creating a fast track treatment and referral pathway for suspected CRPS, improving patient care.

Trauma List Start Times

June 2014; Dept. of Trauma & Orthopaedics, Frimley Park Hospital, Surrey

- Re-audit, identifying ongoing factors delaying trauma list start times.
- We implemented a “Golden Patient” policy in order to minimise delays.

Weekend handover – how can we do better?

March 2014 & Aug. 2014; Dept. of Trauma & Orthopaedics, Frimley Park Hospital, Surrey

- Identified wide variation in handover practice, with concerns regarding safety.
- I set up a Friday meeting led by the weekend registrar, with excellent compliance and more robust handover, improving patient safety.

#### Neck of Femur Fractures – Best Practice Tariff

Nov. 2013 & March 2014; Dept. of Trauma & Orthopaedics, Frimley Park Hospital, Surrey

- Ongoing quarterly audit of compliance with BPT standards.
- I was part of the team that created a new NOF admissions book in order to improve documentation, and therefore improve BPT compliance and income.

#### Compliance with NICE guidelines for the management of hip fractures

June 2012; Dept. of Trauma & Orthopaedics, East Surrey Hospital, Redhill

- Poor compliance with VTE risk assessment forms.
- IT software updated to ensure VTE assessments completed.

#### Is it possible to assess the alignment of tibial components in total knee arthroplasties from standard antero-posterior knee radiographs?

Sept. 2009; Dept. of Trauma & Orthopaedics, St Helier Hospital, London

- Audit of post-op knee radiographs to assess adequacy in evaluating alignment, showing that current practice was acceptable.

#### Ultrasound screening for developmental dysplasia of the hip

Feb. 2009; Dept. of Trauma & Orthopaedics, St Helier Hospital, London

- Audit of current departmental screening criteria for DDH, showing that current practice was acceptable.

#### Choice of suture material and surgical repair in flexor tendon injuries (UK Survey)

May 2008; Dept. of Plastic Surgery, St Thomas' Hospital, London

- National survey of Hand Units showing wide variation in flexor tendon repairs.
- Results published alongside a review of the evidence, with suggestions for improved practice.

#### Monitoring and treatment of BMs in acute coronary syndromes

July 2006; Dept. of Accident & Emergency, Homerton Hospital, London

- Poor compliance with guidelines in ACS.
- Despite publicising results at a departmental meeting practice had not improved at reaudit; therefore further measures implemented.

#### Perineal hygiene in pelvic fracture patients being transferred for surgery

2004; Dept. of Trauma & Orthopaedics, St George's Hospital, London

- Very poor standards of perineal hygiene in pelvic fracture patients.
- Check list implemented, ensuring standards were met prior to patient transfer.

#### Monitoring of renal function in patients receiving long term treatment with angiotensin converting enzyme inhibitors

March 2004; Glenlyn Medical Centre, East Molesey

- Guidelines for annual monitoring of U&Es were not being followed.
- I added an alert to the practice IT software to ensure that blood tests were carried out in a timely manner.

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**COURSES & MEETINGS**

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British Elbow & Shoulder Society Annual Meeting  
Liverpool, June 2022

British Elbow & Shoulder Society Annual Meeting  
Virtual, 2021

British Elbow & Shoulder Society Annual Meeting  
Virtual, 2020

Optimising Outcomes in Shoulder & Elbow Arthroplasty  
York, No 2019

British Elbow & Shoulder Society Annual Meeting  
Harrogate, June 2019

The Medico-Legal Conference  
London, May 2019

British Elbow & Shoulder Society Annual Meeting  
Glasgow, June 2018

Shoulder 2 Shoulder  
London, Apr 2018

Essential Knowledge for the Expert Witness  
London, Mar 2018

Educational & Clinical Supervisors Course  
London, Feb 2018

UK Shoulder Technology & Innovation Forum  
Munich, Dec 2017

Optimising Outcomes in Shoulder & Elbow Arthroplasty  
York, Oct 2017

British Elbow & Shoulder Society Annual Meeting  
Coventry, June 2017

Implant Related Infections in Orthopaedics  
Norwich, May 2017

British Orthopaedic Society Annual Meeting  
Belfast, September 2016

British Elbow & Shoulder Society Annual Meeting  
Dublin, June 2016

Current Solutions in Shoulder & Elbow Surgery  
Tampa, Florida, February 2016

Advanced Shoulder Surgery Sports Injuries Course  
Dublin, September 2015

British Elbow & Shoulder Society Annual Meeting  
Sheffield, June 2015

London Shoulder Meeting  
London, May 2015

Watanabe Reconstructive Shoulder Arthroscopy Course  
York, November 2014

Watanabe Diagnostic & Therapeutic Shoulder Arthroscopy Course  
York, November 2014

Nottingham Fracture Forum  
Nottingham, November 2014  
Good Clinical Practice  
E-Learning Course, August 2014

British Elbow & Shoulder Society Annual Meeting  
Nottingham, June 2012

Training Orthopaedic Trainers  
Royal College of Surgeons (London), June 2014

Shoulder 2 Shoulder  
London, May 2014

Clinical Management & Leadership for Surgical Specialties  
Keele University / Royal College of Surgeons (London), March 2014

Evolutions in Arthroscopic Shoulder Surgery  
Coventry, November 2013

Upper Limb Course for FRCS (Orth)  
Wrightington Hospital, January 2013

Basic Science Viva Course  
Wrightington Hospital, January 2013

Lower Limb FRCS Viva and Clinical Examination Course  
Wrightington Hospital, January 2013

FRCS T&O Viva Course for Orthopaedic Surgeons  
Royal College of Surgeons (London), January 2013

Anatomy Revision for FRCS T&O  
Royal College of Surgeons (London), September 2012

British Elbow & Shoulder Society Annual Meeting  
Torquay, June 2012

Cadaveric Approaches to the Shoulder & Elbow  
St George's Hospital, London, April 2012

Foot & Ankle Trauma  
Kingston General Hospital, June 2011

Advanced Trauma Life Support (ATLS) – nominated for Instructor Course  
University College Hospital, May 2011

Training & Assessment in Practice (TAIP)  
Royal College of Surgeons (London), May 2011

British Orthopaedic Association Instructional Course  
Manchester, January 2011

Applied Spinal Biomechanics (DePuy/University of Leeds)  
Leeds, January 2010

British Orthopaedic Association Instructional Course  
Manchester, January 2010

Edinburgh International Instructional Trauma Course  
Edinburgh, August 2009

Surgical Exposures – Upper and Lower limb  
Royal College of Surgeons (London), October 2008

AO Principles in Operative Fracture Management  
Leeds, June 2008

Basic Surgical Skills  
Kingston Hospital, November 2006

Accident and Emergency Trauma Radiology  
Northwick Park Hospital, February 2006

Stanmore/Stryker Varsity Meeting 2006: Hip Bearing Surfaces  
Royal National Orthopaedic Hospital, December 2006

Sports Injuries Symposium  
Royal College of Surgeons (London), February 2007

Sports Injury Symposium

Royal College of Surgeons (Edinburgh), March 2008

MRCS Viva Course

Royal College of Surgeons (London), April 2007

Acute Life Threatening Events Recognition and Treatment (ALERT)

St George's Hospital, August 2004

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## ACTIVITIES OUTSIDE MEDICINE

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### **Sport**

Although now retired due to serious injury, I have played for many rugby teams, including:

- Royal College of Surgeons of England RFC (captain 2008)
- United Hospitals (captain 2002/3)
- St George's Hospital (captain 2001/2)

As an undergraduate I won several events at the University of London Athletics Championships:

- Javelin & Hammer 2001
- Javelin, Shot Putt, & Discus 2002

In 2011 I cycled solo from the Royal College of Surgeons in Edinburgh to the Royal College of Surgeons in London, raising over £3,000 for charity.

### **Music**

I am a classically trained musician in the following instruments:

- Clarinet: Advanced Certificate; European Doctors Orchestra
- Piano: Grade 7
- Voice: Tonbridge School Chapel Choir; Church Chorister
- Organ

I am also a self-trained guitarist, and have performed regularly:

- St George's Hospital Annual Musical (Band Director)
- United London Hospitals Revue

### **Acting**

During my early years at St George's I was in the cast for several comedy shows:

- St George's Hospital Annual Christmas Revue (1999/2000)
- St George's Revue, Edinburgh Fringe Festival (2000)

### **Student**

As an undergraduate I was Internal Affairs Officer to the Student Union. During this time I sat on several committees, and organised social events throughout the year. I was also responsible for writing and producing a regular satirical current affairs newsletter.

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**REFERREES**

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**Mr M Falworth**

Royal National Orthopaedic Hospital  
Brockley Hill  
Stanmore  
Middlesex  
HA7 4LP  
Tel: 020 3947 0100  
Email: m.falworth@nhs.net

Consultant, Orthopaedic Surgery

**Miss J McBirnie**

Royal Infirmary of Edinburgh  
51 Little France Crescent  
Edinburgh  
EH16 4SA  
Tel: 0131 536 1000  
Email: Julie.mcbirnie@nhs.net

Consultant, Orthopaedic Surgery

**Prof T Briggs**

Royal National Orthopaedic Hospital  
Brockley Hill  
Stanmore  
Middlesex  
HA7 4LP  
Tel: 020 3947 0100  
Email: rachel.godfrey2@nhs.net

Consultant, Orthopaedic Surgery