

MICHAEL HOCKINGS

MSc. FRCS Ed (Tr & Orth)

Consultant Orthopaedic Surgeon

Torbay Hospital South Devon NHS Trust

CURRICULUM VITAE

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PERSONAL INFORMATION

Michael Hockings **B.Sc. MBChB. M.Sc. FRCS Ed. [Tr. & Orth.]**

Date of Birth 23rd August 1967 Age 54

Nationality British

Address **Belthorne,
Petitor Road,
St Marychurch,
Torquay
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Tel 01803 323616**

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Full GMC Registration 1st August 1993 no. 3588332

CAREER PLAN

Appointed Consultant Orthopaedic Surgeon Torbay Hospital following interview May 2003.

I am a lower limb consultant orthopaedic surgeon with knee surgery as a special interest. I am actively involved in teaching, training, clinical research and audit throughout my career.

CURRENT POSITION

Consultant Orthopaedic Surgeon, Torbay Hospital, South Devon NHS Trust.

Private work at Mount Stuart Hospital St Vincents Road Torquay

EDUCATION

SCHOOL

Rossall School Fleetwood September 1972 to June 1986

UNIVERSITY

University of St Andrews October 1986 to June 1989

University of Manchester September 1989 to June 1992

Medical School Elective Experience

General Surgery and Accident and Emergency Medicine at Powell River District Hospital on the Pacific Coast, British Columbia, Canada. August and September 1991.

QUALIFICATIONS

FRCS Ed [Tr. & Orth.] November 2001

M.Sc. [Orthopaedic Engineering] June 1999
University of Cardiff

FRCS June 1996
Edinburgh

MB CHB July 1992
University of Manchester

B.Sc. [Medical Science] July 1989
University of St Andrews

CLINICAL FELLOWSHIP in ORTHOPAEDIC SURGERY

Clinical Fellowship at the Orthopaedic & Arthritic Institute, affiliated to Sunnybrook & Women`s College Hospitals, University of Toronto, Canada, July 2002 to July 2003.

The post is a Clinical Fellowship in Orthopaedic Sports Medicine & Arthroplasty at the largest stand alone Orthopaedic Hospital in Canada. Approximately 1800 joint replacement procedures are carried out per annum, 10% of the total for Ontario.

July 2002 to December 2002 Knee surgery, Arthroscopy & Sports Medicine

3 months with Dr Paul Marks.

3 months with Dr John Cameron.

January 2003 to July 2003 Hip & Knee Arthroplasty

6 months Arthroplasty, primary & revision lower limb arthroplasty surgery with Dr Jeffrey Gollish.

EMPLOYMENT HIGHER SURGICAL TRAINING

ORTHOPAEDIC SPECIALIST REGISTRAR IN THE NORTH WEST

**Appointment Specialist Registrar in Orthopaedics, North West August 1997
gained Certificate of Completion of Specialised Training 1st August 2003.**

Royal Bolton Hospital

August 2001 to July 2002 Mr S P Hodgson, Mr JJ Henderson & Mr J Warner
Upper limb, paediatric, lower limb subspecialties. Busy trauma unit.

Manchester Royal Infirmary

August 2000 to July 2001 Mr P Hirst & Mr D Ellis
Knee, hip & shoulder & elbow subspecialties.
Time dedicated to clinical teaching of medical students.

Royal Preston Hospital

August 99 to July 2000 Mr S J Shaw & Mr R B Smith
Lower limb, sports medicine, spine & paediatric subspecialties.
Busy trauma unit.

Trafford General Hospital

August 98 to July 99 Mr J Haines, Mr P J Rae & Mr M Ismail
Shoulder & knee subspecialties, provided good training in open & arthroscopic
shoulder & knee surgery.

Ormskirk General Hospital

August 97 to July 98, Mr R Adam, Mr J Menon, & Mr K. Surwaliwala
Lower limb, spine, paediatrics subspecialties.

EMPLOYMENT BASIC SURGICAL TRAINING

Orthopaedics and Trauma SHO North Manchester General Hospital.

February 1997 to July 1997 Mr P Kay & Mr B Sylvester.

Orthopaedics and Trauma SHO Royal Preston Hospital.

August 1996 to January 1997 Mr R Smith, Mr S Bale, Mr S Shaw & Mr C Faux.

General Surgery SHO Trafford General Hospital, Manchester.

February 1996 to July 1996 Mr R Kingston.

Orthopaedics and Trauma SHO Hope Hospital, Salford.

August 1995 to January 1996 Mr G. Andrew & Mr J. Noble.

Accident and Emergency SHO Hope Hospital, Salford.

February 1995 to July 1995, Professor D. Yates.

Neurosurgery SHO Western General Hospital, Edinburgh.

August 1994 to January 1995 Mr Steers.

Demonstrator in Anatomy University of St Andrews.

September 1993 to May 1994, Dr D. Sinclair

Intensive teaching of medical students mainly in anatomy but I also gave tutorials in pathology, physiology & histology. Organisation of first aid course for 1st year medical students. Preparation for Primary FRCS exam.

Orthopaedic House Officer Blackpool Victoria Hospital.

May 1993 to July 1993, Mr Boardman & Mr Cornah.

General Surgery House Officer Blackpool Victoria Hospital.

February 1993 to April 1993, Mr Cowley.

General Medicine House Officer Hope Hospital, Salford.

August 1992 to Jan 1993, Dr P. Barnes.

SOCIETIES

- Member BASK British Association of Surgery to the Knee
- Member British Orthopaedic Association
- Member BMA
- Past Chair of SWKIG, SW Knee Interest Group

RESEARCH

PUBLICATIONS

Day case Unicompartmental knee replacement: An update of the Torbay experience.

Knee Sept 2021,

Venous thromboprophylaxis in total hip and knee arthroplasty – aspirin versus dabigatran use.

S McHale, M Williams, C O'Mahoney, M Hockings.

J of Orthopaedics. 2019. doi.org/10.1016/j.jor.2019.05.008

Outreach nurse follow up, published M Williams

April 2018

Same day discharge following unicompartment knee

BJJ Nov 2017

Complications HTO 15 year experience

Knee 2016

Journal of One Day case surgery

How I do it Day case ACL reconstruction

M Hockings M Stocker p 82 2014

Journal of One Day Surgery

Unicompartment Knee Replacement surgery

M Stocker, M Hockings, D Isaac

Vol 24, 16 to18 2014

The effect of obesity and increasing age on operative time and length of stay in primary hip and knee arthroplasty

B. Bradley, S. Griffiths, K. Stewart, M. Khan, G. Higgins, M. Hockings, D. Isaac

Arthroplasty 2013

Bilateral Total Knee replacements: Good Idea or Risky Strategy?

C Matthews, M Hockings, A Varinski

Anaesthesia Points West 43, 2, p41-45 2010

Mid Vastus Vs Medial Parapatellar approach in Total Knee Replacement, Time to discharge

Mukherjee P, Press J, Hockings M. Iowa Orthop J. 2009 ;29:19-22, Abstract in International Orthopaedics 2007

Endovascular coil embolization of pseudoaneurysm of a branch of the anterior tibial artery following total knee replacement.

Verma R, Seymour R, Hockings M.

J Knee Surg. 2009 Jul;22(3):269-71

Injury to Profunda Femoris Artery following dynamis Hip Screw fixation of intertrochanteric Fracture.

P Mukherjee, V G Ladwa, M Hockings

The Internet Journal of Orthopaedic Surgery 2008

Dislocated Thompson's Prostheses, The management of the recurrent dislocator.

AP Noon, M Hockings

Injury May 2005

Patellar baja following chronic quadriceps tendon rupture.

M. Hockings JC Cameron.

Knee April 2004, 11, 95-97.

The least possible fixation for fractures of the proximal humerus.

M. Hockings, J. F. Haines.

Injury Sept 2003.

Painful tibial non union.

A, Goel, M Hockings, P Hirst, R Whitehouse..

Injury Feb 2003 34, 2, p163-165.

Does clamping the drains following total knee replacement reduce the blood loss? A prospective randomised controlled trial.

N. Kiely, M. Hockings, A. K. Gambhir.

- The Knee 8, 4, 2001 p325-327.

Tarsal coalition and Charcot Marie Tooth disease.

M. Hockings, Electronic publication June 2000 www.nwota.demon.co.uk

Ulnar nerve transposition at the Elbow.

V. Vaghela M. Hockings T.J. Menon.

Orthopaedic Update India April 2000 10, 2, p 8-11.

The use of dorsal ankle orthoses in the management of achilles tendon rupture.

M. Hockings, C. J. Nester.

- Foot, International Journal of Clinical Foot Science March 2000 10, 1, p51-54.
- ESSKA, Abstracts p330.

Hip pain in the third trimester of pregnancy.

M. Hockings, K.H. Surwaliwala.

Journal of Hospital Medicine. Feb 1999 60. 11. p 836-837.

A traumatic false aneurysm of the radial artery.

M. Hockings.

Orthopaedic Update India October 1998. 9. 2. p120-21.

Blunt thoracic trauma leading to delayed bilateral pneumothoraces.

M. Hockings, D.C. Shackley.

Orthopaedic Update India December. 1997. 7. 2. p172.

PRESENTATIONS

Regional

The least possible fixation for fractures of the proximal humerus.

M. Hockings, J. F. Haines, podium.

- Training Program 1999.
- North West Trainees Association Meeting 2000.

Tarsal coalition and Charcot Marie Tooth disease.

M. Hockings,

Training Program 2000.

Reconstruction of posterior cruciate ligament using synthetic ligament.

B Holroyd, M Hockings, JC Cameron podium

- JBJS 88B 2006 supplement p432
- South West Orthopaedic club Nov 2005

Implementation of Day case ACL reconstruction with femoral nerve block

A Hawken, M Hockings podium

- South West Orthopaedic club Oct 2007
- Torbay research day Nov 2007
- BASK poster 2008
- South West Orthopaedic Cluc May 2011

National / International

Mortality and TKRs

BASK 2016

NJR National Meeting, BOA Liverpool poster

ACL saphenous block v femoral; admission rate ACLs

BASK 2016

Liverpool poster

C Angel, M Hockings

The use of dorsal ankle orthoses in the management of achilles tendon rupture.

M. Hockings, C. J. Nester, poster.

- ESSKA, European Society of Sports Traumatology & Knee Surgery & Arthroscopy, London 2000.
- BOFSS British Orthopaedic Foot Surgery Society, Sheffield 2000.

Does clamping the drains following total knee replacement reduce the blood loss? Prospective randomised controlled trial.

M. Hockings, N. Kiely A. K. Gambhir, podium.

- BASK, British Association of Surgery to the Knee, Norwich 2001. Abstract JBJS 83 B 2001 Suppl. p384.

The least possible fixation for fractures of the proximal humerus.

M. Hockings, J. F. Haines.

- SICOT, Société Internationale de Chirurgie Orthopédique et de Traumatologie, Paris 2001, podium
- BOA, British Orthopaedic Association Meeting 2001, poster.
- BTS, British Trauma Society Meeting 2001, podium.

Arthroscopic meniscal repair, mid to long-term results.

M. Hockings, J. Borrill, P. Rae,

- British Orthopaedic Association Meeting 2003.
- BASK, British Association of Surgery to the Knee, Basingstoke 2004
- JBJS 87 B 2005 supplement, p151-2

Dislocated Thompson's Prostheses, The management of the recurrent dislocator.

AP Noon, M Hockings

British Trauma Meeting Autumn 2004 poster presentation

Midvastus v Medial parapatellar approach to TKR

P Mukarjee, J Press, M Hockings

- SICOT 2007 Marakesh podium
- EFFORT 2008 e poster / SWOC Newquay 2008

Why are we repeating Knee Arthroscopies ?

P Kankanal, M Hockings, R Veale

- Presented EFFORT June 2009
- Published JBJS Ab 92 B p504

Fellowship

Arthroscopic meniscal repair, mid to long-term results.

M. Hockings, J. Borrill, P. Rae.

- Presented at rounds Orthopaedic & Arthritic Institute, Toronto. 2002
- Accepted for podium presentation Canadian Orthopaedic Association meeting Toronto, May 2003 cancelled SARS

Follow-up of posterior cruciate ligament reconstructions.

M. Hockings JC Cameron

Presented at rounds Orthopaedic & Arthritic Institute Toronto, 2003.

TORBAY HOSPITAL

Grand Round Minimally Invasive Total Hip Replacement, March 2004

Local GP practices Minimally Invasive knee surgery

Pain relief in the first 5 days after TKR, the use of pain buster. 19th Nov 2009

PRESENTATIONS AS FACULTY

Faculty member for HTO meeting Basingstoke 2007

Complications of HTOs

Multi Ligament Knee Surgery London 2010

Unicompartment knee surgery
March 2020, co Chair SW Uni Knee meeting

RESEARCH UNPUBLISHED

Electrical stimulation and hip adduction in children with cerebral palsy.

M. Jagers, R. Whittaker, M. Hockings, D. Marsh.
A pilot study as a final year medical student, 1991.

AUDIT

- Design of Clerking Proforma for the admission and further management of patients with fractured neck of femur. Hope Hospital 1995.
- Urinary catheterisation following primary Total Hip Replacement, presented Trafford General Hospital 1999.
- Adverse Events Audit of all inpatients Royal Preston Hospital August 1999 to July 2000, presented at Royal Preston Hospital.
- Quality of theatre lists Manchester Royal Infirmary 2001, a plan set to close the audit cycle and implement change in practice, presented at Manchester Royal Infirmary.
- Review of management of the dislocated Thompsons Hemiarthroplasty, presented at Royal Bolton Hospital, resulted in a change in clinical practice.

COURSES AND MEETINGS

M.Sc. in Orthopaedic Engineering, Cardiff School of Engineering
University of Cardiff. September 1996 to March 1999.

M.Sc. Dissertation - The effect on gait of a dorsal ankle orthosis as used in the treatment of rupture of the Achilles tendon.

Accident and Emergency Introduction Course, Bolton Medical Institute 1995.

Radiation Protection Course, Manchester 1992.

Research Course, Surgical Trainees, RCS Edinburgh 1996.

Manchester Postgraduate Orthopaedic Course - University of Manchester
from August 1997 – 2003.

Current Trends in Orthopaedic Surgery.

University of Manchester

1997 Foot & Ankle

1998 Spine

1999 Bone Physiology & Pathology

2000 General.

Trauma Courses

- Advanced Trauma & Life Support, Manchester 1995
- AO Basic Fracture Fixation Course, Nottingham 1997
- International Trauma Symposium, Edinburgh 1999.

External Fixator Courses,

- Basic Orthofix, University Of Sheffield 1996
- Intermediate, Coventry Hospital 1999
- Orthofix, Verona 2001.

Arthroscopy Course

Intermediate techniques RCS, London 1998.

Arthroplasty Courses,

- Practical Hip, Leeds University Hospitals 1998.
- Practical Knee, Leeds University Hospitals 1998.
- Factory Visit, Research + Development, Depuy 1998.
- Exeter Hip Symposium 1999.
- International Knee Symposium, Wrightington 2000.
- LCS Knee Course, Belfast 2002.
- Oxford Unicompartment Knee course 2002
- Revision Hip course Mount Sinai Hospital, University of Toronto.
- Bristol Hip replacement Nov 2000
- Revision knee course Southampton 2004
- Minimally Invasive TKR Budapest May 2005
- Knee sports medicine course Warwick University 2005
- Computer aided knee replacement Hamburg 2006
- Hip & Knee debate London 2007
- Knee course Garmish march 2007
- Knee sports medicine course Warwick University 2007

BOA Instructional Course Lectures,
Stratford on Avon 2000.

FRCS Orth Courses

- Hand course, Edinburgh 2000
- Paediatric course, Alder Hey 2001
- Basic Science Durham University 2001.

Controversies in Knee Surgery, London 2001.

Clinical attachment Visits

- Paediatric Orthopaedics Great Ormond Street, 2000 Mr F Monsal.
- Clinical visit to Mr Kincaid, Trelissk, Truro, to see quads sparing tkr 5/4/05
- Clinical visit PLC, PCL, LCL Iars Mr Beacon St Albans 22/6/05
- Ronal Van Weerden HTOs Nijmegen Holland March 2008

BOA

2003 Birmingham
2004 Manchester
2013 Birmingham
2017 Liverpool
2019 Liverpool
2020 Virtual BOA during Covid

BASK

Basingstoke 2004
Newcastle 2005
Slough 2006
Bournemouth 2008
Derby
Liverpool 2016
Southport 2017
Leicester 2018
Brighton 2019

KNEE

Masterclass in Osteotomy Faculty Basingstoke 2007

SWKIG

South West Knee Interest group
Chairman of meeting October 2008, 2009, 2010
Sports Knee Surgery Warwick University 2005, 2007

Faculty

Uni knee Conference March 2020
Uni knee Conference October 2020

Training, Assessments & Examining

Training Program Director SW 1st May 2019 until Nov 2022

ARCP management course May 2019

Registrar interviews Bristol June 2019

ARCPs 4 & 5 July 2019

ACF interviewer Dec 2019

Appointment of ACF & 2 ACL to region

Clinical supervisor 5th yr medics, FY1 Orthopaedics, SPRs Orthopaedics

Educational supervisor 2 CCT Orthopaedics, SPR Orthopaedics

On SW Higher Surgical Training Committee since 2004

Intercollegiate Examiner FRCS Trauma & Orthopaedics

Appointed 2009

2010 Bristol, Leicester, Norwich

2011 Bolton

2012 Belfast

2013 Edinburgh

2014 Southampton, Leeds

2015 Dublin

2016 Norwich

2017 Bristol

2018 Sheffield

2019 Kuala Lumpur

2019 Wigan

Organized regional exam for trainees Dec 2013

24 candidates, 14 examiners vivas & clinical.

Panel for Training the Orthopaedic Trainers Nov 2020 Virtual TOES

Management Positions

Audit Lead Torbay Orthopaedic Dept 2003-2009

Clinical Governance Lead Torbay Orthopaedic Dept 2009 to 2013

Clinical Director T & O Torbay Hospital Dept 2013 to 2016

Teaching & Communication with GP colleagues

Teaching to GPs 22 May 2013 at Chudleigh GP day

Knees arthritis and management, good feedback

2014 in top 7 trainers as voted by trainees, nominated for 3rd year in a row.
Trainer of the year 2013

Training ARCPs Jan 2014

Management

Clinical Director T & O Dept Torbay Hospital November 2013 to November 2016

HDU Ella opened June 14 saving 80 joints per year
Involved in the working group MD meetings

Same surgeon all day trauma Jan 2014 7% increase in Trauma cases done

CD course London 2014 8 days
Management update meeting with Kings fund group 2014,
Update on our roles as CD, very useful.

Presentations & Teaching

Day case unicompartment knee replacements Torbay
2014 BASK poster Norwich
2016 BASK Poster Liverpool
2014 and presented national Meeting Day surgery June 2014

Function following HTOs presented at BASK Norwich 2014

Complications HTO presented at SWOC June 2014 in line with national figures ,
Paper for published Knee

Acl saphenous block v femoral; admission rate acs
BASK 2016 Liverpool presentation

Mortality and TKRs presented poster BASK 2016 Liverpool
2016 presented at NJR national conference Cardiff

Achievements otherwise

Raised £420 for SCOPE with Tom cycle across Devon on Tandem
Rode Ride London 100 for Scope July 2015

Enjoy endurance sportive cycling amongst other sports such as golf !!