

# Curriculum Vitae

Dr Benedict Arend Simon Wildblood

MBBS MA(Cantab) MRCP(UK) DTM&H PGCert

Consultant Geriatrician and Physician  
Specialist Interests in Cardiology for the Older Person  
and Acute Care for the Older Person  
University Hospitals Bristol and Weston NHS Foundation Trust

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## Personal Details

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## Education

2004-07	Christ's College, University of Cambridge	1st class BA(hons), MVST
2007-10	University College London Medical School	MB BS
2014	University of Bristol	PG Cert Med Ed
2014	Royal College of Physicians	MRCP(UK)
2014	London School of Hygiene & Tropical Medicine	Dip Trop Med & Hygiene
2019	Royal College of Physicians	SCE Geriatric Medicine
2020	General Medical Council	Cert Completion Training

## Prizes

2005	S.W. Greig Prize for Natural Sciences	Christ's College, Cambridge
2005-06	College Book Prize (twice)	Christ's College, Cambridge
2005-06	Scholarship (twice)	Christ's College, Cambridge
2006-07	Staines Read Prize for Medicine (twice)	Christ's College, Cambridge
2007	Bachelor Scholarship	Christ's College, Cambridge
2008	Year 3 Certificate of Merit	UCL Medical School
2008	Certificate of Merit, Child & Family Health	UCL Medical School
2009	Certificate of Merit, Women's Health	UCL Medical School
2009	Medical Elective Bursary	Beit Trust, UK
2010	Distinction in Clinical Sciences	UCL Medical School
2022	World Antimicrobial Awareness Week Nominee	UHBW NHS Fdn Trust

## Employment

### Current posts

- 2020 University Hospitals Bristol and Weston NHS Foundation Trust  
Consultant in Care of the Elderly Medicine  
Consultant in General Internal Medicine  
Consultant lead for Cardiology Liaison (PULSE)
- 2022 Royal College of Physicians UK  
College Tutor for Internal Medical Training, Bristol Royal Infirmary
- 2024 The Medical-Legal Experts Practice  
Clinical Member and Expert Advisor

### Previous posts

- 2010-12 Foundation Years 1 & 2  
Oxford Deanery
- 2012-14 Core Medical Training 1 & 2  
North Bristol NHS Trust
- 2015 ST3 Clinical Fellow in Renal and Transplant Medicine  
North Bristol NHS Trust
- 2015-20 Higher Specialty Training Years 3-7 (Geriatric & General Internal Medicine)  
Severn Deanery  
Weston Area Health NHS Trust  
Royal United Hospitals Bath NHS Foundation Trust  
University Hospitals Bristol NHS Foundation Trust
- 2020-24 University of Bristol  
4th Year Tutor in Complex Medicine for the Older Person

## **Clinical Experience**

Since being appointed in May 2020 I have fully established myself as a substantive consultant physician and geriatrician at UHBW. Much of my early work involved caring for patients with covid-19, which posed a unique set of professional, personal and leadership challenges. I have also been integral to the reforming and running of the Older Persons' Assessment Unit. My proudest achievement is founding, leading and developing the Patient focUsed Liaison Service for the Elderly (PULSE), providing liaison services to patients with cardiac disease.

### Geriatrics

My core inpatient work is as a consultant on the Older Persons' Assessment Unit at UHBW, where I lead a multi-disciplinary team providing comprehensive geriatric assessment to patients with frailty. The aims of the unit are to optimise treatment at the point of admission and provide early supported discharge. My role includes leading board rounds, working closely with multiple allied health professionals, and providing holistic clinical care.

I have broad training experiences in medicine for the elderly, including posts in movement disorders, orthogeriatrics and stroke, and community experiences at South Bristol and Chippenham community hospitals.

### General Internal Medicine

I enjoy working as a consultant on the medical take, which provides excellent variety and helps me to retain my skills in general medicine and other specialities. I have experience in high care settings, including coronary care unit, respiratory high care and a medical high dependency unit.

### Cardiology Liaison for the Elderly

Since founding the Patient focUsed Liaison Service for the Elderly in cardiology (PULSE) in 2020, I have provided regular holistic care for elderly and frail patients in the Bristol Heart Institute. My work includes assisting the cardiology team in decision making, managing patients undergoing procedures, advanced care planning and discharge planning. The main clinical benefit of this service is likely to be a significant reduction in bed days by reducing readmissions, as shown in a pilot study.

I enjoy working closely with the Structural Heart Valve Disease Team, where much of my role includes assessing patients' suitability to undergo transcatheter aortic valve implantation (TAVI). I participate in weekly multi-disciplinary team meetings with cardiologists, specialist nurses and cardiac surgeons. I run a weekly outpatient clinic, assessing patients' frailty and comorbidities, with a view to making a plan for TAVI or otherwise. I also review a range of patients with other cardiac conditions, including syncope, heart failure, ischaemic heart disease and devices.

### Procedural competencies

Lumbar Puncture	Independent
Ascitic Drain Insertion	Independent
Knee/Joint Aspiration	Independent
Femoral Central Venous Cannulation	Independent
DC Cardioversion	Independent
Pleural Aspiration	Independent (with ultrasound assistance)
Intercostal Drain Insertion	Independent (with ultrasound assistance)

## Audit and Quality Improvement

- 2016 Identification of problematic polypharmacy and early medicines optimisation  
Team member, presented nationally  
In this quality improvement project we trialled methods of reducing polypharmacy, including pharmacist identification and comparing with STOPP/START criteria.
- 2017/18 Anticholinergic burden on an acute frailty unit  
Project lead, presented nationally and internationally  
Data were collected to quantify anticholinergic burden on admission and discharge, showing an overall reduction with routine care. We then trialled targeted interventions that led to a further decrease in anticholinergic burden.
- 2019 Communication of advanced care planning to community services  
Project lead  
This quality improvement project found that advanced care planning is often not communicated on discharge. Amendments are being considered to the discharge summary.
- 2020 Management and follow-up of pulmonary embolism  
Project lead  
This audit found that despite major improvements in managing pulmonary emboli, trust guidelines are not always adhered to. Ongoing developments include introducing checklists and better defining referral pathways.
- 2023 PULSE activity data: inpatient TAVI in frail patients is associated with high one-year mortality  
Project lead  
This quality improvement project compared data for frail inpatients with severe aortic stenosis who were managed with TAVI or conservatively. It found high rates of mortality in both groups
- 2023 Nocturnal observations: are we waking patients unnecessarily?  
Project supervisor  
Ongoing audit comparing practice on care of the elderly wards to standard operating procedure
- 2024 Heart Failure Management in the Inpatient Care of the Elderly Population - are guidelines being followed?  
Project supervisor  
Ongoing audit comparing clinical practice on care of the elderly wards to recently published NICE guidelines

## **Management and Service Development**

### Patient-focused Liaison Service for the Elderly (PULSE)

As described above, I have founded, led and developed this service. This initially involved a large amount of information gathering, including collecting patient demographics, business analysis and stakeholder analysis, alongside running the service clinically.

A pilot study showed the potential to save approximately 700 bed days through reducing readmissions, and this formed the basis for my business case, which was agreed in 2020.

I continue to analyse and develop the service in conjunction with the Specialised Services Division, and I am currently exploring the potential to expand into cardiac surgery.

### Frailty Service Development

Whilst working at Weston General Hospital, a consultant colleague and I helped to develop the case for an acute frailty service. My roles included collecting data, defining assessment pathways, educating allied health professionals and meeting with senior managers to present the benefits of service development.

Our work formed a platform for another colleague to develop the Geriatric Emergency Medicine Service (GEMS), which was the 2019 south west regional winner for 'Urgent and Emergency Care' in the NHS Parliamentary Awards.

## **Medicolegal Experience**

Since working as a consultant, I have developed an interest in medicolegal work, and gained significant experience in this area.

### Expert Evidence

I work for The Medical-Legal Experts Practice (TMLEP) as an expert witness, providing advisory reports for NHS trusts to assist in their investigation, response and resolution of claims. I also work independently as an expert witness. My portfolio includes cases where breach of duty and causation has been advised, and also those where a good standard of care has been demonstrated.

I have learned the importance of thorough investigation and use of local and national guidelines in assessing if breach of duty occurred. As a geriatrician my experience and understanding of frailty and comorbidity allows me to balance expected outcomes with standard medical care against the real life outcome experienced with the care provided. I am particularly well-placed to address cases involving the hospitalisation and acute care of elderly and frail patients.

### Medical-Legal Conferences

I presented at, and helped organise two medico-legal conferences at Bristol Civil and Family Justice Centre. These were attended by a range of medical, legal and other professionals.

I also arranged and led a multi-professional safeguarding conference in Weston-Super-Mare, 2023.

I presented at, and helped organise a webinar with 3PB Barristers, addressing the role of the geriatrician in the Court of Protection in 2024

### Bristol Medical-Legal Society

I was grateful to be invited to the BMLS annual dinner 2024, which was an excellent chance to further understand the role of the expert witness and connect with colleagues and lawyers in this area.

### UHBW Violence and Aggression Panel

I am clinical advisor to the violence and aggression panel at UHBW, and have recently helped to develop the standard operating procedure for withholding clinical care when patients display aggression towards staff. This has been an excellent experience, balancing the ethical and legal duty to provide clinical care against the right for staff to work in a safe environment.

## Teaching and Education

### College Tutor for Internal Medical Training, Bristol Royal Infirmary

I am jointly responsible for the training and development needs of approximately 40 internal medical trainee doctors and clinical fellow doctors. My role includes annual review of competency progression, rota management, supervision and pastoral support, arranging teaching and liaising with the deanery team.

### 4th Year Tutor in Complex Medicine for the Older Person, University of Bristol

I was responsible for seven students during their clerkships, including providing assessment, making recommendations for progression and providing pastoral care. My role also included conducting case reviews, examination and assisting in tutorials.

### Postgraduate Certificate Medical Education

I completed the Postgraduate Certificate of Medical Education with a distinction in four modules, including one submission that is now used as an exemplar essay. This has taught me to become a knowledgeable, adaptable and inspiring teacher, and I enjoy using a variety of evidence-based teaching methods to suit each situation.

### Educational Supervisor

I am a qualified educational supervisor, and am currently responsible for five doctors in training.

### Clinical Supervisor

I clinically supervise multiple trainees of different grades, including foundation and IMT.

### PACES teaching sessions

I frequently lead sessions helping my junior colleagues to prepare for professional exams.

### Local Teaching

- 2014 Medical evidence, Bristol Medico-legal Child & Family Protection Conference
- 2016 The importance of frailty, Court of Protection South-West meeting
- 2019 MDTea trolley: delirium, multiple sessions at UH Bristol
- 2019 Dementia - understanding, supporting, empowering for *Nursing in Practice*, Bristol
- 2020-23 The importance of frailty in patients with aortic stenosis, multiple regional sessions
- 2024 The role of the geriatrician in Court of Protection, Webinar, Bristol

Feedback includes: “approachable and flexible, thoroughly enjoyable”

### Undergraduate Teaching

- 2014-23 OSCE examiner, University of Bristol
- 2016 Ethics workshop series - University of Bristol
- 2017 Healthcare systems: USA and UK, for prospective medical students, London
- 2020-24 Tutorials in delirium, dementia, hypertension, sepsis and others

Feedback includes: “quite honestly one of the best tutorials I’ve had at medical school” and “fantastic lead, approachable and very enthusiastic”

### Postgraduate Teaching

- 2010-12 ePortfolio teaching, Stoke Mandeville and John Radcliffe Hospitals
- 2017 General internal medicine regional training day, co-organiser, RUH Bath
- 2019 Acute medical emergency simulation course, senior faculty, regional teaching
- 2019 Geriatrics regional training day, co-organiser, UH Bristol
- 2019-20 Care of the Elderly Journal Club co-ordinator, UH Bristol
- 2022 IMT Simulator Training Day, UH Bristol

Feedback includes: “really interesting and engaging,” “10/10” and “most interesting delirium talk I’ve attended”

### Other Teaching

- 2007-10 Private Tutoring for GCSEs and A-levels in mathematics, biology, chemistry

Feedback includes: “completely reliable, trustworthy and diligent” and “excellent tutor”

## **Courses Attended**

2010	Foundation management and leadership programme	Stoke Mandeville Hospital
2012	Teacher development programme	University of Oxford
2015	Good clinical practice	Weston General Hospital
2017	Royal College of Physicians annual conference	Manchester
2017-18	Professional and generic skills	University of Plymouth
2018	British Geriatrics Society trainees weekend	Manchester
2019	BGS Leadership and management weekend	Nottingham
2020	Advanced life support	North Bristol NHS Trust
2021	British Geriatrics Society Autumn Meeting	Virtual Meeting
2021-24	British Geriatric Society Cardiovascular SIG	Virtual Meetings
2022	RCP Edinburgh Cardiology Symposium	Edinburgh
2022-24	Royal College of Physicians College Tutor meetings	Virtual Meetings
2023	Society for Cardiothoracic Surgery annual meeting	Birmingham

## Presentations

- 2011/12 National Association of Clinical Tutors (twice) - oral presentations  
*Peer-led eportfolio training*  
*How to make your eportfolio stand out*
- 2012/16 Wessex National Medical Education Conference (twice) - poster presentations  
*How to present your examination findings*  
*Educating geriatric inpatients*
- 2017 European Union Geriatric Medicine Society 13th Congress - poster presentation  
*Significant reduction in anticholinergic burden on an acute frailty unit*  
I wrote the abstract and designed a poster from our quality improvement project, which a colleague presented at this international conference.
- 2018 British Geriatrics Society Spring Meeting - poster presentation  
*Targeted medication review to reduce anticholinergic burden on acute frailty unit*  
I wrote the abstract and designed a poster from the second part of our quality improvement project, which a colleague presented at this national conference.
- 2019 Society for Acute Medicine - poster presentation, highly commended  
*MDTea trolley: a teaching tool to improve knowledge and confidence in delirium*  
I helped to design and lead ward-based teaching sessions on delirium with excellent results. A colleague presented our findings at this national conference.
- 2022 British Geriatrics Society Cardiology Conference - poster presentation, runner-up  
*Patient focUsed Liaison Service - expanding an established service into a tertiary referral centre for cardiac surgery*  
I led and presented this project, comparing frailty in cardiology, cardiac surgery and cardiac intensive care unit which receiving the runner-up prize
- 2022 Royal College of Physicians Edinburgh Cardiology Symposium - oral presentation  
*Aortic stenosis and frailty*  
I presented my experiences virtually at this national conference
- 2023 Society for Cardiothoracic Surgery - oral presentations  
*Aortic valve replacement: still an option in patients with frailty?*  
*Patient focUsed Liaison Service - expanding an established service into a tertiary referral centre for cardiac surgery*  
I presented my experiences and a review of the literature in these two podium presentations

## Publications

- 2013 A message to psychiatry trainees: keep your finger on the pulse, *The Psychiatrist*, Vol 37(2): 244. 2nd author in a letter published in a peer-reviewed online journal

## Other Interests

### Viola Playing

- 1996-99 National Children's Orchestra  
2000-04 National Youth Symphonia, including 3 years as section leader  
2000 Grade 5 theory of music, with distinction  
2001 Grade 8 viola, with merit  
2004 Cambridge University Musical Society Orchestra  
2011-12 John Radcliffe Hospital Orchestra, Oxford  
2015-24 New Bristol Sinfonia

### Sporting Achievements

- 2002 PADI advanced open water diver  
2004-07 Christ's College rugby 1st XV  
2006-07 Christ's College football vice captain  
2007-08 UCL Medical School football 1st team

### Mountaineering

- 2014 Kilimanjaro, Tanzania (5895m)  
2014 Bisoke, Rwanda (3711m)  
2015 Fansipan, Vietnam (3147m)  
2015 Paramillo, Colombia (4745m)

## Referees

### Dr Julie Dovey

Consultant Physician and Dean for South Bristol Academy

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### Dr Emily Bowen

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