

# Curriculum Vitae

## Mr Ashley Iain SIMPSON

*BA(Hons), MBBS, MA(Cantab), MSc(Lond), PGCert(MedEd), MRCS(Eng), FRCS(Orth), MAcadMEd*

### Consultant Orthopaedic Surgeon

**Subspecialty:** Adult & Paediatric Brachial Plexus and Peripheral Nerve Injuries

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## INTRODUCTION

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I am a dual fellowship-trained Consultant Brachial Plexus and Peripheral Nerve Injury Surgeon with specific interests in innovation and medical education. I hold a substantive Consultant post with the Peripheral Nerve Injury Unit at the Royal National Orthopaedic Hospital, Stanmore. I also run a London-based Medicolegal practice.

I have completed a Postgraduate Certificate in Medical Education from the University of Dundee, a Masters in Trauma Science from St Bartholomew's and The London School of Medicine, and a BA(Hons) and MA in Neuroscience from St John's College, University of Cambridge.

I maintain a productive academic interest, publishing regularly and having received both international and national research awards for my work. I have authored over 30 peer-reviewed publications and have given more than 45 international and national presentations. I review for Injury Journal, Cureus and the Journal of Experimental Orthopaedics, keeping my knowledge contemporaneous.

I am a member of the NHS England Specialised Services Working Group, planning the national framework for Brachial Plexus and Peripheral Nerve Surgery. I am also a member of the SICOT Shoulder and Elbow Subcommittee and of the British Elbow and Shoulder Society Education Committee. This allows me to enhance patient care on a national and international basis. I am an honorary clinical lecturer for Kings College Medical School and faculty for the Kings Health Partners Executive Fellowship in Surgical Leadership. I am an exam writer for University College London Medical School, I interview for the UK Orthopaedic ST3 Recruitment, and I am invited faculty on related courses, including the Miller FRCS Revision Course. I am the founder and director of a number of national surgical skills courses.

## APPOINTMENTS

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### *CURRENT EMPLOYMENT*

<b>Aug 24 -</b>	<b>Peripheral Nerve Injury Consultant</b>	Royal National Orthopaedic Hospital Trust, Stanmore
<b>Aug 24 -</b>	<b>Medicolegal Expert</b>	Simpson Medicolegal Services, London

### *PREVIOUS CONSULTANT POSTS*

<b>Aug 23 – Aug 24</b>	<b>Trauma &amp; Orthopaedic Consultant (London - Locum)</b>	Guy's and St Thomas' Hospital NHS Trust Upper Limb and Trauma
<b>Oct 21 – Feb 22</b>	<b>Trauma &amp; Orthopaedic Consultant (London - Locum)</b>	Lewisham & Greenwich NHS Trust Upper Limb and Trauma

### *FELLOWSHIPS*

<b>Sep 22 – Jul 23</b>	<b>Upper Limb Fellowship (London)</b> Guy's and St Thomas' NHS Trust	Steve Corbett / Andy Richards / James White
<b>Jan 23 – Dec 23</b>	<b>Watanabe Society Visiting Fellow</b> United Kingdom – 3 Visits	Brighton (Joideep Phadnis) / London (Marco Sinisi) / Exeter (Will Thomas)
<b>Feb 22 – Sep 22</b>	<b>Perth Sports Surgery Fellowship (Australia)</b>	Shoulder and Knee Pete D'Alessandro / Li-On Lam

<b>Sep 2021</b>	Fiona Stanley Hospital / Coastal Orthopaedics <b>Visiting Fellowship</b> Hospital Ortopédico de Sant'Ana, Portugal	Sports Surgery Professor Francisco Guerra Pinto
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*HIGHER ORTHOPAEDIC TRAINING*

<b>2021</b>	<b>ST8 – Upper Limb / Trauma</b> Royal London Hospital, London	SpR to Mr Adrian Carlos
<b>2020/2021</b>	<b>ST8 – Sports Knee / Trauma</b> Royal London Hospital, London	SpR to Mr Kash Aktar / Mr Rej Bhumbra
<b>2019/2020</b>	<b>ST7 – Peripheral Nerve Injuries</b> RNOH, Stanmore	SpR to Mr Michael Fox / Mr Tom Quick / Dr Marco Sinisi
<b>2019</b>	<b>ST6 – Upper Limb</b> Princess Alexandra Hospital, Harlow	SpR to Ms Dimitra Leivadiotou
<b>2018/2019</b>	<b>ST6 – Hip &amp; Knee</b> Princess Alexandra Hospital, Harlow	SpR to Mr Rashid Khan
<b>2018</b>	<b>ST5 – Upper Limb</b> The Whittington Hospital, London	SpR to Mr Omar Haddo
<b>2017/2018</b>	<b>ST5 – Hip &amp; Knee / Hands</b> The Whittington Hospital, London	SpR to Mr Ian Bacarese-Hamilton
<b>2017</b>	<b>ST4 – Foot &amp; Ankle / Paeds</b> Queen’s Hospital, Romford	SpR to Mr Ashok Acharya
<b>2016/2017</b>	<b>ST4 - Spines</b> Barnet General Hospital, Barnet	SpR to Mr Bob Chatterjee
<b>2016</b>	<b>ST3 – Foot &amp; Ankle</b> Barnet General Hospital, Barnet	SpR to Mr Derek Park
<b>2015/2016</b>	<b>ST3 – Hip &amp; Knee / Trauma</b> Royal London Hospital, London	SpR to Mr Pramod Achan and Mr Josh Lee

*BASIC SURGICAL TRAINING*

<b>2014/2015</b>	<b>Junior Upper Limb Fellow</b> Chelsea & Westminster Hospital, London	Mr Andrew Sankey / Mr Rupen Dattani
<b>2013/2014</b>	<b>Core Surgical Trainee 2 in T&amp;O</b> Royal Berkshire Hospital, Reading Nuffield Orthopaedic Centre, Oxford	Middle Grade to Mr Andrew McAndrew Plastics and Trauma & Orthopaedics
<b>2012/2013</b>	<b>Core Surgical Trainee 1</b> Royal Berkshire Hospital, Reading	Middle Grade to Mr Alan Macleod (T&O) Upper GI and Vascular Surgery
<b>2011/2012</b>	<b>Academic Foundation Year 2 Doctor</b> Queen’s Medical Centre, Nottingham Royal Derby Hospital, Derby	Academic Surgery and Critical Care Respiratory Medicine and Urology
<b>2010/2011</b>	<b>Academic Foundation Year 1 Doctor</b> Queen’s Medical Centre, Nottingham	T&O; Critical Care; Neurology; General Surgery
<b>2010</b>	<b>Flight Surgery Intern</b> European Space Agency, Cologne, Germany	Research Associate / Astronaut Biochemistry Tutor / Astronaut Fitness Trainer

## EDUCATION & QUALIFICATIONS

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- PGCert – Medical Education		University of Dundee, Scotland	2024
- CCT – Trauma & Orthopaedics		Percivall Pott Orthopaedic Training Rotation, London	2021
- Leadership: Foundation Principles		Kennedy School of Government, Harvard University	2021
- Diploma in Football Medicine		Fédération Internationale de Football Association (FIFA)	2021
- FRCS (Tr&Orth)		Royal College of Surgeons of England	2020
- Trauma Science MSc	Merit	Barts and The London School of Medicine	2014
- Medical Sciences MA		St. John’s College, University of Cambridge	2014
- MRCS		Royal College of Surgeons of England	2013
- MBBS	Merit	Barts and The London School of Medicine	2010
- Neuroscience BA (Hons)	II:I	St. John’s College, University of Cambridge	2007
- A Levels	5A	St. Mary’s RC Sixth Form College, Greater Manchester	2004
- GCSEs	10A*	St. Mary’s RC High School, Greater Manchester	2002

## PUBLICATIONS & BOOK CHAPTERS

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### *In Submission*

- The deltoid abduction lag test for assessment of axillary nerve injury and functional deltoid recovery. **Simpson AI**, Cuthbert R, Fox M (2024) *Injury*
- A 10-year consecutive case series of clavicleplasty for acquired thoracic outlet syndrome following clavicular fracture. **Simpson AI**, Cuthbert R, Morgan R, Fox M (2024) *Injury*
- What’s up Doc? Modification of the Tension Suture Band Technique and Analogy to ‘Bunny Ears’. **Simpson AI**, Latif A. (2024) *Annals of the Royal College of Surgeons*
- The impact of COVID-19 on cycling-related injuries at a Central London Trauma Unit. **Simpson AI**, Chew B, Liu L, Jones B, Richards A, Corbett S, White WJ. (2024) *Journal of Royal Society of Medicine*
- VTE risk and prophylaxis in Shoulder and Elbow surgery. **Simpson AI**, Batten T, Hunt B, Peach C, Majed A, Corbett S. (2024) *Journal of Shoulder & Elbow Surgery*
- Proposing a standard for measuring glenoid version using multidimensional imaging. **Simpson AI**, Renna M, Dattani R, Sankey A. (2024) *Clinics in Shoulder and Elbow*

### *Published*

1. Supraclavicular Brachial Plexus Exploration and Centralisation of Services: An Opinion from a National Peripheral Nerve Injury Referral Unit. **Simpson AI**, Sugand K, Panagiotidou A, Fox M, Sinisi M (2024) *Injury*. DOI: 10.1016/j.injury.2024.112002
2. Enhancements in Artificial Intelligence for Medical Examinations: A Leap from ChatGPT 3.5 to ChatGPT 4 in the FRCS Trauma & Orthopaedics Section 1. Khan A, Sarraf K, **Simpson AI**. (2024) *The Surgeon*
3. Enhancing Access to Protheses in Sports: A Call to Action for the Future of Paralympic Athletes. **Simpson AI** (2024) *British Journal of Sports Medicine* – In Press

4. Evolution of Reverse Shoulder Arthroplasty: A Review of Complications and the Rising Concern of Overuse. Baskaran P, **Simpson AI** (2024) *British Journal of Hospital Medicine – In Press*
5. Professor Rolfe Birch: A Pioneer of Peripheral Nerve Surgery as well as a Mentor to Generations. Bennett J, Karam E, Sugand K, Kinnair A, Hazell D, **Simpson AI**, Panagiotidou A, Fox M, Sinisi M. (2024) *Cureus* **16**(11):e74030. DOI: 10.7759/cureus
6. Establishing a UK National Registry for peripheral nerve injury repair surgery: A Strategic Blueprint. Cuthbert R, **Simpson AI**. (2024) *Injury* **4**;55(6):111547. DOI: 10.1016.j.injury.2024.111547
7. Isolated lateral extra-articular tenodesis for ongoing instability follow Anterior Cruciate Ligament (ACL) reconstruction with an intact graft is effective and has low surgical morbidity. Davies P, Muirhead C, Ebert J, Edwards P, **Simpson A**, Williams A, D’Alessandro P. (2024) *Journal of Knee Surgery* DOI: 10.1055/a-2481-8771
8. Delayed union of a pediatric lunate fracture in the United Kingdom: a case report and a review of current concepts of non-scaphoid pediatric carpal fractures. Davies T, Headon E, Morgan R, **Simpson AI**. (2023) *Journal of Trauma and Injury* **36**(4):315-321. DOI:10.20408/jti.2023.0038
9. Artificial Intelligence in Orthopaedics: Can ChatGPT pass Section 1 of the FRCS examination? Cuthbert R, **Simpson AI**. (2023) *Postgraduate Medical Journal*. DOI: 10.1093/postmj/qgad053
10. Combined quadriceps medial patellofemoral ligament reconstruction and osteochondral fixation offers good patient-reported outcomes and low rates of recurrent instability for osteochondral defects secondary to acute patella dislocation. Scanlon JP, Raymond AC, Aujla RS, Gohil S, Ebert JR, Lam L, Malik SS, **Simpson AI**, Otto JH, Neeson D, D’Alessandro P. (2022) *Knee Surgery, Sports Traumatology, Arthroscopy*. DOI: 10.1007/s00167-023-07430-y
11. The DOSTAR Study: A double-blinded, randomized controlled trial comparing dual or single hamstring tendon anterior cruciate ligament reconstruction. Lawless A, Ebert J... **Simpson AI**, Grant M, Leys T, D’Alessandro P. (2023) *Orthopaedics Proceedings*. DOI: 10.1302/1358-992X.2023.2.006
12. Outcomes of the first 570 patients seen through a novel sports injury pathway at Fiona Stanley Hospital. Mohammed Abdul N, Raymond A... **Simpson AI**, Mattin A... D’Alessandro P. (2023) *Orthopaedic Proceedings*. DOI: 10.1302/1358-992X.2023.3.030
13. How active are UK doctors? Crane E, Schaller G, Bergstrom M, Leivadiotou D, **Simpson AI**. (2021) *The Bulletin of the Royal College of Surgeons* **103**(2):139-43. DOI: 10.1308/rcsbull.2021.59
14. Mortality and pulmonary complications in patients undergoing upper extremity surgery at the peak of the SARS-CoV-2 pandemic in the UK: a national cohort study. **The Corona Hands Collaborative**. (2020) *BMJ Quality & Safety* **0**:1-9. DOI: 10.1136/bmjqs-2020-012156
15. Psommatous Melanotic Schwannoma – A rare neck lump. Morgan R, **Simpson AI**, Vaghela K, Quick T. (2020) *Annals of the Royal College of Surgeons* DOI: 10.1308/rcsann.2020.7083
16. Reducing the risk and impact of brachial plexus injury sustained from prone positioning – a clinical commentary. **Simpson AI**, Vaghela K, Brown H, Sinisi M, Fox M, Quick T. (2020) *Journal of Intensive Care Medicine* DOI: [10.1177/0885066620954787](https://doi.org/10.1177/0885066620954787)
17. Anatomic, Diagnostic and Management Challenges in Paediatric Pelvic Fractures – A Review. Wharton R, Trowbridge S, **Simpson AI**, Sarraf K, Jabbar Y. (2019) *Journal of Paediatrics B* **28**:476-486. DOI: 10.1097/BPB.0000000000000591
18. Non-union of paediatric carpal fractures: A case report and current concepts review. Nazarian S, **Simpson AI**, Schaller G, Bajekal R. (2018) *New Horizons in Clinical Case Reports* **2**:20-34
19. Antibiotics, VTE prophylaxis and consent in spinal surgery: How do we compare with the US? Trimboli M, **Simpson AI**, Savin S, Chatterjee S. (2018) *Orthopaedic Proceedings* DOI: 10.1302/1358-992X.2018.4.084

20. Comparison of glenoid version measurement using unformatted and formatted 2D and 3D CT reconstructions. **Simpson AI**, Dattani R, Sankey A. (2017) *Orthopaedic Proceedings* DOI: 10.1302/1358-992X.99BSUPP\_8.EORS2015-087
21. Ten minutes ergometer rowing exercise increases pressure pain thresholds in high performance rowers. **Simpson AI**, Pearson R, Scammell BE. (2016) *Annals of Sports Medicine and Research* 3(7):1087
22. Surgical care practitioners in orthopaedics: a current concepts review. Gulati V, **Simpson AI**, Uzoigwe C, Gibbons C, Gupte C, Williams A. (2016) *Journal of Royal Society of Medicine* PMID: 27118698
23. Mycobacterium mucogenicum causing central line-related sepsis in a home parenteral nutrition patient. **Simpson AI**, Alazawi W, Warwick S, Sheridan E, Glynn M. (2017) *Journal of Microbiology and Infectious Diseases* 7(2):93-97
24. Congenital duplication of the larynx. **Simpson AI**, Khanna A, Stanton A. (2013) *Journal of Laryngology and Otology* 128(6):555-6
25. A study of the test-retest reliability of pressure pain threshold in osteoarthritis. **Simpson AI**, Wheeler M, Moreton B, Pearson R, Scammell BE, Walsh DA. (2012) *British Journal of Surgery* Volume 99, Issue S4
26. Barrett's metaplasia glands are clonal, contain multiple stem cells and share a common squamous progenitor. Nicholson AM, Graham TA, **Simpson AI** et al. (2011) *Gut* 61(10):1380-9
27. T<sub>2</sub>\*-weighted MRI for detection of small veins in multiple sclerosis – Optimisation and comparison of 3T and 7T. Dixon JE, **Simpson AI**, Mistry N et al. (2011) *European Journal of Radiology* 82(5):719-27
28. Does Scepticism Help You Pass Medical School Exams? **Simpson AI**, Bewley S. (2011) *HealthWatch*; 80:5
29. Hypoglycaemia secondary to leukemoid reaction. Elrishi MA, **Simpson AI**, Bradley EJ, Lawrence IG. (2010) *Practical Diabetes International*; 27(2):62-3
30. Analysis of the clonality of Barrett's oesophagus glands reveals they are clonal and establishes a common stem cell for glandular and squamous epithelium. Nicholson A, Graham T, **Simpson AI**, Humphries A, Wright N, McDonald S, Jankowski JA. (2010) *Gastroenterology* 138:5(1);S138
31. Medical Educators as Experienced Clinicians. **Simpson AI** (2010) *BMJ* – Online Publication 13 May 2010 - [http://www.bmj.com/content/340/bmj.c2351.full/reply#bmj\\_el\\_235698](http://www.bmj.com/content/340/bmj.c2351.full/reply#bmj_el_235698)
32. Transatlantic Barrett's Esophagus: Are we separated by more than the 'O'? Preston S, **Simpson AI**, Leedham S, McDonald S, Graham A, Graham T (2009) *American Journal of Gastroenterology* 104;S26

### Book Chapters

- Trauma-related Neurological Injuries. The Fracture Clinic Survival Guide. **Simpson AI**, Cuthbert R, Fox M. Springer (2023)
- Shoulder and Humerus. The Fracture Clinic Survival Guide. **Simpson AI**, Waseem S, Di Mascio L. Springer (2023)
- The Acute Abdomen. Key Skills for Future Surgeons Participant Handbook. **Simpson AI**. London Surgical Skills (2010)

### Invited Publications

- Academic Medicine: Publish or stagnate. **Simpson AI**. *SIMA: Prospect* (2010)

### Edited Books

- Key Skills for Future Surgeons Participant Handbook. **Simpson AI**, Overton J and Malliwal R. London Surgical Skills (January 2010)

### Contributor

- 101 things to do with spare moments on the ward. Evans D, Patel N. *Wiley-Blackwell* (2012)

### Non-Medical Publications

- Medical Society Annual Report. **Simpson AI**. *The Eagle*. St. John's College, University of Cambridge (2007)
- SJCAFC Annual Report. **Simpson AI**. *The Eagle*. St. John's College, University of Cambridge (2007)

## PRESENTATIONS

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### International

1. **SICOT Annual Conference, Belgrade, Serbia** – ‘ChatGPT can now pass Part 1 of the Fellowship of the Royal College of Surgeons (Trauma & Orthopaedics) Examination’ – (September 2024) – Oral Presentation
2. **EFORT Annual Conference, Hamburg, Germany** – ‘Clinical and functional outcomes of conversion from failed reverse and anatomic total shoulder arthroplasty to hemiarthroplasty: A Systematic Review’ – (May 2024) – Poster Presentation
3. **EFORT Annual Conference, Hamburg, Germany** – ‘The impact of COVID-19 on cycling-related injuries in London’ – (May 2024) – Poster Presentation
4. **EFORT Annual Conference, Hamburg, Germany** – ‘Revision of shoulder arthroplasty using modular shoulder systems: A Systematic Review’ – (May 2024) – Poster Presentation
5. **EFORT Annual Conference, Hamburg, Germany** – ‘Long-term clinical and radiological outcomes of acromioclavicular joint reconstruction using the Lockdown (Surgilig) implant: A 10 year retrospective study’ – (May 2024) – Poster Presentation
6. **EFORT Annual Conference, Hamburg, Germany** – ‘ChatGPT can now pass Part 1 of the Fellowship of the Royal College of Surgeons (Trauma & Orthopaedic) examination’ – (May 2024) – Oral Presentation
7. **European Orthopaedic Research Society (EORS), Porto, Portugal** – ‘Revision of shoulder arthroplasty using Modular Shoulder Systems: A systematic review’ – (November 2023) – Oral Presentation
8. **ISAKOS Congress, Boston, USA** – ‘Patients undergoing reconstruction for multi-ligament knee injuries caused by pivoting sports restore function and return to sport at a similar level to their isolated ACL counterparts: A prospective matched cohort study’ – (June 2023) – Poster Presentation
9. **EFORT Annual Conference, Vienna, Austria** – ‘The impact of a 10-day period of national mourning on the orthopaedic service of the Central London hospitals serving Westminster’ – (May 2023) – Oral Presentation
10. **EFORT Annual Conference, Vienna, Austria** – ‘The pyrocarbon shoulder hemiarthroplasty remains a good implant choice in the appropriate patient with predominantly humeral sided pathology – A consecutive case series’ – (May 2023) – Poster Presentation
11. **Australian Orthopaedic Association WA Annual Scientific Meeting, Perth, Australia** – ‘Coracoclavicular ligament reconstruction (CCLR) versus hook plate fixation for displaced distal clavicle fractures: A systematic review and meta-analysis’ – (August 2022) – Oral Presentation
12. **Australian Orthopaedic Association WA Annual Scientific Meeting, Perth, Australia** – ‘Isolated Lateral Extra-articular Tenodesis for chronic rotational instability following primary Anterior Cruciate Ligament Reconstruction’ – (August 2022) – Oral Presentation
13. **Australian Orthopaedic Association WA Annual Scientific Meeting, Perth, Australia** – ‘Combined Medial Patellofemoral Ligament Reconstruction and Osteochondral Fixation for Osteochondral Defects Secondary to Acute Patella Dislocation’ – (August 2022) – Oral Presentation
14. **European Orthopaedic Research Society (EORS), Maastricht** – ‘Posterior Shoulder Instability: Is the risk higher than anterior in specific sports?’ – (October 2019) – Oral Presentation

15. **5<sup>th</sup> Congress of Clinical Safety, Rome** – ‘Activity levels in UK-based doctors outside of the workplace’ – (September 2017) – Oral Presentation
16. **5<sup>th</sup> Congress of Clinical Safety, Rome** – ‘Gentrification of the Pilon Fracture: How do you do yours? Development of a Trauma Unit Management Pathway’ – (September 2017) – Oral Presentation
17. **5<sup>th</sup> Congress of Clinical Safety, Rome** – ‘Antibiotics, VTE prophylaxis and consent in spinal surgery – How do we compare to the US?’ – (September 2017) – Oral Presentation
18. **4<sup>th</sup> Congress of Clinical Safety, Vienna** – ‘The Rise of the Surgical Care Practitioner in Orthopaedics’ – (September 2015) – Oral Presentation
19. **4<sup>th</sup> Congress of Clinical Safety, Vienna** – ‘The seasonality of slipped upper femoral epiphysis - meta-analysis: a possible association with vitamin D’ – (September 2015) – Oral Presentation
20. **4<sup>th</sup> Congress of Clinical Safety, Vienna** – ‘Management of Achilles tendon injury: A current concepts systematic review’ – (September 2015) – Oral Presentation
21. **IFASCON – 30<sup>th</sup> Annual Conference of the Indian Foot & Ankle Society, Coimbatore, Tamil Nadu** – ‘Talar neck fractures: Current Concepts’ – (August 2017) – Invited Oral Presentation
22. **European Orthopaedic Research Society (EORS), Bristol** – ‘Comparison of glenoid version measurement using unformatted and formatted 2D and 3D CT reconstructions’ – (September 2015) – Oral and Poster Presentation
23. **EFORT Annual Conference, London** – ‘Blood Management Strategies and Venous Thromboembolism Prophylaxis in Primary Knee Replacement: What Is the Best Combination?’ – (June 2014) – Oral Presentation
24. **EFORT Annual Conference, London** – ‘Ilizarov Frames: A Regional Trauma Unit’s Experience’ – (June 2014) – Poster Presentation
25. **Human and Behaviour Evolution Society Annual Conference, Miami** – ‘The Evolution of Hominin Shoulder Orientation; A retrospective analysis of scapular glenoid orientation spanning 400 million years’ – (July 2013) – Poster Presentation
26. **International Forum on Quality and Safety in Healthcare, London** – ‘Does the unpredictable nature of trauma mean Orthopaedic Fracture Clinics are inherently inefficient?’ – (April 2013) – Poster Presentation
27. **International Forum on Quality and Safety in Healthcare, London** – ‘Dedicated Neck of Femur Fracture Theatre Lists Improve Time to Operation at a District General Trauma Unit’ – (April 2013) – Poster Presentation
28. **International Convention on Education, Science and Medicine in Sport, Glasgow** – ‘Ten minutes ergometer rowing exercise increases pressure pain thresholds in high performance rowers’ – (July 2012) – Poster Presentation
29. **1st Congress in Maternal and Fetal Health, Barcelona, Spain** – ‘Maternal mortality and the law of diminishing returns’ – (September 2010) – Poster Presentation
30. **American College of Gastroenterology 74<sup>th</sup> Annual Scientific Meeting, San Diego, USA** – ‘Transatlantic Barrett’s; Are we separated by more than the ‘O’?’ – Poster Presentation (October 2009)
31. **European Astronaut Centre, European Space Agency, Cologne, Germany** – ‘Uncertainties in osteoporosis and osteopenia’ – Oral Presentation (June 2010)

### *National*

1. **BOTA, Manchester** – ‘Evolution of Reverse Shoulder Arthroplasty: A Review of Complications and the Rising Concern of Overuse’ – (November 2024) – Oral Presentation



2. **Artificial Intelligence in Orthopaedics Meeting, Royal Society of Medicine, London** – ‘Can ChatGPT pass Part 1 of the FRCS examination?’ – (November 2023) – Oral and Poster Presentation
3. **British Elbow & Shoulder Society Annual Meeting, Newport, Wales** – ‘A 10-year consecutive case series of acquired thoracic outlet syndrome (TOS) following clavicular fracture’ – (June 2023) – Oral Presentation
4. **British Orthopaedic Oncological Society, Virtual Conference** – ‘A case series of over 500 Schwannomata: The Royal National Orthopaedic Hospital’s Experience’ – (November 2020) – Oral Presentation
5. **British Orthopaedic Association, Virtual Conference** – ‘Mortality and pulmonary complications in patients undergoing upper extremity surgery at the peak of the SARS-CoV-2 pandemic in the UK: a national cohort study’ – (October 2020) – Oral Presentation
6. **BOSTAA, London** – ‘Exercise levels in UK-based doctors outside of the workplace’ – (November 2018) – Poster Presentation
7. **British Orthopaedic Oncology Society, Birmingham** – ‘Dedicated neck of femur fracture theatre lists: Helping to meet national targets for 5 years’ – (May 2014) – Oral Presentation
8. **British Orthopaedic Association Annual Conference, Manchester** - ‘Ten minutes ergometer rowing exercise increases pressure pain thresholds in high performance rowers’ – (September 2012) – Poster Presentation
9. **Researcher Sport Relay, Aegon Trophy, Nottingham Tennis Centre** – ‘Rowing increases your pain threshold: Implications for sport and osteoarthritis’ – (June 2012) – Invited oral presentation
10. **Society of Academic and Research Surgery, Nottingham** – ‘A study of the test-retest reliability of pressure pain threshold in knee osteoarthritis’ – (January 2012) – Oral Presentation
11. **British Orthopaedic Association/Irish Orthopaedic Association Annual Conference, Dublin, Ireland** – ‘Did publication of level 1 evidence alter the management of midshaft clavicle fractures’ – (September 2011) – Poster Presentation
12. **37<sup>th</sup> Malkin Meeting, Nottingham** – ‘Did publication of level 1 evidence alter the management of midshaft clavicle fractures’ (July 2011) – Oral Presentation
13. **Section of Orthopaedics’ Annual Meeting, Royal Society of Medicine, London** (May 2011)
14. **East Midlands Orthopaedic Research Meeting** – ‘Did publication of level 1 evidence alter the management of midshaft clavicle fractures at the Queen’s Medical Centre?’ – (November 2010) – Oral Presentation
15. **Cardiothoracic Section Meeting, Royal Society of Medicine, London** – ‘Emergency management of blunt thoracic trauma’ – Poster Presentation (November 2009)
16. **British Association of Parenteral and Enteral Nutrition Annual Conference, Cardiff, Wales** – ‘Mycobacterium mucogenicum causing central line-related sepsis in a home parenteral nutrition patient’ – Poster Presentation (October 2009)
17. **Association of British Clinical Diabetologists Autumn Meeting, London** – ‘Eat what you like; Myth or Method? Dose Adjustment For Normal Eating: One year on’ – Poster Presentation (November 2009)
18. **William Harvey Day, St. Bartholomew’s and The London School of Medicine** – ‘Transatlantic Barrett’s; Are we separated by more than the ‘O’?’ – Poster Presentation (October 2009)
19. **Brigadier Hayward Meeting, Royal Society of Medicine, London** – ‘Blunt Thoracic Trauma: Is Emergency Thoracotomy Appropriate?’ - Oral and Poster Presentation (2009)

## TEACHING & TRAINING

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<b>Invited Faculty</b> , Miller FRCS Revision Course	2024 -
<b>Honourary Clinical Lecturer</b> , Kings College Medical School, London	2023 - 2024
<b>Orthopaedic Education Lead</b> , Guy’s and St Thomas’ Hospital, London	2023 - 2024
<b>Course Director</b> , Physician Associates Surgical Skills & Assisting Course, London	2023 - 2024
<b>Course Director</b> , Core Surgical Training Cadaveric Surgical Skills Programme, London	2023 - 2024
<b>Interviewer</b> , Trauma & Orthopaedic ST3 National Recruitment, Virtual – UK	2023 -
<b>Invited Faculty</b> , Fundamentals of Orthopaedics Virtual Interview Course, London	2023 -

<b>Invited Faculty</b> , Percivall Pott ST3 Orthopaedic Registrar Interview Course, London	2023 -
<b>Invited Faculty</b> , Royal London Trauma FRCS Course, London	2022
<b>Final Year OSCE Examiner</b> , Barts and The London Medical School	2021
<b>Invited Faculty</b> , Percivall Pott ST3 Orthopaedic Registrar Interview Course, London	2021
<b>Core Surgery Training Mentor</b> , Royal National Orthopaedic Hospital, Stanmore	2019 - 2020
<b>Trauma &amp; Orthopaedic Tutor</b> , University College London Medical School	2017 - 2018
<b>5th Year Medical Examiner</b> , University College London Medical School	2017
<b>Year 5 Medical Student Tutor</b> , Imperial College, London and Chelsea & Westminster Hospital	2014 - 2015
<b>Year 6 Medical Student Tutor</b> , University of Oxford	2013 - 2014
<b>Year 4 Medical Student Tutor</b> , University of Oxford	2013 - 2014
<b>Trauma Moulage Coordinator</b> for Medical Students, University of Oxford	2013 - 2014
<b>Final Year Mock OSCE Examiner</b> , University of Nottingham	2012
<b>3<sup>rd</sup> Year Medical Student Tutor</b> , University of Nottingham	2011 - 2012
<b>2<sup>nd</sup> Year Medical Student Tutor</b> , University of Nottingham	2011 - 2012
<b>Final Year Medical Student Tutor</b> , FOOT Teaching Scheme, University of Nottingham	2010 - 2011
<b>Anatomy, Physiology and Biochemistry Tutor</b> , European Space Agency, Cologne, Germany	2010
<b>Surgical Lead</b> , London Surgical Skills	2009 – 2014

## **MANAGEMENT & POSITIONS OF RESPONSIBILITY**

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<b>2024 -</b>	<b>Member</b> – Academy of Medical Educators (AoME)
<b>2024 -</b>	<b>Founding Member</b> – OrthoAI Alliance (ORAIA)
<b>2024 -</b>	<b>NHS England Specialised Services Commissioning Work Group</b>
<b>2024 -</b>	<b>Shoulder and Elbow Subspecialty Committee – SICOT</b>
<b>2024 -</b>	<b>Exam Writer</b> for University College London Medical School
<b>2024 -</b>	<b>Faculty</b> for Kings Health Partners Executive Fellowship in Surgical Leadership
<b>2024 -</b>	Reviewer for <b>Injury Journal</b>
<b>2023 -</b>	<b>Founder and Committee Member</b> – <b>The William Cheselden Club</b> Education and research arm of South East Thames Orthopaedic Training Programme
<b>2023</b>	<b>Subacromial Pain Working Group</b> – British Elbow and Shoulder Society (BESS)
<b>2023 -</b>	Reviewer for <b>Journal of Experimental Orthopaedics</b>
<b>2022</b>	Managed <b>Sports Surgery Pathway</b> for the South Metropolitan Health Service, Perth, Australia
<b>2022</b>	<b>Interviewer</b> for appointments to the Perth Sports Surgery Fellowship 2024 Fiona Stanley and Fremantle Hospitals, Perth, Australia
<b>2021</b>	<b>Registrar Clinical Lead</b> for implementation of eTrauma Patient Management System Royal London Hospital, London
<b>2020-2022</b>	<b>Member of Expert Advisory Network for Education and Innovation</b> Royal College of Surgeons of England
<b>2020</b>	Developed <b>prone positioning guidelines</b> for reducing risk of brachial plexus injuries with Mr Tom Quick (Peripheral Nerve Injury Consultant) Royal National Orthopaedic Hospital, Stanmore

<b>2018/2019</b>	<b>Percivall Pott Club Secretary</b> North Central and North East London Orthopaedic Training Rotation
<b>2017/2018</b>	Metal-on-metal Hip Clinic Coordinator Whittington Hospital, London
<b>2017/2018</b>	JRI Evolution Research Clinic Coordinator Whittington Hospital, London
<b>2014-2018</b>	Reviewer for <b>Student BMJ</b>
<b>2016/2017</b>	Registrar teaching and journal club coordinator Barnet General Hospital, Barnet
<b>2014/2015</b>	Orthopaedic Radiology MDT Coordinator Chelsea & Westminster Hospital, London
<b>2013/2014</b>	Surgical textbook reviewer for <b>Cambridge University Press</b>
<b>2013/2014</b>	Middle grade and junior doctor Trauma & Orthopaedic rota coordinator Royal Berkshire Hospital, Reading
<b>2011</b>	Junior doctor representative to the Wellcome Trust Academic Forum Selected based on portfolio achievements to represent Nottingham University Hospitals Trust
<b>2010/2011</b>	<b>East Midlands Strategic Health Authority</b> Foundation Year 1 Representative
<b>2010/2011</b>	<b>ESA Flight Surgery Intern Project Coordinator</b> , Crew Medical Support Office, European Astronaut Centre, European Space Agency, Cologne, Germany
<b>2009</b>	<b>Wesleyan Medical Sickness Students' Conference</b> , Bristol St. Bartholomew's and The London School of Medicine Representative
<b>2009/2010</b>	<b>Finalmed</b> Student Representative An international course offering tuition in clinical presenting to medical students
<b>2009-2014</b>	<b>Founder of London Surgical Skills</b> London Surgical Skills was an academic organisation that offered the 'Key Skills for Future Surgeons', a course in basic surgical skills for junior doctors, accredited by RCSEd and held in association with the RSM
<b>2009-2014</b>	<b>Co-founder of Young Civitas for Medics (Now Lead-In)</b> Young Civitas for Medics is an academic organisation that runs educational events and discussions on key issues within the NHS for medical students, dealing with the topics of healthcare structure, policy and reform
<b>2009/2010</b>	London representative for the <b>Junior Association for the Study of Medical Education (JASME)</b>
<b>2010</b>	Co-organiser of the first <b>JASME Medical Student Teaching and Education Course</b>
<b>2008-2010</b>	Student representative and reviewer for Elsevier Publishing
<b>2008-2010</b>	<b>HealthWatch</b> Committee Member HealthWatch is a registered charity committed to the development of good practices in the assessment and testing of medical treatments and the conduct of clinical trials generally and the promotion of high standards by practitioners - <a href="http://www.healthwatch-uk.org">www.healthwatch-uk.org</a>
<b>2008/2009</b>	Residential Steward, Queen Mary, University of London Responsible for student welfare and the smooth running of a college hall of residence
<b>2008</b>	Interview Assessor and Facilitator for the St. Bartholomew's and The London School of Medicine and Dentistry Graduate Entry Programme

2007	Involved in the production of the promotional video for the Robin Brooke Clinical Skills Centre, St. Bartholomew's Hospital
2006-2014	Medical Textbook Reviewer for <b>Blackwell Publishing</b> Responsible for the reviewing and editing of both pre-clinical and clinical textbooks and book proposals, including the 'At A Glance' and 'Clinical Cases Uncovered' series
2006/2007	<b>Medical Society President</b> , St. John's College, University of Cambridge
2006/2007	<b>First XI Football Captain</b> , St. John's College, University of Cambridge
2005/2006	<b>Medical Society Secretary</b> , St. John's College, University of Cambridge

## PRIZES & AWARDS

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- **Copeland Fellowship** (2024) – British Elbow and Shoulder Society
- **Consultant Educator of the Year** (2024) – Guy's and St Thomas' NHS Foundation Trust - Shortlisted
- **Jacques Duparc Award** – EFORT, Hamburg, Germany (2024) – Best Poster Display & Shortlisted for Best Submitted Abstract
- **William Bodey Travelling Fellowship** – Royal Society of Medicine (2023) - Shortlisted
- **Watanabe Travelling Fellowship** (2022)
- **Best Fracture Fixation Prize** – Leicester Orthopaedics Hand Fracture Fixation Course (2022)
- **Australian Orthopaedic Association – Western Branch – Henry Manners Hill Prize** (2022) – Best paper at Annual Scientific Meeting
- **Worshipful Society of Apothecaries' Prize** (2021) – Shortlisted
- **Royal Society of Medicine Orthopaedic President's Prize** (2016) - Shortlisted
- **British Orthopaedic Oncological Society (BOOS) Best Paper** (2014)
- **Human Behaviour and Evolution Society Scholarship** (2013)
- **Institute of Healthcare Improvement (IHI), Massachusetts and British Medical Journal Scholarship** (2013)
- **Society of Academic and Research Surgery (SARS) Training Prize** (2012)
- **Acumed Presentation Prize – British Orthopaedic Association/Irish Orthopaedic Association** (2011)
- **President's Prize – Section of Orthopaedics, Royal Society of Medicine** (2011) – Shortlisted  
- National prize for a 200 word abstract of clinical research and 10 minute PowerPoint presentation
- **British Geriatric Society – Falls and Bones Section Training Scholarship** (2010)
- **Passed final year clinical studies with Merit** (2010)
- **Rahere Elective Scholarship** – St. Bartholomew's and The London School of Medicine (March 2010)
- **Cardiothoracic Section Poster Prize** – Royal Society of Medicine (2009) – Shortlisted
- **Passed second year clinical studies with Merit** (2009)
- **Cancer Research UK / Institute of Cell and Molecular Science Research Scholarship** (2009)
- **Joy and David Long Prize for Medicine** (2009)
- **Brigadier Hayward Prize** – Royal Society of Medicine (2008) – Shortlisted  
- National prize for a 250 word case abstract and 10 minute PowerPoint and poster presentation
- **Finalmed Prize** (2008) – Commendation
- **HealthWatch Student Prize** (2008)
- **Passed first year clinical studies with Merit** (2008)
- **Joy and David Long Prize for Medicine** (2008)
- **Jim Hammond Memorial Prize** (2004)  
- Awarded to the highest achieving A-Level student in the Wigan Borough of Greater Manchester

## AUDIT & QUALITY IMPROVEMENT

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1. **Day before surgery admissions in a tertiary referral peripheral nerve injuries unit (2024)**
  - Peripheral Nerve Injuries Unit, Royal National Orthopaedic Hospital
2. **The impact of the Covid-19 pandemic on upper limb cycling-related injuries at a Central London trauma unit (2023)**
  - Department of Orthopaedics & Trauma, Guy's and St Thomas' Hospital
3. **The use of limb tourniquets for trauma and elective operating at a central London teaching hospital compared to BOAST guidelines (2022)**
  - Department of Orthopaedics & Trauma, Guy's and St Thomas' Hospital
4. **Analysis of orthopaedic trauma during national mourning of the death of Her Majesty Queen Elizabeth II at a central London trauma unit (2022)**
  - Department of Orthopaedics & Trauma, Guy's and St Thomas' Hospital
5. **Implementation of a virtual musculoskeletal MDT in response to the COVID pandemic (2021)**
  - Department of Orthopaedics & Trauma, Royal London Hospital
6. **Management of isolated Schwannomata in a tertiary referral centre from 2017-2020 (2020)**
  - Peripheral Nerve Injuries Unit, Royal National Orthopaedic Hospital
7. **A peripheral nerve injury unit's experience of forearm trauma during a global pandemic (2020)**
  - Peripheral Nerve Injuries Unit, Royal National Orthopaedic Hospital
8. **Pre-operative blood analysis for thoracic outlet decompression (2020)**
  - Peripheral Nerve Injuries Unit, Royal National Orthopaedic Hospital
9. **Developing a Virtual Fracture Clinic (2019)**
  - Department of Orthopaedics & Trauma, Princess Alexandra Hospital
10. **Management of fragility fracture in the outpatient fracture clinic (2018)**
  - Department of Orthopaedics & Trauma, Whittington Hospital, London
11. **Management of torus fractures (2018)**
  - Department of Orthopaedic & Trauma, Whittington Hospital, London
12. **Missed scheduled appointments in the paediatric orthopaedic clinic (2017)**
  - Department of Orthopaedics & Trauma, Queen's Hospital, Romford
13. **Antibiotics, VTE prophylaxis and consent in spinal surgery (2017)**
  - Department of Orthopaedics & Trauma, Barnet General Hospital
14. **Management of pilon fractures at Barnet General Hospital over the last 10 years (2016)**
  - Department of Orthopaedics & Trauma, Barnet General Hospital
15. **Length of Stay in Primary Total Knee Replacements (2015)**
  - Department of Orthopaedics & Trauma, Chelsea & Westminster Hospital
16. **Day Case Surgery Audit in Foot & Ankle Surgery (2015)**
  - Department of Orthopaedics & Trauma, Chelsea & Westminster Hospital
17. **Early Management of Pathological Fractures in The Skeletally Immature (2014)**
  - Department of Orthopaedics, Nuffield Orthopaedic Centre
18. **Implementing a Major Trauma Network: The impact on District General Hospital Orthopaedic Trauma Surgery services and surgical training in the Thames Valley Trauma Network (2014)**
  - Department of Orthopaedics & Trauma, Royal Berkshire Hospital
19. **Ilizarov Frames: A District General Hospital's Experience (2013)**
  - Department of Orthopaedics & Trauma, Royal Berkshire Hospital
20. **Patient perception of consultations in adult fracture clinic (2012)**
  - Department of Orthopaedics & Trauma, Royal Berkshire Hospital
21. **Effects of Rivaroxaban and autologous transfusion drains on post-operative transfusion rates following total knee replacement (2013)**
  - Department of Orthopaedics & Trauma, Royal Berkshire Hospital
22. **Effectiveness of dedicated neck of femur fracture theatre lists at a district general hospital (2012)**
  - Department of Orthopaedics & Trauma, Royal Berkshire Hospital

23. **Quality of care and staffing levels at adult fracture clinics (2012)**
  - Department of Orthopaedics & Trauma, Royal Berkshire Hospital
24. **The use of botulinum toxin A injections in detrusor muscle overactivity (2012)**
  - Department of Urology, Royal Derby Hospital, Derby
25. **The use of talc pleurodesis in chronic pleural effusion (2012)**
  - Department of Respiratory Medicine, Royal Derby Hospital, Derby
26. **The use of abdominal vacuum dressings and incidence of fistula formation in deep dehiscence of laparotomy wounds (2011-)**
  - Department of Colorectal Surgery, Queen's Medical Centre, Nottingham
27. **Experience of non-operative and operative treatment of mid-shaft clavicular fractures in a large university teaching hospital (2010)**
  - Department of Orthopaedics & Trauma, Queen's Medical Centre, Nottingham
28. **Use of the Prague Classification in the Endoscopic Diagnosis of Barrett's Oesophagus (2009)**
  - Audit of the recording of the Prague classification on endoscopy reports following endoscopic diagnosis of Barrett's oesophagus – Department of Gastroenterology, The Royal London Hospital
29. **High Vaginal Swab preceding Intrauterine Device insertion Audit (2009)**
  - Audit of implementation of NICE guidelines for intrauterine device insertion in primary care - Roding Valley Medical Practice, Woodford, Essex
30. **Emergency Department Audit: Trauma Documentation (2009)**
  - Audit of trauma cases, looking at the effective management and documentation of trauma patients entering the emergency department and the accurate and correct use of FAST scan – Emergency Department, The Royal London Hospital
31. **Antibiotic Prescribing Audit (2008)**
  - Facilitated and conducted a multicentre audit, intervention and re-audit, looking at the correct prescribing of antibiotics on hospital drug charts - The Royal London Hospital, The Royal Brompton Hospital and Kings Lynn Hospital
32. **DAFNE Programme Audit (2008)**
  - Audit looking at the efficacy of the DAFNE programme for Type I diabetes 1 year post-education - Princess Alexandra Hospital, Harlow

## RESEARCH GRANTS & RESEARCH

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- Orthopaedic Research Foundation of Western Australia Research Grant (2022)
- Human Behaviour and Evolution Society Scholarship (2013)
- Institute of Healthcare Improvement (IHI), Massachusetts and British Medical Journal Scholarship (2013)
- Society of Academic and Research Surgery – Training Award (2011)
- British Geriatric Society – Fall and Bones Section Training Bursary (2010)
- Elective Grant – St. Bartholomew's and The London School of Medicine (2010)
- Research Grant – Institute of Cell and Molecular Science, St. Bartholomew's and The London School of Medicine/London Institute of Cancer Research UK (2009)
- Travel Grant – European Astronaut Centre, European Space Agency (2009)
- Travel Grant – Department of Gastroenterology, The Royal London Hospital (2009)
- Travel Grant – Institute of Cell and Molecular Science, St. Bartholomew's and The London School of Medicine (2009)
- Travel Grant – Digestive Diseases Clinical Academic Group, St. Bartholomew's and The London School of Medicine (2009)
- Travel Grant – Department of Undergraduate Education, Princess Alexandra NHS Foundation Trust (2009)

## COURSES

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- Fresh Cadaver Course on Peripheral Nerve and Plexus Surgery Hands-On including Neurosonography – Uniklinik, Aachen, Germany (2024)
- Managing Conflict – Healthcare Financial Management Association (HFMA) – Online (2024)
- Faculty Lead and College Tutor Development Programme – Guy’s and St Thomas’ Hospital, London (2024)
- Primary and Revision Shoulder Arthroplasty Course – Exactech, Verona, Italy (2024)
- MedCo Medicolegal Accreditation – MedCo [40 CPD] (2024)
- Artisan Elbow Course – LEDA, Cambridge (2023)
- Elbow Trauma Cadaveric Course – Acumed, Bristol (2023)
- UK Upper Extremity Meeting – Stryker, London (2022)
- Hand Fracture Management – Leicester Orthopaedics (2022)
- Futures Shoulder Cadaveric Course – Arthex (2022)
- Shoulder Technology Forum – Smith & Nephew (Melbourne, Australia 2022)
- Training Orthopaedic Educational Supervisors – British Orthopaedic Association (2022)
- Instructional Knee Course – British Association of Surgery of the Knee (2021)
- Medical Management and Leadership for Doctors – ISC Medical, London (2020)
- Research Methodologies – Royal College of Surgeons (2020)
- Good Clinical Practice – NIHR (2020)
- Basic Sciences for the FRCS(Orth) – ORUK (2019)
- 6<sup>th</sup> UCH Preparation for FRCS(Orth) Course – University College Hospital, London (2019)
- Watanabe Shoulder Arthroscopy Course – Smith & Nephew, Watford (2019)
- Training the Trainers – Royal College of Surgeons of England, London (2019)
- Acumed Upper Limb Trauma Course – Acumed, Bristol (2019)
- Advanced Trauma Life Support – Chelsea & Westminster Hospital (2017)
  - Recommended to RCS England to be course instructor
- Good Clinical Practice – BOA & NHR, Liverpool (2017)
- Essentials of the Ilizarov Method (2017) – Smith & Nephew, Sheffield
- Cadaveric Intramedullar Nailing Course (2016) – Smith & Nephew Training Centre, York
- Fundamentals of Arthroscopic Training (FAST) (2016) – Barts Simulation Centre
- Non-technical skills for Orthopaedic Surgeons (2016) – Barts Simulation Centre
- Basic Skills in Knee Arthroscopy (2015) – Chelsea & Westminster Hospital
- AO Principles of Fracture Fixation (2014) – Royal College of Surgeons of Edinburgh
- UNICON Training the Trainers Course (2014) – Oxford University
- Care of the Critically Ill Surgical Patient (2013) – Royal Derby Hospital, Derby
  - Recommended to RCS England to be course instructor
- Advanced Trauma Life Support (2012) – Hillingdon Hospital, London
- European Computer Driving License (2012)
- Practical Statistics in Medical Research (2012) – UCL, London
- Advanced Life Support (2011) – Royal Derby Hospital, Derby
- Systematic Training in Acute Illness Recognition and Treatment for Surgery (START Surgery) – RCSEng, London (2011)
- Intercollegiate Basic Surgical Skills – Royal London Hospital, London (2011)

- Certificate in Leadership, Patient Safety and Quality Improvement (2010) – Institute for Healthcare Improvement, Cambridge, Massachusetts, USA (2010)
- Doctors as Teachers and Educators – DATE (2010)

## PROFESSIONAL AFFILIATIONS

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- British Elbow and Shoulder Society (BESS)
- SICOT
- British Orthopaedic Association (BOA)
- OrthoAI Alliance (ORAIA)
- Human Behaviour and Evolution Society (HBES)
- Institute of Healthcare Improvement, Massachusetts (IHI)
- Royal Society of Medicine (RSM)
- HealthWatch - Charity
- Medical and Dental Defence Union of Scotland (MDDUS)
- St Bartholomew's and The London Cambridge Graduates' Club
- The Eagles, St. John's College, University of Cambridge

## ADDITIONAL ACHIEVEMENTS

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- REPs Accredited Personal Trainer (2015-)
- Received a **first class** result for Cambridge University BA(Hons) research project entitled 'Reaction Time and Age: A Meta-Study' (2007)
- Elected to St. John's College Eagles' Society, Cambridge University for outstanding achievement in sport (2006)
- Grade 8 Pianoforte – Royal College of Music
- Grade 7 Music Theory – Royal College of Music

## EXTRACURRICULAR ACTIVITIES & INTERESTS

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I am a fitness enthusiast and train for endurance races such as 'Spartan Race' and 'Tough Mudder'. I enjoy most sports, particularly football and tennis. In the past, I have represented Cambridge University and St. Bartholomew's and The London Medical School at football. I have also represented St. John's College, Cambridge University, at First XI hockey and rowing. During my school life I represented my County at football, 100m sprint and cross-country, and I was a previous County badminton champion. I have achieved Grade 8 pianoforte and continue to play for my own enjoyment. I particularly enjoy outdoor pursuits and I am very keen on rock climbing and mountaineering. I have basic language skills in German and Farsi.

## REFERENCES

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Can be provided on request.