

Curriculum Vitae

of

Mr. Robert Lovell F.R.C.S. (Tr. & Orth.)

Consultant Spinal Surgeon

PERSONAL DETAILS

Name	Robert Anders Lovell
Home Address	The Shrubberies Coddendam, Suffolk IP6 9TZ
Telephone	Mobile 07919 252 882 Work 01473 702704(NHS) 01473 217592(Private)
Date of Birth	4 January 1974
Medical Defence Insurers	Premium Medical Protection 274096
Nationality	British
Marital Status	Married
UK General Medical Council	Full registration number 4538383
Specialist Register	Trauma & Orthopaedics, 17 May 2010
Primary Medical Degree	M.B. B.S. University College London Medical School 1993 to June 1998
Postgraduate Certification	F.R.C.S. (Tr. & Orth.) Intercollegiate Speciality Board 2008 M.R.C.S. (Ed.) Royal College of Surgeons of Edinburgh. 2002
Prizes and Distinctions	* Certificate of Outstanding Performance: Written Final examinations, * Fitton Prize in Orthopaedics, * Certificate of Distinction: Medicine, * Certificate of Merit: Obstetrics and Gynaecology * Certificate of Distinction: Vivas, Whipps Cross MRCS course.

PRESENT APPOINTMENT

THE IPSWICH HOSPITAL,
SUFFOLK, UNITED KINGDOM

August 1st 2010-

Consultant Spinal Surgeon

Substantive Post

The Ipswich Hospital is a busy 610 bedded district general hospital with a large and well respected orthopaedic department comprising 16 consultants. The spinal unit has five full time consultant surgeons with an exclusive interest in spinal surgery.

Exclusive spinal elective and emergency practice.

Largest specialist spinal surgical unit in region with tertiary referral base of over 1.5 million people.

All aspects of spinal surgery undertaken, with exception of paediatric deformity and primary spinal tumour resection. Sub-specialty interest in cervical spine surgery with an extensive experience of cervical arthroplasty. I also undertake spinal surgery under regional anaesthetic and maintain interest in non-operative management of back pain.

Large oncology centre on-site with significant metastatic spinal tumour workload.

Comprehensive multi-disciplinary team including spinal physiotherapists, rheumatologist, pain physicians & clinical psychologist. Weekly multi-disciplinary meetings in primary care.

I have a busy private practice at both Gilmour Piper and Associates and the Ipswich Nuffield Hospital. My private practice is exclusively spinal, mirroring my NHS practice. I work as part of a comprehensive multi-disciplinary team managing all aspects of spinal treatment.

I undertake adult spinal medico-legal work and have an established medico-legal practice involving personal injury and clinical negligence over 15 years. I undertake around 150 reports a year. These cases are from both agencies and solicitors. My cases are equally split between claimant and defendant. My negligence work includes breach of duty/causation as well as C&P reports. I regularly produce joint reports with other experts. In my capacity as a medical expert witness I am experienced in conference with counsel and have attended court in this capacity.

Medico legal lead for regional spinal unit. This requires review of all spinal legal cases across Trust and referring hospitals. Frequent conference with solicitors, barristers and round table discussions.

I sit as the spinal representative on the local Medical Advisory Committee for Nuffield Health. I am also a Medical Case Reviewer for Nuffield Health nationwide.

PRIOR APPOINTMENT

PRINCESS ALEXANDRA HOSPITAL, and
MATER HOSPITAL, Brisbane, Queensland, Australia

June 2009 to June 2010

AO Clinical Spinal Fellowship

Duration **12** months

Princess Alexandra is a 600 bedded tertiary referral hospital and level 1 trauma centre. It deals with approximately 800 acute spinal admissions per annum, has an on site spinal injuries unit, and offers a mainly adult practice. Mater Hospital consists of approximately 500 beds and mainly provides services for children, but also offers some adult practice. This clinical fellowship post is sponsored by AO Spine and fellow is a member of the staff of Queensland University of Technology.

- * Participated in a busy 1 in 3 on call for all spinal emergencies and spinal cord injuries presenting from Queensland and the northern half of New South Wales: a catchment area of about five million people.
- * Designated as the Fellow responsible for the review of all acute admissions.
- * Conducted three clinics per week, and performed three all day operating lists in this post where I was actively involved in the guidance and regular supervision of orthopaedic trainees, benefitted from designated research time and academic activities as well as attendance at the weekly spinal injuries unit meeting.
- * Gained intensive and extensive exposure to spinal trauma, with the benefits of substantial independent operative practice and management in the widest variety of acute spinal injuries with consistently good outcomes and low complications: at the end of my tenure I amassed the skills required to deal with virtually all cases of spinal trauma.
- * Benefitted from an in-depth insight into the interests of my consultants, namely Dr. R.P. Williams who maintains a special interest in spinal trauma, primary and secondary spinal malignancy, adult deformity, spinal infection; and Dr. G.N. Askin whose interests include paediatric spinal deformity, spinal tumours and adult deformity. Both surgeons offered wide exposure to adult degenerative, as well as experience in the management of paediatric and adult spinal deformity: 1-2 paediatric scoliosis per week.
- * Enhanced all aspects of my clinical practice, from the organisation of clinics and preparation of documentation and patient information, through to the planning of, and undertaking surgical procedures to the highest standards.
- * Prominent involvement in the design and testing of a new inflatable cervical collar for surf rescue in conjunction with Surf Life Saving Australia. I presented a paper on this new innovation at the Spine Society of Australia Annual Scientific Meeting, Christchurch, New Zealand.
- * Enjoyed being a part of the university academic unit with designated research time allowing me the opportunity to attend high quality international/ national courses and meetings, as well as present three papers on interesting topics this April at the Spine Society of Australia Annual Scientific Meeting.

REGISTRAR APPOINTMENTS

EASTERN DEANERY HIGHER SURGICAL TRAINING PROGRAMME August 2003 to July 2009

Specialist Registrar Training in Trauma and Orthopaedics

Duration **6** years

IPSWICH HOSPITAL, Ipswich, UK

August 2008 to June 2009

Specialist Registrar Orthopaedics

Year **6**: Duration **10** months

Spinal Surgeons: Messrs. D.J. Sharp, J.M. Powell and D.S. Hay

- * Enjoyed this valuable senior year wholly dedicated to spinal surgery, consisting of largely degenerative practice with significant tumour workload, as well as trauma and infection.
- * Designated senior registrar on training programme with responsibility for mentoring junior registrars.
- * Acted as locum consultant on-call for orthopaedics and trauma, in addition to performing elective spinal lists and clinics.
- * Responsible for managing and organising my own operating lists.
- * Independent operating, as well as close mentoring by senior colleagues.
- * Gained experience in decompressive and fusion surgery, as well as non fusion techniques, tumour, and spinal trauma surgery.
- * Carried out over 340 cases, including 34 discectomies, 19 lumbar fusions and 45 lumbar decompressions.
- * Valuable experience working as a member of the multi-disciplinary spinal team whose wider scope extended to spinal physiotherapists, nurse specialists, pain specialists and psychologists.
- * Actively participated in joint weekly multi-disciplinary clinics.

NORFOLK & NORWICH UNIVERSITY HOSPITAL, Norwich

August 2007 to August 2008

Specialist Registrar Orthopaedics

Year **5**: Duration **12** months

Spinal Surgeons: Messrs. R. J. Crawford, A. S. Rai, L. N. Lutchman
Knee Surgeons: Messrs. M.M. Glasgow, Mr. S.T. Donell

This busy spinal unit dealing with tertiary referrals for deformity provided wide exposure to both adult and paediatric deformity. The unit offered a comprehensive service involving joint clinics with paediatricians and paediatric physiotherapists.

- * Learned the principle and techniques of deformity surgery, including on-table neurophysiology.
- * Experience of anterior thoracic and lumbar surgery.
- * Benefitted from excellent operative experience in during this particularly busy placement involving me in 470 cases over the year.
- * Responsible for the review and co-ordination of all acute spinal admissions.

ADDENBROOKE'S HOSPITAL, Cambridge

August 2006 to August 2007

Specialist Registrar Orthopaedics

Year 4: Duration 12 months

Knee Surgeon: Mr. D. J. Edwards

Hand Surgeon: Mr. J. A. Hopkinson-Woolley

- * Acquired experience, in this centrally located trauma centre for the region, of poly-traumatised patients, including paediatric trauma.
- * Maintained effective liaison with other specialties, including neurosurgery, intensive care, general surgery etc.

PETERBOROUGH DISTRICT HOSPITAL, Peterborough, UK

August 2005 to August 2006

Specialist Registrar Trauma & Orthopaedics
Specialist Registrar Trauma Surgery

Year 3: Duration 1st 6 months

Year 3: Duration 2nd 6 months

Surgeons in Lower Limb Primary and Revision Arthroplasty: Messrs. G. A. Pryor and A. Massraf

Spinal Surgeon: Mr. G. W. Varley

As indicated, half of the training in this post was dedicated to trauma surgery and half to elective orthopaedics. The latter included spinal surgery, comprising largely lumbar and cervical degenerative work with some spinal trauma.

- * Benefitted from valuable experience working with internationally renowned experts in hip fracture surgery, in this large district general hospital across two sites.

THE IPSWICH HOSPITAL, Ipswich, UK

August 2004 to August 2005

Specialist Registrar in Trauma & Orthopaedics

Year 2: Duration 12 months

Surgeon in Lower Limb Arthroplasty: Mr. R. C. Baxandall

Spinal Surgeon: Mr. D. J. Sharp

BEDFORD GENERAL HOSPITAL, Bedford, UK

August 2003 to August 2004

Specialist Registrar in Trauma & Orthopaedics

Year 1: Duration 12 months

General Orthopaedic Surgeon: Mr. J. M. Scott

Paediatric Orthopaedic Surgeon: Mr. P. A. J. Edge

BASIC SURGICAL TRAINING APPOINTMENTS

ST. MARY'S BASIC SURGICAL ROTATION

August 2001 to August 2003

HILLINGDON HOSPITAL, Uxbridge, UK	February 2003 to August 2003
Senior House Officer in General and Vascular Surgery	Duration 6 months
WATFORD GENERAL HOSPITAL, Watford, UK	August 2002 to February 2003
Senior House Officer in General Surgery	Duration 6 months
MOUNT VERNON HOSPITAL, Northwood, UK	February 2002 to August 2002
Senior House Officer in Plastic and Reconstructive Surgery	Duration 6 months
ST. MARY'S HOSPITAL, Paddington, London, UK	August 2001 to February 2002
Senior House Officer in Vascular Surgery	Duration 6 months
ST. MARY'S HOSPITAL, Paddington, London, UK	February 2001 to August 2001
Senior House Officer in Trauma and Orthopaedics	Duration 6 months

OTHER APPOINTMENTS

CHASE FARM HOSPITAL, Enfield, Middlesex, UK	August 2000 to February 2001
Senior House Officer in Trauma and Orthopaedics	Duration 6 months
UNIVERSITY COLLEGE LONDON HOSPITALS, UK	February 2000 to August 2000
Senior House Officer in Accident and Emergency	Duration 6 months
ROYAL NATIONAL ORTHOPAEDIC HOSPITAL (Stanmore), Middlesex, UK	August 1999 to February 2000
Senior House Officer in Orthopaedics	Duration 6 months
MOUNT VERNON HOSPITAL, Northwood, UK	May 1999 to August 1999
House Officer Diabetes/Endocrine, Gastroenterology and Haematology	Duration 3 months
WATFORD GENERAL HOSPITAL, Watford, UK	February 1999 to May 1999
House Officer General Medicine, Elderly Medicine and Dermatology	Duration 3 months
UNIVERSITY COLLEGE LONDON HOSPITALS, UK	November 1998 to February 1999
House Officer General Surgery (Hepato-Pancreatobiliary Surgery)	Duration 3 months

TEACHING EXPERIENCE

I am particularly interested in teaching and as my experience of my chosen specialty has increased I have endeavored to impart my knowledge of orthopaedics to others. I am committed to providing high quality education and teaching, which I see as fundamental in the continued development of effective patient care.

Consultant Spinal Surgeon, The Ipswich Hospital: 2010-

- * I regularly lecture to patient groups on spinal conditions.
- * Teaching on study days/courses for associated health professionals such as physiotherapists and osteopaths.
- * I have a strong commitment to the training of surgeons locally and regionally, participating in the East Anglian Higher Surgical Training Programme.
- * Faculty member and co-convenor Royal College of Surgeons Course. Spinal Surgery for FRCS(orth) and FRCS (SN).

AO Clinical Spinal Fellowship Princess Alexandra Hospital, and Mater Hospital: 2009 - 2010

- * Presented lectures on spinal conditions and management to trainees and other health professionals e.g. surgeons, physiotherapists and nurses.
- * Provided tutorials for trainees preparing to sit final examinations in orthopaedic surgery.

SpR Eastern Deanery Higher Surgical Training Programme: 2003 - 2009

- * Gathered increasing involvement and experience of teaching, in all formats and scenarios throughout my SpR training programme.
- * Actively involved in the provision of regular departmental teaching sessions, given by the registrars, throughout the SpR programme.
- * Played an active role in MRCS teaching for Basic Surgical Trainees, and more recently in the provision of teaching for examinees preparing for the intercollegiate examinations in both the UK and Australia.
- * My Year 6 placement at Ipswich Hospital involved Faculty on Orthoteers FRCS(Orth) national revision course teaching spine for final fellowship examinations; teaching at regional spine course; presenting on a regular basis lectures on spinal disorders and treatments to orthopaedic nursing staff, students and juniors.
- * Taught medical students from the University of East Anglia: clinical, small group and lectures during my placement in Norfolk & Norwich University Hospital.

- * In my role as Co-ordinator for the University of Cambridge's orthopaedic curriculum for medical students, I also set and presented regular lectures to medical school, and regularly examined in both clinical and viva voce examinations for undergraduates.

Senior House Officer Appointments: 1999 - 2003

- * Organised regular structured teaching sessions for students between 1999 and 2003. These sessions were well received. Indeed, previous students contacted me requesting revision sessions prior to their final examinations, including those preparing for MRCS.
- * Presented lectures to patient groups which I found to be equally beneficial to the presenter as it is to the presentee. In particular, I found that these stimulating and challenging sessions helpful further developing ones interpersonal and communication skills.

Extracurricular Teaching

- * Taught the guitar to students of all skill levels, which has helped me to plan structured lessons and encourage beginners.
- * Frequently instructed anglers of different abilities whilst crewing on charter fishing vessels.

MANAGEMENT AND ADMINISTRATIVE EXPERIENCE

Consultant Spinal Surgeon, The Ipswich Hospital: 2010-

- * Extensive experience in local unit management including Medico-legal lead.
- * Regularly involved in shortlisting for consultant and fellow appointments as well as interview panel member.
- * Inception and development of primary care spinal triage system in North Essex and West Suffolk.

SpR: Ipswich Hospital: 2008 - June 2009

- * Nominated rota and annual leave co-ordinator.

SpR: Addenbrooke's Hospital, Cambridge: 2006 - 2007

- * Sat on the Emergency Assessment Unit board and participated in the organisation and running of the unit at Addenbrooke's Hospital with senior medical, nursing and management staff.
- * Designated Co-ordinator for the University of Cambridge's orthopaedic curriculum which involved setting of the curriculum, and organisation of examinations for medical students.
- * Nominated rota and annual leave co-ordinator.

SpR: Peterborough District Hospital, Peterborough: 2005 - 2006

- * Nominated rota and annual leave co-ordinator.
- * Developed and implemented new working pattern to comply with the European Working Time Directive.
- * Dealt with rota balance needs for training and continuity of care with safe and compliant practice.

SHO: Watford General Hospital: 2002-2003

- * Actively involved in the setting up of changes to the on call provision at this hospital: helped devise and create a shift system, involving careful liaison both within and outside the department.

BST: St. Mary's Basic Surgical Rotation: 2001 to 2003

- * Sat on a committee to implement the New Deal for junior doctors.

Computer Skills

- * Utilised my IT skills in devising rotas and work patterns that have had to be compliant and, yet, acceptable to senior and junior staff, providing adequate training and firm continuity.

Outside Medicine

- * Spent considerable time, as a practicing musician, arranging concerts and bookings as well as organising teaching sessions and tutorials for students of varying musical abilities.

PUBLICATIONS & PRESENTATIONS

Book Chapters

1. **Lovell, R A, Scoliosis.** In: Orthoteers, Online Orthopaedic Textbook, August 2008.
2. **Lovell, R A., Degenerative disc disease** In: Spinal Disorders. Diagnosis and Management Sharp, D J, ed., Cambridge University Press Ed.

Publications and Articles:

1. **Lovell, R A. Sciatica.** Essential Suffolk Magazine, Sept 2016
2. **Lovell, R A. Sciatica.** East Anglian Daily Times, Oct 2016
3. Shakokani M, Robinson T, Cumming D, **Lovell R A, Cost implications of routine bone biopsy in percutaneous vertebroplasty/kyphoplasty.** Spinejournalonline, May 2016
4. Marjoram T, Kaleel S, Cumming D, **Lovell R A, Cell Salvage Use, Benefits and Costs at Hospital Spinal Unit.** Global Spine Journal March 2016
5. **Lovell, R. A. Spinal Surgery Under Regional Anaesthesia.** Essential Suffolk Magazine, August 2019.

Extracurricular Publication

Lovell, R A, "E.C. does it, why can't I?" Guitarist Magazine, 248, 14-15, April 2004

International Presentations

1. **Lovell, R A**, Jacobsen, A, Goss, B, Williams, R, **An inflatable collar for surf rescue**, Spine Society of Australia Annual Scientific Meeting, Christchurch, New Zealand
Date April 2010
2. **Lovell, R A**, Stanojevic, S, Goss, B, Williams, R, **Outcomes in foraminal and lateral nerve root compression. The effect of location of compression and timing of decompressive surgery**, Spine Society of Australia Annual Scientific Meeting, Christchurch, New Zealand
Date April 2010
3. **Lovell, R A**, Stanojevic, S, Goss, B, Williams, R. **Outcomes in lumbar decompression and fusion for degenerative spondylolisthesis. Is there a benefit in routine fusion to the sacrum?** Spine Society of Australia Annual Scientific Meeting, Christchurch, New Zealand.
Date April 2010
4. **Lovell, R A**, Jenkins, O, Maine, S, Williams, R. **Cervical Radiculopathy and Pectoralis Wasting**. Australian Orthopaedic Association, Noosa, Qld, Australia.
Date June 2010.
5. Clegg, R, Rajmani, V, **Lovell, R**, Bhagat, S, Cumming, D, Kaleel, S. **Clinical Outcomes Following Dural Tears in Posterior Lumbar Spinal Surgery**. EFORT Virtual Congress, Oct. 2020
6. Rooney, A, **Lovell, R**. **Outcomes in Patients Undergoing 3 and 4 Level Anterior Cervical Discectomies and Fusions**. 20th EFORT Lisbon Congress, June 2019

National Presentations

7. Fawi H, **Lovell R A**, Kaleel S, **Perioperative Mounjaro and GLP-1 Agonists in Spine Surgery. Infection, wound complications and perianaesthetic safety**. BASS, Aberdeen, 2026
8. Shakokani M, Robinson T, Cumming D, **Lovell R A**, **Cost implications of routine bone biopsy in percutaneous vertebroplasty/kyphoplasty**. Britspine, Nottingham, April 2016
9. **Lovell, R A**, Powell, J M, **One years experience of GeneX synthetic bone graft**. Biocomposites Study Day, Loughborough, UK
Date April 2009

Local Presentations

10. **Lovell R A, Introducing a Frailty Scoring System for Elective Elderly Spinal Patients.** Ipswich, Suffolk, March 2016.
11. Khatun F, Cumming D, **Lovell R A, Follow up of PROMS data for ACDF patients under 50 years.** Ipswich, Suffolk , July 2016.
12. **Lovell, R A, Baxandall R C, Bacterial contamination of Rhys-Davies limb exsanguinators**
Ipswich, Suffolk
Date October 2004
13. Davis, B, **Lovell, R A, Auditing audit: The East Anglian Orthopaedic trainees' perspective**
East Anglian Orthopaedic Club
Date March 2005
14. **Lovell, R A, Massraf, A, MRI and knee arthroscopy**
Peterborough, Cambs.,
Date January 2006

Regional Presentations

14. Fawi H, **Lovell R A, Kaleel S, Perioperative Mounjaro and GLP-1 Agonists in Spine Surgery. Infection, wound complications and perianaesthetic safety.** Cambridge Orthopaedic Club, 2026
15. **Lovell, R A, Sharp, D J, Spinal sepsis: The Ipswich experience**
East Anglian Spinal Group
Date March 2005
16. Lovell, R A, Crawford, R J, Rai, A S, **Surgical management in incomplete spinal cord injuries**
East Anglian Spinal Group
Date November 2007
17. **Lovell, R A, Crawford, R J, Single level fixation of flexion distraction injuries**
East Anglian Spinal Group
Date March 2008
18. Kumar, S, Cumming, D, **Lovell, R, Hudd, A, Kaleel, S. Are We aware of the Risks of Radiation Exposure in TLIF? A Comparison of Open vs Minimally Invasive Surgery Techniques from A Tertiary Spinal Unit.** East Anglian Orthopaedic Club, November 2018
19. Kumar, S, **Lovell, R, Hudd, A, Cumming, D, Kaleel, S. Blood Transfusion in Elective Spinal Surgery. Is it Time to Change our Practice?** East Anglian Orthopaedic Club, November 2018.
20. **Lovell, R A. Outcomes of Primary Care Triage Referral to a Tertiary Centre.** Prospective audits of all patients referred through primary care triage service across three ESP referral bases.. Comparison to direct GP and Consultant referrals. East Anglian Spinal Group. 2019.
21. Burgula, V, **Lovell, R, Kaleel, S. Revision Discectomy for Recurrent Disc Herniation.** East Anglian Spinal Group, May 2022.

AUDIT PROJECTS

My involvement in audit has given me an insight into the framework through which it operates, and I have regularly collated data for morbidity and mortality meetings and have frequently been asked to identify and comment on specific areas of practice. This experience has given me an appreciation of how valuable audit can be in determining, maintaining and improving overall patient care, as well as an important aspect of clinical governance. Indeed, I am fully committed to clinical audit and understand its role in driving clinical excellence. I have actively participated in the design, conducting and presentation of the following audits:

1. **Lovell, R A. Outcomes of Primary Care Triage Referral to a Tertiary Centre.** Prospective audits of all patients referred through primary care triage service across three ESP referral bases.. Comparison to direct GP and Consultant referrals. Initial Audit 2014. Repeated 2016. 2018. Presented locally and regionally.
2. **Lovell R A, Complications in Elderly Elective Spinal Patients**
Retrospective audit of complication rates and patterns in elderly patients with a view to introduction of risk stratification measures.
Ipswich, Suffolk
Date 2019.
2. Khatun F, Kaleel S, Cumming D, **Lovell R A, ACDF vs ACDR**
Retrospective analysis of PROMS data comparing cervical fusion to replacement in younger adults.
Ipswich, Suffolk
Date 2016
3. **Lovell R A, Audit of Outpatient Clinic Attendances.**
A prospective audit examining outcomes from different referral sources in elective spinal patients.
Ipswich, Suffolk.
Date 2015
4. **Lovell, R A, Baxandall, R, Bacterial contamination of Rhys-Davies limb exsanguinators**
A prospective audit focussed on Rhys-Davies Limb Exsanguinators to look for bacterial contamination.
Ipswich, Suffolk
Date 2004
5. Davis, B J, **Lovell, R A, Auditing audit: The East Anglian Orthopaedic Trainees' perspective**
This project involved studying trainees views on audit and its practice.
Norfolk & Norwich University Hospital, Norwich
Date 2005
6. **Lovell, R A, Massraf, A, MRI and knee arthroscopy**
This retrospective audit provided recommendations for the use of MRI in patient with knee complaints.
Peterborough District Hospital, Cambs.
Date 2006
7. **Patient progress charts**
Instituted a method of collating data on morbidity, mortality and unit activity based around the patient progress cards devised by Codman.

SHO in General and Vascular Surgery, Hillingdon Hospital, Uxbridge
Date 2003

8. **Orthopaedic Pre-admission Procedure Recommendations**
Led to the re-structuring of pre-admission clinics for elective orthopaedic admissions
Chase Farm Hospital
Date 2001

9. **Lovell, R A, Mortality and morbidity following hip surgery in the elderly**
Supported the existing practice of not routinely following up neck of femur fractures.
Conducted this first audit as a medical student
Date 1997

EXTRACURRICULAR ACTIVITIES

- Music** Played guitar for many years and I like a wide variety of styles. I regularly play live in a band, which I find especially rewarding and exciting. I was also resident guitarist at my local blues club.
- Sports** I was previously a keen cricketer and rugby player. These days my main sporting activity is clay pigeon shooting both recreationally and competitively.
- Fishing** I have been a keen sea angler since I was a young boy. My main interests are fishing for shark and big eels on wrecks, and I have qualified for the British Conger Club. We also have crab and lobster pots and nets. I also enjoy the boating side of fishing, from navigation to maintenance.
- Cooking** I do like oriental cookery, and through this past time I have enjoyed visiting various parts of cities, both at home and abroad, in the hunt for some of the more obscure ingredients indicated in the recipes.
- Renovation** I have become reasonably proficient in period home renovation which I consider my main interest, although this is largely through necessity rather than choice.

CAREER GOALS AND OBJECTIVES

- * Continually improve both my theoretical and practical knowledge of spinal surgery.
- * Continue to develop my practice, in particular a subspecialty interest in cervical spine surgery and degenerative work, whilst maintain my involvement in spinal trauma, tumour and infection.
- * Increase my involvement in the publication of papers and become more active in clinically based research.
- * Continue a significant and substantive role in undergraduate and postgraduate education.
- * Develop my role in specialist training and encourage audit and research.
- * Encourage and participate in the development of information technology in data gathering, information transfer and decision support with continued use of the British Spine Registry
- * Become involved in health service management for the benefit of patient care.