

Curriculum Vitae

Mr. Sunil Auplish

FRCS (Tr and Orth)

BSc (Hons)

MSc (Oxon)

Eur Dip Hand Surg

**Consultant in Trauma and Upper
Limb Orthopaedic Surgery**

Personal Details

Name: Sunil Auplish

GMC No: 4429229

Education

United Medical and Dental Schools of Guy's and St. Thomas' Hospitals 1991-1997

BSc (Clinical Anatomy)	University of London First Class Honours	1995
MBBS	University of London	1997
MRCS	Royal College of Surgeons (England)	2001
FRCS (Tr& Orth)	Royal College of Surgeons (England)	2006
Certificate of Completion of Training in Trauma & Orthopaedic Surgery		2009
MSc (Oxon)	University of Oxford Higher Surgical Research Degree	2010
European Diploma Of Hand Surgery	Federation of European Societies for Surgery of the Hand	2013
Essentials of Performing Arts Medicine Certificate	Performing Arts Medical Association	2018

Current Post

I am a Consultant Trauma and Orthopaedic Surgeon at York Teaching Hospital NHS Trust, with a sub-specialist interest in Upper Limb surgery.

Current Upper Limb Practice and Training

- I have a subspecialist interest in upper limb surgery, and have an Upper Limb practice that encompasses both arthroscopic and open surgery of the hand, wrist, elbow and shoulder including arthroplasty. I take tertiary complex upper limb referrals from my Consultant Colleagues.
- My training took place on the Oxford Higher Surgical Rotation, where I trained in Hand Surgery under for Mr Peter Burge and Mr Ian McNab, and shoulder surgery under Professor Andrew Carr and Mr. John Rees. This included both elective and trauma surgery. In addition, I undertook an eighteen month long Upper Limb fellowship in Wrightington Hospital under Professor J.K.Stanley, Mr Len Funk and Mr Ian Trail.
- I have published and presented several research papers in Upper Limb surgery – these are detailed below. I also have prizes and commendations in Upper Limb surgery which are also detailed in this c.v.
- I am regular faculty on orthopaedic surgery teaching courses as detailed below.

Previous Consultant Post

Consultant Trauma and Orthopaedic Surgeon at Barking, Havering and Redbridge NHS Trust, with a sub-specialist interest in Upper Limb surgery: September 2009 to December 2016.

Previous Training Appointments

Fellowships

British Shoulder and Elbow Society U.K and European Travelling Fellowship 2011/12

This was awarded by competitive interview at Consultant level. I visited six centres of excellence in shoulder and elbow surgery for one week each.

Royal College of Surgeons post-CCT Upper Limb Fellowship at Wrightington Hospital: Jan 2009 to July 2009

This post provided me with an independent Consultant-level practice in the management and surgery of the Upper Limb, including trauma. The fellowship was under the supervision of Mr. Ian Trail, and therefore involved extensive exposure to diagnose and operate upon complex shoulder, elbow, hand and wrist conditions.

Upper Limb Fellowship at Wrightington Hospital: Jan 2008 to Jan 2009

The fellowship entailed working for the following consultants:

Professor J.K. Stanley - Hand and Wrist surgery
Mr J. Haines - Shoulder Surgery
Mr L. Funk - Shoulder and Elbow surgery
Mr I. Trail – Shoulder, elbow, and hand wrist surgery
Mr. M. Hayton - Hand and Wrist surgery

This fellowship therefore encompassed all aspects of upper limb surgery for both secondary and tertiary levels of referral.

The fellowship provided good clinical and operative exposure to cases of all levels of complexity, allowing me to operate independently on routine cases in Fellows lists, as well as under consultant supervision for complex tertiary cases.

Specialist Registrar Posts (Oxford Regional Higher Surgical Training Programme)

Girdlestone Scholarship Research Registrar to Mr J. Rees and Professor A.J. Carr, University of Oxford. Jan 2007 to Jan 2008

This post allowed me to complete a period of research to gain an MSc from Oxford University, examining the Teaching and Assessment of Arthroscopic Surgical Skills. Research from this post has published in peer reviewed journals.

The post deepened my understanding of research methods, statistics and project presentation. Work from this year received a commendation when presented at BESS in 2007. I also learned how to perform diagnostic shoulder ultrasound.

Date	Speciality	Consultant	Hospital
July 2006	Shoulder and Elbow Surgery	Mr H. Brownlow	Royal Berkshire Hospital, Reading
Jan 2006	Foot and Ankle Surgery	Mr I. Nugent	Royal Berkshire Hospital, Reading
July 2005	Trauma Surgery (including Hand trauma)	Trauma Consultants	John Radcliffe Hospital, Oxford
Jan 2005	Hip and Knee Surgery	Mr C. Dodd Prof. D. Murray	Nuffield Orthopaedic Centre, Oxford
October 2004	Hand and Wrist surgery	Mr P. Burge Mr I. McNab	Nuffield Orthopaedic Centre, Oxford
July 2004	Shoulder and Elbow surgery	Prof A. Carr Mr J. Rees	Nuffield Orthopaedic Centre, Oxford
Jan 2004	Paediatric Orthopaedic Surgery	Mr M. Benson Mr. A Wainwright	Nuffield Orthopaedic Centre, Oxford
July 2003	Spinal and Trauma Surgery	Mr N. Henderson	Stoke Mandeville Hospital
Jan 2003	Knee and Trauma surgery	Mr M. El-Guindi	Stoke Mandeville Hospital
July 2002	Trauma surgery (including Hand Surgery)	Trauma consultants	John Radcliffe Hospital, Oxford
Jan 2002	Trauma surgery (including Hand Surgery)	Mr R. Dega	Wexham Park Hospital

Senior House Officer Posts / Basic Surgical Training

Date	Speciality	Consultant	Hospital
Aug 2001	Vascular Surgery	Mr M.Walsh	The Royal London Hospital
Feb 2001	Neurosurgery	Mr J. Sutcliffe Mr F. Afshar	The Royal London Hospital
Aug 2000	General Surgery	Mr K. Lafferty	Basildon Hospital
Feb 2000	Trauma and Orthopaedic Surgery	Mr N. Ker	Basildon Hospital
Aug 1999	Trauma and Orthopaedic Surgery	Mr J. Jessop	Watford General Hospital
Feb 1999	ANATOMY DEMONSTRATOR	Prof. H. Ellis Mr R.Parker	Guy's Hospital
Aug 1998	Accident and Emergency	Dr D. Williams	St. Thomas' Hospital

Prizes, Awards and Commendations

Nominated for STAR award at York NHS Trust (staff recognition award for going beyond the call of duty) for patient care – **July 2017**

Third Prize in Barking, Havering and Redbridge NHS Trust Annual audit competition **2015** – Use of a proforma to improve inpatient ward round documentation

Barking, Havering and Redbridge NHS Trust Staff PRIDE awards **2013** – nominated for Outstanding Patient Care

Best Research Poster (Triplane fractures of the radius) - The Royal London Hospital Orthopaedic and Trauma Society – **June 2012**

British Shoulder and Elbow Society Travelling Fellowship (awarded to a Consultant by competitive interview) – **June 2011**

First speaker to be awarded Full Marks from delegate assessment as lecturer for Oxford Registrar Training Programme – **June 2011**

Awarded post-CCT Royal College of Surgeons fellowship at Wrightington Hospital **2009**

Highly Commended Podium Presentation on Retention of Arthroscopic Surgical Skill: the British Elbow and Shoulder Society **June 2007**

The Robert Duthie Prize: Best presentation: Annual Registrar Research day. **December 2007**

Girdlestone Memorial Scholarship – awarded to fund a higher surgical degree at the University of Oxford - **2006**

“Registrar of the Year” award by the secretarial department - John Radcliffe Hospital, **November 2005**

Awarded “Teacher of the Month” by Oxford Medical Students – **Summer Term 2005**

The Robert Duthie Prize: Best presentation: Annual Registrar Research day. **December 2004**

Trust Innovation Award for design of a surgical instrument. **June 2004**

The Avensis 2nd prize for orthopaedics – A review of intramedullary femoral nailing in Basildon Hospital 1990-2000. **June 2000**

ATLS prize for best-run trauma moulage – **Nov 1998**

Publications

Books

Extended Matching Questions for the MRCS. Dr S. Auplish and Dr. M.K. Hossain-Ibrahim. Greenwich Medical Media 2000

MRCS- the Complete Test (Core and Systems modules). Pastest 2003

Surgery Cross Cover – Co-Author of the Orthopaedic Chapter. Oxford University Press 2008

Several chapters of the course book for the Introduction to Orthopaedics Course Book

BSc Thesis

The anatomy of the palmar and plantar digital nerves with reference to toe-to-hand transplantation

MSc Thesis

Assessing ability, competence and learning of arthroscopic surgical skill

Articles

A memorable patient (Published BMJ writing competition entry). British Medical Journal – BMA news supplement 2005 12/11/05 issue p 14

Websites

Hints and Tips for the FRCS Trauma and Orthopaedics Examination – www.orthoteers.org.uk

Examination Questions

I have written and submitted 60 MCQ questions for the FRCS (Orth) clinical examination. I have also written FRCS mock papers for the Oxford Registrar training program.

Journals

An immunohistochemical study of palmar and plantar digital nerves

S. Auplish, S. Hall

Journal of Hand Surgery, British and European Volume 1998 23 B:1:6-11

Management of trauma patients prior to inter-hospital transfer to a specialist trauma centre.

S. Auplish, C. Pasapula, S. Lo, Prof K.Willett

Abstract: Annals of the Royal College of Surgeons of England 2005: 87: 483

Rotator cuff tears: the chicken vs. the egg: S. Auplish, HC Brownlow

Abstract: Annals of the Royal College of Surgeons of England 2007: 89: 547

The use of MRI in the diagnosis of persistent hip pain in children: Proceedings of the British Orthopaedic Association Annual Congress, Manchester 2007 (Journal of Bone and Joint Surgery British Volume) 2012, 94-B (SUPP IV)

Retention of Arthroscopic Skills: Abstract. N.R. Howells, S. Auplish, C. Hand, H.S. Gill, A.J. Carr, J.L. Rees. J Bone Joint Surg (Br) 2009; 91-B:Supp 11

Simple Double row rotator cuff technique for large and massive cuff tears. L.Funk, S. Auplish. Techniques in Shoulder and Elbow Surgery 2009: 10 (1), 39-43

Rotator cuff tears in athletes. S. Auplish, L.Funk British Journal of Hospital Medicine 2009 70(5): 271-275

Retention of Arthroscopic Shoulder Skills learned with the use of a simulator. N.R. Howells, S. Auplish, C. Hand, H.S. Gill, A.J. Carr, J.L. Rees. J Bone Joint Surg (Am) 2009; 91:127-1213

The results of sub-acromial decompression in patients with and without rotator cuff tears: Powell ES, Auplish S, Trail IA, Haines JF. Shoulder and Elbow 2009; 1: 15-19

Genetic Influences in the Progression of Rotator Cuff tears. S.E. Gwilym, B. Watkins, C.D.Cooper, P.Harvie, S.Auplish, T.C. Pollard, J.L.Rees, A.J.Carr J Bone Joint Surg (Br) 2009: 91(7); 915-7

Innate arthroscopic skills in medical students and variation in learning curves. A. Alvand, S.Auplish, H. Gill, J. Rees J Bone & Joint Surgery (Am) 2011; 93:e115 1-9

Distal radius triplane fracture. AAH Parkar, S. Marya, S.Auplish Ann R Coll Surg Engl 2014; 00: e1–e2 doi 10.1308/003588414X13946184902569

Avulsion Fractures at the Base of the 2nd Metacarpal due to the Extensor Carpi Radialis Longus tendon – Najefi A, Jayaseelan L, Patel A, Kapoor A, Auplish S. Archives of Trauma Research 2016;5(1):e32872

A ward round proforma improves documentation and communication - Alazzawi S, Silk Z, Saha U, Auplish S, Masterson S. British Journal of Hospital Medicine 2016; 77(12) 712-716

Participant in DELPHI study on hydrodilatation in the frozen shoulder 2020

The Indecision Grid: <https://www.boa.ac.uk/resources/knowledge-hub/the-indecision-grid.html> 2022

A rare cause of shoulder pain: Postgraduate Medical Journal 2022
<https://pmj.bmj.com/content/early/2022/01/18/postgradmedj-2021-141112>

Teaching

Courses Founded/Organised

Royal Berkshire FRCS (Orth) clinical course – October 2006

Introduction to Orthopaedics: The Royal Berkshire Hospital – August 2004. A two day course aimed at teaching basic orthopaedics as well as decision making and practical skills to orthopaedics house officers and SHOs.

Queens Hospital FRCS Course – 2012 - 2017

North East Thames Regional Hand Surgery meeting – October 2012

Yorkshire Hand and Wrist Society – set up 2019. I have also arranged several meetings of the Yorkshire Shoulder and Elbow society

Invited Course Faculty

Consultant supervisor for the British Diploma of Hand Surgery

Yorkshire registrar shoulder teaching day (cadaveric anatomy) – **October 2017**

Cambridge cadaveric approaches course – Approaches to the elbow – **May 2016**

Cambridge SpR Upper Limb Cadaveric Training Day – approaches to the forearm **October 2014**

Cambridge SpR Upper Limb Cadaveric Training Day – Shoulder arthroscopy: set-up, anatomy, sub-acromial decompression and ACJ excision – **May 2014**

Queens Hospital FRCS Course (Upper Limb section) – **October 2012, March 2013, October 2014, October 2015, October 2016, October 2017**

The UK Miller Orthopaedic Review Course – shoulder examination – **Jan 2012**

Association of Orthopaedic Technicians Annual Conference: Lectures on Upper and Lower Limb Embryology, Anatomy and Nerve Injury – **June 2007, June 2011**

Oxford Specialist Registrar Teaching Programme – shoulder injuries – **June 2011**

Havering and Redbridge General Practitioner VT Teaching Programme – **Jan 2010, Jan 2011**

Upper limb study day – Elbow injuries: BHR trust **Nov 2010**

Wrightington Upper Limb FRCS (Tr & Orth) course – **Jan 2008, April 2008, Jan 2009, April 2010, September 2010, Jan 2013, April 2017, September 2020**

Tips and Tricks in Hand Surgery. Wrightington Hospital – **Nov 2008**

Undergraduate lecturer for first year medical students at the University of Oxford – **Nov 2007**

BOA refresher course in Casting: Lecture on Lower Limb injuries. Royal National Orthopaedic Hospital, Stanmore – **September 2007**

Orthoteers FRCS(Orth) clinical course – **April 2007, October 2007**

Inaugural Sports Medicine Symposium: Lecture on the History of Sports Medicine – Royal College of Surgeons – **Jan 2007**

Royal Berkshire FRCS (Orth) viva course – **Jan 2007, April 2007, October 2007**

Royal Berkshire FRCS (Orth) clinical course – **October 2006**

Oxford FRCS (Orth) course – **September 2006, March 2007, October 2007, October 2013**

Benefoot Annual Course for Plaster Technicians: Lecture on Lower Limb and Upper Limb Injuries - **November 2006, November 2007**

Castaways course for Emergency Nurse Practitioners and Plaster Technicians: Lecture on Easily Missed Fractures – **October 2006**

Introduction to Orthopaedics: The Royal Berkshire Hospital **September 2004, September 2005**

Teaching courses attended

TAIP course - May 2010

UNICON teaching course (Prof. C. Bulstrode); Oxford's "Teach the Teacher's" course – October 2004

Teaching Education and Development Seminar –Guy's Hospital Feb 1999

Hospital Teaching

Emergency Nurse Practitioners – Wrist anatomy and injuries – February 2017

FRCS (Tr&Orth) teaching – York NHS Trust, Barking, Havering and Redbridge NHS Hospitals Trust

General Practitioners – Teaching GP trainees joint examination on their teaching curriculum sessions, June 2010, Jan 2011

Orthopaedic Medical Finals Examiner for the University of Oxford 2007

Registrars – Regional weekly teaching for the Oxford Rotation on four occasions (Perthes' disease, Carpal Instability, Quadriceps and Patellar Tendon rupture, Fracture Healing).

Senior House Officers – Clinical and Viva teaching for the MRCS examination

Medical Students - Oxford Medical School as part of their musculo-skeletal and orthopaedic curriculum. **I have received over 15 letters of commendation as well as the “Teacher of the month” award**, as a result of recommendation from the students that I taught.

Green College Teaching Associate: University of Oxford – Orthopaedic bedside teaching for medical students

Physiotherapists – I have run sessions on spinal fractures and paediatric ACL injuries at their request

Nuffield Orthopaedic Centre – Meet the patients day - Arthroscopic skills demonstration

Presentations

International Meetings

Avulsion Fracture at the Base of the 2nd Metacarpal due to the Extensor Carpi Radialis
Longus tendon: A novel method of internal fixation and a review of the literature. EFORT
London 6.6.14

Displaced midshaft clavicular fractures: Conventional Plating vs Minimally invasive surgery.
AO Trauma Asia Pacific Scientific Congress May 2012

Early results of Universal-2 Wrist Replacements – The Combined British and American Hand
Society Meeting April 2009

S-T-T osteoarthritis – Surgical decision-making and pitfalls. Tips and tricks in Hand Surgery:
Wrightington Hospital 2009

Wrightington Shoulder Arthroplasty Symposium: Difficult case presentations. Wrightington
Hospital 2008

The future of tendon research in rotator cuff pathology. Endo-Kilnic, Hamburg November
2007

National Meetings

Audit of surgical outcomes for Elective Upper Limb Surgery – Poster at British Society of
Surgery of the Hand May 2017

Innate arthroscopic skills in medical students and variation in learning curves. British
Orthopaedic Research Society 2011

Shoulder fellowships - Shoulder2Shoulder May 2010

The use of MRI in the diagnosis of persistent hip pain in children. British Orthopaedic
Association Annual Congress, Manchester 2007

Retention of Arthroscopic Skills: British Elbow and Shoulder Society June 2007

Management of trauma patients prior to inter-hospital transfer to a specialist trauma centre.
Trauma Care 2004: September 2004

Regional Meetings

Yorkshire Hand and Wrist meetings – several times a year

Yorkshire shoulder regional meeting – difficult elbow cases October 2017

North East Thames Regional Hand Meeting – unusual carpal instability 2014

North East Thames Regional Hand Meeting – Interesting cases Feb 2013

North East Thames Regional Hand Meeting – Inventions in Hand Surgery October 2012

Poster presentation – The Royal London Hospital Orthopaedic and Trauma Society – June 2012

North East Thames Regional Hand Meeting – Complex scaphoid fractures 2011

North East Thames Regional Hand Meeting – Interesting Cases 2010

Rotator cuff tears and shoulder impingement. Oxford Annual Registrar Research presentation day: November 2006

The use of MRI in the diagnosis of persistent hip pain in children. Oxford Annual Registrar Research presentation day: November 2005

Management of trauma patients prior to inter-hospital transfer to a specialist trauma centre. Oxford Annual Registrar Research presentation day: December 2004

Managerial Experience

Deputy Clinical Director for the Trauma and Orthopaedic Department York Hospitals NHS Trust – from November 2017

Clinical Governance lead for Trauma and Orthopaedic Surgery – Barking, Havering and Redbridge NHS Trust 2010-2016.

Keele Management Course for SpRs - 2007

Working Party for the organisation of trauma services – Royal Berkshire Hospital 2006

Manager of the weekly middle grade rota at the Royal Berkshire Hospital July-Dec 2006. A satisfying and demanding job involving leadership, managerial and peacekeeping skills.

Working party for fractured neck of femur management – Basildon Hospital May 2000

Positions of Responsibility

Organiser of Yorkshire Hand and Wrist Regional Consultant meetings

Organiser of Yorkshire Shoulder and Elbow Regional Consultant meetings

Deputy Clinical Director for the Trauma and Orthopaedic Department York Hospitals NHS Trust – from November 2017

Trauma lead for Orthopaedic Department – March 2017

Responsible for educational supervision of Junior Doctors at York Hospital – March 2017 onwards

Clinical Governance Lead for Trauma and Orthopaedic Surgery - Barking, Havering and Redbridge NHS Hospitals Trust **2010 - 2016**

Orthopaedic representative on Thromboprophylaxis working Committee BHR trust

Orthopaedic representative on the Trauma Care Group BHR trust 2009, 2010

Interview Panel for Medical Student selection: Worcester College, University of Oxford 2007

Ad hoc reviewer of Papers for Open Orthopaedic journal 2007, and the British Medical Journal 2009

Final Year Clinical Advisor to Medical Students at Oxford University

Reviewer of Book Proposals for Publication: Greenwich Medical Media 2000-2003

Writer, producer and director of the Nuffield Orthopaedic Centre Christmas Show 2004 and 2005

Organiser of the Kent and Sussex Hospital Christmas Ball 1997

Elected medical student representative of the Student Medical Education Committee (SMEC) at Guy's and St. Thomas' for four consecutive years.

Treasurer of SMEC 1994, 1995, 1996

Founder and President of the Guy's and St. Thomas' Film club 1995, 1996

Professional Bodies

British Orthopaedic Association
Royal College of Surgeons of England
British Elbow and Shoulder Society
British Society for Surgery of the Hand
British Association for Performing Arts Medicine
Girdlestone Orthopaedic Society (Oxford)

Audit

Audit of management of Chest Trauma at York Hospital – August 2017

Audit of surgical outcomes for Elective Upper Limb Surgery – November 2016

Use of a proforma to improve inpatient ward round documentation – May 2015

Audit of assessment of rotator cuff tears in shoulder dislocations – 2014

Audit of appropriate use of Plaster Room Devices – September 2013

Treatment of Clavicle Fractures - June 2012

Monthly reviewer of all Clinical Incidents and Complaints

Surgical Site Infections in Trauma Patients: Jan 2011, April 2011

Notekeeping audit: March 2010

Medical and non-medical cancellations at the Wrightington Upper Limb Unit: February 2009

Deep venous thrombosis prophylaxis in primary hip and knee replacement: March 2005

Antibiotic prophylaxis in primary hip and knee replacement: March 2005

A review of the management of ankle fractures at Stoke Mandeville Hospital 2000-2003: Dec 2003

Audit of management of polytrauma patients prior to transfer to the John Radcliffe Hospital: 2002

A review of intramedullary femoral nailing in Basildon Hospital 1990-2000 – June 2000

Management of head injuries in the Accident and Emergency department – Jan 1999

A review of student opinion of the new pre-clinical MBBS course at UMDS medical school – 1993

Orthopaedic Courses Attended

Biomet Nexel Total Elbow replacement course – March 2022

Outcomes in Shoulder and Elbow Arthroplasty – November 2019

Essentials of Performing Arts Medicine – July 2018

Visit to Pascal Boileau – shoulder surgery – May 2018

CarpalFix Course – May 2018

Tuberosity club – January 2018

Outcomes in Shoulder and Elbow Arthroplasty – October 2017

Derby advanced hand course – May 2017

Introduction to Ultrasound of the Hand – Derby May 2017

British Society of Surgery for the Hand – Spring Meeting April 2017

Tuberosity Club – March 2017

Vienna Elbow Biomet Fracture and Arthroplasty course – May 2016

Paris Shoulder dissection course – March 2016

Tuberosity Club (Oxford) – Jan 2016

British Society for Surgery of the Hand – London October 2015

Exactech shoulder arthroplasty course (Madrid) – October 2015

Drawing for Surgeons – July 2015

IRMER certification for x-rays – June 2015

RLHOTs meeting – May 2015

Masterclass on the scapula – May 2015

Challenges and Controversies in Hand Surgery – November 2014

Wrightington Cadaveric Wrist and Hand Course – Jan 2014

Congenital Hand Masterclass – Royal Society of Medicine May 2013

Arthrex Cadaveric Shoulder Course – April 2013

British Society for Surgery of the Hand – Harrogate April 2013

Wrightington Cadaveric Hand and Wrist Course – January 2013

The Ulnar side of the wrist – October 2012

Management of the Glenoid in Arthroplasty – October 2012

British Elbow and Shoulder Society – June 2012

Shoulder2Shoulder – May 2012

North East London and Essex Shoulder Club – 21st March 2012

International Innsbruck Cadaver Course on Surgery of the Shoulder – February 2012

Stanmore shoulder series – Fine tuning in shoulder arthroplasty – November 2011

Nottingham fracture forum – October 2011

York Shoulder Arthroscopy advanced academy – October 2011

Sheffield Elbow Course – October 2011

Wrightington Centennial Conference (Upper Limb segment) – May 2011

Arthrex Cadaveric Arthroscopic Surgery Course – Munich 2011

Discovery Total Elbow Replacement course – Liverpool 2010

My Topic for You – Upper limb trauma meeting - Zurich Oct 2010

Northwick Park Microsurgery course – July 2010

TAIP course – London May 2010

Shoulder2Shoulder – May 2010 London

South Essex regional hand group – Basildon March 2010

Cadaveric shoulder anatomy and EPOCA shoulder arthroplasty – London, July 2009

British Shoulder and Elbow Society annual congress – London, June 2009

Ascension Orthopaedics anatomical workshop – Wrightington Hospital, May 2009

Tips and tricks in Hand Surgery: Wrightington Hospital - November 2008

Wrightington Shoulder Arthroplasty Symposium: December 2008

Watanabe Cadaveric shoulder arthroscopy course – Edinburgh, November 2008

Shoulder2Shoulder – reaching a consensus in shoulder surgery (Watanabe) – London, October 2008

British Elbow and Shoulder Society – Liverpool, June 2008

Advanced Trauma and Life Support (ATLS) – Stoke Mandeville Hospital, Dec 2007

Nottingham Fracture Forum – November 2007

British Elbow and Shoulder Society – Telford, June 2007

Arthroscopic Shoulder Techniques – Manchester, October 2006

Wrightington Upper Limb FRCS course – April 2006

Bristol FRCS clinic course – April 2006

Stanmore FRCS Basic Science course – March 2006

Interactions in Hip and Knee arthroplasty – May 2005

BOTA instructional course – January 2005

Foot and ankle revision course – Nottingham, January 2005

12th Spinal surgery course – Imperial College, October 2004

Hand surgery revision course. Nottingham, September 2004

Reading shoulder course. Reading, September 2004

Trauma care. Telford, September 2004

European Trauma Update. Hannover, June 2004

Upper Limb Anatomy, Windsor Hand Clinic. April 2004

British Association of Spinal Surgeons Meeting (Registrar's teaching day) Ipswich Hospital
Jan 2004

Primary Total Hip Replacement – Queen's Medical Centre, Nottingham. Oct 2003

Primary Total Knee Replacement – The Royal College of Surgeons of England. Feb 2003

AO Basic Course – Leeds 2002

Basic Fracture Management – RNOH Stanmore – May 2000

Basic Surgical Skills – St. Peter's Hospital, Sept 1999

Accident and Emergency for Senior House Officers – Central Middlesex Hospital. Aug 1998

Radiology for Accident and Emergency Senior House Officers – Northwick Park Hospital.
Aug 1998

Interests and Hobbies

Music: Grade 6 drums

Flamenco guitar

Proficient in piano, lead and bass guitar and drums, all of which I have played in bands at several university and hospital functions and weddings.

I enjoy motor sports and go-kart as often as the opportunity allows