



DR. TURAB SYED

FRCS (Tr & Orth) MSc MFSEM MFSTed

Consultant Trauma & Orthopaedic Surgeon

Dr. Turab Syed is a Consultant Orthopaedic and Trauma surgeon at the Royal Free London Hospital, also appointing at Specialist Orthopaedic Surgeons Ltd in Harley Street, London. Dr. Syed specializes in sports injuries, clinically interested in degeneration of the lower limb from many different conditions such as arthritis. He has experience in surgical treatment via joint replacement, ligament reconstruction and tendon treatment of the foot, ankle, knee, and hip, as well as, stem cell and shockwave treatments. Dr. Syed effectively treats his patients with the aim of preserving and improving joint mobility.

Personal & Contact Details

Name	Turab Arshad Syed
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Nationality	British
Sex	Male
Date of birth	1971
Registration	5197269 - Full registration (GMC) On GMC Specialist Register Revalidated till 2020

Academic Qualifications

Dates	Qualifications	Institutions
Jul 2018	MFST	Royal College of Surgeons of Edinburgh
Nov 2015	MSc (Sports & Exercise Medicine)	University of Bath, Bath
Nov 2014	FRCS (Tr.& Orth.)	Royal College of Surgeons of England, London
Sep 2010	MFSEM	Royal College of Surgeons of Edinburgh
Aug 2008	DipSICOT	SICOT, Belgium
Sep 2006	CCBST	Royal College of Surgeons of Ireland
July 2004	MRCS	Royal College of Surgeons of Ireland
Dec 1996	MBBS	King Edward Medical College, Lahore

Professional Memberships

- BOFAS (British Orthopaedic Foot & Ankle Society)
- ESSKA – EFAS (European Foot & Ankle Society)
- BOA (British Orthopaedic Association)
- SICOT (Société Internationale de Chirurgie Orthopédique et de Traumatologie)
- MDU (Medical Defence Union)
- BMA (British Medical Association)



Employment History - Current Post

Consultant Trauma & Orthopaedic Surgeon (Locum)

Royal Free Hospital London NHS Foundation Trust

Pond Street, Hampstead, London

03/04/2017 – to date

working at Royal Free Hospital, Barnet Hospital & Chase Farm Hospital, **10PAs**

Trauma:

- Providing specialist advice for trauma patients (foot and ankle / lower limb) at daily trauma meetings and leading trauma meetings
- Consultant on-call at Royal Free site 1:6 with prospective cover - weekdays and weekends.
- Consultant led weekly and weekend (1:6) Trauma lists providing specialist foot and ankle trauma service and total hip replacement for fracture neck of femurs.
- Provision of consultant led fracture clinics thrice weekly including VFC (Virtual Fracture Clinics) service with a physiotherapist at both Royal Free and Barnet Sites.

Elective Orthopaedics:

- Elective Clinics and Elective operating - lower limb arthroplasty (Hips & Knees Replacement), Foot and Ankle Surgery and lower limb arthroscopic Knee & Foot /Ankle work.
- Weekly Monday morning radiology MDT meetings.

Clinical Governance:

- Surgical Lead for trust's SSIC (Surgical Site Infection Committee).
- Participation at monthly morbidity & mortality meetings (1st Monday of every month) and supervising clinical audit projects.

Special Interests:

Management of general trauma, fracture neck of femur, specialist lower limb trauma including tibial plateau fractures, Lisfranc, calcaneal fractures and peri-prosthetic fractures.

Academic Activities:

Invited article on "*Endoscopic reconstruction for Chronic Achilles Tendon Ruptures using FHL tendon transfer Surgical technique*" in Foot & Ankle Clinics of North America "Updates in the Management of Acute & Chronic Lesions of the Achilles Tendon" Sept 2018
Turab A SYED, Anthony Perera, Phinit Phisitkul.

Book Chapters:

Syed, T. A., & Perera, A. (2018). A Monograph on MIS (Minimally Invasive Surgery) for Hallux Valgus Correction (in press).

Syed T.A. Saeed MZ, Kakar R, Morgan-Jones R (2018) Chapter 42 - "Arthrodesis & Bone Grafts", in Orthopaedic Principles, SICOT (Société Internationale de Chirurgie Orthopédique et de Traumatologie)

Teaching & Training Roles;

- MFST (Ed) – **Membership Faculty of Surgical Trainers** - July 2018
- UKITE (UK In Training Exam) Editor for Foot & Ankle Sub-section, 2016 – to date
- Honorary Lecturer UCL (University College London)
- Teaching undergraduate medical students from UCL medical school at Royal Free.
- Examiner for Second year & Fourth /Fifth year medical students mock OSCEs
- Teaching / Supervising MSc Musculoskeletal Medicine from UCL.
- Associate Editor - MedShr App – 2015 onwards

Faculty:

- 5th Imperial Femoral Nailing Course, MSK Lab, Charing Cross Hospital, Sept 2018
- Invited Speaker at **RSM (Royal Society of Medicine) Meeting “Orthopaedic Trauma First Steps”** – Knee Trauma, June 2018
- 7th Imperial Ex-Fix Course, MSK Lab, Charing Cross Hospital, London, Feb 2018.

Scientific Presentations:

Submitted 5 Abstracts to BOFAS 2018
Podium presentation at EFFORT 2018
Podium Presentation BOA 2017
Podium Presentation WOS meeting 2017
Poster at BOTA Meeting 2017
Poster at SICOT Meeting 2017

Quality Improvement Projects:

1. Principal Local Collaborator for **QIST (Quality Improvement in Surgical Teams) Project @ Royal Free London Trust for MSSA Infection in Trauma & Orthopaedics Arthroplasty Surgery** – *a multisite cluster randomised controlled trial/ project with break series collaborative in conjunction with NIHR.*
2. Developed “Risks and Complications Patient Information Document “ for THR & TKR in simple plain English. This is sent to patients when they are placed on waiting list.

Locum Consultant Trauma & Orthopaedics

Milton Keynes University Hospital NHS Trust
Milton Keynes
13/03/2017 - 31/03/2017

Clinical commitments include attending morning hot trauma meetings on average 5 per week and trauma Lists 3 -4 per week
Ward round for elective & trauma patients, fracture clinics (2/3 per week), and elective orthopaedic operating. Weekly Monday & Friday morning registrar teaching. Tuesday lunch time metal work audit meeting.

On academic side actively involved in undergraduate teaching bedside / clinic based teaching 3rd year Medical Students from University of Buckingham Medical School.

Other Professional Activities:

Team Doctor & Head of Medical Staff on International Tours of Duty: (Ireland, Malta, Poland, Croatia, Albania, Italy / San Marino, Slovakia, Romania)

- Sports Physician England National Football Team C, 2008-2017
- Team Doctor for England National UEFA Regions Cup Squad, 2010-2016
- Team Doctor Guernsey National football team, Murratti Vase 2012
- Academy Doctor FAPL- (FA Premier Academy League) MKDONS Academy) 2008-11
- Team Doctor - FA Youth Cup 2009
- Official Motor Sports Doctor- MSA (Motor Sports Association) UK, 2007-14
- 2nd Doctor for The Pomeroy Memorial Trophy Competition- 24th Feb 2007 - F-1 Motor Racing Circuit, Silverstone, United Kingdom

- Official Doctor for ECCA (English Cross Country Athletics) Annual Races 2008/09

Fellowship Training (Arthroplasty & Trauma)

Senior Orthopaedic Lower Limb Arthroplasty Fellow - Hips & Knees (STRH) including Revision Surgery Fellowship

University Hospital of Llandough
Cardiff, U.K.

3/08/2016 - 1/02/2017

Supervising Consultants: **Mr. Simon White and Mr. Alun John**

The clinical commitments include leading ward rounds with MDT members, supervising juniors regular theatre lists for arthroscopic knee surgery, arthroplasty of Knees (Total and Uni-compartmental) and Hips (primaries for arthritis and neck of femur and revision hip surgery) and peri-prosthetic surgery for fractures.

Included doing supervised and independent orthopedic clinics and MoM (Metal on Metal) surveillance clinics. I was also actively involved in audit and research activities and completed 3 audits out of which 1 with closed loop.

My research role involved recruitment, pre-op and follow up clinical evaluations for **G-7** (a prospective, observational, multi-centre, cohort study) and **Sirius Stem trials/studies** (multi-centre prospective study to evaluate long-term clinical outcomes of the Sirius cemented femoral stems).

Part of weekly knee MDT and led / chaired the weekly hip MDT meetings.

Clinical Preceptorship / Visiting Fellowship Arthroplasty

Klinikum Frankfurt, Höchst,
Frankfurt, Germany

October 2013

Supervising Consultant: **Prof Dr. P. Mouret**

Attended clinics with Prof Mouret, and scrubbed for Arthroplasty cases. Complex case conference.

BOA Transitional Fellowship - Senior Clinical Fellow in Trauma (STRH) Post CCT

University Hospital of Wales,
Cardiff.

18/08/2017 -04/09/2017

Supervising Consultants: **Mr. Khitish Mohanty, Mr James Lewis**

Post (FRCS Orth) Senior Trauma Fellowship in University Teaching Hospital to enhance and consolidate my trauma skills by working at a major University MTC (Major Trauma Centre). This paid placement also fulfilled GMC's & JCHST's requirement for entry onto specialist registration. Daily morning hot round trauma meeting, Daily whole day operating trauma lists up till 2000Hrs in the evening, 2 fracture clinics per week.

Other Complimentary Fellowships

Senior Orthopaedic Sports Surgery Fellow (STRH) - Fellowship

University Hospital of Llandough
Cardiff.

01/02/2017 – 28/02/2017

Supervising Consultants: **Mr. Angus Robertson, Mr. Tim Mathews & Mr. Richard Evans**

The clinical commitments include leading ward rounds with MDT members, supervising juniors, regular theatre lists for arthroscopic and open shoulder work including arthroplasty of Shoulders, SAD, Tennis Elbow PRP Injections under Ultrasound Guidance, ACL Reconstruction. Elective, Consent and follow up clinics. On Call at UHL 1:5.

Senior Foot & Ankle Surgery Fellowship including Diabetic Foot (12 Months) (BOFAS Accredited)

University Hospital of Llandough
Cardiff

05/08/2015 - 2/08/2016

Supervising consultants: **Mr. Rhys Thomas, Mr Anthony Perera**

Management of elective foot & ankle conditions. Elective and planned complex trauma of foot & ankle operating. In-patient and out-patient diabetic foot management as part of MDT. Supervising juniors. Care of ward patients and referrals from other specialties.

Gained Experience to perform independently and competently arthroscopic ankle surgery and foot work. This includes arthroscopic ankle fusion, arthroscopic calcaneoplasty and Achilles tendon conditions and ruptures - surgical and non surgical management, repair of spring ligaments and tib post reconstruction, triple fusion and calcaneal sliding osteotomies.

My trauma experience for hind and mid-foot was further enhanced by this fellowship as I became fully competent to treat and manage complex Lisfranc, Calcaneal Fractures and Syndesmotic injuries.

Developed expertise to repair and reconstruct ligamentous ankle injuries both surgically and non-operatively. I also gained experience of TAR - Total Ankle Replacement. 6 Weekly Complex F&A Cases meeting.

Research based thesis for MSc in Sports & Exercise Medicine from University of Bath (Nov 2015).

Involved in a randomised, multi-centre, non-blinded, prospective, parallel group trial - TARVA. I identified potential patients by completing screening forms. *TARVA is a pragmatic trial in the treatment of patients with end stage ankle osteoarthritis, comparing clinical outcomes and cost effectiveness.*

Tutor for Cardiff Medical School year 1 & 2 Musculoskeletal Modules.

Conducted 4 audits with 2 closed loop audits. Attendance at M&M meetings.

Employment History 3 - Higher Surgical Training: SpR / Registrar Level

Staff Surgeon in Orthopaedic & Trauma Surgery

Jersey General Hospital, St Helier, Jersey, Channel Islands

05/12/2011 – 31/07/2015

Supervising consultants-

Mr. Colin Dunlop – Poly-Trauma, pelvic & acetabular reconstruction, Arthroplasty

Mr Ziad Haddad – Spinal Surgery, pediatrics and trauma

Mr Emke Fopma – Trauma, ACL reconstruction and arthroscopic shoulder work.

Mr Simon Lambert – From RNOH (Royal National Orthopaedic Hospital), Stanmore.

Prof Angus Wallace – From Queens Medical Centre, Nottingham.

Prof. David Warwick – From Southampton University Hospital, Southampton.

Mr Jim Allibone & Miss Joan Grieve – National Hospital for Neurology & Neurosurgery, Queen Square / UCHL, London

My clinical work involved a wide spectrum of orthopaedic and complex trauma services provision. Elective surgical services included joint replacement including revisions, spinal surgery, upper limb surgery including specialist hand wrist and shoulder surgery.

Tertiary specialist service for complex clinical problems provided by (regular visits by Mr Lambert /Prof Wallace for complex Shoulder work) and two monthly visits by Prof. Warwick for complex wrist, hand and elbow cases and visits from Queen Square consultants for complex lumbar and cervical spinal conditions.

Rotated between consultants and clinics including spine clinics with Mr Haddad. Outpatient elective paediatric orthopaedic service is provided in Jersey but children requiring surgery are referred to paediatric orthopaedic service in Southampton.

Friday am Trauma MDT in radiology and attending trauma meeting every morning at 8:00 am where all trauma admissions from previous day are discussed. On-call for Trauma call and responsible for admission of chest trauma, head injuries, spinal trauma, adult and pediatrics trauma cases.

Middle grade on call duties on rota with prospective cover weekend on call on 2:5 Rota basis (Friday /Sunday one week and Saturday another week) 24 hrs weekday on call on 1:5 Rota basis with normal next working day.

Supervised / independent elective, independent trauma and day surgery operating. Assisting in elective theatre as per rota. Consultations in elective and fracture clinics alongside consultant and A&E fracture clinic independently. Pre and post op ward round, daily ward rounds with juniors and members of MDT.

Administrative and management role as SAS tutor including attending postgraduate education committee meetings and regional SAS tutors meetings at Wessex deanery. Formal (invited lectures for Foundation Teaching program) and informal teaching of junior doctors on wards.

Attending Journal clubs, Friday lunch time teaching sessions at postgrad centre and regular morbidity and mortality meeting. Carried out regular audits. 3 Audits - 1 Closed loop, 1 presented as poster at SICOT Meeting in Dubai (2012).

Case presentation at grand rounds morbidity and mortality – 2015.

Speciality Doctor Trauma & Orthopaedics,

Peterborough City Hospital Foundation NHS Trust, Peterborough, Cambridgeshire

09th July 2010 to 10th October 2011,

1 in 10 On-call with registrars/SpRs and part of trauma with regular trauma theatre. Elective clinics, fracture clinics and Weekly hand clinic with Mr. Jonathan Jones for duration of the job. Supervising and teaching juniors. Attended regular weekly teaching sessions. Carried out 2 x audits. I rotated through the following firms

Trauma

Mr. Anthony Doran & Mr. Rupert Clifton
6 Months - 09 July 2010 to 01 Feb 2011.

Foot & Ankle

Mr. James Carmichael & Mr. Ravinder Kamath
6 Months - 02 Feb 2011- 05 July 2011.

Lower Limb Arthroplasty

Mr. Araz Massraf & Mr. Emyr Chowdhary
4 Months – 06 July 2011 to 10 Oct 2011.

SpR (Trust) Registrar, Trauma & Orthopaedics, Milton Keynes General Hospital NHS Trust, Milton Keynes, Buckinghamshire 02/01/2007 - 10/07/2010

Worked alongside oxford deanery SpRs/registrar on rota. Elective and trauma care. Daily hot + op meeting followed by rounds. Elective and fracture clinics. Regular weekly trauma lists, emergency lists. Oncall 1 in 10.

Actively involved in clinical audit and presented work in the form of posters and podiums at several national and international meetings including BOA, EFORT, SICOT, BSSH. Completed Diploma in sports medicine from University of Bath (part-time). I rotated through following firms:

Knee Surgery and Pediatrics - Mr. JR Flynn
05+ Months 03/02/2010 – 10/07/2010

Hands & Lower limb arthroplasty – Mr. MH Wetherill
6 Months 04/02/2009 – 02/02/2010

Spine Surgery – Mr. A S Floyd
6 Months 06/08/2008 – 03/02/2009

Shoulder Surgery – Mr. DA Wallace
6 Months 06/02/2008 – 05/08/2008

Floater – Prof. M H Wetherill
6 Months 01/08/2007 – 05/02/2008

Hand/lower limb arthroplasty – Prof.MH Wetherill
6 Months 02/01/2007 – 31/07/2007

Specialist Registrar SpR-LAT, Trauma & Orthopaedics in Oxford Deanery @ Northampton General Hospital, Northampton, Northamptonshire

Upper Limb (Shoulder / Elbow) Mr. G.KERR
18/09/2006 – 01/01/2007

Worked alongside Oxford and Leicester Deanery SpRs on rota. Elective and trauma care. Daily hot +op meeting followed by rounds. Regular weekly trauma lists, emergency lists. Oncall 1 in 8 Shift pattern.

Actively involved in clinical audit and presented work at BOA (poster) BTS (podium & poster). Attended regional weekly SpR's teaching in Oxford.

**SpR (Trust) Registrar, Trauma & Orthopaedics,
Milton Keynes General Hospital NHS Trust, Milton Keynes, Buckinghamshire**

02/02/2003 – 16/09/2006

Worked alongside oxford denaery SpRs/registrars on rota. Elective and trauma care. Daily hot + op meeting followed by rounds. Elective and fracture clinics. Regular weekly trauma lists, emergency lists. Oncall 1 in 8.

Actively involved in clinical audit and presented work in the form of posters and podiums at several national and international meetings including BOA, EFORT, SICOT, BSSH. Started diploma in sports medicine from University of Bath (part-time). I rotated through following firms:

Hand Surgery – Mr.MH Wetherill

02/02/2005 – 16/09/206

Shoulder Surgery – Mr. D.A Wallace

04/02/2004 – 01/02/2005

Pediatric Ortho – Mr. G.F Miller

02/02/2003 – 03/02/2004

Employment History 4 - Basic Surgical Training: SHO Level

BST Oxford Deanery BST Rotation. 1999-2002

Awards

2015	Quality Improvement Awards, Health & Social Services, States of Jersey	Value for Money – Xiapex Injection vs Conventional Surgery
2012	<i>Finalist</i> Annual Helal & Harris Awards, RSM - Royal Society of Medicine, London, UK	Extracorporeal Shockwave Therapy In Plantar Fasciitis & Achilles Tendinopathy
2011	Best Young Researcher Award UKSEM Annual Meeting, London, UK	Extra Corporeal Shockwave Therapy in Plantar Fasciitis & Achilles Tendinitis
2008	Best 10 Papers' Award (8 th) , 24th Triennial World Congress, Hong Kong	Scaphoid Bone Bruising Abstract No: 17627, 24-28 August 2008
2008	Best Paper Nomination – 9th EFORT Annual Congress. Nice, France	Effect Of Hallux Valgus Correction On Pedal Pressure
2005	Final Round Contestant Clinical Audits Competition,	Milton Keynes General Hospital, Tendoachilles Rupture Management Algorithm using Ultrasound
2005	Finalist NHS England Innovations Awards	Tele-radiodiagnosis in Trauma & Orthopaedics,
2002	2 nd Prize - Annual Oxford Deanery Presentation	Infection Down Under,
2002	1st Prize – Central Orthopaedic Club Meeting, Milton Keynes, UK	Charnley Elite PLUS stems - Early Failure,

Research Experience:

Clinical Trails Involved in

1. Principal Local Investigator /Collaborator @ Royal Free London Trust for MSSA Infection in Trauma & Orthopaedics –
a multisite cluster randomised controlled trail with break series collaborative in conjunction with NIHR, Prof Mike Reed Northumbria Healthcare Trust
2. Screening Potential patients/ completion of research screening forms for inclusion into TARVA Trail - A randomised, multi-centre, non-blinded, prospective, parallel group trial of total ankle replacement (TAR) versus arthrodesis, in the treatment of patients with end stage ankle osteoarthritis, comparing clinical outcomes and cost effectiveness.
3. Recruitment, clinical evaluations at pre-op and follow up visits for following studies:
 1. SIRIUS – Multi-centre prospective study to evaluate long-term clinical outcomes of the Sirius cemented femoral stem.
 2. G7 - A prospective, observational, multi-centre, cohort study of the G7™ acetabular system used with comparable femoral stems in patients with degenerative disease of the hip.

Postgraduate Research Thesis & Research Viva Voce to a panel of examiners for MSc in Sports & Exercise Medicine after receiving ethical approval from hospital and University of Bath Ethics committees (2015).

Research Related Courses:

- GCP - Good Clinical Practice Course by NIHR 2016
- Research methodology module as part of MSc 2015
- End Note, How to use bibliographic software, University of Bath 2006
- Introductory Statistics & Research, University of Cambridge, 2006
- Getting started with SPSS, University of Cambridge, 2006

Research Governance:

- Member of Thames Valley LREC (Local Research Ethics Committee), May 2005 – Oct 2009.

Publications:

Book Chapter(s) - 02

1. **Syed, T. A.**, & Perera, A. (2018). Book Chapter in a Chinese Surgical Text Book, A Monograph on MIS (Minimally Invasive Surgery) for Hallux Valgus Correction (in press).
2. **Syed T.A.** Saeed MZ, Kakar R, RM Jones (2018) Chapter 42 - Arthrodesis & Bone Grafts, in Orthopaedic Principles by Hitesh Gopalan.

Full Articles - 08

1. **Syed, T. A.**, & Perera, A. (2016). A Proposed Staging Classification For Minimally Invasive Management Of Haglund's Syndrome With Percutaneous And Endoscopic Surgery. Foot and Ankle Clinics, 21(3), 641-664. <http://dx.doi.org/10.1016/j.fcl.2016.04.004>
2. Thavarajah, D., **Syed, T.**, Shah, Y., & Wetherill, M. (2011). Does Scaphoid Bone Bruising Lead To Occult Fracture? A Prospective Study Of 50 Patients. Injury, 42(11), 1303-1306. doi:10.1016/j.injury.2011.02.020
3. Trigkilidas, Dionysios, Amarjit Anand, Robert Ibe, **Turab Syed**, and Andrew Floyd. "A Fracture Through The Neck Of A Charnley Elite-Plus Femoral Component: A Case Report." Internet Journal of Orthopedic Surgery 16, no. 1 (2010).
4. Shah, Y.R., Nagammanavar, S., **Syed, T.A.** et al. Pseudoaneurysm Of The Profunda Femoris Artery: A Rare Complication Of Femoral Intertrochanteric Fracture Fixation, European Journal of Orthopaedic Surgery & Traumatology Vol. 18, Issue 8, pp 591-593 <http://dx.doi.org/10.1007/s00590-008-0351-4>
5. **T A Syed**, Z.Sadiq, Shah, Y.R., M. Al-Saeed, MH Wetherill, Role Of Mobile Multi-Media Messaging Service (MMS) In Orthopaedics & Trauma Telediagnosis :,EJOST European Journal of Orthopaedic Surgery, Print format November 2007, Online first <http://dx.doi.org/10.1007/s00590-007-0233-1>
6. Sadiq, M.Z., **Syed, T.** & Shah, Y.R. An Unusual Cause Of Locked Knee Osteochondroma, EJOST July 2007 Online First . <http://dx.doi.org/10.1007/s00590-007-0227-z>
7. Sadiq, M.Z., **Syed, T.** & Travlos, J. Management Of Grade III Supra-Condylar Fracture Of Humerus By Straight Arm Lateral Traction International Orthopaedics, Volume 31, Number 2 April 2007 page 151-154. (<http://link.springer.com/article/10.1007%2Fs00264-006-0168-x>)
8. Syed, T. (2004). Interview And Travel Expenses. Career Focus, 328(7454), 270-270. <http://careers.bmj.com/careers/advice/view-article.html?id=265#>

Abstracts - 11

1. Y. Shah, **T. Syed**, F. Zafar, I. Reilly, And W. Ribbans Outcome Of Hallux Valgus Correction: A Prospective Clinical And Radiographic Study With Foot Pressure Measurement J Bone Joint Surg Br Proceedings, May 2010; 92-B: 287-b.
2. Y. Shah, **T. Syed**, T. Myszewski, F. Zafar Comparison Of Outcome Following Either One Or Two Screws For Medial Malleolar Fracture Fixation. J Bone Joint Surg Br Proceedings, May 2010; 92-B: 355-e-356-e
3. Y.R. Shah, R.F. Faroug, T.M. Myszewski, **T.A. Syed**, A.S.F. Floyd, M.H.W. Wetherill, Comparison Of Outcome Following Either One Or Two Screws For Medial Malleolar Fracture Fixation, Injury Extra, Volume 40, Issue 10, October 2009, Pages 223-224, ISSN 1572-3461, DOI: 10.1016/j.injury.2009.06.272.
4. **T.A. SYED**, M.Z. SADIQ, Y.R. SHAH, And D.A. WALLACE Ultrasound To Decide Treatment Between Cast Immobilization & Operative Treatment Of Ruptured Tendo Achilles J Bone Joint Surg Br Proceedings, March 2009; 91-B: 98-b.
5. **T.A. Syed**, Y.R. Shah, R. Chennagiri, And M.H. Wetherill Peroperative Median Nerve Blushing, A Predictor Of Adequate Decompression! J Bone Joint Surg Br Proceedings, March 2009; 91-B: 14-b.
6. **T.A. Syed**, Y.R. Shah, and M.H. Wetherill Fragility Fractures, Incidence Of Distal Radius Fracture In Bilateral Non Contemporary Hip Fracture Patients . J Bone Joint Surg Br Proceedings, March 2009; 91-B: 63-a.
7. M.Z. Sadiq, **T.A. Syed**, D.A. Wallace, Ultrasound Based Management Protocol For Acute Achilles Tendon Rupture, Injury Extra, Volume 39, Issue 5, May 2008, Pages 161-162, ISSN 1572-3461, DOI:10.1016/j.injury.2007.11.305
8. **T.A. Syed**, Y. Shah, S. Konadu, Z. Sadiq, M.H. Wetherill, The Pattern Of The Subsequent Contra-Lateral Fracture Neck Of Femur, Can It Be Predicted?, Injury Extra, Volume 38, Issue 4, April 2007, Page 144, ISSN 1572-3461, DOI: 10.1016/j.injury.2006.12.118.
9. Z Sadiq, **T Syed**, & J Travlos, Management Of Grade III Supracondylar Fracture Of Humerus By Straight Arm Lateral Traction.J Bone Joint Surg Br Proceedings, May 2006; 88-B: 268-c.
10. **T.A Syed**, Z Sadiq, MH Wetherill, et al Blushing Of Median Nerve Intra-Operatively In Carpal Tunnel Decompression Surgery Is Correlated With Post Operative Recovery, Revista Iberoamerican Cirugia de la Mano (Ibero American Spanish Journal of Hand Surgery) April 2005, Vol.33 Issue/No: 66: Pg 61
11. Maartens N, **Syed T**, Adams C, Wass J , Single Centre Audit Of The Management Of Craniopharyngiomas, Pituitary Aug 2000, Vol.3 Iss 1: Pg 1-52. DOI: 10.1023/A:1017307911590

Letters to Editors - 07

1. Car Safety Seats, Apparently Life Threatening, Practically Life Saving? In response to Apparently life threatening events in infant car safety seats , SL Tonkin et al, BMJ 2006;333:1205, Dec 2006.
2. Need for a New Classification System to assess Outcomes in Radial Head Fracture, In Response to Primary Non-operative Treatment of Moderately Displaced Two-Part Fractures of the Radial Head J. Bone Joint Surg. Am., Sep 2006; 88: 1909 - 1914.
3. Need for an International Database & Use of Validated Scoring Systems In response to article, Bone-patellar tendon-bone auto grafts versus hamstring auto grafts for reconstruction of anterior cruciate ligament: meta-analysis David J Biau, Caroline Tournoux, Sandrine Katsahian, Peter J Schranz, and Rémy S Nizard BMJ 2006; 332: 995-1001 May 2006 <http://bmj.bmjournals.com/cgi/eletters/332/7548/995#133032>
4. In Response to the article: Risk factors for failure after treatment of a periprosthetic fracture of the femur Y R Shah, **Turab A. Syed**, Z Saeed, Z Sadiq (8 March 2006) J Bone Joint Surg Br 2006; 88-B: 26-30. <http://www.jbjs.org.uk/cgi/eletters/88-B/1/26>
5. Crossed Medial Lateral K-Wires VS Multiple Lateral K-Wires for Supracondylar Humeral fractures, which is BETTER? In response to K.K. Leitch, R.M. Kay, J.D. Femino, V.T. Tolo, S.K. Storer, and D.L. Skaggs, Treatment of Multidirectionally Unstable Supracondylar Humeral Fractures in Children. A Modified Gartland Type-IV Fracture J Bone Joint Surg Am. 2006;88:980-985
6. Frozen Shoulder, Need for More Research! in response to Frozen shoulder, R Dias, S Cutts, S Massoud, BMJ 2005; 331 1453-1456. Published as Rapid Response <http://bmj.bmjournals.com/cgi/eletters/331/7530/1453#125432>
7. Micro albuminuria : Useful and important A&E Diagnostic tool BMJ 1999, 28 Jan 1999, <http://bmj.com/cgi/eletters/318/7178/207#1905>,

Presentations:

International Podium Presentations - 18

- 1) 2nd Author - Abstract Number: 2830: Post-Operative Urinary Retention Following Lower Limb Arthroplasty: Incidence And Analysis Of The Associated Factors, Rakan Kabariti, **Turab Syed**, Vishal Paringe, Alun John, EFFORT 2018, Barcelona.
- 2) 1st Author, Use Of 2 K Wires Vs 1 K Wire For Fixation Of PIPJ Fixation, **T Syed**, Y Sabah, R Harding, A Tong, B Hickey, A Perera, SICOT, Rome September 2016. (accepted but not presented)
- 3) 2nd Author, How Should Scaphoid Bone Bruising Be Managed? D Thavarajah, **T A Syed**, Mh Wetherill, 12th EFORT Congress 2011, Copenhagen, Denmark, June 2012
- 4) 5th Author, Adequacy Of Post-Operative Hip Arthroplasty X-Rays; A DGH Experience. Yousaf Shah, Fauzia Zafar, Jamie Ferguson, Zulfiqar Sadiq, **Turab Syed**, Jane Webber, 10th EFORT Congress 2009, Vienna, Austria.
- 5) 1st Author, Does Scaphoid Bone Bruising Lead To Fracture And Shall It Be Treated Same As Fracture? **T Syed**, Y Shah, M Wetherill, SICOT Triennial World Congress, Hong Kong August 2008.
- 6) 2nd Author, Outcome Of Hallux Valgus Correction; A Prospective Clinical And Radiographic Study With Foot Pressure Measurement, Shah YR, **Syed TA**, Zafar F, Reilly I, Ribbans BW, 9th EFORT Congress, Nice, France, June 2008
- 7) 2nd Author, Comparison Of Outcome Following Either One Or Two Screws For Medial Malleolar Fracture Fixation,,: Y R Shah, **T A Syed**, F Zafar, A S Floyd. 9th EFORT Congress, Nice, France, June 2008.
- 8) 1st Author, Fragility Fractures, Incidence Of Distal Radius Fracture In Bilateral Non Contemporary Hip Fracture Patients, **T A Syed**, Y R Shah, M H Wetherill, 8th EFORT Florence, Italia May 2007,
- 9) 1st Author, Per Operative Median Nerve Blushing, A Predictor Of Adequate Decompression! **Syed T A**, Shah Y, Sadiq MZ, Wetherill M, 8th EFORT Florence, Italia, May 2007,
- 10) 1st Author, Ultrasound To Decide Treatment Between Cast Immobilization & Operative Treatment Of Ruptured Tendo Achilles **T A Syed**, Sadiq, Mohammed; Shah, Yousaf; Wallace, Donald Podium, 8th EFORT Florence, Italia May 2007
- 11) 1st Author, Advantages Of Mobile Multi-Media Messaging Service (MMS) & Its Comparison With E-Mail In Orthopaedics & Trauma Telediagnosis. **T A Syed**, Z.Sadiq, Shah, Y.R., M. Al-Saeed, MH Wetherill, XXIII SICOT/SIROT Triennial World Congress, Istanbul, Turkey, September 2005.
- 12) 2nd Author, Non Operative Management Of Humeral Fractures, Y Shah, **T A Syed** XXIII SICOT/SIROT Triennial World Congress, Istanbul, Turkey, September 2005.
- 13) 1st Author, Teicoplanin For MRSA Infection Prophylaxis In Total Hip Replacement, **T A Syed**, Z.Sadiq, Shah, Y.R, MH Wetherill,, XXIII SICOT/SIROT Triennial World Congress Istanbul, Turkey, September 2005.
- 14) 2nd Author, Management Of Acute Achilles Tendon Rupture By A New Protocol, Z.Sadiq, **T A Syed**, Shah, Y.R, Wallace DA, XXIII SICOT/SIROT Triennial World Congress Istanbul, Turkey, September 2005.

- 15) 1st Author, Blushing Of Median Nerve: A Predictor Of Surgical Success! **Syed T A**, MZ Sadiq, Shah Y, Wetherill M, XXIII SICOT/SIROT Triennial World Congress Istanbul, Turkey, September 2005.
- 16) 2nd Author, Management Of Displaced Supra-Condylar Fractures Of Humerus By Straight Arm Lateral Traction, Z Sadiq, **T Syed**, & J Travlos, 14th SICOT Trainee's Meeting , May 2005 - Budapest, Hungary.
- 17) 1st Author, Blushing Of Median Nerve Per-Operatively In Carpal Tunnel Decompression Surgery Is Correlated With Postoperative Recovery. **Syed T A**, Shah Y, Chennagiri R, Wetherill M, XVII Spanish Congress Of SECMA & BSSH April 2005 Valladolid, Spain.
- 18) 2nd Author, Single Centre Audit Of The Management Of Craniopharyngiomas, 7th European Workshop On Pituitary Disease, Oxford, Sept 2000, Marteens NF, **Syed T**, Adams CBT, Wass JAH.

National Podium Presentations - 14

1. Co-Author, Buried K wire technique for PIP fusion. S Lynch, **T Syed**, K Chirputkar, R Thomas. BOA Annual Congress, Liverpool, 19-22 September 2017.
2. Co-Author, Buried K wire technique for PIP fusion. S Lynch, **T Syed**, K Chirputkar, R Thomas. WELSH ORTHOPAEDIC SOCIETY MEETING 2017, Oswestry, 12th May 2017.
3. Co-Author, Results Of Ankle Arthrodesis In A Regional Foot And Ankle Unit A Case Series, Welsh Orthopaedic Society Meeting, 2016. R Harding, P Hodgson, A Tong, **T Syed**.
4. 1st Author, Extracorporeal Shockwave Therapy In Plantar Fasciitis & Achilles Tendinopathy, **T A Syed**, J Giddie, R Kamath, H El-Madbouh, Annual Helal & Harris Awards, Royal Society Of Medicine, London, January 2012,
5. 1st Author, Extracorporeal Shockwave Therapy In Plantar Fasciitis & Achilles Tendinopathy, **T A Syed**, J Giddie, R Kamath, H El-Madbouh, UKSEM Annual Meeting, London, November 2012.
6. 2nd Author, Occult Scaphoid Fractures Could Be Masked By Bone Bruising Alone And Should Be Immobilised For A Minimum Period Of Eight Weeks, D Thavarajah, **T A Syed**, Y R Shah, MH Wetherill, BSSH/BAHT Combined Autumn 2010 Scientific Meeting, London, November 2010.
7. 1st Author, Spinal Fusion For Back Pain : Results From DGH, **T A Syed**, AS Floyd, British Spinal Study Group Meeting, Courchevel, France, January 2009.
8. 2nd Author, Sub Trochanteric Fractures DHS Vs DCS , Z Sadiq, **T A Syed**, Podium, BTS Meeting 2007 Nottingham , United Kingdom.
9. 2nd Author, Ruptured Tendoachilles Treatment & Ultrasound In Full Equinus , MZ Sadiq, **T A Syed**, BTS Meeting 2007 Nottingham , United Kingdom.
10. 2nd Author, Outcome Of Non Operative Treatment Of Humerus Diaphyseal Fractures In Adults. Z Sadiq, **T Syed**, & J Travlos, BOA (British Orthopaedic Association) Meeting September 2005.
11. 1st Author, Coccygectomy Experience At Milton Keynes, **T A Syed**, Z Sadiq, Oxford Registrars Annual Meeting 2004, Oxford.
12. 1st Author, Infection Down Under- A Case Report, Oxford Deanery Annual Presentation Competition, Milton Keynes July 2002, **T A Syed**, B Das,
13. 2nd Author, Charnley Elite Plus; Early Loosening, Central Orthopaedic Club, Spring 2002 Meeting, April 02. Milton Keynes. **T Syed**, R Barrios.
14. 1st Author, What It's Really Like To Be An Overseas Doctor? Oxford Deanery Overseas Doctors Induction Programme. Speaker : April 2002, April 2003, April 2004, Oct 2004.

International Poster Presentations - 24

1. 1st Author, Sourcil Sign In Shoulder X-Rays: Is It A Useful Sign To Predict Rotator Cuff Pathology? **T.Syed**, E.Fopma, SICOT, Cape Town, Nov-Dec 2017.
2. 1st Author, Comparative Analysis Of Akin's Osteotomy With A Staple Vs Screw Fixation. **T Syed**, C Fillipi, R Harding, A Tong, B Hickey, A Perera, SICOT Rome September 2016
3. 1st Author, Measuring Inter Observer Difference And Validity Of Akin's Osteotomy Correction, **T Syed**, F Cedric, R Harding, T Aureola, B Hickey, P Anthony. SICOT Rome September 2016
4. 2nd Author, Use Of Locking Plates In Ankle Fracture, N Razii, **T A Syed**, R Harding, P Hogdson. International Trauma Symposium, Glasgow, May 2016.
5. 1st Author, Entitled: "Does Dislocation Rate Increase With Posterior Approach Hemiarthroplasty?" **T A Syed**, O Hawisa, E Fopma, P Clifford Combined 33rd SICOT & 17th PAOA Orthopaedic World Conference, Nov 2012.
6. 2nd Author, Wrist Arthroplasty For Rheumatoid Arthritis What Is The Evidence- A Systematic Review, D Thavarajah, **T Syed**, 12th EFORT Congress 2011, Copenhagen, Denmark, June 2012 ,
7. 2nd Author, Outcome Of Revision Total Hip Arthroplasties; A 5-Year Retrospective Study In A District General Hospital, Yousaf Shah, **Turab Syed**, Ravi Gangone, Fauzia Zafar, Andrew Floyd, Martin Wetherill, SICOT Triennial World Congress, Hong Kong, August 2008
8. 2nd Author, Comparison Of Outcome Following Either One Or Two Screws For Medial Malleolar Fracture Fixation Yousaf Shah, **Turab Syed**, Tomasz Myszewski, Fauzia Zafar, Andrew Floyd, Martin Wetherill , SICOT Triennial World Congress, Hong Kong, August 2008
9. 1st Author, Does Grip Strength Improve After Trapeziumectomy? **Turab Syed**, Yousaf Shah, Martin Harry Wetherill , SICOT Triennial World Congress, Hong Kong, August 2008
10. 2nd Author, Uncemented Total Knee Replacemnet In Rheumatoid Arthritis, Poster Dawar Abbas, **Turab Syed**, Martin Wetherill , 9th EFORT Congress, Nice, France, June 2008
11. 2nd Author, Outcome Of Revision Total Hip Arthroplasties; A 5 Year Retrospective Study Shah YR, **Syed T A**, Gangone R, Uzoigwe C, Zafar F, Floyd AS, E-Poster Presentation 9th EFORT Congress, Nice, France, June 2008
12. 1st Author, Teicoplanin As A New Prophylactic Antibiotic In Arthroplasty Surgery **T A Syed**, Shah, Yousaf; Wetherill, Martin Poster , 8th EFORT Florence, Italia, May 2007
13. 1st Author, Trapeziumectomy & Surgicell, Effect On First Ray Shortening **T A Syed**, Shah, Yousaf; Gangone, Ravinder; Wetherill, Martin, Poster , 8th EFORT Florence, Italia, May 2007
14. 2nd Author, Outcome Of Non-Operative Treatment For Humerus Diaphyseal Fractures In Adults, Y R Shah, **Syed T**; Zafar F; Sadiq Z; Wallace D, EFORT Florence, Italia, May 2007
15. 2nd Author, Treatment Of Sub-Trochanteric Fractures Of Femur, Sadiq Z, **Syed T**, Shah Y, Floyd AS, XXIII SICOT Triennial World Congress Istanbul, Turkey, September 2005.
16. 1st Author, Scar Tenderness & Infection After Coccygectomy, **Syed T**, Sadiq Z, Shah Y, Floyd AS, XXIII SICOT Triennial World Congress Istanbul, Turkey, September 2005.

17. 2nd Author, Charnley Elite Plus Stems: Early Loosening! Barrios R, **Syed T**, Floyd AS, XXIII SICOT Triennial World Congress Istanbul, Turkey, September 2005.
18. 2nd Author, Management Of Displaced Supra-Condylar Fracture Of Humerus By Straight Arm Lateral Traction, Z Sadiq, **T Syed**, & J Travlos XXIII SICOT Triennial World Congress Istanbul, Turkey, September 2005.
19. 2nd Author, Subjective Outcome Following Circumferential Front And Back Spinal Fusion In A District Hospital Setup, M Z Sadiq, **T Syed**, K Allerton, XXIII SICOT Triennial World Congress Istanbul, Turkey, September 2005.
20. 2nd Author, Lateral Meniscal Tear In A 06 Years Old Treated Conservatively: 05 Years Follow Up, Abbas D, **Syed T**, Sadiq M, Shah Y, Wetherill M, XXIII SICOT Triennial World Congress Istanbul, Turkey, September 2005.
21. 1st Author, Fragility Fractures In Orthopaedics, Treatment & Assessment: **T A Syed**, Z Sadiq, Y R Shah, MHW Poster Presentation At The ECTS - IBMS Joint Meeting, Geneva, June 2005.
22. 2nd Author, Subjective Outcome Following Front & Back Circumferential Spinal Fusion In A DGH Setup, M Z Sadiq, **T Syed**, K Allerton, 14th SICOT Trainee's Meeting, May 2005, Budapest, Hungary.
23. 1st Author, Advantages Of Mobile Multi-Media Messaging Service (MMS) & Its Comparison With E-Mail In Orthopaedics & Trauma Telediagnosis, **T A Syed**, Z.Sadiq, Shah, Y.R., M. Al-Saeed, MH Wetherill, 14th SICOT Trainee's Meeting , May 2005, Budapest, Hungary.
24. 1st Author, Follow-Up Of Carpal Tunnel Decompression Surgery Patients By Hand Therapists Only Postoperatively. **T.A Syed**, Z Sadiq, MH Wetherill XVII Spanish Congress Of SECMA & BSSH, April 2005 Valladolid, Spain.

National Poster Presentations - 16

1. 2nd Author, The POUR (Post-Op Urinary Retention) audit 1st cycle: e-poster presentation at BOTA Annual Conference, Manchester, November 2017.
2. 2nd Author, Use Of Locking Plates In Ankle Fractures, N Razii, **T A Syed**, R Harding, P Hodgson, Welsh Orthopaedic Society Annual Meeting, May 2016
3. 2nd Author, Four Decades Of Wrist Arthroplasty For Rheumatoid Arthritis What Is The Evidence- A Systematic Review, D Thavarajah, **T Syed**, M H Wetherill, BSSH/BAHT Combined Autumn 2010 Scientific Meeting, London, November 2010.
4. 2nd Author, Comparison Of Outcome Following Either One Or Two Screws For Medial Malleolar Fracture Fixation Yousaf Shah, **Turab Syed**, Tomasz Myszewski, Fauzia Zafar, Andrew Floyd, Martin Wetherill, BTS 2009, May 2009, Manchester, United Kingdom
5. 1st Author, Insights Into Trauma And Orthopedic Training From The e-logbook, **T A Syed**, Andrew Lamb, Mike Reed, Lester Sher, Matt Freudmann Clare Marx, W Angus Wallace, BOA (British Orthopaedic Association) 2006, Annual Meeting Glasgow, September 2006.
6. 1st Author, Can We Predict The Pattern Of The Subsequent Contra-Lateral Fracture Neck Of Femur? **T A Syed**, Y R Shah, S Konadu, F Zafar, Z Sadiq, M H Wetherill, BTS (British Trauma Society) Annual Meeting Leeds October 2006
7. 2nd Author, Ultrasound Based Management Protocol Of Acute Achilles Tendon Rupture, M.Z. Sadiq, **T.A. Syed**, Y.R. Shah, D.A. Wallace BASEM, (British Association Of Sports & Exercise Medicine) November 2005, Edinburgh.
8. 1st Author, 'Do All Carpal Tunnel Decompressions Need Routine Orthopaedic Follow Up?' **T A Syed**, Z.Sadiq, Shah, Y.R., MH Wetherill,, BOA (British Orthopaedic Association) Meeting September 2005
9. 1st Author, Advantages Of MMS In Trauma & Orthopaedics Telediagnosis, **T A Syed**, Z.Sadiq, Shah, Y.R., M. Al-Saeed, MH Wetherill, BOA (British Orthopaedic Association) Meeting September 2005.
10. 1st Author, 'Teicoplanin For MRSA Infection Prophylaxis In Total Hip Arthroplasty, **T A Syed**, Z.Sadiq, Shah, Y.R, MH Wetherill, BOA (British Orthopaedic Association) Meeting September 2005.
11. 2nd Author, Ultrasound Based Management Of Acute Achilles Tendon Rupture, M.Z. Sadiq, **T.A. Syed**, D.A. Wallace, BOA (British Orthopaedic Association) Meeting September 2005.
12. 2nd Author, Management Of grade III Supracondylar Fracture Of Humerus In Children By Straight Arm Lateral Traction, Z Sadiq, **T Syed**, & J Travlos BOA (British Orthopaedic Association) Meeting September 2005.
13. 2nd Author, Management Of Displaced Supra-Condylar Fractures Of Humerus By Straight Arm Lateral Traction. Z Sadiq, T A Syed , BSCOS (British Society For Children Orthopaedic Society) Meeting Dublin June 2005
14. 2nd Author, Ultrasound Based Management Of Acute Achilles Tendon Rupture Z Sadiq, **T Syed**, DA Wallace Integrated Musculoskeletal Trauma Conference Belfast May 2005.
15. 1st Author, Results Of Management Of Subtrochanteric Fractures Of Femur In The Elderly By Different Surgical Options, **T Syed** Z Sadiq And DA Wallace Integrated Musculoskeletal Trauma Conference Belfast May 2005.

16. 2nd Author, Subjective Outcome Following Front & Back Circumferential Spinal Fusion In A DGH Setup: M Z Sadiq, T Syed, K Allerton, BASS, Meeting February 2005, Aberdeen.

Continuing Professional Development (CPD)

Conferences:

- Malvern Diabetic Foot Meeting, Malvern, May 2018
- BOA Annual Congress, Liverpool 2017
- BOA Annual Congress, Belfast 2016
- BOFAS Annual Meeting, Guildford Nov 2015,
- FISIC Meeting, London, October 2015
- BOA Annual Congress, Liverpool, September 2015
- BOFAS Principles Course, Cheltenham, September 2015
- BigFoot Meeting, London, June 2015
- ESSKA – AFAS Conference, Budapest, May 2015
- SICOT Congress, Dubai 2012
- Helal & Haris Meeting, Royal Society of Medicine, London, 2012
- UKSEM Annual Meeting, London, 2011
- Clinical Updates & Service Reforms in the NHS, KEMCAUK , 2011
- The FA (Football Association) In-service Training Daventry, 2010
- UKSEM Annual Meeting, Excel London, United Kingdom, 2010
- Swedish Orthopaedic Association (SOF) & 7th SICOT/SIROT2010, Gothenburg, Sweden,
- Falls & Bone Health Conference, MK Foundation Hospital, Milton Keynes, 2007
- 7th Wexham Park Cruciate Meeting, Slough, 2004

Courses:

- Kings College Charcot Foot Reconstruction Cadaver Workshop / Course, June 2018
- 17th Amsterdam Foot & Ankle Surgery Course, Amsterdam, July 2017
- Knee Arthroplasty Course, Zimmer Biomet, June 2017
- Arthrex International Mega Foot & Ankle Course, Munich, February 2017
- Ex-Fix Workshop, University Hospital of Wales, Cardiff, January 2017
- Advanced Fellows Forums – BOFAS, Windsor, April 2016
- SW Regional Cadaveric Workshop F&A by Arthrex, Munich, April 2016
- Arthroscopic Cadaveric Foot & Ankle Course, ICRAD, Strassbourg, France March 2016
- ALTS April 2015 valid till Apr 2019
- Appraiser for GMC Revalidation, Wessex Deanery Revalidation 2014
- Postgraduate Orthopaedics Revision Course, Newcastle, UK, 2014.
- Postgraduate Orthopaedic Basic Sciences Course, Nottingham, 2013.
- Post Graduate Hands & Upper Limb Course, Nottingham, 2013.
- Post Graduate General Orthopaedics Course, Warwick Hospital, 2013
- Musculoskeletal Ultrasound Course, Sonosite, 2009
- Bio-mechanics Course, Brunel University, London, UK, 2009
- Advanced ATRAD Training Course on Shockwave Treatment, 2009
- Oxford Uni-Compartmental Knee Arthroplasty Course, 2008
- Excellence in Medico-legal Reporting, Royal Society of Medicine, 2007
- SCORPIO Total Knee Replacement Instructional Course, Exeter, 2007
- Ex-Fix Instructional Course, Staffordshire, 2007
- AO Advanced Course, Davos, Switzerland, 2006
- AO, Basic Course, Leeds, 2004
- Depuy Summer Trauma University 2004, Sheffield. 2004
- LCS Knee Arthroplasty Course, Musgrave Park Hospital, Belfast, 2004
- Knee Arthroscopy Course, The Knee Foundation, Droitwich, 2004
- Scarf/Weil Osteotomy, Oxbridge Foot Course, Oxford, UK, 2004
- Basic Exeter Hip Instructional Course: Oxford, 2003
- CcRISP (Care of Critically ill Surgical Patient) Course, 2003
- Radiation Protection & Safety Course , New Legislation & Update, 2002
- 6th Intra-Medullary Nailing Course, Coventry, 2001
- Pre Hospital Immediate Care Course, Cambridge, 2001

- AO Module –I Plates, Wires and Screws, Univ of Dundee, 2001
- Basic Hip Arthroplasty Course, University of Dundee, 2001
- Basic Knee Arthroplasty Course, University of Dundee, 2001
- Basic Surgical Skills Course, RCS England, 1999.
- ATLS – Mercy Hospital of Pittsburgh, PA United States: 1999.

Audits:

1. 2018 Supracondylar Fractures of Humerus in Children & BOA Guidelines
 2. 2018 Use of EXOGEN : Are we using it right and is it working for Us?
 3. 2018 Use of Chlorhexidine Cloth as a tool for SSI Control Measure
 4. 2018 DHS vs IM Nail – Is our Use Evidence Based
 5. 2018 MTPJ Fusion – Screws Vs Plate
 6. 2017 post-op notes documentation audit 1st cycle
 7. 2017 The POUR (Post-Op Urinary Retention) audit 1st cycle:
 8. 2017 Plating of Ankle Fractures, Are We Overusing Locking plates? Closure of Loop.
 9. 2016 Use of Carbohydrate Drinks in Elective Joint Replacement as part of ERAS.
 10. 2016 PIPJ Fusion with Buried K Wires – Audit of our practice, Closure of Loop.
 11. 2016 Consent Forms Audit at University Hospital Llandough, Are we following Welsh Government Guidelines? Closure of Loop.
 12. 2016 Audit of Documentation in Medical Notes – Closure of Loop.
 13. 2015 Plating of Ankle Fractures, Are We Overusing Locking plates?
 14. 2015 Results Of Ankle Arthrodesis In A Regional Foot And Ankle Unit A Case Series
 15. 2015 Audit of Akin's Osteotomy Fusion Rates between Staples & Screws.
 16. 2015 Comparison of Single & Double K Wires for PIPJ Fusion
 17. 2015 Consent Forms Documentation of Complications Audit in JGH. Closure of Loop
 18. 2013 Hyponatraemia following Arthroplasty - Education of HO regarding post-op fluids,
 19. 2012 Dislocation Rates in hemiarthroplasty for #NOF from posterior approach,
 20. 2011 Audit of ECSW (Extra Corporeal Shockwave Therapy) for Foot & Ankle Conditions,
 21. Comparable results with Literature. No Changes.
 22. 2010 Use of Autologous (Cell Trans) Drain in TKR
 23. 2010 Audit of Tibial & Femoral Nails - No increased complication compared to literature.
 24. 2010 Audit of THR vs. Hemiarthroplasty for NOF fracture –
 25. 2010 Adequacy of post-operative hip arthroplasty X-rays- Inadequate x-rays. Closure of Loop.
 26. 2009 Audit of NOF Fractures over 6 months – implant choice and patient variables.
 27. 2009 Spinal Fusion Audit at District General Hospital - No Change instituted. Rates similar for Non Union as in Literature
 28. 2008 Audit of revision THR at 5 years- Revision complications similar to Literature. NO change in practice.
 29. 2008 Audit of Un-cemented Mobile bearing TKR without Patellar Resurfacing in Rheumatoid Patients. Good Outcome and implant survival. NO change in practice. Low rate of later patellar resurfacing.
 30. 2007 Audit of Medial Malleolus Fracture fixation - Change in Practice Single Screw Fixation Reliable if good hold
 31. 2007 DHS tip-Apex Distance Audit - Increased TAD, Educational sessions for surgeons, TAD improved to less than 25 and less DHS Cut-out rate. Closure of Loop
 32. 2006 Audit of Ruptured Tendo-Achilles Management using Ultrasound
Change of Practice, Cx using ultrasound as lower risk of re-rupture when ends are together in equinus on US. Closure of Loop
 33. 2006 Audit of MKGH Operating year 2005
 34. 2005 Audit of Fragility Fractures Referral in T&O - Increased awareness for referral for DEXA Scans. Closure of Loop
 35. 2005 Carpal Tunnel Decompressions & Hand Therapy FU Audit - Good Results, cost saving
 36. 2004 Audit of conservative Management of Midshaft Humeral Fractures - No Change, Good Union Rates
 37. 2004 Audit of SSI (Surgical Site Infection) for Arthroplasty - Change Cefuroxime to Teicoplanin as Prophylactic Antibiotic for Joint replacement, MRSA rates decreased , Closure of Loop
- Further information can be provided for Audit Projects from 1999-2003

Teaching & Trainer Portfolio

- Honorary Lecturer UCL (University College London) Medical School 2018
- MFST - Membership Faculty of Surgical Trainers – 2018
- UKITE (UK In Training Exam) Editor for Foot & Ankle : 2016-to date
- Associate Editor - MedShr App : 2015 – to date
- Supervising Students of MSc Musculoskeletal Medicine UCL: 2017 to date
- Contributor for Wikipaedics (a BOA Project) - Orthotics & Prosthetics Section : 2016
- SAS (Staff & Assoc. Specialists) Tutor, Jersey General Hospital, 2013- 2015.

Involved in training and teaching of SpRs /Specialty Trainees from

- Stanmore rotation, Potts Percival rotation and "core trainees" and foundation doctors at Barnet, Chase Farm & Royal Free sites.

Clinical Tutor for Medical Students

- MSK Module @ Royal Free London Hospital from UCL Medical School 2017-18
- MSK Module, Cardiff Medical School 2015-17
- Musculoskeletal Attachment, Jersey General Hospital, 2011-15.
- Medical Students from University of Cambridge - PCH, Peterborough 2010-11.

Examiner

- MBBS Year 2 Summative OCaPE (Objective Clinical and Practical Examination) 1st May 2018 UCL
- MBBS Year 5 Summative OCaPE - 13th July 2018, UCL.
- Final Year students' mock OSCEs Exam UCL Medical School, Dec 2017,
- Final Year Medical Students' OSCEs Exam – Jersey General Hospital, 2013-15

Invited Faculty

- Faculty, Imperial Femoral Intramedullary Nailing Course, Charing Cross Hospital, MSK Labs, London, Sept 2018
- Faculty / Speaker Knee Trauma, Orthopaedic Trauma : First Steps - Royal Society of Medicine, London June 2018
- Faculty, 7th Imperial Ex-Fix Course, Charing Cross Hospital, London Feb 2018.
- Faculty, SPECIALIST MRCS COURSE, Royal London & New Ham University Hospital, London 2006 -2007
- RCS Edinburgh, Surgical Heats: 500 Years Celebration 2005,

Training Management Roles

- ARCP Panel Member
- SAS Tutor Jersey General Hospital
- Member SAS Education Committee, Wessex Deanery
- Post-Grad Medical Education Committee Member, Jersey.

Teaching Related Courses

- Presentation Skills Course, Cardiff Medical School, Cardiff, 2016
- TOCS & TOES – Train the trainer Courses, Belfast, September 2016
- ESDP (Educational Supervisor Development Programme), Wessex Deanery, Nov 2015 certified till Oct 2018
- Clinical Supervisor Course, 2013
- Supervising Trainees Course, 2011

Leadership & Medical Management Portfolio

Member of Committees in the National Health Service

- Principal Local Investigator Royal Free London Trust for MSSA Infection in Trauma & Orthopaedics – *a multisite cluster randomised controlled trial with break series collaborative in conjunction with NIHR*
- Surgical lead for Trust's SSI (Surgical Site Infection) Committee.
- SAS Tutor – Postgrad Medical Education Committee Meetings
- ARCP Panel Member (2013-2014)
- Member Staff Grade Optional Points Committee, PCH, Peterborough, 2010 & 2011
- General Secretary, BMA (British Medical Association), Milton Keynes Division
- Local Research Ethical Committee for NHS Research & Development, Milton Keynes
- Junior Doctors Representative BMA, Milton Keynes Division Oct 2005 – attended JDC Bournemouth
- MMC (Modernising Medical Careers) Implementation Group, Oxford Deanery 2004
- Helped organizing committee for The 41st British Society for Children's Orthopedic Surgery (BSCOS), Milton Keynes (27th January 2006).

Courses / Training in Management

- Effective Leadership 2015
- Training away day – Leadership & Team Building 2014
- Clinical Leadership & Management Course, 2010

Other Activities

Appraiser for GMC Revalidation	Jersey General Hospital,	Jun 2014 – Aug 2015
SAS Clinical Tutor	Jersey General Hospital, Channel Islands	May 2013 – Aug 2015
Clinical Preceptorship THR	Prof Dr. P. Mouret, Klinikum Frankfurt, Höchst, Frankfurt, Germany	Oct 2013
Chair – Bayer VTE Advisory Board	EFFORT Congress , London, United Kingdom	June 2014
Delegate – Bayer VTE Global Advisory Board	ISHA (International Society for Hip Arthroscopy), Munich, Germany	Oct 2013