

SAMEER SINGH

Curriculum Vitae

PERSONAL DETAILS

Forename Sameer
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Nationality British
Marital Status Married
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CCT January 2008. Ref:2007/14032/01

EDUCATION

1989-1995 United Medical and Dental School of Guys and St Thomas.
University of London.
1991-1992 University College London.
1987-1989 Thomas Rotherham College.
Rotherham, South Yorkshire.
1982-1987 Oakwood Comprehensive School.
Rotherham, South Yorkshire.

QUALIFICATIONS

November 2006 FRCS. Trauma and Orthopaedics.
April 2000 FRCS. Royal College of Surgeons England.
June 1995 M.B.B.S. University of London.
June 1992 BSc (2:1) Psychology. University of London.

PRESENT APPOINTMENT

August 2009 **Consultant Orthopaedic and Trauma Surgeon**
Bedford Hospital
Bedford
Kempston Road
MK42 9DJ

PREVIOUS APPOINTMENTS

- March 2008-August 2009** **Locum Consultant Orthopaedic and Trauma Surgeon**
Oxford Radcliffe NHS Trust,
Oxfordshire.
Shoulder, Elbow and Upper Limb Surgery.
- October 2001-March 2008** **SPECIALIST REGISTRAR.**
SOUTH WEST THAMES. ST GEORGES HOSPITAL.
- October 2007-March 2008 **SPECIALIST REGISTRAR. YEAR 6**
Frimley Park Hospital, Camberley, Hampshire.
Mr J. Hull / Mr P. Hill.
Hip Reconstruction Surgery. Soft Tissue Knee Surgery.
- April 2007-October 2007 **SPECIALIST REGISTRAR. YEAR 6**
Frimley Park Hospital, Camberley, Hampshire.
Mr J. Pike / Mr S. Davies.
Shoulder and Lower Limb Reconstruction Surgery.
- January 2007-April 2007 **VISITING FELLOWSHIP.**
Adidas Sports Medicine, Auckland. New Zealand.

Adelaide Sports Medicine, Australia.
- January 2006-January 2007 **SHOULDER AND UPPER LIMB FELLOW.**
Liverpool Upper Limb Unit
Royal Liverpool and Broadgreen Hospitals.
Mr P. Brownson.
- October 2005-January 2006 **SPECIALIST REGISTRAR. YEAR 5**
Royal Surrey County Hospital, Guildford, Surrey.
Mr C. Coates.
Paediatric and Knee Surgery.
- April 2005-October 2005 **SPECIALIST REGISTRAR. YEAR 4**
Kingston Hospital, Surrey.
Mr J. Bell.
Knee Surgery.
- October 2004-April 2005 **SPECIALIST REGISTRAR. YEAR 4**
Kingston Hospital, Surrey.
Mr M. Curtis.
Shoulder Surgery.
- April 2004-October 2004 **SPECIALIST REGISTRAR. YEAR 3**
St. Helier Hospital, Surrey.
Mr R. Field.
Hip Reconstruction Surgery.

October 2003-April 2004 SPECIALIST REGISTRAR. YEAR 3
St. Helier Hospital, Surrey.
Mr A. Adhikari.
Knee Surgery.

April 2003-October 2003 SPECIALIST REGISTRAR. YEAR 2
Epsom Hospital, Surrey.
Mr R. Twyman.
Knee and General Orthopaedic Surgery.

October 2002-April 2003 SPECIALIST REGISTRAR. YEAR 2
Epsom Hospital, Surrey.
Mr S. Chockalingham.
Paediatric and General Orthopaedic Surgery.

April 2002-October 2002 SPECIALIST REGISTRAR. YEAR 1
East Surrey Hospital, Surrey.
Mr H. Maurice.
Spinal and General Orthopaedic Surgery.

October 2001-April 2002 SPECIALIST REGISTRAR. YEAR 1
East Surrey Hospital, Surrey.
Mr K. Drabu.
Hip Reconstruction Surgery.

February 2001-October 2001 RESEARCH FELLOWSHIP
Miss S. Muirhead-Allwood / Mr F. Haddad.
Hip Reconstruction Surgery.

October 2000-January 2001 LOCUM REGISTRAR
Worthing and Southlands Hospital, East Sussex.
Mr J. E. Edge.

February 2000-August 2000 SENIOR HOUSE OFFICER ORTHOPAEDICS
Whittington Hospital, London.
Mr D. Sweetnam / Miss S. Muirhead-Allwood.
Shoulder, Knee and Hip Reconstruction Surgery.

August 1997-February 2000 Basic Surgical Rotation.
University Hospital Lewisham, London.

August 1999-February 2000 SENIOR HOUSE OFFICER ORTHOPAEDICS
University Hospital Lewisham, London.
Mr R. Gore / Mr O. Lahoti.

May 1999-August 1999 SENIOR HOUSE OFFICER VASCULAR SURGERY
University Hospital Lewisham, London.
Mr R. Edmonson / Miss S. Hill.

February 1999- May 1999 SENIOR HOUSE OFFICER GENERAL SURGERY
University Hospital Lewisham, London.
Mr A. Steger / Miss J. Linsell.

August 1998-February 1999 SENIOR HOUSE OFFICER EAR NOSE AND
THROAT SURGERY
University Hospital Lewisham, London.
Mr D. Bowdler.

February 1998-August 1998 SENIOR HOUSE OFFICER ACCIDENT AND
EMERGENCY
University Hospital Lewisham, London.
Mr N. Nayeem.

August 1997-February 1998 SENIOR HOUSE OFFICER ORTHOPAEDICS
University Hospital Lewisham, London.
Mr R. Gore.

August 1996-August 1997 DEMONSTRATOR OF ANATOMY
Guys Hospital, London.
Professor H. Ellis.

February 1996-August 1996 MEDICAL HOUSE OFFICER
Queens Hospital Burton, Staffordshire.
Dr N. Miller.

August 1995- February 1996 SURGICAL HOUSE OFFICER
Kingston Hospital, Surrey.
Professor P.E.M. Jarrett / Mr J.A. Dick.

PUBLICATIONS

Changing the Consultant on calls from a Daily to Weekly rotation system reduces time to theatre for patients with hip fracture to improve Quality of Care: A retrospective Study of 2 cohorts of patients presenting with hip fracture.

Geriatric Orthopaedic Surgery and Rehabilitation 2014. 1-4

M. Kommer, K Gokaraju, S. Singh.

Locked posterior Dislocations of the Shoulder after Internal Fixation-Review of 3 cases of missed posterior dislocation after internal fixation of the humerus.

J Shoulder Elbow Surg; 2009 May-Jun;18(3):e33-7

Hydroxyapatite-ceramic-coated femoral stems in revision hip surgery. An Eight year study.

S. P. Trikha, S. Singh, O. Raynham, J. C. Lewis, P. Mitchell, A. J. Edge.

J Bone Joint Surg 2005; 87-B: 1055-1060.

A Simple Method for Cannulated Screw Removal.

S. Singh, D. Matthews.

Annals Royal College Surgeons England 2005; 87: 212.

Arthroscopic and laparoscopic triangulation technique.

S. Singh.

Royal College Surgeons Edinburgh 2005. Website.

Superficial Radial Nerve Damage due to Kirschner Wiring of the Wrist.

S. Singh, S. P. Trikha, R. Twyman.

Injury 2005; 36: 330-332.

Acute Compartment Syndrome. Review Article.

S. Singh, S. P. Trikha, J. C. Lewis.

Current Orthopaedics 2004; 18:468-476.

Consent in Orthopaedic Surgery.

S. Singh, R. Mayahi.

Annals Royal College Surgeons England 2004; 86: 339-341.

Letter regarding Consent in Orthopaedic Surgery. Royal College Surgeons Website.

Hydroxyapatite Ceramic Coated Femoral Stems in Young Patients. A Ten Year Prospective Study.

S. Singh, S. P. Trikha, A. J. Edge.

J Bone Joint Surg 2004; 86-B: 1118-1123.

Use of an Interlocking Hydroxyapatite Coated Stem in a patient with an infected non union of a periprosthetic femoral fracture with massive bone loss. A Case Report.

S. P. Trikha, S. Singh, O. Raynham, J. C. Lewis, A. J. Edge.

J Bone Joint Surg 2004; 86-A: 1783-1786.

Protection of Soft Tissues During Kirschner Wiring.
S. Singh.
Annals Royal College Surgeons England 2004; 86: 226.

A Simple Method for Placement of DHS Guide Wire.
S. Singh.
Annals Royal College Surgeons England 2004; 86: 223-224.

Orthopaedic Registrars Training Groups.
S. Singh.
Annals Royal College Surgeons England 2004; 86: 62-63.

An Unusual Presentation of Spinal Meningitis. Case Report.
S. Singh, S. Pai, K. Drabu.
Royal College Surgeons Edinburgh 2003. Website.

Stand Up and Be Counted. Letter regarding Basic Surgical Training in the UK.
S. Singh.
Annals Royal College Surgeons England 2003; 84: 362.

A Case of Sinusitis Complicated by Blindness. Case Report.
S. Singh, C. Fahy, D. Bowdler.
CME Bulletin Otorhinolaryngology. Head and Neck Surgery 2000; 4:67-69

PUBLISHED ABSTRACTS

Hydroxyapatite-ceramic-coated femoral stems in revision hip surgery. An Eight year study.
S. P. Trikha, S. Singh, O. Raynham, J. C. Lewis, P. Mitchell, A. J. Edge.
Procs American Academy of Orthopaedic Surgeons Meeting. 2005.
Hip International 2004; 14: No 2: 84: 140.

Hydroxyapatite Ceramic Coated Femoral Stems in Young Patients. A Ten Year Prospective Study.
S. Singh, S. P. Trikha, A. J. Edge.
Hip International 2004; 14: No 2: 84.

Custom Uncemented Arthroplasty with Subtrochanteric Derotational Osteotomy for Severe Femoral Anteversion in Hip Dysplasia.
J. Saksena, S. Singh, S.K. Muirhead-Allwood.
J Bone Joint Surg 2003; 85-B. Suppl I. 62.

Experience of Using Customised Uncemented Stems for Revision Total Hip Arthroplasty with Severe Femoral Bone Loss.
S. Singh, J. Saksena, F.S. Haddad, S.K. Muirhead-Allwood.
J Bone Joint Surg 2003; 85-B. Suppl I. 61.

Custom Uncemented Hip Arthroplasty in Patients with Developmental Dysplasia of the Hip.

J. Saksena, S. Singh, S.K. Muirhead-Allwood.

J Bone Joint Surg 2003; 85-B. Suppl I. 60.

NATIONAL/INTERNATIONAL PRESENTATIONS

Changing the Consultant on calls from a Daily to Weekly rotation system reduces time to theatre for patients with hip fracture to improve Quality of Care: A retrospective Study of 2 cohorts of patients presenting with hip fracture.

M. Kommer, K Gokaraju, S. Singh.
BOA Congress 2013. Birmingham 2013

Arthroscopic release of frozen shoulder. A prospective randomised study comparing two types of rehabilitation regime.

C. K. Tan, S. Singh, P. Brownson, S. Frostick.
BESS. Telford. June 2007.
10th ICSS. Brazil. September 2007.

Arthroscopic stabilisation of the shoulder. A prospective randomised study of absorbable versus non-absorbable suture anchors. Results of a 5-year follow up.

C. K. Tan, I. Guisasola, C. Sinopidis, S. Singh, P. Brownson, S. Frostick.
BESS. Telford. June 2007.
10th ICSS. Brazil. September 2007.

Hydroxyapatite Ceramic Coated Femoral Stems in Young Patients. A Prospective Ten Year Study.

S. Singh, S. P. Trikha, J Edge.
EFFORT Congress. Lisbon. June 2005.
Australian Association of Orthopaedic Surgery. 2004.
Royal Society of Medicine. Presidents Prize Papers. London 2004. 2nd Prize.
European Hip Society. Innsbruck, Austria 2004.
British Orthopaedic Association. Birmingham 2003.

Hydroxyapatite Ceramic Coated Femoral Stems in Revision Total Hip Replacements. An Eight Year Study.

S. Singh, S. P. Trikha, O. Raynham, J. C. Lewis, P. Mitchell, A. J. Edge.
American Academy of Orthopaedic Surgeons. Washington 2005.
EFFORT Congress. Lisbon. 2005.
British Orthopaedic Association. Manchester 2004.
European Hip Society. Innsbruck, Austria 2004.
Australian Association of Orthopaedic Surgery. Sydney 2004.
American Association of Hip and Knee Surgery. Dallas 2004.

Superficial Radial Nerve Damage due to Kirschner Wiring of the Wrist.

S. Singh, S. P. Trikha, R. Twyman.
British Trauma Society. London 2003.

Custom Uncemented Hip Arthroplasty in Patients with Developmental Dysplasia.

J. Saksena, S. Singh, S.K. Muirhead-Allwood.
British Hip Society 2002.

Experience of Using Customised Uncemented Stems for Revision Total Hip Arthroplasty with Severe Femoral Bone Loss.

S. Singh, J. Saksena, F.S. Haddad, S.K. Muirhead-Allwood.

British Hip Society 2002.

Custom Uncemented Arthroplasty with Subtrochanteric Derotational Osteotomy for Severe Femoral Anteversion in Hip Dysplasia.

J. Saksena, S. Singh, S.K. Muirhead-Allwood.

British Hip Society 2002.

WORK IN PROGRESS

Hydrodilatation – prospective study assessing outcomes for hydrodilatation for frozen shoulder

Glenohumeral Needle placement – Accuracy of needle placement by shoulder surgeon. Can an arthroscopic shoulder surgeon accurately locate the glenohumeral joint with a needle

PRIZE PAPERS

Hydroxyapatite Ceramic Coated Femoral Stems in Revision Total Hip Replacements. An Eight Year Study.

1st Prize. Sam Simmonds Prize. Worthing 2004.

2nd Prize. Heatley Prize. January 2005.

Hydroxyapatite Ceramic Coated Femoral Stems in Young Patients. A Prospective Ten Year Study.

Royal Society of Medicine. Presidents Prize Papers. London 2004.

2nd Prize.

Hydroxyapatite Coated prosthesis in Hip Surgery.

Uncemented Hip forum. Switzerland 2003.

2nd Prize.

LOCAL PRESENTATIONS

Locked posterior Dislocations of the Shoulder after Internal Fixation-Review of 3 cases of missed posterior dislocation after internal fixation of the humerus.

South East Thames Training Day. January 2008.

Hydroxyapatite Ceramic Coated Femoral Stems in Revision Total Hip Replacements. An Eight Year Study.

Worthing.

Sam Simmonds Prize. May 2004.

Fred Heatley Prize. January 2005.

Hydroxyapatite Ceramic Coated Femoral Stems in Young Patients.
Epsom.
Sam Simmonds. March 2003.

Superficial Radial Nerve Damage due to Kirschner Wiring of the Wrist.
St. Georges Hospital.
Raine Prize. December 2003.

Consent in Orthopaedic Surgery.
St. Georges Hospital.
Raine Prize. December 2002.

Custom Uncemented Hip Arthroplasty in Patients with Developmental Dysplasia of the Hip.
St. Georges Hospital.
Raine Prize. December 2001.

How Fractures Heal.
East Surrey Hospital.
Trauma Day. November 2001.

Vertigo and The Spin Doctors.
University Hospital Lewisham.
November 1999.

TEACHING EXPERIENCE

Educational Supervisor – Bedford Hospital – 2011 - 2014

Faculty- FRCS Orth Clinical Examination. Wrightington, Manchester.

Faculty-Basic Surgical Skills, Royal College Surgeons, London.

Faculty-Advanced Arthroscopy of the Shoulder, Liverpool.

Faculty-AO Upper Limb Trauma Course, Liverpool.

Anatomy Demonstrator/Examiner-MRCS Revision Course, Liverpool.

Demonstrator/Examiner-MRCS Revision Course, Kingston-Upon-Thames.

Table Demonstrator-Basic Surgical Skills Course, Kingston-Upon-Thames.

I am faculty for Advanced Arthroscopic Techniques, FRCS Orth and Basic Surgical Skills courses.

I maintain close links to the Liverpool Upper Limb Unit and am a faculty member for the Advanced Shoulder Arthroscopy and the AO Upper Limb Trauma Course. This helps update my knowledge and ability to perform techniques in upper limb surgery. I have worked in conjunction with the physiotherapy department to provide efficient pathways for shoulder rehabilitation.

I take a keen and active interest in teaching and look forward to educating medical and non-medical staff. As a Demonstrator of Anatomy I obtained a teaching certificate and was involved in teaching medical students, physiotherapists and osteopaths. I was directly involved in organising specimens and conducting examinations. As a Consultant I enjoy applying anatomy to clinical situations in a problem solving manner.

As a consultant I have further developed my teaching skills and have been directly involved in teaching and supervising other health professionals involved in orthopaedics. I use the framework of Intercollegiate Surgical Curriculum Programme and the Orthopaedic Curriculum and Assessment project to guide trainees and promote self learning skills.

I am faculty member for the Basic Surgical Skill Course run by the Royal College of Surgeon. This teaches basic knot tying and applies them to simple surgical procedures. Arthroscopic techniques are taught on the course. It is a pleasure to watch the students develop their skill over the course to help them gain confidence when they return to their base hospitals. It is also satisfying to identify a struggling individual and giving them extra time and then watch them achieve the end goal.

I initiated the South West Thames OWLS meeting where registrars meet monthly to review current Orthopaedic literature.

CLINICAL EXPERIENCE

I am a Consultant in Bedford dealing with upper and lower limb trauma with a specialist interest in Upper limb surgery since August 2009. I have introduced new techniques in providing recognised up to date techniques in upper limb and trauma surgery. I have submitted business plans to facilitate these new procedures ensuring that they are financially viable and the clinical quality is audited and compared with peers. I work closely with the physiotherapy and hand therapy department which enables patients receive correct and detailed information about their post surgical rehabilitation. This has allowed patients to receive physiotherapy closer to home, and promote streamlined pathways. By developing pathways that are patient orientated and listening to what we could have done better results in pathways that are patient centred and efficient for the tax payer.

When I started at Bedford in August 2009 there was no dedicated upper limb service, I have expanded the department with the help of my colleagues and we now have 3 surgeons dedicated to upper limb disorders and supported by 3 specialist physiotherapists.

I completed a Shoulder and Elbow fellowship in 2007 at the Liverpool Upper Limb Unit. I have introduced techniques which learnt on fellowship to improve patient care so they are receiving modern techniques in shoulder surgery. I maintain close links to the Liverpool Upper Limb Unit so I am able to remain updated with new techniques.

I perform ultrasound scans of the shoulder independently to aid diagnosis of rotator cuff pathology. This helps me a one stop shoulder service and achieve the 18 week target set by the government. This has helped attract work from the surrounding area, enhancing the reputation and financing of the department

Team work is increasingly important within the NHS. I have the necessary skills to provide motivation and leadership of multi-disciplinary teams to continually look for ways to improve efficiency and patient care.

I have visited sports medicine centre's in New Zealand and Australia to further my knowledge in the diagnosis and management of sports related injuries.

I work closely in conjunction with the physiotherapists to provide efficient pathways for non operative treatment of upper limb pathology, and post surgical rehabilitation. I enjoy working within dynamic teams and I am constantly looking for ways to further efficiency and working practice for the benefit of patients and staff. I will achieve the necessary targets set by the government while maintaining a high standard of patient care.

UNIVERSITY AND COLLEGE ACTIVITIES

Captain 2nd XI Football Team: University.

2nd XI Cricket Team: College and University.

RSA Grade 1 Aerobics Instructor.

Dr's Mess President University Hospital Lewisham.

President South West Thames OWLS Educational Meeting.

MANAGEMENT

I have attended Keele management course and have been an active participant in the medical specialities committee meeting which has furthered my understanding and organisation of the NHS.

I have reorganised the daily working timetable which has provided balanced training and service provision for junior medical staff. I am a keen and active member of the orthopaedic team and have used my experience in assisting trainees and Consultants ensuring smooth running of the department.

I have assisted the Clinical Director using BOA guidelines to improve staffing levels within the orthopaedic department. This has resulted in weekend physiotherapy cover for trauma patients reducing their length of stay.

I help instigate change in the consultant on call rota at Bedford Hospital – this has resulted in improved patient flow of trauma patients and reduced time to theatre for patient with fractured neck of femur.

I enjoy working within dynamic teams and I am constantly looking for ways to increase efficiency and working practice for the benefit of patients and staff. I will achieve the necessary targets set by the government while maintaining a high standard of patient care. I take a keen interest in research. I audit my results with the Oxford scoring system to ensure I am achieving the highest possible standards for patients under my care.

As a Consultant I am willing to listen and I will continue to use team working and communication skills to help organise timetables and integrated care pathways to improve efficiency and my own personal performance.

The NHS is a constantly changing organisation with new targets and guidelines being introduced. I will keep updated with these changes and look forward to the challenges to ensure that the department meets the necessary targets while maintaining high standards of patient care.

I am Educational supervisor for 3 trainee doctors at Bedford Hospital

I am a trained appraiser for the trust, and understand the GMC and NHS England guidelines for appraisal. I support Doctors with the appraisal process and encourage reflection to improve their performance.

I sit on the Medical Advisory Committee at The Manor Hospital, Biddenham. This involves improving performance within the Hospital and investigating cases so that we can introduce change and learn from mistakes. Involves implementing and monitoring change in practice.

CAREER PLANS

I have completed my Orthopaedic and Trauma training (CCT January 2008) with a sub-specialty interest in Shoulder and Upper limb surgery. I am trained in shoulder ultrasound and can provide a single visit diagnosis for common shoulder problems. I look forward to working within a dynamic department and being an energetic member of the team. I have been fortunate to be trained by exceptional individuals with different teaching styles. I will use the best aspects of their teaching style to make medicine exciting and rewarding.

I am passionate about educating the future generation of Doctors so they can obtain the maximum out of their medical career.

Orthopaedic surgery is continuously evolving and I will stay updated with current and new evidence based techniques for the benefit of patients. I will continue to develop the orthopaedic unit in conjunction with my colleagues to improve the quality of care for orthopaedic and trauma patients. I will continue audit my own performance so that I am confident that I am achieving the highest possible standards.

MEDICOLEGAL / CLINICAL NEGLIGENCE EXPERIENCE

I have been performing medical and clinical negligence work since 2008. I perform approximately 200 reports per year dealing with all aspects of Trauma and Orthopaedics. I enjoy the challenge of producing high quality reports and providing an accurate prognosis based on analysing the available evidence without prejudice. I have received training in being an expert witness and courtroom skills. I find the work rewarding and meet the deadlines imposed by the court. In relation to the medical negligence work it has improved my own clinical practice especially in relation to Duty of Candour. I have passed this information onto to the department as a learning experience. I would like to develop this skill further to improve surgical outcomes within the UK. I have excellent IT, organisational and administrative skills to help achieve high quality reports

REFERENCES

The following gentlemen have kindly agreed to act as my referees:

Mr Manoj Sood

Consultant Orthopaedic Surgeon / Clinical Lead
Bedford Hospital
Kempston Road
MK42 9DJ
Tel 01234 355122

Mr Joby George - Malal

Consultant Orthopaedic Surgeon
Bedford Hospital
Kempston Road
MK42 9DJ
Tel 01234 355122

Mr Ajit Garde

Consultant Orthopaedic Surgeon
Bedford Hospital
Kempston Road
MK42 9DJ
Tel 01234 355122

