

CURRICULUM VITAE

OF

MR JIMMY MALIAKAL MOYALAN LONAPPAN

MBBS, D Ortho, FASIF (Swiss)

DNB Ortho, MA (DM)

PGD SH, PGD GC

Mr. Jimmy Lonappan

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QUALIFICATIONS:

- Mar 1991 MBBS (Bachelor of Medicine and Surgery), passed from Government medical College, Thrissur, India.
- May 1996 D`ortho (Post graduate diploma in Orthopedic Surgery), passed from National medical college and hospital, Calcutta.
- Jul 1997 Diploma of national board (DNB) of examination (orthopedic Surgery). Completed from Kovai medical Centre, Coimbatore.
- Aug 1998 FASIF (Switzerland) (Fellow of International Association of Study of Internal Fixation of Fractures, Davos, Switzerland). Under Professor Otmar Trentz, traumatology department of Zurich University hospital. Obtained international training in management of high velocity multi System emergency and trauma cases and their surgical treatment
- May 2012 MA DM (Master of Arts in Disaster Management)
(Passed in First Class)
- May 2014 PGD SH (Post graduate diploma in Sociology of Health)
(Passed in First Class)
- Dec 2011 PGD G&C (Post graduate diploma in Guidance and Counselling)

SUMMARY:

- Obtained ILR UK (indefinite leave to stay) after roughly 6 years work in UK as orthopedic registrar and presently do locum orthopedic registrar level full time jobs.
- Obtained eligibility and is in process to pass FRCS Trauma and Orthopedic examination
- Revalidated by GMC in November 2022 (for 5 years)
- Presently work as locum registrar, Orthopedic surgery and Trauma, Worcestershire acute NHS hospitals trust, Worcester, UK.

- Past full time staff doctor (higher than SpR), Orthopedic surgery and Trauma, General hospital Jersey, Channel Islands
- Past full time locum Orthopaedic Surgeon, Stepping hill NHS Hospital, Stockport, Manchester.
- Past Orthopaedic Surgeon, Cumberland Infirmary, North Cumbria Integrated Care NHS Foundation Trust, UK
- Past Orthopaedic Surgeon, Orthopedic surgery, and Trauma, Lister Hospital, UK.
- Past Orthopaedic Surgeon, Orthopedic surgery, and Trauma, Scarborough General Hospital, Yorkshire, UK.
- Past Orthopaedic Surgeon, Orthopedic surgery, and Trauma, East Surrey hospital, Redhill, UK.
- Past Senior Clinical Fellow (Registrar), Major Trauma, QMC, Nottingham university hospitals, UK
- Fellow of International Association of Study of Internal Fixation of Fractures, Switzerland.
- Honorary Secretary, Regional language (Kerala, India) association, Stevenage, UK.
- Past teaching faculty at orthopaedics department of Kottayam medical college
- Past orthopaedic surgeon at Al Shifa hospital, Doha, Qatar
- Past orthopaedic surgeon in multiple private hospitals in Kerala, India.
- Course coordinator and faculty of Accident care and First aid related seminars
- Author of medical articles in health magazines
- Past National Executive committee member Indian National Orthopedic Association
- Past State I.T. Secretary and Joint Secretary of Kerala State Orthopedic Association
- Past Chairman of audio-visual subcommittee of organizing committee *for annual National conference of Indian orthopedic association* held in December 2016.
- Past web master of Kerala orthopaedic association web site.
- Past transport committee coordinator of ICL of IOA
- Past Secretary of Stevenage Malayalee Association, Stevenage, Hertfordshire, UK
- Organizer of Medical camps and socio-medical programs

PROFESSIONAL ORGANISATIONS:

- Registered medical practitioner in General Medical Council (GMC), Full registration. Registration number 7550618. Registered on 24/10/2017.
- Fellow of International Association of Study of Internal Fixation of Fractures, Switzerland.
- Registered Medical Practitioner of Indian Medical Council & TC MC, No: 20191 (1992)
- Registered Orthopedic specialist of Indian Medical Council & TC MC (1996)
- Associate membership in Society of International committee on trauma (SICOT) from 1998 to 2002.

- Permanent membership in World orthopedic concern [LM-364]
- Qatar medical license (QCHP): Number – 9025, (Orthopedic Surgery)
- Member of British medical council. Membership number 3182897.
- Permanent national life membership in Indian Medical Association [IMA KRL/5716/15/52/74257/1999-2000].
- Permanent membership in Indian Orthopedic Association [IOA LM-4381]

CURRENT EMPLOYMENT:

June 2023 onwards

Full time Locum orthopedic Staff doctor (orthopaedic Surgeon), Orthopedics & Trauma, Worcestershire acute NHS trust, Worcester, UK

Worked as a full-time locum orthopedic Staff doctor (orthopaedic Surgeon), Orthopedics & Trauma, Department of Worcestershire acute NHS trust hospitals, Worcester, UK from June 2023 to August 2023.

Job content and Responsibilities: - Similar (but more independent work is allowed) to job at Cumberland Infirmary (given below).

PREVIOUS EMPLOYMENTS:

March 2023 to June 2023

Full time Locum Staff doctor (higher than SpR), Orthopedics & Trauma, Jersey General hospital, Jersey, Channel Islands

Worked as a full-time orthopedic Staff doctor (orthopaedic Surgeon), in Orthopedics and Trauma Department, of General hospital, Jersey, Channel Islands from February 2023 to March 2023.

Job content and Responsibilities: - Similar (but more independent work is allowed) to job at Cumberland Infirmary (given below).

February 2023 to March 2023

Full time Locum orthopedic Staff doctor (orthopaedic Surgeon), Orthopedics & Trauma, Stepping hill NHS hospital, Stockport, Manchester

Worked as a full-time locum orthopaedic surgeon in Orthopedics and Trauma Department, of Stepping hill NHS hospital, Stockport, Manchester, UK from February 2023 to March 2023.

Job content and Responsibilities: - Same as job at Cumberland Infirmary (given below)

November 2020 to February 2023

Trust orthopedic Staff doctor (orthopaedic Surgeon), Orthopedics & Trauma, Cumberland Infirmary, North Cumbria Integrated Care NHS Trust, Carlisle, Cumbria, UK

Worked as a Orthopaedic Surgeon, in Orthopedics and Trauma Department, of North Cumbria Integrated Care NHS Foundation Trust, UK and works in the Cumberland Infirmary (hospital), West Cumberland hospital and multiple sub centers' in North Cumbria, which are under the Trust.

During my tenure in the trust: I worked with various sub specialists including upper limb, lower limb, knee, arthroplasty, foot and ankle and Paediatric orthopaedics. I attended daily orthopedic departmental trauma meeting, audit meetings, associated with audits and participated in departmental teachings and presentations, attended morbidity and mortality meetings, maintained logbook of procedures, I obtained Multi-Source Feedback obtained during March 2021 through ISCP

Job content and Responsibilities: -

1. Assessment, care, and treatment of patients presenting to the specialty and referred to the specialty, offer expert clinical opinion on a range of problems (both emergency and elective, with the specialty), and take full and independent responsibility for clinical care of patients.
2. In conjunction with the admitting clinical teams and wider health economy to develop and implement integrated orthopedic pathways throughout the Trust.
3. Participate in the on-call rota and to provide cover in exceptional circumstances and rotate between different consultants to maintain a wide skill base.
4. Although a fixed timetable is provided, be flexible in the interests of the patient care and to meet the needs of the department as decided by the service manager and coordinating surgeon and demonstrate initiative and drive.
5. Contribute to the department achieving performance targets, organize and priorities workload effectively and organize and manage outpatient priorities, communicate with on-take firms as appropriate, demonstrate good interpersonal skills and create good working relationships within the multi-disciplinary team.
6. To keep up to date in the orthopedic knowledge by Continuous Medical Education (CME) in the best interest of the patient and maintain the CPD and be aware about the current specialty specific developments and initiatives.
7. Participate in the training and teaching of junior medical staff and SHOs and training staff in other medical disciplines, nursing, and support staff as appropriate
8. Participation in relevant audit and quality assurance processes, including reviews of manpower requirements and take part in audit meetings run by the Trust, every month, on a half day rolling basis and use the evidence based and clinical audit to support decision making.

9. To make sure that the guidance from the General Medical Council on Good Medical Practice is at the center of the clinical practice. Undergo formal appraisal on an annual basis.
10. Abide by the clinical and Corporate Governance policies of the Trust and contribute to the wider corporate and organizational needs of the Trust as appropriate.
 - a. Where the duties involve entering, changing, or deleting patient details on any Trust computer. System, including PAS, be responsible for ensuring that those details are accurate and up to date (as far as one is aware).
 - b. In common with all Trust employees, I upheld the principles and practices of infection. Control as an integral part of the day-to-day activities, by familiarizing oneself with Trust policies and implementing them and by participating in procedures to keep hospital acquired infections to a minimum.
11. In brief: Manage orthopedic trauma out patients in the fracture clinic and Orthopedic sub specialty out patients in respective clinics such as foot and ankle, spine, upper limb including shoulder, elbow, wrist and hand, hip and knee primary and revision arthroplasty, knee arthroscopy, and osteotomy, do emergency on-call duty, manage orthopedic patients in ER and do orthopedic minor procedures in ER, OP and operation theatre and major procedures in operation theatre (elective operating list and trauma list), as an orthopedic surgeon and attend departmental meetings, trainings and rounds, and conducts audits and research and also supervises house officers, foundation doctors and students.

October 2019 to October 2020

**orthopedic Staff doctor (orthopaedic Surgeon), Orthopedics & Trauma,
Lister hospital, East and North Hertfordshire NHS Trust, UK**

worked as a Senior clinical fellow, in Orthopedics and Trauma Department, of Lister hospital, East and North Hertfordshire NHS Trust, UK from October 2019 Onwards. Works part time in subspecialty elective clinics at QEII sub center of the trust. Job content and Responsibilities: - Same as the current job.

June 2018 – September 2019

Additional Locum jobs in multiple hospitals

Locum orthopedic Staff doctor (orthopaedic Surgeon). United Kingdom

Worked in multiple hospitals in UK as locum orthopaedic surgeon in orthopedic surgery and trauma, NHS, UK, including Northampton, Helingdon, Harington, West Middlesex, Luton, Doncaster, Macclesfield, Queen Elizabeth, Basseldon, Ealing, Frimley Park, Hichinbrooks, Bedlington, Portsmouth, Watford and St Thomas hospital - London NHS hospitals etc.

April 2019 to September 2019

orthopedic Staff doctor (orthopaedic Surgeon), orthopedics & Trauma, Orthopedics & Trauma,

Scarborough General hospital, York teaching hospital NHS Trust, Scarborough, UK

Worked as an Orthopaedic Surgeon, in Orthopedics and Trauma Department, of Scarborough General hospital, York teaching hospital NHS Trust, Scarborough, UK from April 2019 to September 2019. Worked part time in subspecialty clinics and theaters of Bridlington hospital and York hospital of the trust. Job content and Responsibilities: - Same as the current job

June 2018 to March 2019

orthopedic Staff doctor (orthopaedic Surgeon), Orthopedics & Trauma, East Surrey hospital, NHS Trust, Redhill, UK

Worked as a Orthopaedic Surgeon, in Orthopedics and Trauma Department, of East Surrey hospital, Redhill, under Surrey and Sussex Healthcare NHS Trust, UK from August 2018 to March 2019. Worked part time in subspecialty clinic and theater of at Crawley sub center of the trust.

Job content and Responsibilities: - Same as the current job

October 2017 – May 2018

Senior Clinical Fellow (Registrar - SpR), Major Trauma At Queens medical center, Nottingham University Hospital, Nottingham, United Kingdom

Worked as a Registrar, at Major trauma department of Queens' medical Centre, Nottingham University Trust, NHS, UK from October 2017 onwards.

Job content and Responsibilities: -

My responsibilities at ED recess included, attendance of major trauma emergency calls, doing primary surveys, conducting emergency investigations, including arterial blood gases, full trauma CT etc., stabilization of patients, in co-ordination with ED team, conducting emergency procedures such as intercostal tube etc., consulting and contacting necessary specialists and activating major hemorrhage protocol. I was also managing ward major trauma patients in the wards, ICU and HDU, co-coordinating and liaising with around 30 different specialties related with major trauma, ED, trauma ICU and HDU staff, rehabilitation team and para medical staff including physiotherapists, pain team, critical care outreach team etc., teaching medical students and supervising junior clinical fellows, doing secondary and tertiary surveys in ward and ward procedures, co-operating with the audits and research programs, attending daily major trauma

and orthopaedic and trauma combined meetings and major trauma board and presenting and discussing the cases.

**Worked in Multiple Private Hospitals as independent Orthopaedic Surgeon in India
(During 1997 – 2017)**

I successfully managed emergency and trauma as orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, nailing, hemiarthroplasty etc. and minor procedures like tendon suturing, reduction of displaced fractures and dislocations etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain etc. at outpatient clinic or as in patients in this hospital. I was also involved in teaching and conducting various seminars and orthopedic state and national organizational activities. I was also involved in managerial and administrative aspects of the running of the department, and I regularly attended consultant and clinical governance meetings.

List of the private hospitals where I worked in India are:

1. April 2004 – To October 2017 (except 2016), Specialist – Orthopedic Surgery, Sushrusha Hospital, Kottayam, India
2. February 2015 – December 2015, Specialist – Orthopedic Surgery, Idukki district cooperative Hospital, Thodupuzha, India
3. Mar 2012 – Jan 2015, Specialist – Orthopedic Surgery, P.M.C. Hospital, Erattupetta, India
4. Jan 2011 – Dec 2014, Specialist – Orthopedic Surgery, George Matthan Mission Hospital, Mallapilly, India.
5. May 2005 - Sep 2008, Specialist: Orthopedic Surgery, Karipal hospital, Kalathipadi
6. Oct 2003 to Feb 2004, Specialist – Orthopedic Surgery, KMC, Vadavathoor, Kottayam
7. Sep 2000 - Aug 2002, Specialist – Orthopedic Surgery, Lal Memorial Hospital, Irinjalakkuda, India
8. Feb 2000 – Sep 2000, Junior Specialist – Orthopedic Surgery, MBMM Hospital, Kothamanhalam, India
9. Mar 1999 - Jan 2000, Locum specialist of orthopedic Surgery, Multiple private hospitals in Kerala, India
10. Sep 1998 - Feb 1999, Specialist – Orthopedic Surgery, Al Iqbal Hospital, Chentrapinny, India.
11. Sep 1997 – Feb 1998, Junior Specialist – Orthopedic surgery, Little Flower Mission Hospital, Angamaly, India

Jan 2016 – December 2016

Doctor - Orthopedic Surgery (Specialist – Orthopedic Surgery)

Al Shefa Hospital and Roya Medical Services, Doha, Qatar

Dr. Jimmy Maliakal Moyalan Lonappan worked. under medical license of Supreme council of Health (QCHP), Qatar, as medical doctor and orthopedic surgeon at Al Shefa hospital and Roya Medical services, Doha, Qatar, from 15/01/2016 to 25/12/2016.

Aug 2002 – Oct 2003

Teaching staff in Medical College and Specialist – Orthopedic Surgery

Orthopedics' Department, Kottayam, India

The hospital serves as a reference hospital for all distinct kinds of major medical and surgical emergencies and orthopedic cases. As a teaching staff I supervised the post graduate students in managing and stabilizing emergency cases, documentation of medico legal cases, emergency and routine surgeries and management of patients in outpatient clinics and wards. I did or supervised many major surgeries, especially cold cases like osteomyelitis debridement, spine discectomies, surgical reduction of chronic dislocations, arthroplasties etc. successfully. I was also involved in managerial and administrative aspects of the running of the department and the organization of medical seminars and teaching programs, and I regularly attended consultant and clinical governance meetings. I took orthopedic classes to MBBS students as lecturer in medical college.

1998 June - August 1998

Fellow for AO International (Specialist – Orthopedic surgery)

Zurich University Hospital, Zurich, Switzerland.

Did FASIF (Switzerland) (Fellow of International Association of Study of Internal Fixation of Fractures, Davos, Switzerland), under Professor Otmar Trentz, traumatology department, Zurich University hospital. Obtained international training in the management of high velocity multi system traumatic injury cases, and their surgical treatment & was assisting surgical cases in O.T.

1998 Mar - June 1998

Fellow for World Education Programme (Specialist – Orthopedic surgery)

Altatatten Kanton Hospital, Alstatten, St. Gallen, Switzerland

Participated 'world orthopedic education program of American orthopedic association' under Dr. Med.Thomas Herron in Altatatten kanton hospital and also under Spine surgeons, at st. Gallen kanton hospital, Switzerland. I was given training in trauma emergency management and A.O. principles of fracture fixation. I was able to closely observe European bedside manners and

hospital administration. I obtained training in arthroscopy and arthroplasty surgeries of hip, knee, shoulder, elbow, and ankle. During my tenure, I visited AO international headquarters and research Centre in Davos, Switzerland and visited W.H.O., Red Cross and U.N. headquarters in Geneva, Switzerland.

August 1997 – February 1998
Junior Orthopaedic Surgeon,
L.F. Mission Hospital, Angamaly, India

Worked as junior orthopaedic surgeon at L.F. Mission Hospital, Angamaly, India and managed orthopedic emergencies, clinics, wards, and operation theater.

July 1996 - July 1997
Orthopedic Surgery Registrar (SpR O&T)
Kovai Medical center, Coimbatore, India

Worked as P.G. trainee (and Registrar), for Diploma in orthopedics (DNB-Ortho, National board), at Kovai medical Centre, Coimbatore, India. I was trained in orthopedic trauma, arthroscopy, and arthroplasty surgeries. Did “Review of clinical features and surgical analysis of 120 cases of lumbar discectomy”, as dissertation. As SpR O&T, managed patients in emergency room and wards and assisted surgical cases in theater. I participated in scientific meetings, journal clubs, presentations, and training programs.

July 1994 - June 1996
Orthopedic Surgery Registrar (SpR O&T)
Calcutta national medical college, India

Worked as P.G. trainee (and Registrar), for Post graduate diploma in Orthopedic Surgery (D`ortho) at Calcutta national medical college, India and passed the course. I was trained in orthopedic trauma and general orthopedic surgeries. As SpR O&T, managed patients in emergency room and wards and assisted surgical cases in theater. I participated in scientific meetings, journal clubs, presentations, and training programs.

June 1991 - July 1992
Foundation doctor (compulsory rotatory residential internship – House surgeoncies’)
Government medical college, Thrissur, Kerala, India

Medical student from June 1985 to May 1991. Did foundation training or compulsory rotatory residential internship (C.R. R. I. or house surgeoncies’) from 01/06/1991 to 12/07/1992, in

departments such as, medicine and allied specialties including general medicine, chest and T.B., dermatology and venerology, psychiatry, radio diagnosis, surgery and allied specialties including general surgery, ophthalmology and maxilla-facial surgery, orthopedics, E.N.T., anesthesiology, obstetrics and gynecology, child health and community health including immunization center, urban health center and primary health center.

PRESENTATIONS AND PUBLICATIONS

- Orthopaedic health talk and question answer session, delivered to general public as part of regional language (Kerala, India) association activity at Stevenage, UK on 07/03/20
- Attended the Major Trauma and Orthopedics' & Trauma combined meeting and also attended multi-disciplinary team major trauma board every regular working day and participated in presentations and discussions at **QMC, Nottingham University hospital, UK during 2017 to 2018.**
- Presented a paper in state annual conference of Kerala orthopedic association held on 22 to 24/01/2016 at Thrissur, Kerala and the topic was **“Essential of disaster management for an orthopedic surgeon”.**
- Presented a guest lecture as national faculty in the national annual conference of Indian orthopedic association held on 9 to 14th December 2015 at Jaipur, Rajasthan and the topic was **“Essential of Management and behavior science for an orthopedic surgeon”.**
- Author of the article **‘Bach Ache – Causes and Solutions’** (Malayalam) which was published in Mangalam health and other magazines like Sankeerthanam etc. in 2009.
- Author of the article **‘road accidents and first aid’** Malayalam and English versions which was published in Mathrubhumi, Deshabhimany, Arogyadhany health magazines and other magazines like good news, lords lord etc. in 2008.
- Attended and presented free paper on the managed medical web sites in **the international meeting on orthopedic informatics** held at LF mission hospital, Angamaly in 2006.
- Attended and made report speech in **‘seminar on communication skills in medical practice’** at Nithya hotel, Kottayam on 16-02-03.
- Presented **‘recent advances in orthopedics’** in monthly IMA meetings at Triprayar and Irinjalakuda IMA branches of Trichur district in 2001.
- Presented **‘exceptional cases’** in the clinical clubs at Lal hospital, Irinjalakuda on 3 occasions in 2001
- Presented paper in KOA annual conference in Palakkad on **‘retrospective study of 120 cases of lumbar disc prolepses treated by discectomys’** on 14-01-01.
- Co-author of the talk on **‘Introduction to trauma’** presented in trauma symposium at SITRA auditorium, Coimbatore on 14-08-96.

- Co-author of the talk on ‘**Clinical case presentation on Total Hip Replacement**’ which was done in the West Bengal Orthopedic Association meeting at Calcutta in 1996
- Presented on Fracture distal end of radius at departmental meeting of Cumberland Infirmary, Carlisle On 05/02/2021

CLINICAL AUDIT:

- “Review of clinical features and surgical analysis of **120 cases of lumbar discectomy**’. It was done in 1996 – 1997 period at Kovai Medical Center, Coimbatore.
- Study on “Impact of enforcement of S 129 M.V. **mandatory motorcycle helmet act** 1998 of Kerala on death rate due to road traffic disasters’’. It was done in 2012.
- Department Audits were done each year in **various hospitals** where I was working on the number and types of various surgical and medical cases presented and the number and types of interventions done and their complications and results.
- Associated with ‘Green Trauma call Audit’ at Major Trauma department of QMC, **Nottingham University hospital, UK** from 26/10/17 to 25/04/18
- Audit (August 2020) to look at the imaging needs of patients referred to Shoulder clinic at ESH, due to atraumatic shoulder pain. As per the ACR Appropriateness Criteria, every patient referred from GP or A&E to shoulder clinic, due to atraumatic shoulder pain, should have plain radiograph of the shoulder before referral and some other imaging modalities may be requested (USS, MRI or CT), but not necessary to be done in primary care. It is an ongoing audit, to be completed by 6 month time, planned to do retrospective data collection of new shoulder referrals to the upper limb service in a specific time period in 2018 and analyzing the imaging modalities requested by GP or A&E, before referring to ESH shoulder clinic for atraumatic shoulder pain and compared to what is required, as per ACR Appropriateness Criteria. Data to be obtained from clinic attendances and imaging data was obtained through imaging data software. The success of the study is demonstrated by assessing properly, whether, before referring to patient to shoulder clinic, at ESH, for atraumatic shoulder pain, by GP or A&E, they are referred after a plain radiograph of the shoulder, and ACR Appropriateness Criteria in ordering imaging investigations are followed, and making the GPs and A&E doctors related to ESH, aware about the appropriateness of ordering image modalities, based on the results of the study.
- **Audit to assess if the alcohol gel (October 2020)**, “CutanFoam Hand Sanitiser” is being appropriately utilised on the orthopaedic wards, and the efficiency of the changing of hand gels, on the orthopaedic wards. To assess, if there is hand gel present on the end of each bed, on the orthopaedic wards, and if empty, is it changed and when does this happen?, are the gel outlets on the entry to the ward?, and are there, hand sanitizers present and, filled on the resuscitation trolleys. Spot check of presence of sanitizer on

orthopaedic wards, inform nurse in charge, if not present or empty and re-check at 24 and, 48 hours if, gel is changed. It is an ongoing audit, to be completed by 6-month time, Planned to Spot check of presence of sanitizer on orthopaedic wards, inform nurse in charge, if not present or empty and re-check at 24 and, 48 hour if, gel is changed. The aim is to make it everyone's responsibility; the arrangement that if someone finds hand gel non-functional, then one should change it immediately and adherence to maintaining functional gels an issue. The audit was done at Lister hospital, Stevenage in September 2020, audit was presented, re-audit was done, and loop was closed and it was found that the Hand Sanitizer is properly kept and utilized.

- Associated with (October 2021) Cauda Equina Syndrome Quality Improvement Project at Cumberland Infirmary, Carlisle.

APPRAISALS AND REVALIDATION:

Underwent GMC appraisals in October 2018 by Surrey and Sussex Healthcare NHS Trust and November 2019 and October 2020 by East and North Hertfordshire Healthcare NHS Trust. Underwent GMC appraisals in November 2021 and November 2022 by North Cumbria Integrated Healthcare NHS Trust and was revalidated by GMC in November 2022.

- Presently work as locum orthopedic Staff doctor (orthopaedic Surgeon), Orthopedic surgery and Trauma, Worcestershire acute NHS hospitals trust, Worcester, UK.
- Past full time staff doctor (higher than SpR), Orthopedic surgery and Trauma, General hospital Jersey, Channel Islands
- Past full time locum orthopedic Staff doctor (orthopaedic Surgeon), Stepping hill NHS Hospital, Stockport, Manchester.

COURSES:

- June 2023: Completed trust I.T. training by Worcestershire acute NHS trust, Worcester, on multiple modules including modules on ordering and viewing blood tests, x-rays and other tests, viewing or making online ward, ICU, theater and clinic notes, viewing online documents including old clinic notes, updating trauma lists or operative lists or making and approving online dictations etc.
- March 2023: Completed trust I.T. training by Jersey General hospital, Jersey, on multiple modules including modules on ordering and viewing blood tests, x-rays, and other tests, viewing or making online ward, ICU, theater and clinic notes, viewing online documents including old clinic notes, updating trauma lists or operative lists or making and approving online dictations etc.

- February 2023: Completed trust I.T. training by Stockport NHS trust, Stockport, Manchester, n multiple modules including modules on ordering and viewing blood tests, x-rays, and other tests, viewing or making online ward, ICU, theater and clinic notes, viewing online documents including old clinic notes, updating trauma lists or operative lists or making and approving online dictations etc.
- February 2023: Completed and passed direct BLS Level 2 VTQ training including AED training by Protraining.Uk on 07-02-2023 and obtained 6 CPD points.
- January 2023: Completed ACI MedEcho BLS Training January 2023
- January 2023: Completed and passed Online Training Courses (Distance Learning) of Healthier Business Group (<http://www.hbcompliance.co.uk>) through Fresh Medical locum agency and it was completed on 30-01-2023. The courses were 22 in number and obtained 38 CPD points. The courses are useful for trauma and orthopedic locum registrar level NHS work. The topics are Blood Component Transfusion, Communication, Complaints Handling, Consent, Coronavirus (COVID-19) Infection Prevention and Control, COSHH, Countering Fraud Bribery and Corruption in the NHS, Duty of Care in Health and Social Care, Fluids and Nutrition, Food Hygiene, Infection Prevention and Control (Level 2), Information Governance including Cyber Security, Lone Worker, Moving and Handling Level 2, National Early Warning Score 2 (NEWS2), Preventing Radicalization, Privacy And Dignity In Health And Social Care, Promoting Person Centered Care In Health And Social Care, Resuscitation: Adult Basic Life Support - incl safe use of AEDs, RIDDOR and SOVA & SOCA Level 3.
- March 2022: Completed Watanab diagnostic & reconstruction arthroscopic shoulder workshop at Smith & Nephew lab, Croxley, Watford, London from 07/03 to 09/03/22 on Cadavers and model conducted by shoulder specialists.
- June 2021: Completed course on Calgary Cambridge consultation model
- May 2021: Completed learning and obtained CPD points on:
 - 1.United Kingdom Heel Fracture Trial by Griffin et al
 - 2.Martin Parkers Cochrane review on ORIF of displaced sub capital fracture neck of the femur
 - 3.Guidelines on infection control and PPE use
 - 4.Doctors' use of social media GMC and BMA guide lines
- Mar 2021: 'communication skills training' course was done through online training company 'High speed training' www.highspeedtraining.co.uk on 04/03/2021 and course completion certificate under the name Mr. Jimmy Lonappan was obtained, with 100% marks in learning assessment at the end.
- Jan 2021: The following Mandatory trust trainings were completed during this appraisal period and necessary competencies obtained.
 - 262|LOCAL|Duty of Candour|
 - 262|LOCAL|Hand Hygiene|
 - 262|LOCAL|Learning Disabilities|

- Feb 2020 From February 2020 to October 2020; Attended departmental (orthopaedics and orthogeriatrics) audit and mortality – morbidity meeting at Lister hospital, Stevenage.
- Jan 2020 Online training on various NHS medical and trust related topics by the Lister hospital trust, data security awareness, equality and diversity and scoring of vital signs
- Jan 2020 VITAL PAC training (full day) by the Lister hospital trust. Topics were fire and safety update and Albac training, health & safety, manual handling, conflict resolution, safeguarding adults L1&L2, infection control L1&L2, blood transfusion, medicines management, dementia tier 1
- Dec 2019 Adult and Pediatrics BLS (+AED) course by the Lister hospital
- Dec 2019 Attended departmental (orthopaedics and orthogeriatrics) audit and mortality – morbidity meeting at Lister hospital, Stevenage.
- Oct 2019 Lorenzo I.T. training and departmental induction by the Lister hospital trust, Stevenage.
- June to Sep 2019 Online training **modules passed** during this period, From Healthier Business Group: hbcompliance.co.uk. **Total CPD points Scored is 33** (3 diverse groups of multiple training sessions on various NHS medical and trust related topics).
- April 2019 I.T. training and departmental induction by the Scarborough General hospital trust
- Jan 2019 Online training **modules passed** from 17/01/2019 to 28/01/2019, From Healthier Business Group: hbcompliance.co.uk. **Total CPD points Scored is 11.**

Online Training Courses Date of Expiry CPD (Distance Learning) Completion Date Points. The topics are:

Epilepsy Awareness 17-01-2019 17-01-2020 1

First Aid in The Workplace 23-01-2019 23-01-2020 2

General Data Protection Regulations (GDPR) 23-01-2019 23-01-2020 2

Handling Medication & Avoiding Drug Errors - Level 2 23-01-2019 23-01-2020 2

Mental Health Act 2007 23-01-2019 23-01-2020 2

Reducing Restraints in Health and Social Care 28-01-2019 28-01-2020 2

- Nov 2018 Attended three-day trust training at East Surrey hospital, Redhill, Surrey, UK on the topics such as.
 1. Infection Control and Antibiotic Stewardship
 2. Basic Life Support (BLS)
 3. Health and safety
 4. Data Security Awareness
 5. Conflict Resolution
 6. Fire and Major Incident
 7. Equality & Diversity
 8. Safeguarding Children
 9. Safeguarding Adults/Prevent
 10. End of Life,
 11. Dementia
 12. Medicine Management
- Aug 2018 Attended trust I.T. training by East Surrey hospital, NHS, UK.
- Aug 2018 Attended orthopaedic departmental induction, by East Surrey hospital, NHS, UK.
- Sep 2018 Attended trust I.T. training by Middlesex hospital, NHS, UK.
- Sep 2018 Attended Audit / Mortality - Morbidity Meeting of orthopaedic department of East Surrey hospital,
- July 2018 Online training **modules passed** from 29/06/2018 to 02/07/2018, From Healthier Business Group: hbcompliance.co.uk. **Total CPD points Scored is 27.**

The topics are:

1. Infection Prevention and Control (Level 2) – 2 CPD Points
2. Fire Safety – 2 CPD Points
3. Complaints Handling – 1 CPD Point
4. Manual handling – 1 CPD Point
5. Countering Fraud Bribery and Corruption in the NHS – 1 CPD Point
6. RIDDOR – Reporting of injuries, Diseases and Dangerous Occurrences Regulation – 2 CPD Points
7. Lone Worker – 2 CPD Points
8. Equality, Diversity and Human Rights – 1 CPD Point
9. Preventing Radicalization – 1 CPD Point
10. Conflict Resolution – 1 CPD Point
11. Equality, Diversity and Human Rights – 1 CPD Point
12. COSHH – Control of substances Hazardous to Health – 2 CPD Points

13. Information Governance, Record Keeping and Caldecott Protocols – 3 CPD Points

14. Health, Safety and Welfare – 2 CPD Points

15. SOVA and SOCA Level 3 - Module 1 of 2 – Safeguarding Vulnerable Adults -
2 CPD Points

16. SOVA and SOCA Level 3 - Module 2 of 2 – Safeguarding Children – 2 CPD Points

- Jan 2018 Attended training on blood clotting and blood transfusion, in relation with TEC Algorithm, at QMC, Nottingham University hospital, UK.
- Jan 2018 Observed REBOVA & ITACTIC studies at Emergency medicine RESUS of QMC, Nottingham University hospital, UK.
- Dec 2017 Attended training on latest type of fluid warmer and pump.
- Dec 2017 Attended training on blood gas analysis at QMC, Nottingham University hospital, UK.
- Nov 2017 Attended Audit / Mortality - Morbidity Meeting of major trauma department of Queens medical center, Nottingham.
- Nov 2017 Participated and obtained the certificate at the ‘welcome to UK Practice event’ for the newly registered doctors under General Medical Council, UK at the GMC headquarters, London, UK

Learned the given topics below and made positive changes in my practice.

1. Good Medical practice, 2. 0-18 Years: Guidance for all doctors, 3. Consent: Patients and doctors making decisions together, 4. Confidentiality, 5. Raising and acting on concerns about patient safety, 6. Confidentiality: Disclosing information about serious communicable diseases, 7. Openness and honesty, when things go wrong, 8. Good practice in prescribing and managing medicines and devices, 9. International doctors guide to NHS, 10. Flow chart for decision making, when patients may lack capacity, 11. Raising and acting on concerns about patient safety, 12. Confidentiality: Reporting gunshot and knife wounds, 13. Intimate examinations and chaperones, 14. Revalidation Guidelines, 15. Appraisal and CPD Guidelines

- Oct 2017 Attended trust I.T. training by Nottingham University hospital, UK.
- Aug 2017 ATLS of ACS – Advanced trauma life support provider course of American college of surgeons held in Kottayam, India.
- Jul 2017 IELTS test by British Council – Obtained 8 overall, 8.5 in reading, 8 in speaking, 7.5 in listening and 7 in writing.
- Nov 2016 ILS of ERC – Immediate life support provider course of European resuscitation society held in Doha, Qatar

- Sep 2016 Dubai health authority GP prometric pass: ID DHAE411280
- May 2016 Supreme council of health, Qatar prometric pass: DHAE411280
- Mar 2008 BLS - Basic Life Support Provider course by American heart Association

- Mar 2008 ACLS – Advanced cardiac Life Support Provider course by American heart association
- Mar 2008 ITLS - Instructional trauma life support course by international trauma life support society
- Nov 2007 Disaster management workshop at ninth annual Emergency Medicine international conference of society for emergency Medicine, India held in Madras
- Sep 2005 Course on German Language from French Academy, Kottayam
- Aug 2004 ATLS – Advanced trauma life support trained provider course by trauma life support society of India.
- Sep 2003 CTIC (Continuing trauma instructional course) of KOA at Kottayam medical college.
- Aug 2003 CTIC - Continuing trauma instructional course at medical college, Calicut
- Aug 2003 Bangalore orthopedic Society clinical course at St. Johns medical College, Bangalore.
- Feb 2003 Instructional course on orthopedic clinical skills by orthopedic research foundation of India at Indore
- Jan 2003 Clinical training courses by Hyderabad orthopedic medical education society at Hyderabad
- Sep 2002 Clinical training courses by KOA held at Trivandrum and Trichur
- Oct 1999 Arthroscopy training at Asian sports medicine institute, Dader, Bombay by the premier and pioneering arthroscopic and Sports medicine orthopedic surgeon in India - Dr. Anand Joshy.
- Sep 1999 Shoulder course held at United hospital, Coimbatore
- Jun 1998 AO basic internationally ASIF recognized course in Bochum, Germany
- Apr 1998 Workshop on ‘Chondroplasty and absorbable Pins’ at Einsleiden, Switzerland
- Feb 1998 Course on internet & windows from Computer Park, Cochin-18
- Dec 1997 Arthroscopy workshop by Indian arthroscopy society at Kochi
- Dec 1996 Workshop on spinal instrumentation at Calcutta
- Dec 1995 Course on computer fundamentals & applications from 03-07 to 13-12, 1995 at Don Bosco Technical Institute, Calcutta
- Sep 1995 Club foot workshop by Indian foot society at Calcutta

- May 1995 Workshop on total hip and total knee arthroplasty by West Bengal orthopedic association at Calcutta

Some additional information: -

Prizes and Awards

1. Won first prize in 'National P.G. Quiz' and attended preconference workshop on 'Basic spinal instrumentation,' CME and conference of IOACON, Calcutta, West Bengal from 17-21/12/1996 (Indian orthopedic association national annual conference).
2. Won first prize for the 'Best Short Case Presentation' and attended instructional course by 'Orthopedic Research Foundation of India' at M.G.M. medical college, Indore, Madhya Pradesh on 20-23/02/03.
3. **Special certificate of recognition** by Kerala orthopedic association was awarded to Dr. Jimmy in 2006 silver jubilee annual state conference, Thrissur **for the excellent and pioneering orthopedic I.T. activities.**
4. Kerala orthopedic association **recommended** Dr. Jimmy M.L. for the post of I.T. Committee National Co-Chairman of Indian orthopedic association and the December 2005 Indian Orthopedic Association national executive committee had agreed in principle for the post.

C. Teaching Experience

1. Took classes or given training and guidance to the medical and nursing students, FY1, FY2 and SHOs in the hospital where I worked in the UK from October 2017 to present.
2. Participated in weekly departmental teaching and presented on orthopaedic infections to orthopaedic trainees at Lister hospital, Stevenage.
3. Took classes to **medical students** and supervised junior clinical fellows, as senior clinical fellow, Major trauma at QMC, **Nottingham University hospital, UK** during 2017 to 2018.
4. Bed side classes for **MBBS students at CNMCH**, Calcutta during 1994-1996 periods.
5. Orthopedic classes to **BPT Students** at Kovi medical Centre (KMCH), Kovai during 1996 – 1997.
6. Orthopedic classes to **BSc nursing students** at mission hospital, Angamaly during 1997.
7. Orthopedic classes to **MBBS students as lecturer**, medical college, Kottayam, 2002 – 2003
8. Orthopaedic & Surgery classes; For BSc nursing students, Nursing College, MGDM, Kangazha in 2007.

D. Organizational works

1. Past Chairman, World Malayalee Council, UK Province (organization for expatriates working in UK, from Kerala state of India), under the European region of global World Malayalee Council.
2. Past Secretary of Stevenage Malayalee Association, Stevenage, Hertfordshire, UK
Organized and delivered orthopedic health talk to the members of the association in Feb 2020
3. Participated in **executive committee meetings and annual report giving** in general bodies at six KOACONS from 2004 to 2010. In 2004 as state Joint Secretary and manager of semi official KOA web site and 2005 to 2010 as state I.T. Secretary and web master of official KOA web site.
4. **Organized ‘trauma symposium’** at Lal Memorial hospital, Irinjalakuda with 6 speakers from different trauma specialties as guest speakers in December 2000.
5. Assisted in **organizing** of ‘seminar on bone tumors’ by pathology department of Kottayam medical college in October 2002.
6. **Functioned as ‘co-ordinator of transport committee’** and participated in IOAICL (Indian orthopedic association national instructional course lecturers) held on 10-11/05/03 at Kottayam, Kerala.
8. Attended and functioned as **member of organizing committee** for the **first Asian meet** on ‘Computer assisted orthopedic surgery’ held on 27, 28 March 2004 at Cochin jointly organized by CAOS India and International.
9. **Functioned as Webmaster** and manager of the KOA official web site from 2005 to 2010. The history, constitution, protocols, newsletters, journals, past and present office bearers, and executive committees list, KOA members list, past and future events, photo directories of KOA members, officials and events, membership form, notification area, contact details, facilities in KOA house and other KOA, IOA and related useful files and links are published.
10. **Visited 8 district orthopedic clubs** (Trivandrum, Kollam, Alappuzha, Kottayam, Ernakulum, Thrissur, Kozhikode, Kazarkode) to demonstrate web sites & discuss I.T. activities as state I.T. Secretary of Kerala orthopedic association & published web reference guide for members.

E. Attendance of meetings

A. Meetings at UK

1. Attended orthopaedics and trauma daily departmental meetings, weekly teaching and monthly audit and mortality morbidity meetings from February 2023 to August 2023 at various hospitals as orthopaedic registrar on long term NHS locum job contracts as locum employees and the hospitals were Stepping hill hospital: Stockport (February 2023 to March 2023) General hospital: Jersey (March 2023 to June 2023) and Royal hospital: Worcester (June 2023 to August 2023) and Alexandra hospital: Redditch (June 2023 to August 2023).
2. Attended orthopaedics and trauma daily departmental meetings, weekly teaching and monthly audit and mortality morbidity meetings from July 2018 to February 2023 at various hospitals as orthopaedic registrar on long term NHS job contracts as a regular employee and the hospitals were East Surrey hospital: Redhill (June 2018 to March 2019), General hospital: Scarborough (April 2019 to September 2019), Lister hospital: Stevenage (October 2019 to October 2020) and Cumberland Infirmary: Carlisle (November 2020 to February 2023).
3. Attended the Major Trauma and Orthopedics' & Trauma combined meeting and also attended Multi-disciplinary team major trauma board every regular working day and participated in presentations and discussions at QMC, Nottingham University hospital, UK during October 2017 to May 2018.
4. Attended Mortality and Morbidly meeting at Major Trauma, QMC, NHS, Nottingham, UK in 15/02/2018.
5. Participated in departmental medical presentations by the clinical fellows at QMC, Nottingham University hospital, UK during October 2017 to May 2018.

B. Meetings – Non-UK

1. **Attended** conference and / CME at IOACON in December (3 Days) (Indian orthopedic association annual conference and national continuing medical education programs) at
 - a) Puna, 1995
 - b) Calcutta, 1996

- c) Kochi 1997
 - d) Chennai 2003
 - e) Calcutta, 2008
 - f) Bangalore 2009
 - g) Hyderabad 2014
 - h) Jaipur 2015
 - i) Kochi 2016
2. Attended pre-conference workshop at IOACON in December
- a) On 'spinal instrumentation', 1996, Calcutta.
 - b) By Indian Arthroscopy society, 1997, Kochi.
3. Attended meeting and CME at KOACON in January (3 Days) (Kerala orthopedic association annual conference and national continuing medical education programs at
- a) 2003, Kottayam
 - b) 2004, Thiruvananthapuram
 - c) 2005, Kollam
 - d) 2006, Kozhikode
 - e) 2007, Thrissur
 - f) 2008, Kannoor
 - g) 2009, Malappuram
 - h) 2010, Palakkad
 - j) 2015, Wayanade
 - k) 2016, Thrissur
7. Attended 'basic COE on foot and ankle injuries' by 'Palakkad ortho club' held at Sri chakra hotel on 15-06-2003.
8. Attended the advance Continuing Orthopedic education (COE) of KOA on inter locking nails held on 28-09-03 at Trichur.

12. Attended CME and meeting of West Bengal Orthopedic association (WBOACON) on 12-02-95 at Salt Lake, Calcutta.
15. Attended 'seminar on total elbow replacement' and surgical demonstration by Dr.D.B. Bakshi at Calcutta in 1995.
16. Participated in 'seminar on floor reaction orthosis', presided by Dr. Abdul Kalam and organized with the assistance of Indian space research institute at Calcutta in 1996.
17. Attended plastic surgery seminar on the 'usage of flaps in orthopaedics' at Coimbatore in 1997.
18. Attended '**seminar on rheumatoid arthritis** organized by Ganga hospital at Coimbatore in 1997.
19. Participated in '**national conference on hospital facility planning**' on 6, 7/07/97 at Coimbatore organized by Kovai medical Centre and hospital (KMCH).
20. Attended talk by Dr. Patric Kluger from Germany on 'Klугers spinal stabilization system' at Coimbatore in 1997.
24. Attended fourteenth COE of orthopedic research foundation, India on intraarticular fractures' from 2 to 5/09/96 held at Madras.
25. Attended AO International seminar on complex fractures at madras in 2002.
27. Attended 'advances in joint replacement surgery' conference of Ranawat orthopedic research foundation on 08 to 10 January 2004 at Bangalore.
32. Attended monthly meetings of Thrissur and / or Madyameghala, Kottayam orthopedic regional clubs of Kerala Orthopedic Association since 1999 onwards.