

***CURRICULUM VITAE***

***OF***

***MR JIMMY MALIAKAL MOYALAN LONAPPAN***

***(Dr. Jimmy M. L.)***

***MBBS, D Ortho, 'DNB' Ortho***

***FASIF (Swiss), WOEP(Swiss),***

***MBA (IB), MA (DM), PGD HRM, PGD SH, PGD GC***

## *Mr. Jimmy Maliakal Moyalán Lonappan (Dr. Jimmy M. L.)*

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### **QUALIFICATIONS:**

- May 2014 PGD SH (Post graduate diploma in Sociology of Health)  
(Passed in First Class)
- Dec 2013 PGD HRM (Post graduate diploma in Human Resource Management)  
(Passed in First Class)
- May 2013 MBA IB (Master of Business Administration in International Business)  
(Passed in First Class)
- May 2012 MA DM (Master of Arts in Disaster Management) (Passed in First Class)
- Dec 2011 PGD G&C (Post graduate diploma in Guidance and Counselling) (Passed)
- 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
- Jul 1997 Diploma of national board (DNB) of examination (orthopedic Surgery), completed from Kovai medical Centre, Coimbatore
- May 1996 D`ortho (Post graduate diploma in Orthopedic Surgery), passed from National medical college and hospital, Calcutta.
- Mar 1991 MBBS (Bachelor of Medicine and Surgery), passed from Government medical College, Thrissur, India (Passed).

## **SUMMARY:**

- Present Trust Registrar, Orthopedic surgery and Trauma, Cumberland Infirmary, North Cumbria Integrated Care NHS Foundation Trust, UK
- Present 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.
- Past Senior Clinical Fellow (Registrar), Orthopedic surgery and Trauma, East Surrey hospital, Redhill, UK.
- Past Specialty Doctor (Registrar), Orthopedic surgery and Trauma, Scarborough general hospital, Yorkshire, UK.
- Past Specialty Doctor (Registrar), Orthopedic surgery and Trauma, East Surrey hospital, Redhill, UK.
- Past Senior Clinical Fellow (Registrar), Major Trauma, QMC, Nottingham university hospitals, UK
- Medical Doctor, Orthopedic Surgeon and holder of Management Qualifications.
- 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.
- Past R.M.O. in multiple private hospitals in Kerala, India.
- Course coordinator and faculty of Emergency Medicine and Community Medicine related seminars
- Course coordinator & faculty of Disaster Management & Management related seminars
- Web Master and Manager of Medically related web sites
- Resource person and presenter of medically related television programs
- 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.
- Manager of medical web site with 2000 orthopaedic and medical links 'Kerala orthopaedics international'
- Past Indian Medical association branch joint secretary
- Past transport committee coordinator of ICL of IOA

- Past President of Gokulam residents' association, Kottayam, India
- Past P.T.A. President of Mount Carmel vidyaniketan school, Kottayam, India.
- 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.
- Dubai Health authority (DHA) eligibility Ref.: DHA/LS/2852016/603907
- 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].
- Permanent membership in Kerala Orthopedic Association [KOA LM-305].

### **CAREER PLANS:**

- I would like to work as a specialty registrar (ST4+) in Trauma and Orthopedic Surgery, gain sufficient experience and subsequently work as a consultant in Trauma and Orthopedic Surgery.

### **CURRENT EMPLOYMENT:**

**November 2020 onwards**

**Trust Registrar (SpR O&T) Orthopedics & Trauma,  
Cumberland Infirmary, North Cumbria Integrated Care NHS Trust, Carlisle, Cumbria, UK**

Presently, work as a Trust Registrar, 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 consultants 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, obtained multiple CBDs, CBXs and PBAs from various consultants I worked in the trust and 237 additional records were added to my ISCP portfolio. 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 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.
1. 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.
2. Apply research outcomes to clinical problems and preferably, produce Publications in referred journals and undertake original research and supervise postgraduate research.
3. 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.

4. 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 to ensure, that those details are accurate and up to date (as far as one is aware).
  - b. In common with all Trust employees, you must uphold 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.
  - c. Comply with all reporting requirements, systems and duties of action put in place by the Trust to deliver research governance standards.
5. 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 a senior clinical fellow and under the guidance of respective orthopedic consultants and attend departmental meetings, trainings and rounds, and conducts audits and research and also supervises house officers, foundation doctors and students.

#### **ADDITIONAL EMPLOYMENT:**

**June 2018 – To date**

**Locum specialty doctor in orthopedic surgery and trauma. United Kingdom**

Worked in multiple hospitals in UK as locum specialty doctor 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.

#### **PREVIOUS EMPLOYMENTS:**

**October 2019 to October 2020**

**Senior clinical fellow (Registrar - SpR O&T ST4+) 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

sub specialty elective clinics at QEII sub center of the trust. Job content and Responsibilities: - Same as the current job.

**April 2019 to September 2019**

**Specialty Doctor (Registrar - SpR O&T ST4+) Orthopedics & Trauma,  
Scarborough General hospital, York teaching hospital NHS Trust, Scarborough, UK**

Worked as a Specialty Doctor, 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 sub specialty clinics and theaters of Bridlington hospital and York hospital of the trust. Job content and Responsibilities: - Same as the current job

**August 2018 to March 2019**

**Specialty Doctor (Registrar - SpR O&T ST4+) Orthopedics & Trauma,  
East Surrey hospital, NHS Trust, Redhill, UK**

Worked as a Specialty Doctor, 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 sub specialty clinic and theater of at Crawley sub center of the trust. Job content and Responsibilities: - Same as the current job

**May 2018 – To June 2018**

**Posted in Sports medicine, arthroscopy and arthroplasty center,  
Registrar - SpR O&T ST3+  
Birmingham, UK.**

As a senior and independent orthopedic surgeon (upper middle grade in UK), I discussed, maintained logbook and observed Knee, Shoulder and ankle arthroscopy procedures including semitendinosus ACL graft, meniscal suturing and rotator cuff repair, and hip and navigational or computer assisted knee arthroplasty surgeries at Spire Little Aston hospital, Birmingham under Mr. Ashvin Pimpalnerkar, who is a consultant Orthopedic Surgeon and sports medicine surgeon and is the Programme director for orthopedic training at Good Hope hospital, NHS Trust, Birmingham.

**October 2017 – April 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:-

1. Support the Major Trauma Service
2. Attend the trauma calls to support the Emergency Department
3. Immediate lifesaving interventions by participating in and leading trauma calls in resus.
4. Interpreting initial investigations quickly including blood gas, X ray and CT results in resus.
5. Liaising with other members of the trauma team, from all different specialties and documenting findings and plans in the Major Trauma documentation.
6. The management of multi system trauma
7. Attend the daily meetings and rounds
8. Present new trauma cases from the previous day at the morning meeting
9. Have a in depth knowledge of the patients on the service
10. Be responsible to the MT Consultant for their ongoing care
11. Supervises the medical team
12. Leads the daily ward round ('acting up' as major trauma consultant within the hospital with top cover)
13. Provide ongoing care to level 1 (C30 ward) patients
14. The appropriate use of monitoring in level 1 beds and interpretation of data obtained
15. The provision of safe and effective care including pain relief to patients undergoing all required surgical procedures.
16. Undertake tertiary surveys on all poly trauma admissions
17. Liaising with the multi professional team in interpreting data for different team members and planning ongoing care.
18. The pre-operative assessment of patients with multiple injuries
19. Surgical procedures for Major trauma damage control and definitive management of injuries.
20. To develop advanced surgical skills for the management of life threatening major trauma patients.
21. The safe and effective use of postoperative pain management to ensure that rehabilitation can be carried out effectively.
22. Leading planning of ongoing care and reconstruction phase of the Major Trauma patients' in patient pathway.
23. Present cases at monthly morbidity and mortality meetings
24. Actively participate in research and audit
25. In brief: My duties 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, carrying out emergency procedures such as intercostal tube etc., consulting and contacting necessary specialists and activating major haemorrhage 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. I was assisting the major trauma consultants during rounds. My duties also included, ordering investigations and preparing discharge summaries.

**April 2004 – To October 2017 (except 2016)**

**Specialist – Orthopedic Surgery**

**Sushrusha Hospital, Kottayam, India**

I successfully managed emergency and trauma as part time orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, bone grafting, Austin More hip prosthesis, tumor excision, implant removal, nailing etc. and minor procedures like knee aspiration, tendon suturing, I&D's, management of deep injuries, plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection 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.

**April 2017 – July 2017**

**Government M.O. and Specialist – Orthopedic Surgery**

**Government Hospital, Changanassery, India**

I successfully managed emergency and trauma as part time government medical officer at the outpatient clinic, emergency room and the inpatients of this hospital. I also did orthopedic and related surgeries successfully, in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection etc. at outpatient clinic or as in patients in this hospital. I was also involved in teaching and conducting social health awareness classes. I was also involved in managerial and administrative aspects of the running of the department and I regularly attended consultant and clinical governance meetings.

**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. Duties of Dr. Jimmy included, reception of patients presenting to emergency, resuscitate and stabilize them, and conduction trauma and orthopedic outpatient clinic in the evening. With the deputation from Roya medical services, Dr. Jimmy, worked as orthopedic surgeon and emergency medical officer, in the clinics of Qatar rail and Lusail entertainment city. Under the direction of QHSE director, supervised clinics and inspected and coordinated, the orthopedic and safety activities, including directing of nurses and safety officers, training of Staff and workers, orthopedic treatments, in coordination, with QHSE headquarters.

**February 2015 – December 2015**  
**Specialist – Orthopedic Surgery**  
**Idukki district cooperative Hospital**  
**Thodupuzha, India**

The hospital serves as a reference hospital for all different kinds of major orthopedic traumatic and non-traumatic cases. I successfully managed the emergency orthopaedic and trauma patients as orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, bone grafting, Austin More hip prosthesis, tumor excision, implant removal, nailing etc. and minor procedures like knee aspiration, tendon suturing, I&D's, management of deep injuries, plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection etc. at outpatient clinic or as in patients in this hospital. I was also involved in managerial and administrative aspects of the running of the department and I regularly attended consultant and clinical governance meetings.

**Mar 2012 – Jan 2015**  
**Specialist – Orthopedic Surgery**  
**P.M.C. Hospital, Erattupetta, India**

I successfully managed emergency, trauma and orthopaedic patients as part time orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, bone grafting, Austin More hip prosthesis, tumor excision etc. and minor procedures like knee plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection 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.

**Jan 2011 – Dec 2014**

**Specialist – Orthopedic Surgery**

**George Matthan Mission Hospital**

**Mallapilly, India.**

I did many major surgeries like plating, implant and wire fixations, revision amputations etc. and minor procedures like knee aspiration, tendon suturing, plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully. I also successfully managed many patients with low back pain, knee pain, shoulder pain, cellulitis etc. at outpatient clinic or as in patients in this hospital. I successfully managed emergency, trauma and orthopaedic patients as part time general practitioner and orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I was also involved in managerial and administrative aspects of the running of the department and I regularly attended consultant and clinical governance meetings.

**Feb 2004 - Dec 2013**

**Specialist – Orthopedic Surgery**

**C.M.C. Hospital, Samcraanthy, India.**

I successfully managed emergency, trauma, surgical and medical patients as part time general practitioner and orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, bone grafting, Austin More hip prosthesis, tumor excision, implant removal, nailing etc. and minor procedures like knee aspiration, tendon suturing, I&D's, management of deep injuries, plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection etc. at outpatient clinic or as in patients in this hospital.

**May 2005 - Sep 2008**

**Specialist – Orthopedic Surgery**

**Karipal hospital, Kalathipadi, India**

The hospital serves as a reference hospital for all different kinds of major orthopedic cases. My duties included initial reception of orthopedic and trauma patients presenting to emergency, resuscitate and stabilize them and conduction trauma and orthopedic outpatient clinic. I did many major surgeries like plating, implant and wire fixations, revision amputations, bone grafting, tumor excision, hip prosthesis, nailing, EXFIX, DHS, percutaneous screws etc. and minor procedures like knee aspiration, tendon suturing, plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully. I was also involved in

teaching, conducting various medical seminars, camps and orthopedic 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.

**Oct 2003 to Feb 2004**

**Specialist – Orthopedic Surgery**

**KMC, Vadavathoor, Kottayam, India.**

I successfully managed emergency, trauma, surgical and medical patients as part time general practitioner and orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, bone grafting, Austin More hip prosthesis, tumor excision, implant removal, nailing etc. and minor procedures like knee aspiration, tendon suturing, I&D's, management of deep injuries, plastering, local steroid infiltrations, strapping and reduction of displaced fractures and dislocations etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection etc. at outpatient clinic or as in patients in this hospital

**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 different 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.

**Sep 2000 - Aug 2002**

**Specialist – Orthopedic Surgery**

**Lal Memorial Hospital, Irinjalakkuda, India**

This is a modern multispecialty hospital with busy emergency room. I was involved in conservative or surgical management of trauma and orthopedic cases. During my tenure, I was involved in various academic activities like presenting in state conferences and hospital clinical meetings and doing clinical research. I was also involved in medical organizational activities

including acting as Indian medical association branch joint secretary.

**Feb 2000 – Sep 2000**

**Junior Specialist – Orthopedic Surgery**

**MBMM Hospital, Kothamamhalam, India**

This is a 400 bedded multispecialty hospital with 24 hour busy emergency room and all modern amenities. I was working as part of a medical team dealing with emergency and trauma cases and management of orthopedic patients by conservative and surgical methods including major surgical procedures and implant surgeries.

**Mar 1999 - Jan 2000**

**Locum specialist of orthopedic Surgery**

**Multiple private hospitals in Kerala, India**

Worked as locum specialist of orthopedic surgery, in multiple private hospitals in Kerala, India, and also underwent multiple specialty level exams and their clinical and theoretical preparatory training.

**Sep 1998 - Feb 1999**

**Specialist – Orthopedic Surgery**

**Al Iqbal Hospital, Chentrapinny, India.**

My duties included initial reception of all patients presenting to emergency, resuscitate and stabilize them. I successfully managed emergency and trauma patients as orthopaedic surgeon at the outpatient clinic, emergency room and the inpatients of this hospital. I also did many major surgeries like plating, bone grafting, Austin More hip prosthesis, tumor excision, implant removal, nailing etc. successfully in addition to the successful treatment of many patients with low back pain, knee pain, arthritis, infection etc.

**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 bed side 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.

**Sep 1997 – Feb 1998**

**Junior Specialist – Orthopedic surgery**

**Little Flower Mission Hospital, Angamaly, India**

This is a 2000 bedded modern multispecialty and super specialty hospital with 24 hour busy emergency room and all modern amenities. I was working a part of a medical team dealing with emergency and trauma cases and management of orthopedic patients by conservative and surgical methods including major surgical procedures and implant surgeries. I was also managing inpatients and outpatient clinics and was involved in doing clinical research and teaching of nursing students.

**July 1996 - Jul 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 was involved in scientific meetings, journal clubs, presentations and training programs. I was also seconded, for one month as medical officer in I.C.U. with around 20 beds having post traumatic orthopedic and neuro surgical patients and post-operative patients and also medical patients with stroke, heart attack, pneumonia, asthma, coma etc. I was managing patients on artificial ventilators, monitoring CVP, ECG and pulse oximeter and drawing samples for blood gas analysis and endo tracheal tube CO2 measurement. I was supervising the weaning of the patients from ventilator support and also

doing procedures like endo tracheal intubation, inter costal tube fixation and starting central lines. I was managing asthmatic patients, patients with dehydration and electrolyte imbalance, monitoring myocardial infarction patients on thrombolysis and doing CPR including defibrillation.

**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 was involved in scientific meetings, journal clubs, presentations and training programs.

**Jul 1992 - Jun 1994**

**Locum S.H.O. (residential medical officer – general ward and emergency on call)**

**Multiple hospitals in Kerala, India**

Worked as locum S.H.O. (residential medical officer - general ward and emergency on call), at multiple hospitals in Kerala, India. My duties included initial reception of all patients presenting to emergency, resuscitate and stabilize them. I also managed G.P. patients in outpatient clinics, attended ward calls and assisted specialists of different categories during ward rounds.

**June 1991 - July 1997**

**Foundation doctor (compulsory rotatory residential internship – House surgeoncies’)**

**Government medical college, Thrissur, Kerala, India**

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 days 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 14<sup>th</sup> December 2015 at Jaipur, Rajasthan and the topic was **“Essential of Management and behavior science for an orthopedic surgeon”.**
- Health Article in Malayala manorama newspaper in the second page of Sunday supplement (health area) on 20/03/11(**published globally**). The topic was on medical management and causes of road traffic accidents. The information was supplied by Dr. Jimmy M. L.
- 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 on 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 on 2001.
- Presented **‘special 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 paper on **‘study of lumbar discectomies’** presented in International spine congress, Madras on 11/01/97.
- 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
- Presented on Online Teaching Techniques & Practices to MBA students of Annamali University, India as International Guest Faculty on 26-2-21 (online) at the Online teaching seminar.

### 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 motor cycle 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 trust 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 hour if, gel is changed. It is an ongoing audit, to be completed by 6 month time, Planed 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; arrangement that if someone find 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:**

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 by North Cumbria Integrated Healthcare NHS Trust.

### **COURSES:**

- 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](http://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|  
NHS|CSTF|Equality, Diversity and Human Rights - 3 Years|  
NHS|CSTF|Fire Safety - 2 Years|  
NHS|CSTF|Health, Safety and Welfare - 3 Years|  
NHS|CSTF|Infection Prevention and Control - Level 1 - 2 Years|  
NHS|CSTF|Infection Prevention and Control - Level 2 - 2 Years|  
NHS|CSTF|Information Governance and Data Security - 1 Year|  
NHS|CSTF|Moving and Handling - Level 1 - 2 Years|  
NHS|CSTF|Moving and Handling - Level 1 - 3 Years|  
NHS|CSTF|NHS Conflict Resolution (England) - 3 Years|  
NHS|CSTF|Preventing Radicalisation - Basic Prevent Awareness - 3 Years|  
NHS|CSTF|Resuscitation - Level 2 - Adult Basic Life Support - 2 Years|  
NHS|CSTF|Safeguarding Adults (Version 2) - Level 1 - 3 Years|  
NHS|CSTF|Safeguarding Adults (Version 2) - Level 2 - 2 Years|  
NHS|CSTF|Safeguarding Adults - Level 1 - 3 Years|  
NHS|CSTF|Safeguarding Children (Version 2) - Level 1 - 3 Years|  
NHS|CSTF|Safeguarding Children (Version 2) - Level 2 - 3 Years|  
NHS|MAND|Equality, Diversity and Human Rights - 3 Years|  
NHS|MAND|NEWS2|  
NHS|MAND|Safeguarding Adults Level 2 - 2 Years|

- Jan 2020                      The following additional were completed during this appraisal period and necessary competencies obtained. The file is attached.  
Conflict Resolution Level 1  
Equality and Diversity and Human Rights Level  
Safeguarding Adults Level 2  
Data Security Awareness Level 1  
February 2020 to October 2020; Attended departmental
- Nov 2020                      Attended the trust induction by North Cumbria Integrated Care NHS Foundation Trust, UK including direct hand hygiene training and induction by the orthopaedics department of Cumberland Infirmary under the trust and online trust training on Trust software such as ICE, PACS, NCIC PACS, Textflow dictation, E-trauma, NCIC Clinical portal, eDischarge, ORMIS, Freeflow dictation and web V.

- Nov 2020 From November 2020 to February 2022; Attended departmental (orthopaedics and orthogeriatrics) audit and mortality – morbidity meetings at Cumberland Infirmary Carlisle.
- Nov 2020 Attended hand hygiene training.
- 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, safe guarding 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 different 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 below given topics 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. Confidentially: 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.

Learned the following topics

1. Primary survey and resuscitation, 2. Secondary survey and management, 3. Patient Re-Evaluation, 4. Transfer to definitive care, 5. After-Action review, 6. Airway Management, 7. Oropharyngeal airway insertion, 8. Nasopharyngeal airway insertion, 9. Bag mask ventilation: Two person technique, 10. Adult Oro-tracheal intubation, 11. Laryngeal mask airway and intubating LMA insertion, 12. Laryngeal tube airway Insertion, 13. Infant Endotracheal intubation, 14. Pulse Oximetry monitoring, 15. Carbon dioxide detection, 16. Needle Cricothyroidectomy, 17. Surgical Cricothyroidectomy, 18. Cardio-pulmonary Resuscitation, 19. Management of haemorrhagic shock, 20. Peripheral venous access, 21. Femoral venepuncture: Seldinger technique, 22. Subclavian venepuncture: Infra clavicular approach, 23. Internal jugular venepuncture: Middle or central route, 24. Intraosseous Puncture / Infusion: Proximal tibial route, 25. Identification and management of pelvic fractures: Application of pelvic binder, 26. Venous cut down
  27. Resuscitative thoracotomy, 28. Process of initial review of chest x-rays, 29. Needle Thoracentesis, 30. Chest tube insertion, 31. Pericardiocentesis, 32. Management of abdominal injuries' and Laparotomy, 33. Focused Assessment sonography in trauma (FAST), 34. Diagnostic peritoneal lavage – Open technique, 35. Diagnostic peritoneal lavage – Closed technique, 36. Management of head injuries', 37. Evaluation of the CT Scan of the head, 38. Helmet Removal, 39. Management of spinal injuries', 40. Cervical spine x-ray assessment, 41. Atlanto-Occipital joint assessment, 42. Thoracic and Lumbar X-Ray assessment, 43. Examination of level of spinal cord injury, 44. Treatment of spinal cord injuries, 45. Principles of spine immobilization and logrolling, 46. Musculo-skeletal trauma, 47. Extremity immobilization and realignment, 48. Application of traction splints, 49. Compartment syndrome assessment and management, 50. Identification of arterial injuries, 51. Burns management, 52. Electrical injury management, 53. Cold Injury management, 54. Paediatric trauma Management, 55. Paediatric trauma, 56. Geriatric trauma, 57. Trauma in pregnancy, 58. Intimate partner violence, 59. Ocular trauma management, 60. Armed conflict Environment – Management, 61. Disaster management and emergency preparedness, 62. Triage Scenarios.
- 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
- July 1997 Completed Diploma of national board (DNB) of examination in



orthopedic surgery one year course from Kovai medical Centre, Coimbatore during 1996-97, completed thesis and passed theory. I received training in arthroscopy, arthroplasty and spine surgery.

- 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

### **Personal statement**

After gaining my primary medical degree (MBBS), I was working as Residential medical officer and General practitioner for around 2 years in India. After that, I passed post graduate diploma in orthopaedics (D-Ortho) from India. Following that, I completed diploma of national board of examinations (DNB Ortho) course from India and completed the thesis on “Review of clinical features and surgical analysis of 120 cases of lumbar discectomy”. I also completed I.C.U. training for two months. Then I did international fellowship (FASIF) in trauma and completed World orthopaedic education programme (WOEP) from Switzerland and a course on AO principles from Germany.

After that, I was working as Orthopaedic Surgeon in Kerala, India. I have 26 years’ experience as medical doctor, 22 years’ experience as orthopaedic Surgeon in India, experience of carrying out almost all different types of orthopaedic procedures and major surgeries, experience of working in emergency rooms, outpatient clinics, wards, minor and major operation theatres, I.C.U., labour camps and as a family doctor of medium or large multi-specialty private hospitals and clinics and government medical college as a teaching staff. My duties also included initial reception of patients presenting to emergency, resuscitate and stabilize them. I had been doing and is experienced and well versed, in all common orthopaedic traumatic and non-traumatic surgical procedures including plating, EXFIX, nailing, hemiarthroplasty, tumour surgery, osteomyelitis etc. I have taken additional training in arthroscopy, arthroplasty, paediatric surgery, pelvic surgery, hand surgery, plastic surgery and spine surgery and has some experience.

Presently, work as a Trust Registrar, 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. My duties 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 a Trust registrar and under the guidance of respective orthopedic consultants and attend departmental meetings, trainings and rounds, and conducts audits and research and also supervises house officers, foundation doctors and students.

I worked as a Senior clinical fellow, in Orthopedics and Trauma Department, of Lister hospital, East and North Hertfordshire NHS Trust, UK from October 2019 to October 2020. Works part time in sub specialty elective clinics at QEII sub center of the trust. My duties were similar to the present trust.

Worked as a Specialty Doctor, 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 sub specialty clinics and theaters of Bridlington hospital and York hospital of the trust. Job content and Responsibilities: - Same as the current job

Worked as a Specialty Doctor, 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 sub specialty clinic and theater of at Crawley sub center of the trust. Job content and Responsibilities: - Same as the current job

Workes in multiple hospitals in UK as part time locum specialty doctor in orthopedic surgery and trauma, NHS, UK, from June 2018 to present date, including Northampton, Helingdon, Harington, West Middlesex, Luton, Don caster, Macclesfield, Queen Elizabeth, Basseldon, Ealing, Frimley park, Hichinbrooks, Bedlington, Portsmouth, Watford and St Thomas hospital - London NHS hospitals etc.

I worked as a Registrar (senior clinical fellow), at Major trauma department of Queens medical canter, Nottingham University Trust, NHS, UK from October 2017 onwards. My duties at Emergency department (recess) included, attendance of major trauma emergency calls at ED, doing primary surveys, conducting emergency investigations, including arterial blood gases, TEG, radiography, full trauma CT etc., discussing with radiology specialists, stabilization of patients by applying splints, blood transfusion etc. in co-ordination with ED doctors, anaesthetists, other specialists, case managers etc., documentation at ED, carrying out emergency procedures such as intercostal tube, suturing etc., consulting and contacting necessary specialists such as neurosurgeon, orthopaedic surgeon, plastic surgeon etc., activating major haemorrhage protocol and organizing ward admission or critical care admission, surgery etc. I was also managing ward patients in major trauma wards, major trauma patients in trauma ICU and HDU,

as per the direction of consultants, co-coordinating and liaising with around 30 different specialties related with major trauma, major trauma consultants, ED, trauma ICU and HDU staff, rehabilitation team including consultant, physiotherapists and occupational therapists, junior clinical fellows and para medical staff including pain team, critical care outreach team, nutritionists, speech therapists, EXFIX care nurse, pharmacists etc. My duties also included, teaching medical students and supervising junior clinical fellow I was also doing, secondary and tertiary surveys in the ward, patient progress review, ward medical and surgical procedures and co-operating with the audits and research programmes. My duties also included, attendance of daily major trauma and orthopaedic and trauma combined meetings and major trauma board and presenting and discussing the cases. I was also attending other meetings, including mortality morbidity meetings. I was assisting the major trauma consultants during rounds, at major trauma wards, ICU, HDU and out-layers. My duties also included, obtaining patient consents and discussing with by standers, ordering investigations, writing medications and treatment orders, retrieving reports, preparing TTOs and discharge summaries, through trust web sites and documentations in different forms and patient case charts.

I worked in Qatar as an orthopaedic surgeon in 2016 My duties included management of trauma and orthopaedic patients at Al Shefa hospital, Qatar. By deputation from Al Shefa hospital, I supervised 5 Nurses` clinics and inspected and coordinated the trauma management and safety activities of 6 construction sites and 2 labour camps including directing of nurses and safety officers, training of staff and workers.

I obtained additional qualifications such as MBA (International Business), MA (Disaster Management), PGD HRM, PGD Sociology of Health and PGD Guidance and Counselling. For MA (Disaster Management) I did the thesis on “Impact of enforcement of S 129 M.V. mandatory motor cycle helmet act 1998 of Kerala on death rate due to road traffic disasters”.

I can fluently speak and write English, Hindi and Malayalam and has some skills in spoken Arabic, German, Tamil and Bengali Languages. I have done many other additional trainings including ILS, BLS, ACLS, ITLS and ATLS courses and workshops on Arthroplasty, Arthroscopy and Spine Surgery and also computer courses.

I served the Indian orthopaedic association as national executive committee member and Kerala orthopaedic association as State I.T. secretary and joint Secretary and served Indian medical association as joint secretary. I was managing medical web site and was instrumental in organizing many medical camps, emergency medicine and community medicine related seminars and was involved in medical or health teaching in colleges, police camps and nursing schools and for general community and medical students.

I have gained considerable skills and experience which has provided me with a solid education and preparation for a profession with an ability to deal with the entire spectrum of acute Major Trauma, orthopedic illness and injury, in all age groups. Orthopedic surgery has offered me the opportunity to be at the forefront of clinical care and to participate actively in making decisions involving team working and leadership, right from the onset of patient care. Practicing orthopedic surgery appeals to me as a humanistic, challenging field, offering the opportunity to provide immediate help to people in the most vital aspect of their lives: their health. Major Trauma and Orthopedic Surgery is an exciting lifelong learning experience with many opportunities. I want to be an active contributor of this area.

## **SOME ADDITIONAL INFORMATION**

### **A. Prizes**

1. Won **first prize in ‘National P.G. Quiz’** and attended pre conference 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.

### **B. Awards and Honours**

1. **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.**
2. 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 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 to **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. Took anatomy, physiology, forensic medicine, accident care and first aid Classes to the Kottayam district crime branch police on 2005 and 2006 at **police camp**, Kottayam as per the direction of Kottayam police S.P., narcotic D.Y.S.P. and Assistant Commandant.

7. Orthopedics and surgery **classes to BSc nursing students** at SME, Pudupally during 2006 and orthopedics classes to BPT students at SME, Gandhinagar during 2007.
8. Orthopaedic & Surgery classes; For BSc nursing students, Nursing College, MGDM, Kangazha in 2007.

#### **D. Experience as Examiner**

Acted as **university examiner** for orthopedic examination of BPT Students at SME, Gandhinagar, Kottayam along with former Kottayam District Medical Officer (D.M.O.).

#### **E. Organizational works**

1. Present and first 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. **Acted 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.
7. **Started email discussion forum for 'orthopedic surgeons'** on 29-05-03 and the site address is <http://www.keralaorthopaedicsinternational.tk>. Around **2000 useful international orthopedic** and related web links are available in the site. 500 medical and related animations or clip arts, **150 pages** and clinical research instrument's sub site is linked. Around 1000 orthopedic surgeons and medically related persons from throughout world were members of the discussion forum.
8. Attended and acted 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. **Acted 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. KOI site with 2000 links, research instruments, date stamp, guest book and visitor number are attached. Most of the files can be downloaded in word, PDF and excel formats. In the member's area, there are provisions for the KOA members to publish their personal or orthopedic files, upload pictures, conduct K.O.A. discussions and chat, notify orthopedic vacancies and intimate about orthopedic meetings.
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.
11. As IT Secretary, Organized 3 programs at Kottayam as a part of the social service activity of Kerala orthopedic association in 2007.
  12. **Supervised the creation of new K.O.A. official web site** as I.T. Secretary, KOA [www.keralaorthopaedicassociation.org](http://www.keralaorthopaedicassociation.org). The .tk URL since Jan 2005 is changed to .org from January 2008 onwards. The new web site is provided with improved appearance and features.

## **F. Social works**

1. Worked as **'voluntary medical officer'** in the Centre for destitute and forsaken children in the Centre named 'Refuge' in BB Gangoly street at Calcutta in the year 1994.
2. Worked as **'medical officer in voluntary clinics'** in Ultadanga slum of Calcutta during 1994-1996 periods
3. Worked as **medical officer** in 'Fifteenth Scissors action **car rally**' at Coimbatore on 23-26/05/97.
4. Worked in **'free medical camp'** at Palakkad as orthopedic surgeon organized by Sai baba association 1997 December.
5. Worked as orthopedic surgeon in **'free medical camps'** at Perundurai in October 1997 and also at Coimbatore in the same year organized by KMCH.
6. Organized and conducted sports medicine and low back ache **free medical camps** at Karipal Hospital, Kottayam on 11-06-2005 & was inaugurated by director and was felicitated by Heavenly feast Pr. Dr. Thomas Abraham and former district medical officer
7. **Conducted press meetings** at Ernakulum, Trichur, Trivandrum and Kottayam press clubs for the Popularization of the socially useful & personally managed web sites during 2005 – 2006 period.
8. Participated as orthopedic surgeon in seven **free medical camps** in Kottayam district 2005 - 2007.
9. **Moderated the medical question answer session** held in Kuriakose Alias teachers training institute, Manganam, Kottayam.
10. **Speaker** in Akshra school Anniversary, Kanjikuzhy, Kottayam (2 occasions).
11. Participated, helped in organizing and **felicitated as P.T.A. President** in Mount Carmel vidyanikethan, Kanjikuzhy anniversary. The other speakers were Vanitha chief editor Mrs. Prema Mammen Mathew, district Collector, school principal, Writer Prof. Ambalapuzha Ramavarma and cinema artist Jayakumar.
12. **Conducted free orthopedic medical camp** and bone density testing in association with Nicholas Primal at home clinic, Kanjikuzhy, Kottayam. On 17-01-08.
13. Conducted two free orthopedic and back ache **medical camps** along with free bone strength testing for the employees of M.R.F. factory, Vadavathoor, Kottayam in March 2008.
14. Conducted free orthopedic **medical camp** at Ettumanoor in 2010.
15. Conducted free orthopedic cum bone strength testing **camp** at PMC hospital, Erattupetta in November 2013.
16. Associated with S.S.I. Scheme of central government & assessed deformities in children under the scheme in **4 medical camps** during 2008-2012 at Kottayam, Vazhoor, Ettumanoor & Ayarkunnam.

## **G. Attendance of meetings**

### **A. Meetings at UK**

1. Attends orthopaedics and trauma daily departmental meetings, weekly teaching and monthly audit and mortality morbidity meetings from July 2018 to present at various hospitals I worked or currently working including East Surrey hospital, Redhill, General hospital, Scarborough and Cumberland Infirmary, Carlisle.
2. Attended the Major Trauma and Orthopedics' & Trauma combined meeting and also attended Multi-disciplinary team major trauma board every regular working days and participated in presentations and discussions at QMC, Nottingham University hospital, UK during 2017 to 2018.
3. Attended Mortality and Morbidly meeting at Major Trauma, QMC, NHS, Nottingham, UK in 15/02/2018.
4. Participated in departmental medical presentations by the clinical fellows at QMC, Nottingham University hospital, UK during 2017 to 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 'Klugers 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.
  33. **Attends Indian Medical Association local branch monthly meetings** at Thriprayar, Irinjalakuda, Kothamangalam and / or Kottayam since 1999 onwards.
  34. Attended 2 day **annual state conference of Indian Medical Association**, Kerala state branch held at Mahe, Near Thalassey in November 2013.

#### **H. Television (T.V.) Programmes**

1. World Vision T.V. Chanell, Dubai, UAE; T.V. Interview about social servical, organizational and professional activities of Dr Jimmy Lonappan conducted on 27/02/2022.
2. In Kairali channel; On **emergency medicine** – In 'Josco better life programme'; Transmitted Worldwide in 2013.



3. Reports in T.V.Channels in 2009 about the **accident care and first aid** seminars, medically useful web sites and **demonstration of C.P.R.** and accident first aid
  - a) Asianet news channel
  - b) Jeevan T.V.channel
  - c) Dooradharsan D.D. Channel
4. **ACV T.V.interview; Wrote the script & participated in the T.V. interview** on activities of Dr. Jimmy transmitted on 3 occasions in 2007 & 2009. It contained discussion reports on Accident care.
5. T.V. Interview with Dr. Jimmy by Drishya T. V. transmitted on 01/04/11.
6. **Power Vision T.V. Health programs with Dr. Jimmy M. L.**
  - a). Panel discussion on '**Alcoholism**' by Dr. Jimmy M. L., Exercise Commissioner, and Secretary of all Kerala forums on prohibition of alcohol etc. Transmitted globally as 3 half an hour parts and at 4 different timings (12 transmissions) from 15/02 to 07/03/2011.
  - b). Health programs on **accident care, back ache, first aids** etc. transmitted as 4 half an hour programs on 2 different timings. In 2012.
  - c). 'Knowledge point' Programme showing various **C.P.R. and related topics** transmitted as 2 parts in 2013.
  - d). Transmitted globally from 26-11-13 to December last on **fractures, drug addiction and Disaster management** topics as 3 half an hour sessions on four different timings in the week (total 12 episodes).

## **I. Medical seminars and related activities**

Conducted around **100 socially oriented medical seminars** for general public, nursing students, college students, police etc. on topics like **CPR, accident care, first aid, emergency medicine, community health volunteering, disaster management** etc.

### **1). Accident care and first aid programs in 2000 – 2008 periods**

1. **Organized accident care seminar for the public and vehicle drivers in Association** with Kottayam police public relations and reach worldwide at Heavenly feast, Nagampadam, Kottayam on 06 – 11 – 05. **Around 6000 public attended the seminar.** Kottayam police C.I. took class and Dr.Jimmy.M.L. demonstrated cardio pulmonary rehabilitation and explained the first aid methods. Kottayam chairperson and police assistant commandant were present in the meeting.
2. **Gave first aid and accident care training in the below given organizations or institutions during 2005 - 2008 periods.**
  - 1) **Annual mobilization parade, police camp,** Kottayam – Presided by the assistant commandant Mr.D.Sreekumar.
  - 2) **N.C.C. national camp,** Thodupuzha. Presided by NCC commandant colonel Chaco. Classes were held in Hindi.
  - 3) N.C.C. state camp, Kottayam. – Inaugurated by M.L.A. Mr.V.N.Vasavan, Lt.colonel Mr. Bose, Kerala orthopedic association president and Hon. Secretary were present for the meeting.
  - 4) SME Gandhinagar, Kottayam; Presided by the Director Dr.K.M.Joseph.
3. **Took class** in First aid and accident care seminar at Christhuraj hospital, Ayarkunnam organized

by YMCA, Ayarkunnam and was inaugurated by former **chief minister**. Block and local panchayat Presidents & Kerala private medical practitioner's state secretary were present during inauguration.

4. **Organized** and took class in all Kerala free first aid and accident care seminar to Ambulance drivers, organized as a social service activity of Kerala orthopedic association. The meeting was inaugurated by chief minister Mr. Umman Chandy, Kerala orthopedic association President Thomas Mathew, Hon. Secretary Dr. Jayakumar, state M.L.A. Mr. V.N. Vasavan, Kottayam Lions governor and Lions PRO were present for the meeting. Class was also taken by Indian institute of emergency medical services. Association gave certificates.
5. Took class on accidents and media at **journalism college**, Manorama, Kottayam.
6. As IT Secretary, Organized 3 programs at Kottayam as a part of the social service of KOA in 2007.

**2). First aid and accident care, community health volunteering, emergency and disaster medicine seminars in 2009**

Dr. Jimmy M. L., State I.T. Secretary, KOA acted as the **course co-coordinator and faculty** for Community health volunteering and accident care full day or half day seminars which trains registrants on many different subjects with the help of PowerPoint Presentation, Videos and Models. The seminars were organized as a social service activity of Kerala orthopedic Association and were conducted in association with institutions or organizations in South India at the respective places. The seminars were held in Hindi, English or Malayalam.

The list of seminars is given below:-

1. Seminar was held at YMCA hall, Kottayam on 01-01-09 and it was inaugurated by Kottayam **district collector** and was presided by retired deputy police commandant. It was attended by many social activists.
2. Seminars were conducted in association with Kerala Police with stress on **first aid, accident care, and CPR and disaster medicine**.
  - a) **To 650 police men in Asia's largest police academy** at trichur as per the direction of ADGP Dr. Jacob Alexander IPS, IG Mohamed Yasir IPS and DIG Jayaraj IPS of police academy.
  - b) Seminar for high way police inaugurated by Kottayam police S.P. and were attended by DYSP and other high police officials. The seminar was conducted 05-10-09 at police club, Kottayam.
3. **One full day or two day seminars were conducted for a total of around 3000 NCC cadets** as per direction of director general, NCC, Kerala brigadier Murali and Group commanders or Commanders such as Colonel Basthia, Col. Balan, Col. Nair, Lt. Col. Peter, Lt. Col. Dinesh and Lt. Col. Jagdish.
4. **Eight Hour long advanced seminar on emergency medicine and disaster nursing and BLS, ACLS protocols of American heart association and BTLS protocols of International trauma life support Society** – For around 250 BSc and MSc nursing students and staff
  - a) Nanda collage, Erode, Tamilnadu.
  - b) Florence Nightingale college of Nursing, Nedumangade, Trivandrum.
5. Seminar (English) was conducted in Karunya deemed university, Near Shiruvany, via Coimbatore. for **engineering and MBA students** and was inaugurated by registrar.

6. Seminars in association with teachers training institutes for **Bed or Med students (In English)** at government Teachers Training College, Thaikad, Trivandrum. It was inaugurated by the Principal Mrs. Geetha and was attended by around 230 BEd and MEd students.

**3).First aid and accident care, medical charity and community health volunteering, emergency And disaster medicine seminars in 2010.**

**1. Comprehensive community health volunteering training seminars.**

1).Full day Community health volunteering seminar (04/12/10) – It was organized combined by Kerala orthopedic association, True vision Action Force, NSS MG University, Janamaithri police, Pala. Held at St. Thomas College, Pala. The seminar was inaugurated by former minister K. M. Many, MLA, Presided by Principal and felicitated by Police C.I. The classes were taken by Dr. Jimmy M. L.

2) Half day class was taken (11/22) by Dr. Jimmy on **‘Physical, Psychological and Social aspects of Adolescent Health’** in Kerala state leadership camp of NSS, Mahatma Gandhi University on ‘Adolescent Health issues’ at D.B. College, Parumala held on 10-14/12/10 and was inaugurated by Dr. Rajan Varghese, Pro Vice Chancellor, and M.G. University.

2. **Advanced seminar on emergency medicine and disaster nursing** and BLS, ACLS protocols of American heart association and BTLs protocols of International trauma life support society; For BSc and MSc nursing students and staff at Kovai medical Centre and hospital (KMCH) Nursing college, Avinashy road, Coimbatore (2 seminars – English).

**3). Seminars and classes in 2011**

a). Half day class was taken by Dr. Jimmy on **‘Medical aspects of right to life’** for the Journalism students at MASCOM (Manorama Journalism college), Kottayam on 25/03/11.

b). Half day class was taken (19/02) by Dr. Jimmy on **‘Road disaster medical management’** in Intercollegiate camp of NSS on Disaster Management at D.B. College, Parumala held on 18-20/02/11 and was inaugurated by P.C. Viswanath, M.L.A.

**4). Seminars and classes in 2012 - 2014**

a). **Health talk at pensioners** meets at Mallapally **on old age orthopedic problems** in 2012.

b). Half day seminar on different health topics and accident care at PMC hospital, Erattupetta.

c). Dr. Jimmy acted as the **chief faculty for exclusive 2 day seminar exclusively on disaster management and disaster nursing** organized by Gem institute of nursing and hospital, Coimbatore, south India organized for BSc and MSc nursing students and faculty from five colleges in April 2014.

**J. Medical internet activities of Dr. Jimmy M. L.**

**1). Discussion forum with 2000 medical and ortho links**

**Dr. Jimmy created a web site with around 2000 medical and orthopedic links**, many patients Information and accident care links, fellowship links, facilities to upload files and photos of members and facility to see web casts. The site was linked to a discussion forum in MSN group and it had around 800 medical and related experts as members. The site was created in 2003. The site was created in such a way that just by looking at the home page of site, it was

possible to know: what are the free medical and orthopedic or medical information headings available in net. The site was also acting as semi-official site for Kerala orthopedic association. The URL of the site was [www.keralaorthopaedicsinternational.tk](http://www.keralaorthopaedicsinternational.tk). Later the group migrated to 'multiply' and the present URLs are [keralaorthopaedics.multiply.com](http://keralaorthopaedics.multiply.com) and [keralaorthopaedicsinternational.org](http://keralaorthopaedicsinternational.org). Dr. Jimmy Acted as manager of Kerala orthopedics international web site from 2003 onwards. These web sites contain many accident care links which are useful to general public.

## **2). Official site and I.T. Secretary post**

Because of the inspiration obtained by the semi-official site of Dr. Jimmy M. L. Kerala orthopedic association allowed **Dr. Jimmy M. L. to create a new official web site** for Kerala orthopedic association and the URL of the site was [www.keralaorthopaedicassociation.tk](http://www.keralaorthopaedicassociation.tk) at 2005. A new post named state I.T.Secretary post was created by the association in 2005 & Dr. Jimmy acted as I.T.Secretary for 5 years. The site was linked to 'Kerala orthopedics international' site with 2000 links, KOA discussion site, notification area and 'clinical research instruments' sub site. The site has many accident care links, official files and photos and seminar reports. The 'clinical research instruments' sub site is useful for research work. The site was later improvised and the URL was changed (2007 to 2010) to [keralaorthopaedicassociation.org](http://keralaorthopaedicassociation.org).

## **3). Web site upgradation in 2011**

A new personal web site of Dr. Jimmy M.L. was created [www.doctorjimmy.net](http://www.doctorjimmy.net) (old site was [www.doctorjimmy.tk](http://www.doctorjimmy.tk)). The site contains links to face book, articles, seminar reports, consultation times and other important sites managed by Dr. Jimmy M. L.

## **4). Web site upgradation in 2022**

Managed and supervised as admin, the formation of web site for World Malayalee Council, UK Province as Chairman and the URL is [www.wmcuk.org](http://www.wmcuk.org) and supervised the upgradation of personal web site as admin and the URL is [www.doctorjimmy.net](http://www.doctorjimmy.net) .