

CURRICULUM VITAE

OF

MR JIMMY MALIAKAL MOYALAN LONAPPAN

MBBS, D Ortho, DNB Ortho, FASIF (Swiss)

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

Orthopedic Surgeon, UK and management expert, President of International health and medical forum of World Malayalee council 2024 – 2026, Manager of one window health tourism mechanism of WMC: www.wmchealthtourism.org, Past President of International health and medical forum of World Malayalee council 2022 – 2024, Past Chairman of Doctors forum of Europe region of WMC, Past & first Chairman of UK province of WMC 2020 - 2022, www.doctorjimmy.net, youtube.com/jimmyml2000, www.facebook.com/jimmymoyalan, www.twitter.com/jimmyml2000, Emails: jimmyml2000@gmail.com, jimmy.lonappan@nhs.net WhatsApp and mobile: 0044-7470605755, India mobile: 09446441698

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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). In association with 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
- Dec 2011 PGD G&C (Post graduate diploma in Guidance and Counselling)
- May 2012 MA DM (Master of Arts in Disaster Management)
(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 2014 PGD SH (Post graduate diploma in Sociology of Health)
(Passed in First Class)

SUMMARY:

- President of International health and medical forum of World Malayalee council 2024 – 2026, Past President of International health and medical forum of World Malayalee council 2022 – 2024, Past Chairman of Doctors forum of Europe region of WMC, Past & first Chairman of UK province of WMC 2020 - 2022, Manager of one window health tourism mechanism of WMC: www.wmchealthtourism.org.
- Obtained ILR UK (indefinite leave to stay) after roughly 6 years work in UK as orthopaedic surgeon and presently do locum orthopaedic surgeon level full time jobs.
- Obtained eligibility for FRCS Trauma and Orthopedics process.
- Revalidated by GMC in November 2022 (for 5 years)
- Presently work as locum orthopaedic surgeon, Orthopedic surgery and Trauma, Mid Yorkshire NHS Teaching Trust Pinterfield hospital, Wakefield & Pontefract hospital, UK
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, Barking & Hovering NHS trust Queens’s hospital, Romford, UK
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, UK North Middlesex NHS trust, London, UK
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, St Thomas and Guys hospital, NHS trust, London, UK
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, Torbay hospital, Torbay and South Devon NHS trust hospital, UK
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, Wolverhampton NHS trust hospitals, UK including New cross hospital, Wolverhampton and Cannock hospital, Canterbury UK.
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, Kent and Canterbury NHS trust hospitals, UK including QEQM hospital, Margate and Canterbury hospital, Canterbury, UK
- Worked as locum orthopaedic surgeon, Orthopedic surgery and Trauma, Worcestershire acute NHS hospitals trust, Worcester, UK.
- Past full time Orthopaedic surgeon, Orthopedic surgery and Trauma, General hospital Jersey, Channel Islands
- Past full time locum O&T orthopaedic surgeon, Stepping hill NHS Hospital, Stockport, Manchester.
- Past trust orthopaedic surgeon, Cumberland Infirmary, North Cumbria Integrated Care NHS Foundation Trust, UK
- Past Orthopedic 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 Orthopedic surgeon, 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 orthopedics department of Kottayam medical college
- Past orthopedic surgeon at Al Shifa hospital, Doha, Qatar
- Past orthopedic 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 orthopedic 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]

CAREER PLANS:

I would like to work as a Locum orthopaedic surgeon in Trauma and Orthopedic Surgery and also to pass FRCS Trauma and Orthopedic examination (obtained eligibility and is in process to pass)

CURRENT EMPLOYMENT:

October 2024 onwards

Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Mid Yorkshire NHS Teaching Trust Pinterfield hospital, Wakefield and Pontefract hospital, UK.

Works as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of Mid Yorkshire NHS Teaching Trust Pinterfield hospital, Wakefield and Pontefract hospital, UK from October 2024 onwards.

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. In association with go 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.

PREVIOUS EMPLOYMENTS:

September 2024 to October 2024

Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Barking & Hovering NHS trust Queens's hospital, Romford, UK

Worked as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of Barking & Hovering NHS trust Queens's hospital, Romford, UK from September to October 2024.

May 2024 to July 2024

Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, North Middlesex NHS trust, London, UK

Worked as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of North Middlesex hospital, North Middlesex NHS trust, London, UK from May to July 2024.

March 2024 to April 2024

Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Guys and St Thomas NHS trust, London, UK

Worked as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of Guys and St Thomas NHS trust, London, UK including St Thomas hospital, Guys hospital, from March 2024 to April 2024

Job content and Responsibilities: - Similar to present job.

February 2023 to March 2024**Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Torbay and South Devon NHS trust hospital, UK**

Worked as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of Torbay hospital, Torbay and South Devon NHS trust hospital, UK from February 2024 to March 2024.

January 2024 to February 2024**Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Wolverhampton NHS trust hospitals, UK**

Worked as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of Wolverhampton NHS trust hospitals, UK including New cross hospital, Wolverhampton and Cannock hospital, Canterbury from November 2023 to January 2024.
Job content and Responsibilities: - Similar to present job.

November 2023 to December 2023**Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Kent and Canterbury NHS trust hospitals, UK**

Worked as a full-time locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Department of Kent and Canterbury NHS trust hospitals, UK including QEQM hospital, Margate and Canterbury hospital, Canterbury from November 2023 to December 2023.
Job content and Responsibilities: - Similar to present job.

June 2023 to September 2023**Full time Locum orthopaedic surgeon (orthopedic Surgeon), Orthopedics & Trauma, Worcestershire acute NHS trust, Worcester, UK**

Worked as a full-time locum orthopedic Staff doctor (orthopedic Surgeon), Orthopedics & Trauma, Department of Worcestershire acute NHS trust hospitals, Worcester, UK from June 2023 to September 2023.
Job content and Responsibilities: - Similar to present job.

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 locum staff doctor (higher than SpR), in Orthopedics and Trauma Department, of General hospital, Jersey, Channel Islands from February 2023 to March 2023. Job content and Responsibilities: - Similar to present job (but more independent work is allowed).

February 2023 to March 2023

**Full time Locum 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: - Similar to present job.

November 2020 to February 2023

**Trust Orthopaedic surgeon, Orthopedics & Trauma,
Cumberland Infirmary, North Cumbria Integrated Care NHS Trust, Carlisle, Cumbria, UK**

Worked as a Trust 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 in association with the Trust.

During my tenure in the trust: I collaborated with various consultants including upper limb, lower limb, knee, arthroplasty, foot and ankle and Pediatric orthopedics. 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: - Similar to present job (bur as regular fixed term NHS employee).

October 2019 to October 2020

**Orthopaedic surgeon, Orthopedics & Trauma,
Lister hospital, East and North Hertfordshire NHS Trust, UK**

worked as an Orthopaedic surgeon, in the 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 orthopaedic surgeon in orthopedic surgery and trauma. United Kingdom

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

April 2019 to September 2019

Orthopaedic surgeon, 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

Orthopaedic surgeon, Orthopedics & Trauma,

East Surrey hospital, NHS Trust, Redhill, UK

Worked as an orthopaedic surgeon in Orthopedics and Trauma Department, of East Surrey hospital, Redhill, in association with 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

Orthopaedic surgeon, Major Trauma

**At Queens medical center, Nottingham University Hospital,
Nottingham, United Kingdom**

Worked as an Orthopaedic surgeon, 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, carrying out 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 orthopedic and trauma combined meetings and major trauma board and presenting and discussing the cases. I was helping the major trauma consultants during rounds. My duties also included ordering investigations and preparing discharge summaries.

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

I successfully managed emergency and trauma as orthopedic 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, Orthopedic Surgeon, P.M.C. Hospital, Erattupetta, India
4. Jan 2011 – Dec 2014, Orthopedic Surgeon, George Matthan Mission Hospital, Mallapilly
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. in association with 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 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.

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), in association with 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 Program (Specialist – Orthopedic surgery)
Altatatten Kanton Hospital, Alstatten, St. Gallen, Switzerland**

Participated ‘world orthopedic education program of American orthopedic association’ in association with Dr. Med. Thomas Herron in Altatatten Kanton hospital and also in association with 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 orthopedic Surgeon,
L.F. Mission Hospital, Angamaly, India**

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

July 1996 - July 1997

**Orthopedic Surgery Orthopaedic surgeon (SpR O&T)
Kovai Medical center, Coimbatore, India**

Worked as P.G. trainee (and Orthopaedic surgeon), 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 aided surgical cases in theater. I participated in scientific meetings, journal clubs, presentations, and training programs.

July 1994 - June 1996

**Orthopedic Surgery Orthopaedic surgeon (SpR O&T)
Calcutta national medical college, India**

Worked as P.G. trainee (and Orthopaedic surgeon), 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 aided 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

- Presented on multiple online GLOBAL seminars on orthopedic topics and coordinated the medical seminars as President of regional language medical forum during 2022 to 2024 period.
- Presented on Fracture distal end of radius at departmental meeting of Cumberland Infirmary, Carlisle On 05/02/2021
- Orthopedic 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 '**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 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

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 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 Sanitizer” is being appropriately utilized on the orthopedic wards, and the efficiency of the changing of hand gels, on the orthopedic wards. To assess, if there is hand gel present on the end of each bed, on the orthopedic 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 orthopedic 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 in 6 months time, Planned to Spot check of presence of sanitizer on orthopedic wards, inform nurse in charge, if not present or empty and re-check at 24 and, 48 hours 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 at once and adherence to keeping 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 meticulously kept and used.
- Associated with (October 2021) Cauda Equina Syndrome Quality Improvement Project at Cumberland Infirmary, Carlisle.
- Participated in multiple audit meetings and mortality and morbidity meetings of multiple trusts and helped Fy1, Fy2 and SHOs and supervised their audits in multiple trusts during 2021 to 2024 period.
- February 2023 to October 2024 : Attended audit and mortality morbidity meetings at various hospitals as orthopaedic surgeon on long term NHS locum job contracts as locum employees and the hospitals were Stepping hill hospital: Stockport, General hospital: Jersey, Royal hospital: Worcester, Alexandra hospital: Redditch, QEQM hospital : Margate, Wolverhampton trust hospital : Wolverhampton, Torbay hospital : Torquay, Guys and St Thomas : London, North Middlesex hospital : London, Queens hospital : Romford and Pinterfield hospital : Wakefield.

APPRAISALS AND REVALIDATION:

In association withwent 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. In association withwent GMC appraisals in November 2021 and November 2022 by North Cumbria Integrated Healthcare NHS Trust and was revalidated by GMC in November 2022. The in association withwent GMC appraisals in October 2023 and November 2024 by MAAR Gateway through MedEcho Agency.

COURSES:

- February 2023 to October 2024 : Attended audit and mortality morbidity meetings at various hospitals as orthopaedic surgeon on long term NHS locum job contracts as locum employees and the hospitals were Stepping hill hospital: Stockport, General hospital: Jersey, Royal hospital: Worcester, Alexandra hospital: Redditch, QEQM hospital : Margate, Wolverhampton trust hospital : Wolverhampton, Torbay hospital : Torquay, Guys and St Thomas : London, North Middlesex hospital : London, Queens hospital : Romford and Pinterfield hospital : Wakefield.
- October 2024: Completed trust I.T. training by Mid York NHS Teaching trust, UK, 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.
- May 2024: Completed trust I.T. training by Guys and St Thomas NHS trust, UK, on multiple modules including modules. The modules are similar to the IT training modules given on the top.
- May 2024: Completed BLS training by HB Healthier group.
- February 2024: Completed trust I.T. training by Torbay and South Devon NHS trust hospital, UK, on multiple modules including modules. The modules are similar to the IT training modules given on the top.
- February 2024: Oliver McGowen on learning disability and autism online training module passed on 19-02-2024 from Healthier Business Group: hbcompliance.co.uk.
- February 2024: BLS Level 2 (VTQ) training was obtained through ProTraining.UK on 06-02-2024.
- January 2024: Completed trust I.T. training by Wolverhampton NHS trust hospitals, UK, on multiple modules. The modules are similar to the IT training modules given on the top.

- January 2024: BLS training by ACI Training and Consultancy Limited was obtained on 30-01-2024.
- January 2024: The following online training **modules passed** in January 2024 from Healthier Business Group: hbcompliance.co.uk. **Total CPD points Scored is 29. The modules passed on 17-01-2024** are Complaints Handling, COSHH, Countering Fraud Bribery and Corruption in the NHS, Infection Prevention & Control including COVID-19 Protocols Level, Information Governance including Cyber Security, Lone Worker, Mental Capacity Act 2005 including Deprivation of Liberty, Safeguards (DoLS), Mental Health Act 2007, Reducing Restraints in Health, and Social Care and RIDDOR. The modules passed on 30-01-2023 are Conflict Resolution, Equality, Diversity and Human Rights, Fire Safety, Health, Safety and Welfare, Moving and Handling Level 2, Preventing Radicalization and SOVA & SOCA Level 3.
- November 2023: Completed trust I.T. training by Kent and Canterbury NHS trust hospitals, UK, on multiple modules similar to February 2024 at Torbay and South Devon NHS trust. on multiple modules. The modules are similar to the IT training modules given on the top.
- June 2023: Completed trust I.T. training by Worcestershire acute NHS trust, Worcester, on multiple modules. The modules are similar to the IT training modules given on the top.
- March 2023: Completed trust I.T. training by Jersey General hospital, Jersey, on multiple modules. The modules are similar to the IT training modules given on the top.
- February 2023: Completed trust I.T. training by Stockport NHS trust, Stockport, Manchester, on multiple modules. The modules are similar to the IT training modules given on the top.
- 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 orthopaedic surgeon 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

- Cumberland Infirmary in association with 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 (orthopedics and orthogeriatric) 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 (orthopedics and orthogeriatric) 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 (orthopedics and orthogeriatric) 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 and 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 Infection Control and Antibiotic Stewardship, Basic Life Support (BLS), Health and safety, Data Security Awareness, Conflict Resolution, Fire and Major Incident, Equality & Diversity, Safeguarding Children, Safeguarding Adults/Prevent, End of Life, Dementia and Medicine Management
- Aug 2018 Attended trust I.T. training by East Surrey hospital, NHS, UK.
- Aug 2018 Attended orthopedic 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 orthopedic 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: Infection Prevention

and Control (Level 2) – 2 CPD Points, Fire Safety – 2 CPD Points, Complaints Handling – 1 CPD Point, Manual handling – 1 CPD Point, Countering Fraud Bribery and Corruption in the NHS – 1 CPD Point, RIDDOR – Reporting of injuries, Diseases and Dangerous Occurrences Regulation – 2 CPD Points, Lone Worker – 2 CPD Points, Equality, Diversity and Human Rights – 1 CPD Point, Preventing Radicalization – 1 CPD Point, Conflict Resolution – 1 CPD Point, Equality, Diversity and Human Rights – 1 CPD Point, COSHH – Control of substances Hazardous to Health – 2 CPD Points, Information Governance, Record Keeping and Caldecott Protocols – 3 CPD Points, Health, Safety and Welfare – 2 CPD Points, SOVA and SOCA Level 3 - Module 1 of 2 – Safeguarding Vulnerable Adults - 2 CPD Points **and** 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 in association with General Medical Council, UK at the GMC headquarters, London.

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. 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.
- 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, Dadar, 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 Einsiedeln, 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

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 orthopedics (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 orthopedic education program (WOEP) from Switzerland and a course on AO principles from Germany.

After that, I was working as Orthopedic Surgeon in Kerala, India. I have experience of carrying out almost all different types of orthopedic procedures and major surgeries, experience of working in emergency rooms, outpatient clinics, wards, minor and major operation theatres, I.C.U., labor 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 have been doing and is experienced and well versed, in all common orthopedic traumatic and non-traumatic surgical procedures including plating, EXFIX, nailing, hemiarthroplasty, tumor surgery, osteomyelitis etc. I have taken additional training in arthroscopy, arthroplasty, pediatric surgery, pelvic surgery, hand surgery, plastic surgery and spine surgery and have some experience.

I worked in Qatar as an orthopedic surgeon in 2016 My duties included management of trauma and orthopedic patients at Al Shefa hospital, Qatar. By deputation from Al Shefa hospital, I supervised clinics and inspected and coordinated the trauma management and safety including directing of nurses and training of staff.

I started to work in the UK from October 2017 onwards. I worked as an orthopaedic surgeon, at Major trauma department of Queens medical center, 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, anesthetists, 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, orthopedic surgeon, plastic surgeon etc., activating major hemorrhage 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.

Worked as an orthopaedic surgeon in Orthopedics and Trauma Department, of East Surrey hospital, Redhill, in association with 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.

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

I worked as an Orthopaedic surgeon, in Orthopedics and Trauma Department, of Lister hospital, East and North Hertfordshire NHS Trust, UK from October 2019 to October 2020. Worked part

time in subspecialty elective clinics at QEII sub center of the trust. My duties were similar to the present trust.

I worked as a Trust 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 in association with 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 orthopaedic surgeon and in association with 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.

In between time and on week ends, I did short term locum work in multiple hospitals in UK as part time locum orthopaedic surgeon in orthopedic surgery and trauma, NHS, UK, from June 2018 to present date, including Northampton, Hillingdon, Harington, West Middlesex, Luton, Doncaster, Macclesfield, Queen Elizabeth, Basildon, Ealing, Frimley Park, Hinchinbrook, Bedlington, Portsmouth, Watford, and St Thomas hospital - London NHS hospitals etc.

After obtaining my ILR in January 2023, I started to do full time orthopaedic surgeon level long term locum jobs through out UK. I did long term locum jobs in Stepping hill NHS Hospital, Stockport, Manchester, General hospital Jersey, Channel Islands, Worcestershire acute NHS hospitals trust, Worcester, Kent and Canterbury NHS trust hospitals, UK including QEQM hospital, Margate and Canterbury hospital and Wolverhampton NHS trust hospitals, UK including New cross hospital, Wolverhampton and Cannock hospital, Canterbury UK, Torbay hospital, Torquay and Guys and St Thomas hospital, London. Now I am doing a similar job in North Middlesex hospital, London, UK.

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

I can fluently speak and write English, Hindi, and Malayalam. I have done many other additional training courses including ILS, BLS, ACLS, ITLS and ATLS courses and workshops on Arthroplasty, Arthroscopy and Spine Surgery and also computer courses.

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

I am 'signed off' as having necessary skills and knowledge as specialist to qualify FRCS orthopedics, by the head of department and two consultants.

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. Trauma and Orthopedic Surgery is an exciting lifelong learning experience with many opportunities. I want to be an active contributor to this area.

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 The Orthopedic Association national executive committee had agreed in principle for the post.

C. Teaching Experience

1. Took online classes on orthopedics to medical students in Pleven university, Bulgaria during 2024
2. 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 the present.
3. Participated in weekly departmental teaching and presented on orthopedic infections to orthopedic trainees at Lister hospital, Stevenage.
4. 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.
5. Bedside classes for **MBBS students at CNMCH**, Calcutta during 1994-1996 periods.
6. Orthopedic classes to **BPT Students** at Kovi medical Centre (KMCH), Kovai during 1996 – 1997.
7. Orthopedic classes to **BSc nursing students** at mission hospital, Angamaly during 1997.

8. Orthopedic classes to **MBBS students as lecturer**, medical college, Kottayam, 2002 – 2003
9. Orthopedic & Surgery classes; For BSc nursing students, Nursing College, MGDM, Kangazha in 2007.

E. Organizational works

1. Coordinated multiple international online and some offline medical seminars as President of regional language medical forum named World Malayalee Council during 2022 to 2024 period. And also supervised the organizational health tourism web site,
2. Past Chairman, World Malayalee Council, UK Province (organization for expatriates working in UK, from Kerala state of India), in association with the European region of global World Malayalee Council. during 2020 to 2022 period
3. Past Secretary of Stevenage Malayalee Association, Stevenage, Hertfordshire, UK
Organized and delivered orthopedic health talk to the members of the association in Feb 2020
4. 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.
5. **Organized ‘trauma symposium’** at Lal Memorial hospital, Irinjalakuda with 6 speakers from different trauma specialties as guest speakers in December 2000.
6. Assisted in **organizing** of ‘seminar on bone tumors’ by pathology department of Kottayam medical college in October 2002.
7. **Acted as ‘coordinator 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 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.
10. **Visited 8 district orthopedic clubs** (Trivandrum, Kollam, Alappuzha, Kottayam, Ernakulum, Thrissur, Kozhikode, Kasaragod) to demonstrate web sites & discuss I.T. activities as state I.T. Secretary of Kerala orthopedic association & published web reference guide for members.

G. Attendance of meetings

A. Meetings at UK

1. Attended orthopedics and trauma daily departmental meetings, weekly teaching and monthly audit and mortality morbidity meetings from November 2023 to October 2024 at various hospitals as orthopedic surgeon on long term NHS locum job contracts as locum employees and the hospitals were Margate, Wolverhampton, Torbay, Guys and St Thomas, North Middlesex, Queens and Pinterfield
2. Attended orthopedics and trauma daily departmental meetings, weekly teaching and monthly audit and mortality morbidity meetings from Feb 2023 to August 2023 at various hospitals as orthopedic surgeon 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)
4. Attended orthopedics and trauma daily departmental meetings, weekly teaching and monthly audit and mortality morbidity meetings from July 2018 to February 2023 at various hospitals as an orthopaedic surgeon 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).
5. 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.
6. Attended Mortality and Morbidly meeting at Major Trauma, QMC, NHS, Nottingham, UK in 15/02/2018.
7. 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 Puna - 1995, Calcutta – 1996, Kochi – 1997, Chennai – 2003, Calcutta – 2008, Bangalore – 2009, Hyderabad – 2014, Jaipur – 2015 and 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 in 2003 – Kottayam, 2004 – Thiruvananthapuram, 2005 – Kollam, 2006 – Kozhikode, 2007 – Thrissur, 2008 – Kannor, 2009 – Malappuram, 2010 – Palakkad, 2015 – Wayanad and 2016 – Thrissur.
4. Attended 'basic COE on foot and ankle injuries' by 'Palakkad ortho club' held at Sri chakra hotel on 15-06-2003.
5. Attended the advance Continuing Orthopedic education (COE) of KOA on interlocking nails held on 28-09-03 at Trichur.
6. Attended CME and meeting of West Bengal Orthopedic association (WBOACON) on 12-02-95 at Salt Lake, Calcutta.
7. Attended 'seminar on total elbow replacement' and surgical demonstration by Dr. D.B. Bakshi at Calcutta in 1995.
8. 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.
9. Attended plastic surgery seminar on the 'usage of flaps in orthopedics' at Coimbatore in 1997.
10. Attended '**seminar on rheumatoid arthritis** organized by Ganga hospital at Coimbatore in 1997.
11. Participated in '**national conference on hospital facility planning**' on 6, 7/07/97 at Coimbatore organized by Kovai medical Centre and hospital (KMCH).
12. Attended talk by Dr. Patric Kluger from Germany on 'Kluger's spinal stabilization system' at Coimbatore in 1997.
13. Attended fourteenth COE of orthopedic research foundation, India on 'intraarticular fractures' from 2 to 5/09/96 held at Madras.
14. Attended AO International seminar on complex fractures at madras in 2002.
15. Attended 'advances in joint replacement surgery' conference of Ranawat orthopedic research foundation on 08 to 10 January 2004 at Bangalore.
16. Attended monthly meetings of Thrissur and / or Madyameghala, Kottayam orthopedic regional clubs of Kerala Orthopedic Association since 1999 onwards.