



 **BESS** British Elbow & Shoulder Society



National and Kapodistrian
UNIVERSITY OF ATHENS



THOMAS D. LAIOS

SHOULDER-KNEE-HIP & SPORTS INJURIES

CONSULTANT

SHERWOOD FOREST HOSPITALS NHS

FOUNDATION TRUST

MB ChB

MRCS (Gr)

MSc (Tr & Orth)

Ph.D (Anatomy)

CCT (Tr & Orth)

UK SPECIALIST REGISTER

HAND & UPPER LIMB FELLOWSHIP (WIRRAL)

***ARTHROSCOPY & SPORTS INJURIES FELLOWSHIP
(ROH)***

SHOULDER & ELBOW FELLOWSHIP (LEICESTER)

CURRICULUM VITAE

BIRMINGHAM UK, MARCH 2023

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Personal

Personal Details:

Surname	Laios
First name	Thomas
Nationality	UK Permanent resident Greek-Cypriot
Age	42
Driving licence	Full UK/EU
General Medical Council	7355854
Indemnity Medical Protection Society	
Speciality	Trauma and Orthopaedic Surgery
Subspecialist Interest	Shoulder-Knee-Hip & Sports Injuries
Additional Language Skills	Greek

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Personal Statement

I qualified from the University of Athens in 2005 and undertook foundation training, which allowed me to consolidate my knowledge and achieve competence in all core clinical and professional skills. I subsequently completed basic surgical training themed in trauma and orthopaedic surgery. I have developed ample teaching experience with the University of Athens Medical School as anatomy demonstrator and module lead as well as clinical teaching fellow in Trauma and Orthopaedics. After spending time as a clinical academic fellow with both teaching and research responsibility, I was appointed as trauma fellow at the Military Hospital of Nicosia, Cyprus where I gained invaluable clinical and operative experience. Subsequently as a fellow with the Metaxa Hospital of Piraeus (Greece) Bone tumors and sarcoma unit I was able to expand my clinical, technical and academic skills.

I joined the Athens Trauma and Orthopaedics training program in 2010 where I was able to gain a broad experience of both trauma and elective orthopaedics. I have rotated through all the major orthopaedic specialties including paediatrics, hand, spinal surgery, and upper and lower limb arthroplasty. In addition, I have benefited from the vast amount of trauma work at The K.A.T Hospital of Athens.

My operative experience has allowed me to practice the majority of orthopaedic procedures. I consequently also gained exposure to a wide variety of complexities. I received excellent feedback from senior colleagues and trainers about my abilities in making safe and sound clinical judgements in both the Trauma and Elective settings. I complete my training in July 2016 and I have successfully passed Greek equivalent to the FRCS Orth and I'm on the UK Specialist register.

Throughout my training I have developed a wide-based interest in clinical research methodology especially clinical and functional outcomes measures, electronic outcome data collection, and long-term results following surgical interventions. I have presented work at 12 national and international meetings and strived to maintain a throughput of research with over 10 peer-reviewed publications.

I worked in an academically-led department whose area of interest was the anatomical and biomechanical study of human joints. I was involved in the initial recruitment, randomization enrolled into a multi-centre pilot study of the Morphometric measurements in ankle bones in Greek Population. I attended the weekly academic research meetings and made sure that I updated myself on the trial progress. This allowed me to understand the methodology of the pilot study and how the statistics from this informed the numbers needed to power the full trial.

I hold an **Ph.D** in clinical anatomy. This was taken with Athens Medical School Anatomy department and the Thesis Title was: *"Anatomical and biomechanical study of ankle injuries in children and adults"*. In addition, I received formal training in IT, statistics, critical reading, evidence based medicine, epidemiology and research methodology including presenting a submission to a local research ethics Committee.

Also, I hold an **MSc** in Metabolic Bones Diseases. This was taken with Athens Medical School Laboratory for Research of the Musculoskeletal System (LRMS) department and the Thesis Title was: *"Ankle biomechanics"*. As a result of that work, 2 papers were published in the Greek Journal "Skeletal Health" of the Hellenic Osteoporosis Foundation. I am currently, acting as honorary academic lecturer at Birmingham University by teaching weekly 5th year medical students.

I continue to participate in clinical governance activities including audit and my experience helped me learn the importance of accountability and constructive approaches. I continue to take a proactive role as clinical teacher and regularly participate as faculty in courses, including the international Primary Trauma Care courses. These key domains will not only provide high standards clinical and professional development, but also growth as a surgeon and a valuable asset to institutions helping deliver first class healthcare.

My subspecialist interests consist of shoulder and knee surgery and sports traumatology. Early on in my training I developed a particular interest in the management of patients with shoulder and knee problems. I became involved in research projects and undertook training courses, which further affirmed my interest. Also, I registered with British Elbow and Shoulder Society (BESS) and British Association for Surgery of the knee (BASK) in order to keep myself updated on new techniques and treatments of Shoulder and Knee conditions. As treatment options are changing to meet the demands of an increasingly more active population. I see the expanding need in joint preservation, which will parallel and potentially exceed the need for joint replacement. Therefore, as a future orthopaedic surgeon I aim to develop an armamentarium of techniques, which will enable me to treat the full spectrum of conditions affecting the Shoulder and Knee joints. As I am approaching the end of my training I continue to develop my skills in this challenging and stimulating subject. I have gained triple fellowship training in Hand & Upper Limb, arthroscopy and sports injuries and Shoulder & Elbow. Since October 2022 I have been working in Sherwood Forest hospitals NHS as a Shoulder-Knee and Sports Injuries Consultant with an affiliation to Birmingham University where I can contribute to the development of a subspecialist unit and also participate in the trauma service. In this environment, I also wish to remain anchored to my areas of interest in research, innovation and surgical education.

Qualifications

Education & Qualifications:

MB ChB	University of Athens	Sep 2005
Certificate of Completion of Foundation training	Athens Deanery	Oct 2008
MRCS	Greek College of Surgeons	Oct 2008
Certificate of Completion of Core Surgical training	Athens Deanery	Sep 2009
MSc Trauma & Orthopaedics	University of Athens	Jul 2014
Ph.D Anatomy	University of Athens	Jul 2016

Certificate of Completion of Training (CCT)	Greek College of Surgeons	Jul 2016
Specialist Register	UK GMC	Oct 2016
Honorary Lecturer	Birmingham University	Mar 2018
Hand & Upper Limb Fellowship	Wirral Teaching Hospitals	Aug 2019
Arthroscopy & Sports Injuries Fellowship	Royal Orthopaedic Hospital	Feb 2021
Shoulder & Elbow Fellowship	Leicester University Hospital	Feb 2022

Resuscitation:

ATLS	University of Athens	2017
Emergency Pre-Hospital Medicine	National Centre for Emergency Care Athens	2014

Learned Bodies

Learned Bodies Membership:

British Orthopaedic Association (BOA)

British Shoulder and Elbow Society (BESS)

Athens Medical Association

Hellenic Association of Orthopaedic Surgery
and Traumatology (E.E.X.O.T)

Employment & Training History

Current Posts:

Shoulder-Knee & Sports Injuries Consultant. Sherwood Forest Hospitals NHS Foundation Trust

Honorary Lecturer. Institute of Clinical Sciences, The University of Birmingham. Prof P Kumar

Previous Experience & Clinical Training:

Shoulder & Elbow Fellowship	Leicester University Hospital	Mr A Modi	Feb 2021-Feb 2022
Arthroscopy & Sports Injuries Fellowship	Royal Orthopaedic Hospital	Prof.M Snow	Aug 2019-Feb 2021
Hand & Upper Limb Fellowship	Wirral NHS Trust	Mr V Bhalaik	Aug 2018-Aug 2019
Shoulder & Elbow Fellowship	Good Hope Hospital	Mr A Salama	Feb 2018-Aug 2018
Orthopaedic trauma, major trauma service, specialist knee trauma, arthroscopy and soft tissue knee surgery	Heartlands NHS trust	Mr M Dunbar	Aug 2017-Feb 2018
Primary and revision hip and knee arthroplasty, general orthopaedic trauma	Solihull NHS Trust	Mr H Rahman	Feb 2017-Aug 2017
Upper limb surgery, shoulder and elbow surgery, arthroscopic reconstruction, Upper limb trauma	Heartlands NHS trust	Mr K Srinivasan	Feb 2016-Feb 2017
Hip preservation surgery, primary and revision hip & knee arthroplasty, soft tissue knee surgery	Heartlands NHS trust	Mr P Makrides	Feb 2015-Feb 2016
Upper limb surgery, Shoulder, elbow and wrist arthroscopy	Solihull NHS Trust	Mr G Shyamalan	Aug 2014-Feb2015

Greek Orthopaedic Training Rotation:

Primary and revision hip arthroplasty, general orthopaedic trauma	LAIKO University Hospital Athens	Mr G Georgiou	Feb 2014-Aug 2014
Foot and ankle surgery, general orthopaedic trauma	LAIKO University Hospital Athens	Mr S Proveleggios	Aug 2013-Feb 2014
Hand and upper limb Surgery	KAT Hospital Athens	Mr N Gerostathopoulos	Feb 2013-Aug 2013
Shoulder and Elbow Surgery	KAT Hospital Athens	Mr E Fandrides	Aug 2012-Feb 2013
Spinal Surgery	KAT Hospital Athens	Mr S Pneumatikos	Feb 2012-Aug 2012
Shoulder and elbow surgery, arthroscopic reconstruction	LAIKO University Hospital Athens	Mr A Mourikis	Aug 2011-Feb 2012
Primary hip and knee arthroplasty, general orthopaedic trauma	LAIKO University Hospital Athens	Mr V Chalkias	Feb 2011-Aug 2011
Primary and revision knee arthroplasty, general orthopaedic trauma, knee arthroscopy	LAIKO University Hospital Athens	Mr G Thevaivos	Aug 2010-Feb 2011
Paediatric Orthopaedic Surgery	Agia Sophia University Hospital Athens	Mr I Anastasopoulos	Feb 2010-Aug 2010

Greek Foundation & Basic Surgical Training:

Core Training: General Surgery	General Cancer Hospital of Piraeus 'METAXA'	Mr A Nisiotis	Jul 2008-Sep 2009
Clinical attachment: Bone and Soft Tissue Tumors Unit	General Cancer Hospital of Piraeus 'METAXA'	Mr N Demertzis	Oct 2007-Jul 2008
Trauma Fellow	106 Military Hospital of Nicosia	Mr N Michailides	Aug 2006-Feb 2007

Clinical Anatomy Course Lead	Department of Anatomy, The University of Athens School of Medicine	Prof K Vlassis	Sept 2005-Jul 2006
Clinical Anatomy Demonstrator	Department of Anatomy, The University of Athens School of Medicine	Prof K Vlassis	Sept 2005-Jul 2006

Operative Experience:

Copies of E-Logbook can be provided upon request

Research

During my ST rotation at University Hospital of Athens "LAIKO", I worked in an academically-led department whose area of interest was the anatomical and biomechanical study of human joints. I was involved in the initial recruitment, randomization enrolled into a multi-centre pilot study of the Morphometric measurements in ankle bones in Greek Population. I attended the weekly academic research meetings and made sure that I updated myself on the trial progress. This allowed me to understand the methodology of the pilot study and how the statistics from this informed the numbers needed to power the full trial.

My research portfolio includes:

- ***PhD** in Anatomy, Department of Anatomy of the National and Kapodistrian University of Athens 2013 - 2016*

Thesis Title: "Anatomical and biomechanical study of ankle injuries in children and adults"

Abstract: This is a 4-year study of various Talus injuries in 100 patients divided in 4 different age groups (from 5 to 70 years old). Patients were further divided into 3 more groups depending the type of injury they had (Fractures, Dislocations or complex dislocations) and also according to the mechanism of injury (Fall from height, RTC's or sports injuries). Taking into consideration the mechanics and the static studies of shells and dome builds I did an intentional comparison study by applying this on the analogous anatomical structures of the talar dome and the foot arch.

The whole study comprises of 2 parts:

The 1st part refers to the Anatomy of the Talus with emphasis on the functional Anatomy, on the basic terms of Biomechanics and static mechanics and how these terms apply on the shells and dome builds and structures, both mechanical and anatomical.

In the 2nd part I differentiate between injuries of the Talus, examine the creative mechanism and finally did a comparative study on the clinical cases based on the mechanical data.

My scientific training during those 4 years has been broad, due to the multidisciplinary nature of my project. I have thus gained experience in accuracy measurements with a digital paquimetro, and image processing.

In addition, I received formal training in IT, statistics, critical reading, evidence based medicine, good clinical practice (GCP), epidemiology and research methodology including presenting a submission to a local research ethics Committee.

- *MSc in Laboratory for Research of the Musculoskeletal System (LRMS) of the School of Medicine, National and Kapodistrian University of Athens 2011 – 2013*

Research Project Title: ‘Ankle biomechanics’

Abstract: The biomechanics of the ankle is important to the normal function of the lower extremity. The foot is the terminal joint in the lower kinetic chain that opposes external resistance. Proper arthrokinematic movement within the foot and ankle influences the ability of the lower limb to attenuate the forces of weight bearing. It is important for the lower extremity to distribute and dissipate compressive, tensile, shearing, and rotatory forces during the stance phase of gait. Inadequate distribution of these forces could lead to abnormal stress and the eventual breakdown of connective tissue and muscle. The combined effect of muscle, bone, ligaments, and normal foot biomechanics will result in the most efficient force attenuation in the lower limb. This research project will look specifically at the normal biomechanics of the foot and ankle.

As a result of that work, 2 papers were published in the Greek Journal “Skeletal Health” of the Hellenic Osteoporosis Foundation.

In addition, I received formal training in IT, statistics, critical reading, evidence based medicine, good clinical practice (GCP), epidemiology and research methodology including presenting a submission to a local research ethics Committee.

Publications:

Garala K, **Laïos T**, Lawrence T. A report of 3 cases of Exeter V40 Stem fracture and explanation of possible causes. Hip Int. 2018 Jun 1:1120700018780887. doi: 10.1177/1120700018780887

Laïos T, Boutefnouchet T, Shyamalan G, Zekry M, Lepetsos P. Distal radioulnar joint synovial osteochondromatosis : A case report and review of the literature. MOJ Orthopedics & Rheumatology. May 2018; 5(1): 3.

Boutefnouchet T, **Laios T**, Mathur K. The role of UK national ligament registry as additional source of evidence for anterior cruciate ligament reconstruction: Review of the literature and future Perspectives. J Sports Med Ther. 2017; 2: 081-090.

Baraza N, Ramhamadany E, **Laios T**. A Case Series on Nutrition in Hip Fracture Patients: A Mismatch between Needs and Dietary Intake. MOJ Orthopedics & Rheumatology, Apr 2017 ISSN:2374-6939 Vol 7 Issue 6

Gogna R, **Laios T**, Shyamalan G. Modified Bell Tawse Procedure for the Management of Chronic Monteggia Fracture-Dislocations. Orthopedics & Rheumatology March 2017 ISSN: 2471-6804 Volume 5 Issue 4 - March 2017 DOI: 10.19080/OROAJ.2017.05.555669

Boutefnouchet T, **Laios T**, Bakhshayesh P, Ali AS. An Effective Non-Invasive Joint Distraction Technique for Ankle Arthroscopy. J Orthopedics Rheumatol. 2016; 3(2): 4.

Boutefnouchet T, **Laios T**, Westwood T. An Innovative Casting Technique for Off-Loading Charcot Foot. J Orthopedics Rheumatol. 2016; 3(2): 2.

Laios T, Boutefnouchet T, Boyce L, Shymalan G. Surgical Stabilization of Per-Trochanteric Proximal Femur Fracture with Birmingham Hip Resurfacing Implant In-Situ. MOJ Orthop Rheumatol. 2016; 5(6): 00204. DOI: 10.15406/mojor.2016.05.00204.

Boutefnouchet T, **Laios T**. Transfer of arthroscopic skills from computer simulation training to the operating theatre: a systematic review. SICOT J. 2016 Feb 2;2:4. doi: 10.1051/sicotj/2015039.

Boutefnouchet T, **Laios T**, Kalogrianitis S (2015) Osteopoikilosis: Avoiding Misdiagnosis of this Unusual Incidental Finding. A Case Report. J Orthop Res Physiother 1: 010.

Nikolaidou ME, Banke IJ, **Laios T**, Petsogiannis K, Mourikis A. Synthetic Augmented Suture Anchor Reconstruction for a Complete Traumatic Distal Triceps Tendon Rupture in a Male Professional Bodybuilder with Postoperative Biomechanical Assessment. Case Rep Orthop. 2014; 2014:962930. doi: 10.1155/2014/962930. Epub 2014 Feb 16.

Laios T. Management of AVN of the hip "Skeletal Health" of Hellenic Osteoporosis Foundation, 11th Volume, 2nd Issue 2012

Presentations at International Conferences:

22 nd EFORT annual congress	Jun 2021	Paediatric Traumatic Elbow Dislocation; Long Term Functional Outcomes
18 th EFORT annual congress, Vienna	May 2017	Distal radioulnar joint osteochondromatosis
BOA Annual Congress, Belfast	Sept 2016	"Can I eat yet?" Pre-operative starvation for trauma patients

European society of sports traumatology, knee surgery and arthroscopy 17 th congress, Barcelona	May 2016	Internet based health information on frozen shoulder: An assessment of quality indicators
7 th ASAMI and BR International Congress combined with the 5 th congress of ASAMI, Thessaloniki	Jun 2012	Management of segmental bone defects with the use of a monolateral external fixator (LRS Orthofix) - study of 12 cases
69 th Hellenic Orthopaedic Conference, Athens	Oct 2013	Quality of life improvement in patients after complex THR Revisions
68 th Hellenic Orthopaedic Conference, Athens	Oct 2012	Periprosthetic femur fractures (VANCOUVER B1 \ C): ORIF with LC-DCP and smart cables PERIPLATE
68 th Hellenic Orthopaedic Conference, Athens	Oct 2012	Complex elbow dislocations: Functional outcomes after stabilization and early mobilization with a HINGE FIXATOR.
18 th Scientific Congress of Hellenic Medical Students and 6 ^o International Forum of Hellenic Medical Students and Junior Doctors, Athens	May 2012	Association of NADPH oxidase p22phox gene C242T, A640G and -930A/G polymorphisms with primary knee osteoarthritis in the Greek population
67 th Hellenic Orthopaedic Conference, Athens	Oct 2011	Study of the association of the C242T NADPH oxidase p22phox subunit gene polymorphism with primary knee Osteoarthritis in Greek population.
15 th Annual Hellenic Paediatric Orthopaedic Conference, Kavala	May 2010	Elbow Dislocations in Paediatric Patients
15 th Scientific Congress of Hellenic Medical Students and 3 rd International Forum of Hellenic Medical Students and Junior Doctors, Thessaloniki	May 2009	Association of MMP-1 -1607 1G/2G (rs1799750) polymorphism with primary knee osteoarthritis in the Greek population
15 th Scientific Congress of Hellenic Medical Students and 3 rd International Forum of Hellenic Medical Students and Junior Doctors, Thessaloniki	May 2009	Gene mechanisms in Osteoarthritis Pathogenesis

Posters at International Conferences:

40 th SICOT Orthopaedic World Congress	Dec 2019	Unusual lateral malleolus fracture. A case report and review of the literature
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18 th ESSKA congress, Glaskow	May 2018	A meta-analytical method comparing the so-called "rule of thirds" with current literature reporting intervention choises for anterior cruciate ligament rapture.
68 th Hellenic Orthopaedic Conference, Athens	Oct 2012	Comparison of functional outcome after ACL reconstruction with BIO-TRANSFIX and APERFIX
18 th Scientific Congress of Hellenic Medical Students and 6 th International Forum of Hellenic Medical Students and Junior Doctors, Athens	May 2012	Collaboration of Matrix Metalloproteinase and endometriosis
18 th Scientific Congress of Hellenic Medical Students and 6 th International Forum of Hellenic Medical Students and Junior Doctors, Athens	May 2012	Oxidative stress and endometriosis
18 th Scientific Congress of Hellenic Medical Students and 6 th International Forum of Hellenic Medical Students and Junior Doctors, Athens	May 2012	BMP's – What's new?
12 th EFORT Congress 2011, Copenhagen	Jun 2011	Monteggia fractures in children, presentation of a twenty years' experience.
17 th Conference of Hellenic Society of Plastic Recostructive & Aesthetic Surgery – Hellenic Society of Hand/Upper limb Surgery, Thessaloniki	Jul 2011	Surgical Treatment of ROLANDO fracture with the use of a modified tension Band wire
67 th Hellenic Orthopaedic Conference, Athens	Oct 2011	Surgical Treatment of distal Triceps Tendon Rapture with a Synthetic Augmented Suture "TOW" Anchor
67 th Hellenic Orthopaedic Conference, Athens	Oct 2011	Spondylodiscitis in Children: Therapeutic Approach – Treatment
17 th Scientific Congress of Hellenic Medical Students and 5 th International Forum of Hellenic Medical Students and Junior Doctors, Irakleio	Nov 2011	GERSTMANN – STRAUSSLER – SCHEINKER (GSS) Syndrome: Causes, Neuropathology, Clinical Features
17 th Scientific Congress of Hellenic Medical Students and 5 th International Forum of Hellenic Medical Students and Junior Doctors, Irakleio	Nov 2011	Acute Abdomen and Pregnancy

17 th Scientific Congress of Hellenic Medical Students and 5 th International Forum of Hellenic Medical Students and Junior Doctors, Irakleio	Nov 2011	Fatal Familial Insomnia (FFI): Causes, Neuropathology, Clinical Features
17 th Scientific Congress of Hellenic Medical Students and 5 th International Forum of Hellenic Medical Students and Junior Doctors, Irakleio	Nov 2011	Third Trimester bleeding
17 th Scientific Congress of Hellenic Medical Students and 5 th International Forum of Hellenic Medical Students and Junior Doctors, Irakleio	Nov 2011	Pathogenic action of the A640G polymorphism in the gene of P22PHOX subunit of NADPH oxidase
30 th Annual Congress of Trauma and Orthopaedics of Committee of Macedonia and Thrace, Thessaloniki	Nov 2011	Surgical Treatment of distal Triceps Tendon Rapture with a Synthetic Augmented Suture "TOW" Anchor

Professional skills

Selected Clinical Audit Projects (*indicates closed audit loop)

The accuracy of outpatient clinic outcomes and coding Re-audit	Jan 2017*
Can I eat yet? Pre-operative starvation for Trauma patients	Jun 2016*
VTE Profylaxis in elective knee arthroscopy	Feb 2015*

Management & Leadership courses:

- Basic Leadership course, Keele University, 2016
- Advanced Leadership course, Keele University, 2017

- Basic Communicating and Influencing with NLP course, Dedici, 2017
- Advance Communication Skills Course, Dedici, 2017
- Hammersmith Interview/Communication Skills Course, 2015

Management & Leadership achievements:

- Anatomy course lead and curriculum development for Graduate entry course medical students. Athens University
- Trauma and Orthopaedics junior grade doctors rota coordinator. Heartlands Hospital Birmingham
- Coordinator for junior specialty doctors educational program. Heartlands Hospital Birmingham
- Journal club organizer: evidence based scientific debate and social event. Heartlands Hospital
- Nurse Practitioner Trauma Training day: course faculty member and instructor trainer
- Participation as a leader physician at the program of Social Consultation in Vulnerable populations under the auspices of the non-governmental organization "APOSTOLI" and Athens Medical Association
- Participation at the campaign against Breast cancer as an attending physician at Syntagma Underground station in collaboration with "Fashion Targets Breast Cancer" organization
- Participation as a leader Physician at the campaign against breast Cancer in association with "Fashion Targets Breast Cancer" organization in major cities of the Pelloponisos Greece
- Participation at the program of Preventive Medicine in fire-ravaged population of Prefecture of Ilia (Peloponnesus, Greece) under the auspices of nonprofit organization "ORAMA" in association with General Cancer Hospital of METAXA and AGIOI ANARGIROI
- Participation at the campaign against Breast cancer as an attending physician at Syntagma Underground station in collaboration with "Fashion Targets Breast Cancer" organization
- Staff the consultation rooms at Piraeus Town hall during Athens Olympic games
- Creating and leading the Greek Charity Cultural Society of Birmingham "Ithaca".

Teaching:

I have developed ample teaching experiences with the University of Athens Medical School as anatomy demonstrator and module lead in clinical anatomy as well as clinical teaching fellow in Trauma and Orthopaedics. During this position I took an active role in course development and organisation of exams. I continue to provide regular clinical teaching sessions at both undergraduate and postgraduate levels. I teach weekly 5th year medical students and I hold an honorary Lecturer post with Birmingham University, Institute of Clinical Sciences within the College of Medical and Dental Sciences since 1st Jan 2018.

My portfolio includes:

- Training the Trainers: Trainer Development Course of Royal College of Surgeons of Edinburgh, Mar 2017
- Train the Trainer workshop, Mar 2018

Information Technology:

I am proficient in the use of Microsoft program suite including: Word, PowerPoint, Excel. I regularly use data analysis software such as SAS and R. I am also well versed in literature search and the use of referencing software.

Courses

Subspecialty Courses:

DePuy EMEA Advanced Expert Reverse Shoulder Meeting	Nov 2022
Arthrex Shoulder Wet Lab Day	Oct 2022
5 th Athens International Elbow Course	Sep 2020
BESS Masterclass Course	June 2019
AO Trauma course – Shoulder & Elbow	Mar 2019
Hand & wrist Fracture fixation course, Pulvertaft	Mar 2019
Smith & Nephew Watanabe Cadaveric Elbow Arthroscopy Course	May 2018
Leicester Shoulder & Elbow Arthroplasty cadaver course	Apr 2018
BESS Instructional Course: Arthritis and Arthroplasty	Jun 2017
Smith & Nephew Watanabe Practical Shoulder Arthroscopy Course - Reconstructive	Nov 2017
Smith & Nephew Watanabe Practical Shoulder Arthroscopy Course - Diagnostic & Therapeutic	Nov 2017

Microsurgery Course at KAT Hospital, Greece	May 2014
Surgical treatment for tendon injuries, Greece	May 2014
6 th Basic shoulder Arthroscopy Course, Greece	Jul 2014
1 st Seminar of Clinical Anatomy of the Shoulder, Greece	Jul 2014
Hands on Microsurgery Course as an Instructor (3-month duration) at Research Center "Th. Garofalidis", Greece	Jun 2014
Hands on Microsurgery Course as a trainee (3-month duration) at Research Center "Th. Garofalidis", Greece	Sep 2013
39 th Week of Microsurgery, Greece	Mar 2012
9 th Course of Hand Surgical Anatomy, Greece	Jun 2012
AOTrauma Upper Limb Advanced Symposium, Greece	Nov 2012

General Tr & Orth Courses:

Basingstoke Knee Osteotomy Masterclass	Dec 2022
Osteochondral Regeneration: Clinical Results of a Novel 3D Matrix	Nov 2020
Precision in Osteotomy	Nov 2020
Oxford Uni Course	Sep 2018
Exeter Knee Masterclass	Apr 2017
Stryker Advanced Techniques & Solutions in Hip Fracture	Feb 2017
Smith & Nephew Knee Soft Tissue Course in Minilab	Apr 2017
Stryker Solutions & Techniques: Intramedullary Nailing Course	Nov 2016
Basic Knee Arthroscopy Course	May 2015
Principles of Casting for Orthopaedic Surgeons Course	Sep 2015
Stryker Principles and Possibilities: External Fixation	Oct 2015
Stryker Trauma Product Training	Jul 2014

AOTrauma Advanced Principles of Fracture Management	Jun 2014
5 th Seminar of Imaging of Musculoskeletal system with a specific interest in knee joint Athens	May 2014
7 th Trauma course: «Fractures around the knee»	Mar 2014
1st Musculoskeletal Tumor Course Athens	Nov 2013
Clinical Indications in Diagnosis and Treatment of Osteoporosis. Athens	May 2013
Orthofix Advanced Trauma Course in Verona	Nov 2012
Principles and possibilities: Hip \ Knee Arthroplasty by Stryker	Feb 2012
Arthroscopy basic course: Practical training on human cadaver and joint specimens Graz	Sep 2012
Principles in Operative Fracture Management AOTrauma Balkan Course	May 2012
8 th International Workshop on Musculoskeletal and Neuronal Interactions Ipswich Course	May 2012
Clinical Indications in Diagnosis and Treatment of Osteoporosis – Conservative and Surgical Treatment of Fragility Fractures	Jun 2012
7 th Intramedullary Nailing Workshop of E.E.X.O.T	Jul 2012
Clinical Indications in Diagnosis and Treatment of Osteoporosis – How to set up an Osteoporosis Consultation Room. Athens	May 2011
2 nd Course of Surgical Anatomy of Foot and Ankle	Nov 2011
FIMS (Federation Internationale de Medicine du Sport) Team Physician Development Course	Feb 2009
Sports Medicine Course under the Auspices of the IOC Medical Commission and Olympic Solidarity, Athens	Mar 2008
Acute Injuries in Sports, Athens	May 2004

Conferences & Meetings

International Conferences:

- BIOS Conference 2022, Mansfield, July 2022
- Combined Bristol & Oxford Unicompartmental Knee Virtual Meeting, December 2020
- Advanced Shoulder International Program (SHIP), Canada November 2020
- Wexham Park ACL Virtual Meeting, UK November 2020
- Midlands Knee Meeting, Birmingham, UK November 2019
- London Knee Meeting , London, UK October 2019
- British Shoulder and Elbow Society (BESS) annual meeting, Harrogate, UK June 2019
- Leicester Shoulder Symposium, Leicester, UK April 2018
- The Orthopaedic Knee Conference, Leeds, UK November 2017
- London Knee Meeting, London, UK October 2017
- British Shoulder and Elbow Society (BESS) annual meeting, Coventry, UK June 2017
- London Hip Meeting, London, UK March 2017
- ASAMI and BR 7th International Congress combined with the 5th congress of ASAMI Greece in Thessaloniki, Greece, June 2012
- 1st Scientific Conference themed: "Therapy, Rehabilitation, Care and Education of Children and Young People" with Cerebral Palsy in Nicosia, Cyprus, November 2011
- 3rd International Course in "Complications in Trauma and Orthopaedics", November 2011
- FIMS Team Physician Development Course, November 2009
- Ninth European Congress on Clinical and Economic Aspects of Osteoporosis and Osteoarthritis, March 2009
- Sports Medicine of the International Olympic Committee BUON, 2008

- 7th Greek-Cypriot Sports Medicine Congress, March 2008
- 9th International Congress Of the Sports Medicine Association of Greece, March 2008
- Athens Interventional Cardiovascular Therapeutics VI, October 2005
- 3rd International Meeting, 10th Anniversary of the Onassis Cardiac Surgery Center, April 2003

Greek Conferences:

- 73rd Hellenic Orthopaedic Conference Athens, Greece, 2017
- 72nd Hellenic Orthopaedic Conference Athens, Greece, 2016
- 71st Hellenic Orthopaedic Conference Athens, Greece, 2015
- 70th Hellenic Orthopaedic Conference Athens, Greece, 2014
- Arthroscopic Surgery and Sports Injuries Meeting. Αθήνα, Athens, Greece, 2014
- Annual Meeting of Hip and Knee Reconstruction Committee. Athens, Greece, 2013
- Scientific Meeting for: Minimal Invasive Surgery – Anterior AMIS Hip approach for THR Athens, Greece, 2013
- Preparation meeting for FRCS Athens, Greece, 2013
- 69th Hellenic Orthopaedic Conference Athens, Greece, 2013
- Foot and Ankle Annual Meeting Athens, Greece, 2013
- Orthopaedic Paediatric Hellenic Society Annual Meeting Athens, Greece, 2013
- Bone and Soft Tissue Tumor Annual Meeting, Athens, Greece, 2013
- 68th Hellenic Orthopaedic Conference, Athens, Greece, 2012
- Hellenic Osteoporosis Foundation Annual Meeting, Athens, Greece, 2012
- Annual Conference of Orthopaedics and Radiologists, Athens, Greece, 2012
- Treatment of Fragility Fractures of Hellenic Osteoporosis Foundation, Athens, Greece, 2012

- 7th Annual Meeting of Intramedullary Nailing, Athens, Greece, 2012
- Hellenic Osteoporosis Foundation Annual Meeting, Athens, Greece, 2011
- 6th Annual Meeting of Biomaterials, Athens, Greece, 2011
- Annual Conference of Osteoporosis, Athens, Greece, 2011
- 67th Hellenic Orthopaedic Conference, Athens, Greece, 2011
- 66th Hellenic Orthopaedic Conference, Athens, Greece, 2010
- 15th Annual Paediatric Orthopaedics Society Conference, Kavala, Greece, 2010
- 15th Scientific Congress of Hellenic Medical Students, Greece, 2009
- 63rd Hellenic Orthopaedic Conference, Athens, Greece, 2007
- 29th Hellenic Medical Conference, Athens, Greece, 2003
- 6th National Congress of Plastic Reconstructive & Aesthetic Surgery, Athens, Greece, 2003
- 11th National Congress of Study of Bone Metabolic Diseases Foundation, Athens, Greece, 2003
- 7th International Conference of Hellenic Osteoporosis Foundation, Athens, Greece, 2002
- XVII Annual Conference of Hellenic Rheumatology Association, Athens, Greece, 2002
- What is New in Medicine, Athens, Greece, 2002

Charity Work

I have taken part in diverse charitable activities. My most notable contribution has been to work with Primary Trauma Care Foundation in Greece, as course faculty member and instructor trainer. This has led me to become involved with Mercy Ships and their capacity building program for low and middle-income countries in Africa.

Interests

My sporting pursuits are dancing and diving. My other hobbies include reading about history, geopolitics and economy.

References

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