

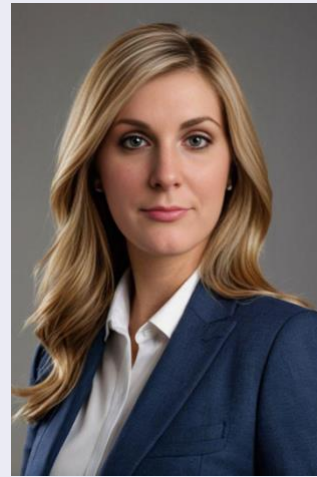
CURRICULUM VITAE

Dr. Helen Wohlgemut

MBChB MSc FRCS (Plast)

PERSONAL DETAILS

Name Helen Wohlgemut (née Gillespie)
DOB 27TH March 1987
Location Glasgow
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Nationality British / Irish
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CURRENT POSITION

SCRED Academic Specialty Registrar in Plastic Surgery. National Health Service Education for Scotland, Pan-Scotland Plastic Surgery Training Program.

Academic National Training Number: EOS/028/7077706/C.

Anticipated Completion of Training: 28/07/2024.

My career intention is to pursue a clinical position in extremity reconstruction for adults and children. My research interest is in the delivery of upper extremity trauma care, specifically with respect to epidemiology and health economics.

EDUCATION & QUALIFICATIONS

- Apr 22 – Apr 26 **PhD. Candidate, Public Health Medicine.**
The University of Glasgow.
Thesis title: “The Scale and Burden of Upper Limb Trauma in Scotland.”
The focus of my thesis is the epidemiology, health economics and service delivery of upper limb trauma care in Scotland. The research programme will utilise mixed-methods methodology and will inform future healthcare service design, including primary preventative efforts, at a population level.
- Jan 21 – Aug 24 **Diploma of Extremity Reconstruction (PGDip)**
European School of Reconstructive Microsurgery, The University of Barcelona.
Modules in Lower & Upper Limb Reconstructive principles, practical courses on microsurgery, flap elevation, and peripheral nerve surgery as it applies to extremity reconstruction.
- Jan 18 – Jul 21 **Diploma of Teaching and Learning**
Edge Hill University, Liverpool.
To develop teaching skills in the clinical setting, including modules on mentorship in education, research in education, assessment/examination and delivering teaching in medicine.
- Sep 11 – Jul 15 **Master of Surgical Science (MSc)**
University of Edinburgh & The Royal College of Surgeons Edinburgh.
Teaching on core surgical subjects for MRCS. Final year research project: systematic review on the use of acellular dermal matrices for reconstruction of the upper extremity.
- Sep 11 – Jul 13 **Post Graduate Certificate – Medical Research Skills (PGcert)**
University of Aberdeen, College of Life Sciences and Medicine, Graduate School.
Teaching on research skills in the laboratory setting, medical statistics, critical appraisal, design of systematic reviews and questionnaire design.
- Sep 05 – Jul 11 **Bachelor of Medicine, Bachelor of Surgery (MBChB)**
University of Aberdeen, School of Medicine and Dentistry.

Medical Degree, achieving top marks and subsequently accepted to three academic surgical foundation programmes. Two clinical electives in Burns Surgery (Hong Kong) and Reconstructive Breast Surgery (Ireland). Two research projects in cancer research, resulting in two publications and two external prizes. Numerous presentations at national and international conference.

Sep 09 – Jul 10 **Intercalated Bachelor in Biomedical Science (First Class Degree) (BSc)**

University of Aberdeen, School of Medicine and Dentistry.

Outcome: Training in conducting medical research. Skin cancer research project, presented at two international and two national conferences, leading to publication. Three external prizes and a first class degree.

TRAINING

POST CCT FELLOWSHIPS

Feb 26 – July 26 **Children’s Hand, Peripheral Nerve and Extremity Fellowship**
Shriners Hospital for Children, Philadelphia.

Aug 24 – Jul 25 **TIG Hand Surgery Fellowship**
St John’s Hospital, Livingston.
Royal Hospital for Children, Edinburgh.

FELLOWSHIPS

(Completed during training)

Feb 22 – Aug 22 **Microsurgery Fellowship.**
The Royal London Hospital.
Lower Limb and Breast Microsurgical Reconstruction.

Aug 21 – Feb 22 **Extremity Reconstruction Microsurgery Fellowship.**
St Mary’s Hospital London.
Upper and Lower Limb Reconstruction and Microsurgery.

PLASTIC SURGERY TRAINING

Apr 19 – Jul 24 **The Canniesburn Plastic Surgery Unit.**
Congenital Hand Surgery, Peripheral Nerve Surgery, Ortho-Plastic
Upper and Lower Limb Reconstruction. Skin Cancer, Breast
Reconstruction, Paediatric and Cleft, Adult and Paediatric Burns,
Sarcoma, Hand & Wrist, Aesthetic Surgery.

Feb 16 – Apr 19 **Aberdeen Royal Infirmary.**
Breast Reconstruction, Microsurgery, Maxillo-Facial Trauma,
Perineal Reconstruction, Ortho-Plastic Adult & Paediatric Hand,
Aesthetic.

Aug 15 – Feb 16 **Ninewells Hospital Dundee.**
Ortho-Plastic Hand Trauma, Congenital Hand.

Aug 13 – Jul 15 **Northwest England Plastic Surgery Core Training Programme.**
Royal Preston Hospital, Salford Royal, Wythenshawe, Manchester
Children’s Hospital.
Ortho-Plastic Hand Surgery, Paediatric and Adult Burns Surgery,
Microsurgery.

TRAVELLING FELLOWSHIP

Apr 23 **Hand and Peripheral Nerve Surgery (FESSH Fellowship)**
Visiting Nicola Felici at The St. Camillo Hospital, Rome.
Adult Brachial Plexus and Hand Surgery.

Aug 22 **Paediatric Hand & Extremity Reconstruction.**
Visiting Scott Kozin at The Shriners Hospital, Philadelphia.
Paediatric Hand, Brachial Plexus and Extremity Reconstruction.

FOUNDATION TRAINING

Aug 11 – Jul 13 **North of Scotland Academic Surgical Foundation Programme.**
Orthopaedics and Trauma, General Surgery, Acute Medicine,
Vascular Surgery, Breast Surgery, and Emergency Medicine.
Aberdeen Royal Infirmary.

ACADEMIC APPOINTMENTS

Nov 23 - Ongoing **SCRED Clinical Lectureship.**
Glasgow University.

Aug 21 – Aug 23 **Honorary Clinical Lecturer.**
Glasgow University.

Aug 11 – Jul 13 **Honorary Clinical Research Fellow.**
Aberdeen University.

PUBLICATIONS

PEER REVIEWED PUBLICATIONS

1. Preventable Hand Injuries: A National Audit. J Lane, HS Wohlgemut, Hand Injury Prevention Collaborative. JPRAS Open. Volume 38, December 2023, Pages 305-312.
2. ES Lumley, G Ramsay, HS Wohlgemut, JO Jansen. *Complex lower limb trauma and reconstructive surgery: Understanding health services resource use*. European Journal of Plastic Surgery 44 (5), 679-686.
3. *Mortality and pulmonary complications in patients undergoing upper extremity surgery at the peak of the SARS-CoV-2 pandemic in the UK: a national cohort study*. BJF Dean, HS Wohlgemut, Corona Hands Collaborative. BMJ Quality & Safety 30 (4), 283-291.
4. TGW Harris, HS Wohlgemut, A Curnier. *Congenital Absence of the Deep Inferior Epigastric System: A Case Report*. European Journal of Plastic Surgery 42 (2), 197-200.
5. WL Choong, HS Wohlgemut, MJ Hallam. *Frostbite following cryolipolysis treatment in a beauty salon: a case study*. Journal of Wound Care 26 (4), 188-190.
6. Gillespie HS, Watson T, Emery JD, Lee AJ, Murchie P. *A questionnaire to measure melanoma risk, knowledge and protective behavior: assessing content validity in a convenience sample of Scots and Australians*. BMC Medical Research Methodology 11 (1), 1-9.

SUBMITTED PEER REVIEWED PAPERS

1. M Brown, HS Wohlgemut, J Hobby. *How do we train in Hand Surgery? Results of a survey to consultants and trainee in the IFSSH*. In preparation for the European Journal of Hand Surgery (2024).
2. ID Hughes, H Wohlgemut, J Janis. *Mentorship in Hand Surgery: A cross sectional survey of mentors and mentees*. In preparation for Plastic and Reconstructive Surgery Global Open (2024).

OTHER PUBLICATIONS

1. HS Wohlgemut. Report on the FESSH Fellowship Program associated with FESSH Rimini. Accepted to the FESSH Handout (September 2023).
2. HS Wohlgemut. Report on the FESSH Advanced Educational Course on Hand and Wrist Arthroplasty. Accepted to the FESSH Handout (May 2023).

3. HS Wohlgemut and A Kinghorn. A report of delivering the IFSSH fellow program in London 2022. Accepted to the IFSSH Ezine (January 2023).
4. HS Wohlgemut. A report on Travelling Fellowship to The Shriner Hospital, Philadelphia. Accepted to the Royal College Physicians and Surgeons Glasgow, Voice (January 2023).
5. Gillespie HS. Epigenetics and Breast Cancer: Focused on Research. Surgeon News, July 2010.

PUBLISHED ABSTRACTS

1. Gillespie HS, Lowry K, Sommerville J, McIntosh SA. *Predictors of malignancy and surgical outcome following indeterminate core needle biopsy in the British Breast Screening Programme*. Cancer Research 71 (24_Supplement), P5-09-04-P5-09-04.
2. Murchie P, Gillespie HS, Watson T, Emery J. *Do Australians Know More About Melanoma Than Scots? A questionnaire Study*. Family Medicine 43 (Supp. 1), 8.
3. Gillespie HS, Murchie P, Watson T, Emery J, Prof A Lee. *Do Australians know more about skin cancer than the Scottish: A questionnaire based study comparing personal risk, level of concern, protective behaviour and knowledge about skin cancer between Scotland and Australia*. Pigment Cell and Melanoma Research 23 (6), 899-899.
4. Gillespie HS, Kirk H, Bhatt PB. *A retrospective study to determine the outcomes of a linear incision prior to craniotomy in supratentorial neurosurgical procedures*. The British Journal of Neurosurgery 24 (2), 147.

RESEARCH PRESENTATIONS

International

- Dec 23 Training in Hand Surgery. Oral Presentation: The 15th National Congress of Chinese Society of Hand Surgery, Ningbo, China.
- May 23 Upper Limb Macro Replantation: Learning Points from a Microsurgical Fellow. Oral Presentation: FESSH Rimini, Italy.
- Jun 22 How do we train in Hand Surgery: A survey of trainees in the IFSSH member nations. Oral Presentation: International Federation for Societies of Surgery for the Hand, London.
- Jun 22 Equality and Diversity in Hand Surgery: A survey of the IFSSH member nations. Oral Presentation: International Federation for Societies of Surgery for the Hand, London.
- Jun 22 Hand Trauma Injury Prevention. Oral Presentation: International Federation for Societies of Surgery for the Hand, London.
- Jun 21 Mentorship in Hand Surgery: A cross sectional survey of mentors and mentees. D Hughes, H Wohlgemut, A Hart, J Janis. Oral Presentation: Federation of European Societies for Surgery of the Hand, Rotterdam, The Netherlands.
- Jun 17 Utility of the in-the-crease inferior gluteal artery perforator flap in autologous breast reconstruction. HS Wohlgemut, DA Munnoch, M Schaverien. Oral Presentation: British Association of Plastic, Reconstructive and Aesthetic Surgeons, Summer Meeting 2017, Helsinki, Finland.
- Jun 17 Pre-operative CTA assessing the impact of previous abdominal scars in DIEP flap breast reconstruction. T Harris, HS Wohlgemut, G Lip, A Curnier. Oral Presentation: British Association of Plastic, Reconstructive and Aesthetic Surgeons, Summer Meeting, Helsinki, Finland.
- Jun 17 Congenital absence of the DIEP system. The role of pre-operative CTA in the presence of pre-existing surgical abdominal scars: a case report. T Harris, HS Wohlgemut, G Lip, A Curnier. Poster Presentation: British Association of Plastic, Reconstructive and Aesthetic Surgeons, Summer Meeting, Helsinki, Finland.
- May 16 Liposuction for the management of chronic lymphoedema: Measuring improved quality of life (Lymph-ICF & LyQLI). HS Wohlgemut, DA Munnoch. Oral Presentation: Lymphology Conference 2016, Darwin, Australia.
- May 16 Quality of life for Lipoedema patients, before and after liposuction. HS Wohlgemut, DA Munnoch. Oral Presentation: Lymphology Conference 2016, Darwin, Australia.
- Dec 11 Predictors of malignancy and surgical outcome following

indeterminate core needle biopsy in the British Breast Screening Programme. Gillespie HS, Lowry K, Sommerville J, McIntosh SA. Poster presentation: The San Antonio Breast Cancer Symposium, San Antonio, Texas, USA.

- Nov 10 Do Australians Know More About Melanoma Than Scots? A Questionnaire Study. Murchie P, Gillespie H, Watson T, Emery J. Oral presentation: The North American Primary Care Research Group Annual Meeting, USA.
- Nov 10 Do Australians Know More About Melanoma Than Scots: A questionnaire based study comparing personal risk, level of concern, protective behaviour and knowledge about skin cancer between Scotland and Australia. Gillespie HS, Murchie P, Watson T, Emery J. Poster presentation: The 7th International Melanoma Research Congress, Sydney, Australia.

National

- Mar 17 A Closed Loop Audit reviewing BSSH/NICE guideline compliance for venous thromboembolism (VTE) prophylaxis in patients undergoing Emergency Hand and Wrist Surgery. HS Wohlgemut, N Saeed, J Ahmed. Poster Presentation: Royal College of Surgeons Edinburgh Audit Symposium 2017, Edinburgh, Scotland.
- Nov 16 Frostbite following cryolipolysis treatment in a beauty salon: a case study. WL Choong, HS Wohlgemut, MJ Hallam. Poster Presentation: British, Association of Plastic, Reconstructive and Aesthetic Surgeons, Winter Meeting 2016, London, United Kingdom.
- Jul 16 Liposuction for the management of chronic lymphoedema: Measuring improved quality of life (Lymph-ICF & LyQLI). HS Wohlgemut, DA Munnoch, M Schaverien. Oral Presentation: British, Association of Plastic, Reconstructive and Aesthetic Surgeons, Summer Meeting 2016, Birmingham, United Kingdom.
- Dec 15 Liposuction for the management of chronic lymphoedema: Measuring improved quality of life (Lymph-ICF). HS Wohlgemut, DA Munnoch. Oral Presentation: Scottish British, Association of Plastic, Reconstructive and Aesthetic Surgeons Meeting 2015, Dunkeld, Scotland.
- Dec 15 Liposuction for the management of chronic lymphoedema: Measuring improved quality of life (LyQLI). HS Wohlgemut, DA Munnoch. Oral Presentation: Scottish British, Association of Plastic, Reconstructive and Aesthetic Surgeons Meeting 2015, Dunkeld, Scotland.
- Nov 15 Case Report: Posterior Interosseous Nerve Palsy Secondary to Heterotrophic Ossification. HS Wohlgemut, A Mishra. Poster Presentation: British, Association of Plastic, Reconstructive and Aesthetic Surgeons Winter Meeting 2015, London, United

- Kingdom.
- Jun 14 Management options for the treatment of a chronic Bennett's fracture. HS Wohlgemut, Z Naqui. Oral Presentation: North West Hand Surgery Meeting, Manchester, United Kingdom.
- Apr 12 Do Australians know more about skin cancer than the Scottish: A questionnaire based study comparing personal risk, level of concern, protective behaviour and knowledge about skin cancer between Scotland and Australia. Gillespie HS, Murchie P, Watson T, Emery J. Invited for oral presentation: The Scottish School of Primary Care, Crieff, Scotland.
- Feb 12 Evaluation of a Dedicated Hand Trauma Service in Aberdeen Royal Infirmary (ARI): Service Provision, Financial Costs and Improving Patient Care. Gillespie HS, Munro C, Bourke P, Lawrie D. Poster presentation: The Lister Centenary Royal College of Surgeons Edinburgh, Edinburgh, Scotland.
- Nov 11 The boy whose skin fell off; a case report on Recessive Dystrophic Epidermolysis Bullosa: Management in the Prince of Wales Hospital Burns Unit (Hong Kong). Gillespie HS, Wohlgemut J, Burd A. Oral Presentation: The 4th Annual Undergraduate Plastic Reconstructive and Aesthetic Surgery Conference, London, United Kingdom.
- Apr 10 Do Australians know more about skin cancer than the Scottish: A questionnaire based study comparing personal risk, level of concern, protective behaviour and knowledge about skin cancer between Scotland and Australia. Gillespie HS, Murchie P, Watson T, Emery J. Oral presentation: The Scottish School of Primary Care, Aberdeen, Scotland.
- Mar 10 A retrospective study to determine the outcomes of a linear incision prior to craniotomy in supratentorial neurosurgical procedures. Gillespie HS, Kirk H, Bhatt PB. Poster presentation: The British Society of Neurological Surgeons, Cambridge, United Kingdom.

INVITED LECTURES

International Journal Club Presentations

- Apr 22 European Journal of Hand Surgery, Journal Club Online.
Critical appraisal of “ The effect of carpal tunnel release on health-related quality of life of 2346 patients over a 5-year period.”
Postma and Kemler. JHS(E) 2021.
- Jan 21 Journal of Plastic, Reconstructive and Aesthetic Surgery /
International Confederation of Plastic Surgery Societies, Journal
Club Online.
Critical appraisal of “Operating in the easy part: Surgeons’
decision-making processes and responses to parental requests for
elective pediatric appearance-altering facial surgery.” Notini et al.
JPRAS 2019.

National

- May 24 Phalangeal Fracture Management
The Aberdeen Cadaveric Hand Course
- Oct 22 Clinical Case Presentations in Complex Lower Limb Reconstruction.
The British Association of Aesthetic and Reconstructive Surgeons.
Advanced Educational Course on Lower Limb Reconstruction.

Local

- Nov 22 Management of Resuscitation Level Burns.
Pan-Scotland Emergency Medicine Training Program.
- Sept 21 Plastic Surgery Hand Trauma.
Pan-London Emergency Medicine Training Program.
- Sept 21 Pediatric Plastic Surgery Trauma.
St Mary’s Major Trauma Center, Emergency Department, London.
- Oct 19 Management of Scaphoid Fractures.
Canniesburn Teaching Program.
- Jul 19 Upper Limb Compressive Neuropathies.
Canniesburn Teaching Program.
- Mar 18 Aesthetic Breast Surgery.
Canniesburn Teaching Program.
- Feb 17 Electric Burns, Chemical Burns and Cold Injury.

Aberdeen Teaching Program.

GRANTS

May 21	British Association of Hand Therapists Research Grant. Research Grant.	£10 000
Mar 21	Greater Glasgow and Clyde Endowment Grant. Research Grant.	£15 160
Feb 21	The International Federation of Societies for Surgery of the Hand 2022 Fellowship Programme. Education Grant.	£140 000
Jan 21	The Canniesburn Research Trust Grant. Research Grant.	£5 000
Apr 10	Undergraduate Research Bursary Award. The Royal College of Surgeons Edinburgh. Research Title: Breast Cancer and Epigenetics.	£1 000
Apr 09	Undergraduate Research Bursary Award. The Royal College of Surgeons Edinburgh. Research Title: Breast Cancer and Epigenetics.	£3 500

ACADEMIC SUPERVISION AND MENTORSHIP

Supervision of Degree Projects

- Sep 19 – May 20 Supervision of MSc Student (Dominique Hughes).
The University of Edinburgh, Surgical Science, Achieved Merit.
- Sep 19 – May 20 Supervision of BSc Student (Nachika Ibekwe).
The University of Glasgow, Public Health, Achieved 2:1.
- Sep 18 – May 19 Supervision of MSc Student (Eleanor Lumley).
The University of Aberdeen, Public Health, Achieved 2:1.

Supervision of Resident Projects

- Aug 21 – Jul 23 Supervision Upper Limb Amputation Study (Dominique Hughes).
The University of Glasgow.
- Aug 19 – Aug 21 Supervision Academic Foundation Programme (Eleanor Lumley).
The West of Scotland Foundation Program.

Formal responsibilities

- 2019 – Ongoing Tutor for Master of Surgical Science Programme.
The University of Edinburgh.
- 2019 – Ongoing The Royal College of Physicians and Surgeons Glasgow,
Mentorship Scheme in Plastic Surgery.
2019: Anna Rose

Supervision of Junior Doctors

- 2024 Giovanni Ferrara – Core Training 1 Plastic Surgery.
Using the British Society for Surgery of the Hand, Hand Trauma guidance on closed and open fractures, and flexor tendon injuries, to assess outcomes in the Canniesburn Hand Surgery Department.
- 2022 Shina Ardani – Core Training 1 Plastic Surgery.
Using the British Society for Surgery of the Hand, Hand Trauma guidance to assess Paediatric Hand Trauma Outcomes in The Glasgow Children's Hospital.
- 2022 Caitríona Grace – Core Training 1 Plastic Surgery.
Using the British Orthopaedic Association Guidance on Tourniquet

use in Upper Extremity Surgery, to audit complications at St Mary's Major Trauma Centre, London.

- 2022 Evie Marshall – Foundation Year 1.
Pan London audit of outcomes from primary debridement in lower limb trauma using the British Orthopaedic Association Guidelines on Open Lower Limb Fractures.
- 2022 Lizzie Wilson – Foundation Year 3.
Audit of paediatric upper limb trauma care using The British Association of Anaesthetists Guidance of paediatric peri-operative care.
- 2021 Kristen Sweeney – Foundation Year 2.
Designing and delivering a local anaesthetic hand trauma theatre service (WALANT) during Covid19 Pandemic at Glasgow Royal Infirmary.
- 2018 Tom Harris – Foundation Year 2.
A quality improvement project on improving pre-operative CT imaging for patients undergoing free flap breast reconstruction at Aberdeen Royal Infirmary.
- 2018 Eleanor Lumley – Foundation Year 1.
Designing and delivering a local anaesthetic hand trauma theatre service (WALANT) at Aberdeen Royal Infirmary.
- 2017 Nina Saeed – Core Trainee 2 Plastic Surgery.
Audit the appropriate use of DVT prophylaxis in upper extremity trauma using The British Orthopaedic Association Guidance.
- 2016 Wen Ling Choong – Core Trainee 2 Plastic Surgery.
Writing and publishing a case report on a rare complication of Cryolipolysis.

COURSES COMPLETED

Hand and Extremity Reconstruction

- Mar 24 Global Nerve Foundation Lower Extremity Course, Bristol.
- Nov 23 The British Society for Surgery of the Hand, Winter Meeting, Glasgow.
- Nov 23 BAPRAS Capflex PIPJ Cadaver Course. Newcastle.
- Oct 23 The American Society of Hand Surgery, Annual Meeting, Toronto, Canada.
- Jul 23 Advances in Peripheral Nerve Surgery: A Cadaveric Masterclass. Birmingham.
- Jun 23 The British Society for Surgery of the Hand – Masterclass on The Proximal Interphalangeal Joint of the Hand. Manchester.
- Apr 23 The Federation of European Societies for Surgery of the Hand – Annual Meeting, Rimini, Italy.
- Mar 23 The Irish Hand Surgery Society Annual Meeting. Dublin.
- Oct 22 The Federation of European Societies for Surgery of the Hand – Advanced Educational Course on Hand and Wrist Arthroplasty.
- Oct 22 The British Association of Aesthetic, Plastic and Reconstructive Surgery – Advanced Educational Course on Lower Limb Reconstruction.
- Sep 22 British Society for Surgery of the Hand – Advanced Educational Course on Nerve Injury, Compression and Brachial Plexus.
- Jun 22 International Federation of Societies for Surgery of the Hand Congress London 2022.
- Apr 21 The British Society for Surgery of the Hand, Spring Meeting Online.
- Feb 21 The British Society for Surgery of the Hand: Congenital Hand Surgery & Tumours (Online).
- Feb 21 Mini C Arm Fluoroscopy Training, Pulvertaft Hand Centre (Online).
- Oct 20 American Society of Hand Surgery Annual Meeting (Online).
- Sep 20 Federation of European Societies for Surgery of the Hand Annual Meeting (Online).
- Jul 20 Duke Flap Course – Upper & Lower Limb Reconstruction (Online).
- Jul 20 Ganga Hand & Microsurgery Operative Course (Online).
- May 20 American Society of Hand Surgery Wrist Course (Online).
- Nov 19 The British Society for Surgery of the Hand & Irish Hand Surgery Society, Autumn Meeting, Dublin, Ireland.
- Sep 19 Canniesburn Flap Course, Glasgow, UK.
- Jun 19 Esser Master Class: Hand and Wrist Fracture Management, Rotterdam, The Netherlands.

- Apr 18 British Association of Plastic, Reconstructive and Aesthetic Surgeons, Advanced Educational Course: Lower Limb, Manchester.
- Nov 17 18th International Perforator Flap Course, Gent.
- Oct 17 Brachial Plexus and Peripheral Nerve Injury Masterclass, Royal College of Surgeons England.
- Sep 17 Lower Limb Reconstruction Surgery Cadaveric Training Day, Royal College Physicians and Surgeons Glasgow.
- Jan 17 Ganga Hospital Microsurgery Course, Coimbatore, India.
- May 15 Aberdeen Hand Surgery Course, Aberdeen Royal Infirmary.
- May 15 Aberdeen Flap Course, Aberdeen Royal Infirmary.
- Feb 15 Canniesburn Microsurgery Course, Glasgow Royal Infirmary.
- Oct 14 British Association of Plastic, Reconstructive and Aesthetic Surgeons, Advanced Educational Course: Lower Limb Trauma.
- Jan 14 The British Society for Surgery of the Hand: Skin and Soft Tissue, Infection and Dupuytren's, Manchester.
- Nov 13 Hand Fracture Management Course, The University of Leicester.
- Jun 12 Core Skills in Soft Tissue and Bone Surgery, Royal College Physicians and Surgeons Glasgow.

Burns and Plastic Surgery.

- Apr 21 Facial Aesthetics Cadaveric Training Day, The University of Dundee.
- Apr 21 Rhinoplasty Cadaveric Training Day, The University of Dundee.
- Dec 19 Scottish National Study Day on Aesthetics, Perth, Scotland.
- Oct 17 Breast Reconstruction Surgery Cadaveric Training Day, Royal College Physicians and Surgeons Glasgow.
- Oct 15 Head and Neck Flap Course, Ninewells Hospital.
- Mar 15 British Association of Plastic, Reconstructive and Aesthetic Surgeons, Advanced Educational Course: Burns.
- Nov 13 Emergency Management of Severe Burns, Manchester.
- Nov 13 My Plastic Surgery Course, Pinderfields General Hospital.
- Oct 13 British Association of Plastic, Reconstructive and Aesthetic Surgeons, Advanced Educational Course: Skin Cancer.
- Sep 13 Preston Microsurgical Course, Royal Preston Hospital.

Research, Medical Education and Business Management.

- Mar 22 Medical Research Council: GDPR Course.

- 2019 - Ongoing Management & Leadership Training Course.
Queen Elizabeth University Hospital, Glasgow.
- Oct 19 Leadership & Management Course, Glasgow.
 - May 19 9th Scottish Medical Education Conference, Edinburgh.
 - Dec 18 Non-Technical Skills for Surgeons Masterclass. Edinburgh, Royal College of Surgeons Edinburgh.
 - Mar 13 Training the Trainers: Foundation Essentials, Royal College of Surgeons Edinburgh.
 - Feb 12 Research Ethics Approval, Aberdeen Health Sciences Institute.
 - Oct 11 Good Clinical Practice for Research, Aberdeen Health Sciences Institute.
 - Oct 11 Critical Appraisal Training, Aberdeen Royal Infirmary.

COURSES TAUGHT

- 2018 - Ongoing **Aberdeen Cadaveric Hand Course.**
Suttie Centre, University of Aberdeen.
Faculty
- May 18 **Aberdeen International Cadaveric Flap Course.**
Suttie Centre, University of Aberdeen.
Course Convenor
- Jan 18 **MRCs Mock Examination Course – Upper Limb Anatomy.**
Royal College Surgeons Edinburgh, Suttie Centre.
Faculty
- May 17 **Aberdeen International Cadaveric Flap Course.**
Suttie Centre, University of Aberdeen.
Faculty
- May 17 **Aberdeen Cadaveric Hand Course.**
Suttie Centre, University of Aberdeen.
Faculty
- Apr 17 **MRCs Mock Examination Course Burns Simulation OSCE.**
Royal College Surgeons Edinburgh, Suttie Centre.
Faculty
- Mar 16 **Medical Student Tutorials.**
Skin Cancer, Burns, Hand Trauma.
Aberdeen Medical School.
Faculty
- Feb 15 **Anatomy Demonstration.**
Liverpool University.
Faculty
- May 14 **Plastic Surgery for Medical Finals.**
Liverpool University, Aintree Hospital.
Faculty
- Nov 13 **Teaching Basic Surgical Skills.**
Future Surgeons: Key Skills, Manchester.
Faculty
- May 12 **Teaching Basic Surgical Skills.**
Aberdeen Surgical Undergraduate Conference.
Faculty

- Mar 12 **Teaching Anatomy and Basic Surgical Skills.**
Highland Surgical Anatomy and Skills Workshop, Raigmore,
Inverness.
Faculty
- Mar 12 **Teaching Basic Laparoscopic Skills.**
Practical Procedures Workshop, Ogston Surgical Society,
Aberdeen.
Faculty
- Feb 12 **Teaching Basic Surgical Skills.**
Future Surgeons: Key Skills, Royal College Surgeons Edinburgh.
Faculty
- Feb 10 **Teaching Basic Surgical Skills.**
Future Surgeons: Key Skills, Royal College Surgeons Edinburgh.
Faculty

LEADERSHIP ROLES

- Sept 22 – Sept 25 **The European Journal of Hand Surgery.**
Committee member for the Online Journal Club.
Role: Identification of articles for presentation. Identification presenters and assistance in presentation preparation.
- Nov 22: Assisting Kohila Sigamoney (TIG Hand Fellow, UK) prepare to present the paper “Psychological sequelae of hand injuries: an integrative review”.
- Feb 23: Assisting Camila Chanes (Hand Fellow, Spain) prepare to present the paper “The reliability of clinical assessment of distal radioulnar joint instability”.
- May 23: Assisting Theresia Steinkeller (Resident, Switzerland) prepare to present the paper “Surface replacing arthroplasty of the proximal interphalangeal joint using the CapFlex-PIP implant: a prospective study with 5-year outcomes”.
- Jul 23: Assisting Gayane Mkhitarian (Resident, Moldova) prepare to present the paper “The incidence and spectrum of congenital hand differences in patients with Fanconi anaemia: analysis of 48 patients”.
- Sept 22 – Sept 25 **Elected Committee Member to The British Society of Hand Surgery Trauma Group.**
Role: To deliver an annual meeting on trauma care for the upper extremity in Glasgow, 2023.
- Sept 22 – Sept 25 **Elected Committee Member to The British Society of Hand Surgery Trauma Group.**
Role: To design national guidance on upper limb trauma care for emergency medicine physicians.
- Jun 22 – Oct 22 **The British Association of Plastic and Reconstructive Surgery.**
Role: To deliver a two-day educational program on complex lower limb reconstruction.
- Mar 21 – Aug 22 **The British Society for Surgery of the Hand, Trauma Audit Group.**
Role: Reviewing Guidelines developed for ED physicians on the management of traumatic upper limb injuries.
- Jul 20 – Jun 22 **The International Federation of Societies for Surgery of the Hand,**

Young Hand Surgeon Committee Member.

Role 1: To deliver a fellowship programme for international applicants associated with the conference.

Role 2: To deliver Plenary Session on Training and Education in Hand Surgery.

Role 3: To deliver a breakout session on widening diversity in hand surgery.

IFSSH Conference London 2022.

PRIZES AND AWARDS

- Nov 23 **Federation of European Societies for Surgery of the Hand Subsidised Place on the Academy Foundation Course (250 Euro).**
Competitive application to the Foundation Course for the European Hand Diploma.
- Apr 23 **Federation of European Societies for Surgery of the Hand Travelling Fellowship Award (£5000).**
Awarded to visit Nicola Felici at the St Camillo Hospital Rome for observation of extremity reconstruction and brachial plexus surgery, and attendance at the FESSH Rimini Meeting.
- Oct 22 **The British Society of Hand Surgery – Federation of European Societies for Surgery of the Hand, Education Award (£5 000).**
Awarded a funded place to attend the advanced course on hand and wrist arthroplasty.
- Jun 22 **Federation of European Societies for Surgery of the Hand, Social Media Award.**
Best workplace photography.
Awarded 8th Edition of Green's Hand Surgery.
- Jun 22 **The Royal College of Physicians and Surgeons Glasgow Travelling Grant (£2 000).**
Education Grant.
- Nov 22 **British Society for Surgery of the Hand (£2 500).**
Travelling Grant.
Award to visit Shriner's Philadelphia and Penn U.
- Jul 14 **Gold Award Core Surgical Training.**
Northwest Deanery – Manchester.
Awarded for the best training portfolio in the CST program.
- Apr 12 **Endowment Award (£200).**
The University of Dundee.
To present research at the Scottish School of Primary Care Conference.
- Feb 12 **Endowment Award (£210).**
The University of Aberdeen.
To present research at the Lister Centenary, Royal College of Surgeons Edinburgh
- Dec 11 **Endowment Award (£1 500).**
The Belfast Health and Social Care Trust.
To present research at the San Antonio Breast Cancer Symposium

Feb 11 **The Principal's Excellence Award (£500).**

The University of Aberdeen.

Awarded for excellence in Academic Achievement during MBChB.

Jul 10 **The John and Gladys Colquin Award (£1 500).**

The University of Aberdeen.

Awarded for the best BSc (Hons) thesis in cancer research.

INTERESTS

Sports: Boxing and cycling.

Drawing and Photography: I have taken classes in life drawing for two years at the Gray's School of Art, Aberdeen. This included participating in the degree exhibition in 2017 and 2018.