

MR LAMBROS ATHANATOS
MD, MRCS Ed, FRCS Tr. & Orth.

CONSULTANT

ORTOPAEDIC - MICROSURGEON

HIPPOCRATEON PRIVATE HOSPITAL

PERSONAL DETAILS

Address: Hippocrateon Private Hospital
Psaron 6-12, Engomi, 2408
Nicosia, Cyprus

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Cyprus Medical Council registration No: 4123

EDUCATION AND QUALIFICATIONS

Jun 2021 **FRCS Trauma & Orthopaedics**
Royal College of Surgeons of England

Feb 2011 **MRCS Edinburgh**
Royal College of Surgeons of Edinburgh

Sep 2004 **MD**
Doctor of General Medicine
University of Szeged, Hungary

AWARDS

Sep 2019 **Outstanding Junior Clinical Teacher award (Runner up)**
University Hospitals of Leicester Educator awards

May 2018 **Best prize for ARCP submission and maintained ISCP**
Miss Wildin (East Midlands South TPD)

Jun 2011 **Furlong BOTA junior poster prize (1st place)**
British Orthopaedic Trainee Association congress

Jun 2010 **Trust clinical audit competition (2nd place)**
Maidstone & Tunbridge Wells NHS Trust

PRESENT POSITION

Sep 2023 – Present **Consultant Orthopaedic Microsurgeon** Hippocrateon Private Hospital

CAREER HISTORY

Aug 2022 – Aug 2023 **TIG Hand Fellow** Hand surgery (Plastics & Orthopaedic departments)
(Mr Stuart, Mr Williams, Miss Stevenson, Mr & Miss Crowley)
Royal Victoria Infirmary and Freeman Hospital, Newcastle

Feb 2022 – Aug 2022 **ST8** Hands + lower limb Trauma (Miss Wildin/Mr Korim)
Leicester Royal Infirmary, Leicester

Aug 2021 – Feb 2021 **ST8** Elective Knee (Mr Godsiff/Mr Asif)
Leicester General Hospital, Leicester

Feb 2021 – Aug 2021 **ST7** Elective Foot & Ankle/Lower Limb (Mr Mangwani/Mr Hutchings)
Leicester General Hospital, Leicester

Mr Lambros Athanatos (MD, MRCS Ed, FRCS Tr. & Orth.)

Aug 2020 – Feb 2021	ST7	Elective Shoulder/Spine (Mr Modi/Mr Sell) Leicester General Hospital, Leicester
Feb 2020 – Aug 2020	ST6	Elective Shoulder/Spine (Mr Modi/ Mr Sell) Leicester General Hospital, Leicester
Aug 2019 – Feb 2020	ST6	MSK Sarcoma/Spine/Lower limb (Professor Ashford/Mr Dhiran/Mr Taylor) Leicester General Hospital, Leicester
Feb 2019 – Aug 2019	ST5	Elective Hands (Mr Ullah/Mr Bhowal) Leicester General Hospital, Leicester
Nov 2018 – Feb 2019	ST5	Major Trauma Centre (Mr Taylor) Queens Medical Centre, Nottingham
Aug 2018 – Nov 2018	ST5	Lower limb trauma (Mr Davison/Mr Brown/Miss Nichols) Leicester Royal Infirmary, Leicester
Feb 2018 – Aug 2018	ST4	Elective Paediatric orthopaedics (Mr Abraham/Mr Qureshi) Leicester Royal Infirmary, Leicester
Aug 2017 – Feb 2018	ST4	Elective Upper limb/Lower limb (Miss Armstrong/ Mr Davison) Leicester General Hospital, Leicester
Feb 2017 – Aug 2017	ST3	Hand trauma/Upper limb trauma (Mr Ullah/ Mr Modi) Leicester Royal Infirmary, Leicester
Aug 2016 – Jan 2017	ST3	Elective Lower limb (Mr Rowsell) Lincoln County Hospital, Lincoln
Oct 2015 – Aug 2016	TG Reg	Elective Spine/Lower limb (Mr Anjarwalla/Mr Singer) Wexham Park Hospital, Slough
Oct 2014 – Oct 2015	TG Reg	Elective Foot & Ankle/Hands (Mr Mostofi/Mr Smith) Queen Elizabeth the Queen Mother Hospital, Margate
Sep 2013 – Oct 2014	TG Reg	Elective Lower Limb (Mr Dunnet/Mr Chipperfield) William Harvey Hospital, Ashford
Feb 2013 – Sep 2013	LAT ST3	Elective Lower Limb/Spine (Mr Moiz/Mr Anjarwalla) Wexham Park Hospital, Slough
Oct 2011 – Feb 2013	TG Reg	- Elective Lower Limb (Mr Slater/Mr Skinner) - Elective Foot & Ankle (Mr Ritchie) Tunbridge Wells Hospital, Tunbridge Wells
Sep 2011 – Oct 2011	GAP	Mersey to KSS deanery change
Aug 2010 – Sep 2011	CT3	- Paediatric Limb Reconstruction (Mr Nayagam) Alder Hey Children's Hospital, Liverpool - Upper Limb/Hands (Mr Morris/Mr Bhalaik) Wirral University Teaching Hospital, Wirral

Mr Lambros Athanatos (MD, MRCS Ed, FRCS Tr. & Orth.)

Oct 2009 – Aug 2010	CT2	- Neurosurgery (Mr Gunasekera) Hurstwood Park Neuroscience Centre, Haywards Heath - Trauma & Orthopaedics (Mr G Slater) Maidstone General Hospital, Maidstone
Oct 2008 – Oct 2009	CT1	- Trauma & Orthopaedics (Mr Shrivastava) - Urology (Mr Shrotri) - General Surgery (Mr Harron) William Harvey Hospital/ Kent & Canterbury Hospital
Aug 2008 – Oct 2008	GAP	(Eastern to KSS deanery change)
Aug 2007 – Aug 2008	FY3	- Trauma & Orthopaedics (Mr Bowers) - Obstetrics & Gynaecology (Miss Preston) - Paediatrics (Dr Nirmal) James Paget University Hospital, Great Yarmouth
Aug 2006 – Aug 2007	FY2	- Urology (Mr Ho) - General Practice (Dr Harris) - Medicine for Elderly (Dr Metcalf) Norfolk & Norwich University Hospital, Norwich
May 2006 – Aug 2006		Honorary clinical attachment Trauma & Orthopaedics (Mr Constant) Addenbrooke's Hospital, Cambridge
May 2005 – May 2006		Pre-registration house officer - General Medicine/General Surgery (Dr Matsas/Dr Kyriakou) Larnaca General Hospital, Cyprus
Sep 2004 – May 2005		Surgical assistant Trauma & Orthopaedics (Mr O Athanatos) Hippocrateon Private Hospital, Cyprus

LEADERSHIP & MANAGEMENT

CLINICAL

- Chaired Upper limb session at East Midlands South Orthopaedic Registrar Meeting (Leicester, Jun 2023)
- Newcastle Hand department teaching co-ordinator (May – Aug 2023)
- President of Leicester Orthopaedic Trainee Association (LOTA) (Aug 2021 – Aug 2022)
- Leicester General Hospital admin registrar (Aug 2021 – Feb 2022)
- Member of panel reviewing IFSSH/FESSH congress abstracts (Oct 2021)
- East Midlands South British Orthopaedic Trainee Association (BOTA) regional representative
Sep 2018 – Sep 2020
- Committee member of Leicester Orthopaedic Trainee Association (LOTA)
Sep 2018 – Sep 2020, Aug 2021 – Aug 2022
- East Midlands Careers Champion (Aug 2016 – Aug 2022)
- Leicester Royal Infirmary Junior doctor forum representative (Feb – Aug 2018)
- Leicester Royal Infirmary admin registrar (Feb – Aug 2018)
- Core surgical trainee representative
East Kent Hospitals University NHS Foundation Trust (Oct 2008 – Oct 2009)
- KSS deanery school of surgery representative
KSS recruitment evening, Canterbury (2008)
- DePuy-Synthes registrar facilitator
Queen Elizabeth the Queen Mother Hospital (2014-15)
- Journal club co-ordinator
William Harvey Hospital (2013-14)
- Junior doctor on-call rota co-ordinator
Alder Hey Children’s Hospital (2011), Maidstone General Hospital (2009-10)
- Junior doctor educational rota co-ordinator
Maidstone General Hospital (2009-10)
- Invicta clinical case conference co-ordinator
Maidstone General Hospital (2009-10)
- Introduction to leadership and management course
Developmedica, Birmingham (Nov 2010)

NON-CLINICAL

- Scout leader
91st St. Andrew Scout Group, Cyprus, 1996 – 2005

- Select-armed tank regiment
Captain's tank driver, Cyprus, 1996-98

PUBLICATIONS

ARTICLES

1. **Athanatos L**, Kulkarni K, Tunnicliffe H, Samaras M, Singh H, Armstrong A. Midterm results of chronic anterior instability of the sternoclavicular joint managed using a standardized treatment algorithm. *Bone & Joint Open.* 2022 Oct 1;3(10):815-25
PMID: 36263725, DOI: 10.1302/2633-1462.310.BJO-2022-0088)
2. Chong HH, See A, Kulkarni K, **ELECTS Collaborators**. National trends in the initial diagnosis and management of carpal tunnel syndrome: results from the ELECTS (ELEctrophysiology in Carpal Tunnel Syndrome) study. *The Annals of The Royal College of Surgeons of England.* 2022.
3. Tunnicliffe H, **Athanatos L**, Singh H, Armstrong A. Physiotherapy management of atraumatic anterior sternoclavicular joint instability: A prospective case series. *Shoulder & Elbow.* 2022 Mar 29:17585732221088268.
4. **Athanatos L**, Sandean DP, Burgula M, Lee B, Pandey R, Singh HP. Use of patient reported experience measure and patient reported outcome measures to evaluate differences in surgical or non-surgical management of humeral shaft fractures. *Shoulder & Elbow.* October 2021.
doi:10.1177/17585732211050224
5. Chong HH, Kulkarni K, Shah R, Hau MY, **Athanatos L**, Singh HP. A meta-analysis of union rate after proximal scaphoid fractures: terminology matters. *Journal of Plastic Surgery and Hand Surgery.* 2021 Sep 20:1-2. PMID: 34550858
6. Jayatilaka ML, As-Sultany M, Gabr A, Thornton L, Graham S, Mason L, Farrar NG, Abdalla S, A'Court J, Allport J, Andrew S. Collaborative Overview of coronaVirus impact on ORTHopaedic training in the UK (COVI-ORTH UK). *The Surgeon.* 2021 Mar 10.
Collaborative author
7. **Athanatos L**, Singh HP, Armstrong AL. The management of sternoclavicular instability. *Journal of arthroscopy and joint surgery.* 2018 May 1;5(2):126-32.
8. **Athanatos L**, Stevenson HL, Morris AD. Bilateral wrist arthrodesis using fresh frozen femoral head allograft stabilized with a rush pin and two AO screws. *Journal of hand surgery. European volume.* 2011;36(4):336-7.
9. Siddique K, **Athanatos L**, Housden P. Spontaneous bilateral neck of femur fractures and shoulder dislocation. *Case Reports.* 2011 Jan 1;2011: bcr0520103034.

BOOK CHAPTER

1. **'Acute Scaphoid fractures'**
JJ Dias, **L Athanatos**
Published in the "Fractures of the Hand and Carpus" (FESSH 2018 Instructional course book)
ISBN: 9783132417205

CONFERENCE ABSTRACTS

1. ELECTS (ELECTrophysiology in Carpal Tunnel Syndrome) - A Multicentre Survey Study in United Kingdom' FESSH Abstract book 2022. *Journal of Hand Surgery (European Volume)*. 2022;47(1_suppl):S1-S548.
2. 'Anterior instability of the sternoclavicular joint: Long-term results from a single tertiary centre in the UK' Poster Presentations. *Shoulder & Elbow*. 2021;13(1_suppl):S29-S39.
3. 'ELECTrophysiology in Carpal Tunnel Syndrome (ELECTS) study' Autumn abstracts. *Journal of Hand Surgery (European Volume)*. 2021;46(3_suppl):S1-S18.
4. 'Physiotherapy management of atraumatic anterior sternoclavicular joint instability: A long term review' BESS ABSTRACT- PODIUM. *Shoulder & Elbow*. 2021;13(2_suppl):S5-S24
5. 'Management of Suspected Scaphoid Fractures in 22 UK Centres' BSSH Autumn Meeting Abstracts. *Journal of Hand Surgery (European Volume)*. 2018;43(3_suppl):1-20
6. 'The role of pedobarographic assessment of flatfoot and its place as an outcome measure' *Gait & Posture*. 2013(38):S35-6.
7. 'Outcome measures in the flat foot: Analysis of pedobarographic and radiographic techniques' *Bone Joint J 2013 Vol 95-B no SUPP 12 16*
8. 'Outcome measures in the flat foot: Analysis of paedobarography and radiographic techniques' *International Journal of Surgery 10(8), S54*
9. 'Return to work after cubital tunnel decompression' *J Bone Joint Surg Br 2012 vol.94-B no SUPP XXXIX 223*
10. 'Needle fasciotomy for Dupuytren's contracture' *J Bone Joint Surg B 2012 Vol 94-B no SUPP XXXIV 22*
11. 'Bilateral wrist arthrodesis using Rush pin and fresh-frozen femoral head allograft: A case report' *International Journal of Surgery 9(7), 519-520*

RESEARCH

1. **'A meta-analysis of union rate after proximal scaphoid fractures: terminology matters'**
(2nd Author, May 2020 – Sep 2021)
Led by Professor Singh, Leicester General Hospital
Role: Data collection, analysis and writing up
Outcome: Published in Journal of Plastics and Hands, podium presentation in EFFORT 2021/BOA 2021, poster presentation in ASSH Oct 2021
2. **'Collaborative overview of CoronaVirus impact on ORTHopaedic training in the UK (COVI-ORTH UK)'**
(Collaborative author, May 2020 – Nov 2020)
Role: collected data, edited paper
Outcome: Published in 'The Surgeon'
3. **'Physiotherapy management of atraumatic anterior sternoclavicular joint instability: A prospective case series'**
(3rd author, Apr 2020 – Jan 2022)
Led by Miss Armstrong, Leicester General Hospital
Role: Data collection, analysis, presentation and writing up
Outcome: Published in Shoulder & Elbow Journal, podium presentation at BESS 2021
4. **'Use of Patient Reported Experience Measure and Patient Reported Outcome Measures to evaluate differences in surgical or non-surgical management of humeral shaft fractures'**
(1st author, Aug 2018 – Sep 2020)
Led by Professor Singh, Leicester Royal Infirmary
Role: Data collection, analysis, presentation and write up
Outcome: Published in Shoulder & Elbow journal, podium presentation at EFORT 2021.
5. **'Midterm results of chronic anterior instability of the sternoclavicular joint managed using a standardised treatment algorithm'**
(1st author, Aug 2017 – May 2020)
Led by Miss Armstrong, Leicester General Hospital
Role: Data collection, analysis, presentation and write up
Outcome: Published in BJO, podium presentation at BOA 2021, poster presentation at BESS 2020 and EFORT 2021.
6. **'Do Vitamin D levels have a bearing on outcomes following arthroscopic shoulder decompression?'**
(Aug 2017 – Aug 2018)
Led by Miss Armstrong, Leicester General Hospital
Role: Patient recruitment
Outcome: I have screened, confirmed eligibility and consented for 6 patients (REC study)
7. **'A pragmatic multi-centre randomised controlled non-inferiority, cost-effectiveness trial comparing injections of collagenase into the cord to surgical correction in the treatment of moderate Dupuytren's Contracture in adult patients' (DISC)**
(Feb 2019 – Aug 2019)
Led by Professor Dias, Leicester General Hospital
Role: Patient recruitment
Outcome: I have screened, confirmed eligibility, consented for 3 patients on the DISC trial (NIHR study)

8. **'Is it safe to offer out-of-hours Total Knee Arthroplasty service to our patients?'**
(2nd author, Oct – Dec 2014)
Led by Mr Jeer, QEQM Hospital
Role: Initiated, led, analysed and presented
Outcome: Poster presentation at BASK (Liverpool, Mar 2016)
9. **'Primary knee arthroplasty: Length of stay and causes of discharge delay'**
(2nd author, Apr - Oct 2014)
Led by Mr Jeer, QEQM Hospital
Role: Collated, analysed data and presented
Outcome: Poster presentation at the 16th EFORT congress (Prague, May 2015)
10. **'One-year Oxford Knee Score following Total Knee Replacement in a district general hospital'**
(1st author, Mar - Aug 2013)
Led by Mr Moiz, Wexham Park Hospital
Role: Initiated, led, analysed data and presented
Outcome: Poster presentation at the 15th EFORT congress (London, June 2014)
11. **'The role of pedobarographic assessment of flatfoot and its place as an outcome measure'**
(1st author, Feb - Sep 2011)
Led by Mr Bass, Alder Hey Children's Hospital
Role: Initiated, analysed data and presented
Outcome: International podium presentation (ESMAC, Sweden Sep 2012) and national poster presentations (ASiT Mar 2012, BOTA Jun 2012)
12. **'Bilateral wrist arthrodesis using fresh-frozen femoral head allograft stabilised with a rush pin and two AO screws'** (1st author, Aug 2010 – Feb 2011)
Led by Mr Morris, Arrowe Park Hospital
Role: Authored, presented and published
Outcome: Published in Journal of Hand Surgery (Eur) and presented as a poster in ASiT (Sheffield 2011)
13. **'Treatment of diaphyseal fractures of the humerus using functional bracing'**
(1st author, Aug 2010 – Feb 2011)
Led by Mr Bhalaik, Arrowe Park Hospital
Role: Initiated, collated/analysed data and presented
Outcome: Podium presentation in Mediterranean Trauma conference (Cyprus, Sep 2011)
14. **'Return to work after cubital tunnel decompression'**
(2nd author, Aug 2010 – Feb 2011)
Led by Mr Bhalaik, Arrowe Park Hospital
Role: Collated and analysed data
Outcome: Podium presentation co-author in BOA/IOA conference (Manchester, Sep 2011)
15. **'Spontaneous bilateral neck of femur fractures and shoulder dislocation'**
(2nd author, Oct 2008 – Feb 2009)
Led by Mr Housden, William Harvey Hospital
Role: Performed literature search and write up
Outcome: Published in BMJ case reports 2011

CLINICAL AUDITS

1. 'It's all in the detail: Improving the quality of knee arthroplasty operation notes'
Leicester General Hospital (Jan 2020)
2. 'An audit on surgical fixation of Distal Radius Fractures in a large teaching hospital'
Leicester Royal Infirmary (Feb 2019)
3. 'Auditing of bone health and future risk in patients sustaining a distal radius fracture' Leicester
Royal Infirmary (Feb 2019)
4. 'An audit of management of distal radius fractures in the under/over 65 years and time to
surgery'
Leicester Royal Infirmary (Feb 2019)
5. 'Revoke the DOAC: An audit on anticoagulant use in hip fractures in a large volume centre'
Leicester Royal Infirmary (Mar 2018)
Audit cycle completed
6. 'The Evolution of Consent Post-Montgomery Ruling: "A Necessary Change, for Better or Worse"
Leicester Royal Infirmary (Mar 2018)
7. 'Fracture clinic services: Are we BOAST enough?'
Lincoln County Hospital (Mar 2017)
Audit cycle completed
8. 'Audit of vertebroplasty & balloon kyphoplasty'
Wexham Park Hospital (Feb 2016)
9. 'QEQM fracture clinic: Fit for purpose?'
Queen Elizabeth the Queen Mother Hospital (Mar 2015)
10. 'Primary knee arthroplasty: Length of stay and causes of discharge delay'
Queen Elizabeth the Queen Mother Hospital (Dec 2014)
11. 'A re-audit on trauma theatre utilisation'
William Harvey Hospital (Apr 2014)
Audit cycle completed
12. 'Informed consent audit'
William Harvey Hospital (Mar 2014)
13. 'Trust-wide patient documentation audit'
Wexham Park Hospital (Apr 2013)
14. 'Neck of femur fractures: Are we NICE enough?'
Tunbridge Wells Hospital (Jun 2013)
Audit cycle completed
15. 'Needle fasciotomy for Dupuytren's contracture'
Arrowe Park Hospital (Feb 2011)
Best poster presentation in BOTA conference, Jun 2011

16. 'WHO checklist: The Maidstone experience'
Maidstone General Hospital (Jun 2010)
2nd place Trust clinical audit competition, Jun 2010
Audit cycle completed
17. 'Head injury: Are we NICE enough?'
William Harvey Hospital (Feb 2009)
18. 'Comparison of surgeon's notes, theatre codes and clinical coding'
Norfolk & Norwich University Hospital (Nov 2006)
19. 'Record keeping: Are we following RCS good surgical practice?'
Norfolk & Norwich University Hospital (Nov 2006)

QUALITY IMPROVEMENT / SERVICE EVALUATION PROJECTS

1. 'Management of infections in the Hand: Is everything in hand?'
Royal Victoria Infirmary (Mar 2023)
2. 'ELEctrophysiology in Carpal Tunnel Syndrome (ELECTS) study'
Leicester General Hospital (National collaborator, June 2021)
3. 'Management of Suspected Scaphoid Fractures in 22 UK Centres'
Leicester Royal Infirmary (National collaborator, Oct 2018)
4. 'Lincoln fracture clinic services'
Lincoln County Hospital (Oct 2017)
5. 'How well do we know our patients?'
Lincoln County Hospital (Oct 2017)
6. 'A new system of clinical note-keeping'
James Paget University Hospital (Dec 2007)

CONGRESS PRESENTATIONS

INTERNATIONAL PODIUM

1. 'ELECTS (ELECTrophysiology in Carpal Tunnel Syndrome) - A Multicentre Survey Study in United Kingdom'
FESSH/IFSSH congress (London, Jun 2022 - presented by co-author, national collaborator study)
2. 'Use Of Patient Reported Experience Measure to Evaluate Differences in Surgical Or Non-Surgical Management Of Humerus Shaft Fractures'
EFORT (Virtual, June 2021)
3. 'Systematic Review of Proximal Scaphoid Fractures: Terminology Matters'
EFORT (Virtual, June 2021 - presented by co-author)
4. 'A Meta-Analysis of Union Rate After Proximal Scaphoid Fracture: Where Are We Now?'
EFORT (Virtual, June 2021 - presented by co-author)
5. 'Using drug levels to guide perioperative management of direct oral anticoagulants prior to hip fracture surgery; Experience from a large teaching hospital in the UK'
EFORT (Lisbon, June 2019)
6. 'Neck of femur fractures: Are we NICE enough?'
EFORT (London, June 2014)
7. 'Return to work after cubital tunnel decompression'
BOA/Irish Orthopaedic Association (Manchester, Sep 2011 - presented by co-author)
8. 'The role of pedobarographic assessment of flatfoot and its place as an outcome measure'
- 22nd Pancyprian orthopaedic conference (Cyprus, Oct 2012)
- European Society of Movement Analysis in Adults and Children (Sweden, Sep 2012)
9. 'Functional bracing in diaphyseal humeral fractures'
Mediterranean Trauma Conference (Cyprus, Sep 2011)

NATIONAL PODIUM

1. 'Reconstruction for anterior instability of the sternoclavicular joint: Long-term results in a single tertiary centre in the UK'
British Orthopaedic Association (Aberdeen, Sep 2021)
2. 'A Meta-Analysis of Union Rate After Proximal Scaphoid Fracture: Where Are We Now?'
British Orthopaedic Association (Aberdeen, Sep 2021 - presented by co-author)
3. 'ELECTrophysiology in Carpal Tunnel Syndrome (ELECTS) study' (national collaborator study)
British Society of Surgeons of the Hand (BSSH) (Oxford, Sep 2021 - presented by co-author)
4. 'Physiotherapy management of atraumatic anterior sternoclavicular joint instability: A long term review'
British Elbow & Shoulder Society (BESS, September 2021 - presented by co-author)
5. 'Management of Suspected Scaphoid Fractures in 22 UK Centres'
British Society of Surgeons of the Hand (BSSH) autumn scientific meeting (London, Oct 2018)
Presented by co-author

REGIONAL PODIUM

1. 'Use Of Patient Reported Experience Measure to Evaluate Differences in Surgical Or Non-Surgical Management Of Humerus Shaft Fractures'
East Midlands Orthopaedic Research Meeting (EMORM, Virtual, Nov 2021)
2. 'Use Of Patient Reported Experience Measure to Evaluate Differences in Surgical Or Non-Surgical Management Of Humerus Shaft Fractures'
East Midlands South Orthopaedic Research Day (EMSORD, Leicester, Nov 2021)
3. 'Anterior instability of the sternoclavicular joint: Long-term results from a single tertiary centre'
East Midlands South Orthopaedic Research Day (EMSORD, Leicester, Jun 2019)
4. 'Revoke the NOAC: An audit on anticoagulant use in hip fractures'
East Midlands South Orthopaedic Research Day (EMSORD, Leicester, May 2018)
5. 'Lincoln County Hospital fracture clinic services: Are we BOAST enough?'
East Midlands South Orthopaedic Research Day (EMSORD, Leicester, May 2017)
6. 'Neck of femur fractures: Are we NICE enough?'
SE Thames orthopaedic circuit meeting (Maidstone, Mar 2013)
7. 'Implementing the WHO surgical checklist: The Maidstone experience'
SE Thames Orthopaedic Circuit meeting (Maidstone, Nov 2010)
8. 'KSS School of surgery'
KSS recruitment evening (Canterbury, Nov 2009)

LOCAL PODIUM

1. 'Management of infections in the Hand: Is everything in hand?'
Plastics clinical governance (Newcastle, Mar 2023)
2. 'It's all in the detail: Improving the quality of knee arthroplasty operation notes'
Orthopaedic clinical governance (Leicester, Jan 2020)
3. 'An audit on surgical fixation of Distal Radius Fractures in a large teaching hospital'
Orthopaedic clinical governance (Leicester, Feb 2019)
4. 'Auditing of bone health and future risk in patients sustaining a distal radius fracture'
Orthopaedic clinical governance (Leicester, Feb 2019)
5. 'An audit of management of distal radius fractures and time to surgery'
Orthopaedic clinical governance (Leicester, Feb 2019)
6. 'Revoke the DOAC: A re-audit on anticoagulant use in hip fractures in a large volume centre'
Orthopaedic clinical governance (Leicester, Mar 2018)
7. 'The Evolution of Consent Post-Montgomery Ruling: "A Necessary Change, for Better or Worse"
Orthopaedic clinical governance (Leicester, Mar 2018)
8. 'Fracture clinic services: Are we BOAST enough (re-audit)?'
Orthopaedic clinical governance (Lincoln, Mar 2016)

9. 'Revoke the NOAC: An audit on anticoagulant use in hip fractures'
Orthopaedic clinical governance (Leicester, Mar 2017)
10. 'Fracture Clinic Services: Are we BOAST enough?'
Orthopaedic clinical governance (Lincoln, Oct 2016)
11. 'Audit of vertebroplasty & balloon kyphoplasty'
Orthopaedic clinical governance (Slough, Feb 2016)
12. 'QEQM fracture clinic: Fit for purpose?'
Orthopaedic clinical governance (Margate, Mar 2015)
13. 'Is it safe to offer out-of-hours Total Knee arthroplasty service to our patients?'
Orthopaedic clinical governance (Margate, Mar 2015)
14. 'A re-audit on trauma theatre utilisation'
Orthopaedic clinical governance (Ashford, Jul 2014)
15. 'WHO is on the move'
Trust clinical audit competition (Maidstone, Jun 2010)
16. 'Head injury: Are we NICE enough'
Orthopaedic clinical governance (Ashford, Feb 2010)
17. 'A new system of clinical notes'
Trust clinical audit competition (Great Yarmouth, Feb 2008)
18. 'Surgeon's notes, theatre codes and clinical coding'
Trust clinical audit competition (Great Yarmouth, Oct 2007)
19. 'Recordkeeping: Are we following RCS good surgical practice?'
Urology clinical governance (Norwich, Nov 2006)

NATIONAL / INTERNATIONAL POSTERS

1. 'ELECTROPHYSIOLOGY IN CARPAL TUNNEL SYNDROME: A NATIONAL SURVEY OF CLINICIANS PERCEPTIONS'
EFORT congress (Lisbon, Jun 2022 - presented by co-author, National collaborator study)
2. 'Meta-Analysis of union rate after proximal scaphoid fracture: Terminology matters'
American Society of Surgery of the Hand (San Francisco, Oct 2021 - presented by co-author)
3. 'Reconstruction for anterior instability of the sternoclavicular joint: Long-term results in a single tertiary centre in the UK'
EFORT congress (Virtual, Jun 2021)
4. 'It's all in the detail: improving the quality of knee arthroplasty operation notes'
EFORT congress (Virtual, Oct 2020)
5. 'Anterior instability of the sternoclavicular joint: Long-term results from a single tertiary centre in the UK'
BESS congress (Virtual, Oct 2020)

6. 'Using Drug Levels to Guide Peri-operative Management of Direct Oral Anticoagulants Prior to Emergency Orthopaedic Surgery; Experience from a Large Teaching Hospital within the UK' International Society of Thrombosis and Haemostasis Conference (Dublin, Jul 2018)
7. 'Fracture clinic services in a District General Hospital: Are we offering a service our patients deserve?' EFORT congress (Barcelona, May 2018)
8. 'Is it safe to offer out-of-hours Total Knee Arthroplasty service to our patients?' British Association for Surgery of the Knee (BASK - Liverpool, Mar 2016)
9. 'Primary knee arthroplasty: Length of stay and causes of discharge delay' EFORT congress (Prague, May 2015)
10. 'One-year oxford knee score results following total knee replacement in a district general hospital' EFORT congress (London, June 2014)
11. 'Informed consent audit' NHS Leadership meeting (London, Mar 2014)
12. 'Outcome measures in flat foot: Analysis of pedobarographic and radiographic techniques'
 - BOTA (Birmingham, Jun 2012)
 - Association of Surgeons in Training (Cardiff, Mar 2012)
13. 'Needle fasciotomy for Dupuytren's contracture'
Best Poster Prize Winner
BOTA (Cheshire, Jun 2011)
14. 'WHO surgical checklist: The Maidstone experience'
 - Mediterranean Trauma Conference (Cyprus, Sep 2011)
 - International forum on quality & safety in healthcare (Holland, Apr 2011)
 - Association of Surgeons of Great Britain & Ireland congress (Bournemouth, May 2011)
15. 'Bilateral wrist arthrodeses using Rush pin and fresh-frozen femoral head allograft: A case report'
Nominated for ASiT\IJS Case report prize
Association of Surgeons in Training (Sheffield, Apr 2011)
16. 'A new system of clinical note-keeping'
KSS deanery prize day (Guildford, Jan 2009)

JOURNAL CLUB PRESENTATIONS

1. 'Total Hip Arthroplasty or Hemiarthroplasty for Hip Fracture (HEALTH Investigators)'
East Midlands South deanery (Feb 2022)
2. 'Factors distinguishing septic arthritis from the transient synovitis of the hip in children'
East Midlands South deanery (May 2021)
3. 'Risk Factors for Deep Venous Thrombosis Following Orthopaedic Trauma Surgery: An Analysis of 56,000 patients'
East Midlands South deanery (Aug 2020)
4. 'Quality of care for remote orthopaedic consultations using telemedicine: a randomised controlled trial'
East Midlands South deanery (Aug 2020)
5. Early performance-based and patient reported outcomes of a contemporary Taperfit bone-conserving short stem femoral component in total hip arthroplasty
East Midlands South deanery (Aug 2020)
6. 'The Treatment of Displaced Intra-articular Distal Radius Fractures in Elderly Patients ORIF versus Cast treatment of Highly comminuted intra-articular fracture of the Distal Radius (ORCHID study)'
East Midlands South deanery (Nov 2018)
7. 'Effect of the type of cement on early revision of Charnley Total Hip Prosthesis'
East Midlands South deanery (Nov 2017)
8. 'The Effectiveness of Reconstruction of the ACL with Hamstrings and Patellar Tendon: A cadaveric study'
East Midlands South deanery (Jan 2017)
9. 'Elastic intramedullary nailing of paediatric fractures of the forearm'
OWLS, Oxford deanery (Apr 2014)
10. 'Early vs. delayed treatment of extension type 3 supracondylar fractures of the humerus in children'
William Harvey Hospital (Dec 2013)
11. 'Biomechanical analysis of sliding hip screw, cannulated screws and Targon Femoral Nail in intracapsular hip fractures in cadaveric femora'
Tunbridge Wells Hospital (Dec 2011)
12. 'Cauda equina syndrome: A comprehensive review'
Tunbridge Wells Hospital (Oct 2011)
13. 'Reliability of clinical assessment in diagnosing cauda equina syndrome'
Tunbridge Wells Hospital (Oct 2011)
14. 'Septic arthritis in children: A retrospective study'
Maidstone General Hospital (Nov 2009)
15. 'Fixed vs. mobile-bearing TKR: A multi-centre RCT'
William Harvey Hospital (Nov 2008)

TEACHING

FORMAL TRAINING

- Virtual Training Orthopaedic Trainers (V-TOTs) course
BOA (Virtual Zoom, Oct 2021)
- 'Teach the teacher course'
Developmedica (Manchester, Jun 2010)

COURSE FACULTY MEMBER

- '**NSTC North East Surgical Skills Training programme Plastics ST3-ST8**' (Newcastle, Jun 2023)
- '**Wrightington FRCS Hand & Wrist course**' (Wrightington, Sep 2022 + Mar 2023)
- '**Newcastle Hand Course**' (Newcastle, Nov 2022)
- '**Leicester Hand fracture management course**' (Leicester, Nov 2022)
- '**Foundation Year 1 Simulation course**' (Newcastle, Nov 2022)
- '**East Midlands South deanery registrar mock CLINICALS exam**' (Virtual Teams, Apr 2022)
- '**Wrightington FRCS Basic Science course**' (Virtual Zoom - Sep 2021 + Mar 2022)
- '**Member of panel reviewing IFSSH/FESSH congress abstracts**' (Online, Oct 2021)
- '**East Midlands South deanery registrar mock VIVA exam**' (Virtual Teams, Oct 2021)
- '**Basic Surgical Skills course**' (Leicester General Hospital, May + Jun 2019, Nov 2020, Sep 2021)
- '**Leicester Hand Soft Tissue Management Course**' (Leicester General Hospital, Jan 2020)
- '**Leicester Core Trainee Trauma workshop**' (Leicester General Hospital, Jan 2020)
- '**RCSEd Surgical Skills Competition 2018-2019 East Midlands Heat**' (Leicester Royal Infirmary, Dec 2018)
- '**Leicester T&O ST3 interview preparation course**' (Leicester General Hospital, Feb 2018, Jan 2020)
- '**Trauma Assessment and Resuscitation for Medical Students (TARMS)**' (LRI, Nov 2018)
- '**East Midlands South ST3 Bootcamp faculty member**' (Leicester Royal Infirmary, Aug 2017)

TUTORIAL LEAD

Initiated suturing skills tutorials for foundation year doctors and medical students in the following trusts:

- United Lincolnshire Hospitals NHS Trust
- Maidstone & Tunbridge Wells NHS Trust
- East Kent Hospitals University NHS Foundation Trust
- Wirral University Teaching Hospital NHS Foundation Trust

PRESENTATIONS

International teaching

- 'Paediatric Hand fractures' (Leicester Hand fracture course, Nov 2022)
- 'Outcomes in Hand fractures' (Leicester Hand fracture course, Nov 2022)

National teaching

- 'Carpal fractures' (Newcastle Hand course, Nov 2022)

Regional teaching

- 'Congenital Femoral Deficiency' (Leicester, Apr 2021)
- 'Periprosthetic fractures of the hip' (Leicester, Jun 2020)
- 'Lateral approach to the Hip' (Leicester, Jun 2020)
- 'Scaphoid Non-Union Advanced Collapse' (Leicester, Feb 2020)
- 'Rheumatoid Arthritis History, Examination & Wrist RA' (Leicester, Nov 2018)
- 'ACL Injury History, Examination and Evidence-Based Management', (Leicester, Jan 2017)
- 'Hyponatraemia' (Oxford, May 2013)
- 3rd year Medical Student Plenary teaching
 - 'Hand & Wrist' (Leicester, Mar 2022)
 - 'Elbow & shoulder examination' (x3 Leicester, 2017)

Trust Grand round presentation

- 'Christmas break' (Maidstone, Mar 2010)

Formal Foundation Year 1 + 2 doctor teaching

- 'Principles of fracture management' (Leicester, Jan 2018)
- 'Acute surgical emergencies' (Maidstone, Nov 2009)
- 'Acute abdomen' (Ashford, Jun 2009)

Formal medical student teaching

- 'Distal Radius fractures and common Hand conditions' (Leicester, Feb 2022)
- 'Common Shoulder pathologies' (Leicester, Jan 2022)
- 'Swollen painful joint' (Leicester, Oct 2021)
- 'Radiograph interpretation 101' (Leicester/Lincoln x7)
- 'Principles of ATLS' (x2 Leicester)
- 'Intracranial haemorrhage' (Haywards Heath, June 2010)

Departmental teaching

- 'Flexor Tendon injuries' (Leicester, May 2022)
- 'Common shoulder conditions' (Leicester, Mar 2019)
- 'Common paediatric conditions' (Leicester, Apr 2019)
- 'Spinal trauma' (Slough, Oct 2015)
- 'Basic concepts in TKR' (Ashford, Aug 2014)
- 'Supracondylar fractures in children' (Slough, May 2013)
- 'T&O induction for cross-cover SHOs' (Slough, Apr 2013)

- 'Anatomy of the shoulder' (Wirral, Oct 2011)
- 'Anatomy of the hand' (Wirral, Sep 2010)
- 'Osteo- & rheumatoid arthritis' (Maidstone, Nov 2009)
- 'Foot surgery rehabilitation' (Great Yarmouth, Sep 2007)

Allied health professionals

- 'Hip conditions in adults and children' (Ashford, Mar 2014)
- 'Postoperative T&O patient care' (Maidstone, Mar 2010)

INFORMAL TEACHING

Regularly teach junior doctors, medical students and allied health professionals on:

- History taking and physical examination
- Pathology and radiology interpretation
- Assessment and management of sick patient
- Surgical techniques

Educate patients of their illnesses and treatment modalities

COURSES

- **'Fractures and joint injuries BSSH instructional course** (Manchester, Feb 2023)
- **'Wrightington Hand & Wrist arthroplasty course'** (Manchester, Nov 2022)
- **'Newcastle Hand Course'** (Newcastle, Nov 2022)
- **'Nerve Injury and brachial Plexus BSSH instructional course** (Manchester, Sep 2022)
- **'TIG Hand Fellow Bootcamp'** (Wrightington, Sep 2022)
- **'Northwick Park Basic Microsurgery course'** (Northwick Park, Feb 2022)
- **'East Midlands South cadaveric approaches course'** (Nottingham, Feb 2022)
- **'Keele Leadership and Management course for Surgical Specialties'** (Virtual course, Dec 2021)
- **'Virtual Training Orthopaedic Trainers (V-TOTs)'** (BOA virtual course, Sep 2021)
- **'Advanced Trauma Life Support (ATLS)'** (Leicester, Jun 2021)
- **'Wrightington FRCS course'** (Virtual course, May 2021)
- **'Palacademy FRCS Basic Science course'** (Virtual course, Apr 2021)
- **'Blitz FRCS course'** (Virtual course, May 2021)
- **'Cambridge FRCS Basic Science course'** (Virtual course, Mar 2021)
- **'Leicester Orthopaedics research methodology course'** (Virtual course, Jul-Aug 2020)
- **'Good Clinical Practice (GCP) refresher'** (Leicester, May 2020)
- **'IR(ME)R Theory for Mini-C arm'** (Leicester, Mar 2020)
- **'BOA instructional course'** (Manchester, Jan 2020)
- **'1st NW Orthopaedic Oncology course'** (Manchester, Oct 2019)
- **'10th Leicester Elbow trauma symposium'** (Leicester, May 2019)
- **'Next Step: SpR to consultant'** (Leicester, Mar 2019)
- **'East Midlands South cadaveric approaches course'** (Nottingham, Nov 2018)
- **'9th Leicester Shoulder trauma symposium'** (Leicester, May 2018)
- **'Leicester Hand fracture management course'** (Leicester, Nov 2017)
- **'Good Clinical Practice (GCP) refresher'** (Leicester, May 2017)

- **'8th Leicester Shoulder trauma symposium'** (Leicester, May 2017)
- **'Corail Total Hip Replacement registrars training course'** (Warwick, Nov 2016)
- **'Anatomy and surgical exposures in Orthopaedics'** (Oswestry, Oct 2017)
- **'Advanced Trauma Life Support (ATLS)'** (Tunbridge Wells Hospital, Jan 2016)
- **'VA-LCP Distal Radius Plating course'** (Margate, Mar 2015)
- **'Expert Tibial Nail course'** (Margate, Feb 2015)
- **'Mastering adverse outcomes'** (Maidstone, Jan 2015)
- **'13th Oswestry Foot & Ankle course'** (Oswestry, Dec 2014)
- **'PFN-a course'** (Margate, Oct 2014)
- **'Good Clinical Practice (GCP)'** (Canterbury, Sep 2013)
- **'Edinburgh instructional course'** (SORT-IT Edinburgh, Aug 2012)
- **'Advanced Trauma Life Support (ATLS)'** (Liverpool, Jan 2012)
- **'Research methodology course'** (Liverpool, Jun 2011)
- **'Introduction to leadership and management for doctors'** (Birmingham, Nov 2010)
- **'Teach the teacher course'** (London, Jun 2010)
- **'AO principles in operative fracture management'** (AO, Davos, Switzerland, Dec 2009)
- **'Core skills in knee and shoulder arthroscopy'** (WIMAT Cardiff, Mar 2009)
- **'Central venous catheterisation course'** (Great Yarmouth, Apr 2008)
- **'Care of the Critically Ill Surgical Patient (CCrISP)'** (WIMAT Cardiff, Mar 2008)
- **'Presentation skills course'** (Great Yarmouth, Feb 2008)
- **'Time management skills'** (London, Dec 2007)
- **'Surgical performance improvement'** (Worcestershire, Dec 2007)
- **'Core operative skills in Orthopaedic surgery'** (WIMAT Cardiff, Nov 2007)
- **'Advanced Life Support (ALS)'** (Great Yarmouth, Oct 2007)
- **'Advanced Trauma Life Support (ATLS)'** (Norwich, Jun 2007)
- **'Intercollegiate Basic Surgical Skills (BSS)'** (Norwich, Jun 2007)

CONGRESSES

- **'East Midlands South Orthopaedic Registrar Meeting (EMSORD)'** (Leicester, Jun 2023)
- **'British Society for Surgery of the Hand (BSSH)'** (Winchester, Oct 2022)
- **'East Midlands Orthopaedic Research Meeting (EMORM)'** (Virtual, Nov 2021)
- **'East Midlands South Orthopaedic Registrar Meeting (EMSORD)'** (Leicester, Nov 2021)
- **'British Orthopaedic Association (BOA)'** (Aberdeen, Sep 2021)
- **'EFORT'** (Virtual, June 2021)
- **'East Midlands Orthopaedic Research Meeting (EMORM)'** (Virtual, Nov 2020)
- **'British Elbow and Shoulder Society (BESS)'** (Virtual, Oct 2020)
- **'British Orthopaedic Trainee Association (BOTA)'** (Edinburgh, Nov 2019)
- **'East Midlands Orthopaedic Research Meeting (EMORM)'** (Leicester, Nov 2019)
- **'EFORT'** (Lisbon, Portugal, Jun 2019)
- **'British Orthopaedic Trainee Association (BOTA)'** (Newcastle, Nov 2018)
- **'EFORT'** (Barcelona, Spain, May 2018)
- **'East Midlands South Orthopaedic Research Day (EMSORD)'** (Leicester, May 2018)
- **'East Midlands Orthopaedic Research Meeting (EMORM)'** (Leicester, Dec 2017)
- **'British Orthopaedic Association (BOA)'** (Liverpool, Sep 2017)
- **'East Midlands South Orthopaedic Research Day (EMSORD)'** (Leicester, May 2016)
- **'East Midlands Orthopaedic Research Meeting (EMORM)'** (Nottingham, Dec 2016)
- **'British Association for Surgery of the Knee (BASK)'** (Liverpool, Mar 2016)
- **'EFORT'** (Prague, Czech Republic, May 2015)
- **'British Orthopaedic Association (BOA)'** (Brighton, Sep 2014)
- **'EFORT – BOA'** (London, Jun 2014)
- **'British Orthopaedic Association (BOA)'** (Birmingham, Oct 2013)
- **'British Orthopaedic Trainee Association (BOTA)'** (Cheshire, May 2013)
- **'2nd Oxford Metastatic meeting'** (Oxford, May 2013)

Mr Lambros Athanatos (MD, MRCS Ed, FRCS Tr. & Orth.)

- **'South East Thames Orthopaedic Circuit meeting'** (Maidstone, Mar 2013)
- **'Pancyprian Orthopaedic conference'** (Nicosia, Cyprus, Oct 2012)
- **'European Society of Movement Analysis in Adults and Children'** (Oslo, Sweden, Sep 2012)
- **'British Orthopaedic Trainee Association (BOTA)'** (Birmingham, Jun 2012)
- **'Association of Surgeons in Training (ASiT)'** (Cardiff, Mar 2012)
- **'Mediterranean trauma conference'** (Ayia Napa, Cyprus, Sep 2011)
- **'Association of Surgeons in Training (ASiT)'** (Sheffield, Apr 2011)
- **'International forum on quality and safety in healthcare'** (Amsterdam, Holland, Apr 2011)
- **'SE Thames Orthopaedic circuit meeting'** (Maidstone, Nov 2010)
- **'KSS School of surgery prize day'** (Guildford, Jan 2009)
- **'4th European sports medicine congress'** (Nicosia, Cyprus, Jan 2005)

PROFESSIONAL MEMBERSHIPS

2022 – Present	British Society for Surgery of the Hand (BSSH)
2021 – Present	Royal College of Surgeons of England (RCS Eng)
2013 – 2023	British Orthopaedic Association (BOA)
2011 – 2022	British Orthopaedic Trainee Association (BOTA)
2006 – 2023	General Medical Council (GMC)
2016 – 2023	Medical Defence Union (MDU)

IT SKILLS

I am confident and competent in the use of a variety of software packages, most notably Microsoft office. Through my research experience, I have become proficient in using medical databases and the Internet to perform literature searches.

CAREER ASPIRATIONS

I have obtained a TIG fellowship in Hand Surgery in Newcastle following which I aim to become a Consultant Surgeon in Trauma & Orthopaedics with a special interest in Hand surgery in Cyprus. I am keen to continue my medical educational roles in a medical university setting.

PERSONAL INTERESTS

I understand the importance of striking the right balance between work and extra-curricular activities. As a keen scuba diver (NAUI certified), I have dived in the Pacific Ocean and the Mediterranean Sea. This is the closest feeling there is to flying, which I thoroughly enjoy. To remain physically active, I cycle to work and go alpine skiing, having travelled to various mountain resorts around the Alps and also attend Ashtanga yoga.

REFEREES

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