

# BAPRAS PLASTIC TRAINEE STUDY DAY

THURSDAY 21  
JUNE 2018

Royal College  
of Surgeons  
Edinburgh



BAPRAS

British Association of Plastic  
Reconstructive and Aesthetic Surgeons

PLASTIC SURGERY  
TRAINEES ASSOCIATION **PLASTA**



Time	Session Title	Speaker
08:30 - 09:00	Registration	
09:00 - 09:05	Welcome By PLASTA President	Mr Andreas Shiatis
<b>Section 1 — TIG Fellowships</b>		
09:05 - 09:10	Welcome — PLASTA Fellowship	Mr Richard Thomson
09:10 - 09:25	Outline of TIG Fellowship Application	Mr Aidan Fitzgerald
09:25 - 09:35	Breast TIG Fellowship	Mr Iain Mackay
09:35 - 09:45	LASER TIG Fellowship	Mr Iain Mackay
09:45 - 09:55	Cleft Lip and Palate TIG Fellowship	Miss Norma Timoney
09:55 - 10:15	Establishing a private practice	Mr Vivek Sivaraian
10:15 - 10:25	Head and Neck TIG Fellowship	Mr Aidan Fitzgerald
10:25 - 10:30	Major Trauma TIG Fellowship	Miss Tania Cubison
10:35 - 11:00	Q&A	
11:00 - 11:30	<b>Refreshment Break Questions in the form of a Workshop</b>	
<b>Section 2 — FRCS (Plast) Exam</b>		
11:30 - 11:35	Session Introduction	Mr Asmat Din
11:35 - 12:00	Overview of FRCS (Plast)	Mr John Scott
12:00 - 12:25	What an examiner looks for	Mr Simon Wood
12:25 - 13:00	Insider's tip in preparation for exam	Mr Asmat Din
13:00 - 14:00	<b>Lunch</b>	
<b>Section 3 — Aesthetic Surgery</b>		
14:00 - 14:05	Welcome by BAAPS	Mr Nick Pantelides
14:05 - 14:20	Update on aesthetic training	Miss Karen Lindsay
14:20 - 14:35	PRASIS Talk	Mr Mark Henley
14:35 - 15:00	Aesthetic Practice	Mr Mark Henley
15:00 - 15:20	<b>Refreshment Break</b>	
<b>Section 4 — Trainee Wellbeing and Post CCT</b>		
15:20 - 15:25	Welcome	Miss Jana Torres
15:25 - 15:40	Bullying and harassment at work	Mr Graeme Perks
15:40 - 15:50	Training outside the UK — Introduction to the ICOPLAST EU Initiative	Mr Graeme Perks
15:50 - 16:05	BFIRST and work overseas	Mr Matt Fell and Ms Jenny Reid
16:05 - 16:30	Q&A	

# FACULTY BIOGRAPHIES

## Miss Tania Cubison



Tania is a military plastic surgeon who first joined Queen Victoria Hospital as an SHO in 1996. Miss Cubison is a Lieutenant Colonel in the Royal Army Medical Corps and is one of five military doctors currently posted to the trust. As one of a small number of regular army plastic surgeons Lt.Col.Cubison has an operational role and is occasionally deployed overseas.

Miss Cubison also specialises in lower limb trauma reconstruction including microsurgery and the surgical management of amputees.

Miss Cubison is the Research lead for Burns and Wound healing and is the clinical lead in Paediatric Burns and has undertaken studies to evaluate new techniques that may help reduce scarring. She is very involved in teaching burn care in both military and civilian settings and is also a key member of the prevention committee of the British Burn Association.

## Mr Asmat Din



Mr Din has passed the FRCS Plast, being awarded the McGregor Medal, and is also the PLASTA representative to the Plastic Surgery Section of the Joint Committee on Intercollegiate Examinations.

## Mr Matt Fell



Matt Fell is ST4 plastic surgery registrar in the South West Deanery. Matt has had a keen interest in global surgery from an early stage in his career and has worked in several Sub-Saharan African countries including Ethiopia, Malawi, Madagascar and South Africa to improve access to reconstructive surgical services. Matt is currently chairing the BFIRST Trainees committee which aims to enhance opportunities for plastic surgery trainee involvement in global surgery during training.

## Mr Aidan Fitzgerald



Aidan Fitzgerald has been a Consultant Plastic Surgeon since 2003 in Sheffield with an interest in surgery of the Head & Neck as well as Skin Cancer.

He trained as a registrar in Edinburgh and Glasgow with subsequent fellowships in Melbourne and Toronto.

He has maintained an interest in training having been the regional training programme director in Yorkshire and the East Midlands for nine years and recently been the Chair of the SAC in Plastic Surgery. He was previously the Chair of the Reconstructive Aesthetic Trainee Interface Group but most recently was appointed Chair of the Interface Trainee Oversight Group overseeing all TIG groups.

Mr Fitzgerald is also an MRCS examiner, an FRCS(Plast) examiner, a Royal College of Surgeons of Edinburgh regional advisor and General Medical Council associate.

Mr Fitzgerald is currently undertaking his Doctorate in Education.

## Mr Mark Henley



Mr Henley graduated, MB ChB from the University of Birmingham Medical School and has been a Consultant Plastic, Reconstructive and Aesthetic Surgeon to the Nottingham and Derby NHS Hospitals since 1994.

Mr Henley served in the Royal Navy for nine years, including duties during the Falklands conflict. During this time he was awarded a commendation from the Commander in Chief for his work with the wounded. Mr Henley then undertook general surgical training in Manchester, qualifying FRCS (Ed) in 1987.

He commenced his intensive training programme in 1988 to become a plastic surgeon, qualifying FRCS (Plast) in 1993 and was appointed as a Consultant in 1994. During this training he was awarded the James Laing Memorial Prize of the British Burn Association and gained a Light-Millard Fellowship at the University of Miami.

He is the senior consultant in the Trent Regional Cleft Lip and Palate Surgery Service which he has had a major role in developing over the last 20 years.

## Miss Karen Lindsay



Karen Lindsay, Scottish Clinical Leadership Fellow 2017-8 and Plastic Surgery Trainee in Scotland.

## Mr Iain Mackay



Iain Mackay qualified from Dundee University in 1981. He has been a consultant plastic surgeon in the Canniesburn Plastic Surgery Unit, Glasgow since 1996. His subspecialty interests include breast reconstruction, cutaneous laser treatment and the management of vascular anomalies.

He believes training is one of the most important roles we do as surgeons and is of the opinion that you can do some good and potentially some harm as a surgeon but if you train 10 surgeons you can do a lot more good. He has run the Canniesburn microsurgery course for over 15 years. He has been the Scottish Programme Director, SAC member, Scottish BAPRAS rep, SAC rep then chair of the Oncoplastic Breast TIG and member of the Reconstructive & Aesthetic Surgery (RAS) TIG for which he has written the draft syllabus for the Therapeutic Use of Lasers fellowship.

Iain's advice is to remain flexible and have a plan B that is different from plan A, and a plan C that is different from both. Remember a pessimist is an experienced optimist.

## Mr Nick Pantelides



PLASTA BAAPS Representative

## Mr Graeme Perks



Graeme Perks trained in Melbourne, Australia, then Manchester, Preston and London. He is Head of the Department of Plastic and Reconstructive Surgery at Nottingham University Hospitals, and the Chair of the BAPRAS Professional Standards committee. He is a Past-President of BAPRAS (2013 and 2014) and serves internationally as a European member of the Board of Directors of ICOPLAST, the International Confederation of Plastic Surgery Societies. The highlight of his career is seeing his trainees surpass him.

## Miss Jenny Reid

## Mr Andreas Shiatis



Andreas Shiatis is currently an ST5 in Plastic Surgery at the London Deanery after securing his National Training Number in 2014. Prior to studying medicine he completed a BSc in Biochemistry and Molecular Biology at Boston University, USA as a Fulbright Scholar. He then moved back to the UK to undertake the 4 year graduate entry Medical Degree at the University of Nottingham. He completed his foundation and core surgical training in London prior to commencing his Plastic Surgery training which is based in central London Hospitals such as Royal Free and Chelsea and Westminster Hospital.

Andreas has been involved in research throughout his training with publications and presentations at a national and international level. Other interests include setting up surgical smartphone applications, as well as teaching. He has been involved with PLASTA for the last 2 years, serving as the Secretary for 1.5 years and recently as elected president. He plans to complete his training in London and to specialise as a reconstructive surgeon.

## Mr John Scott



In 2001, John Scott was appointed Consultant Plastic & Reconstructive Surgeon, Glasgow Royal Infirmary. His clinical interests include breast reconstruction and the management of skin cancer. He has maintained an active interest in post-graduate education officiating in the following roles:

2007 – 2017: Examiner, FRCS (Plast)  
2011 – 2016: Chair, FRCS (Plast) Standard Setting  
2015 – 2017: Secretary, Intercollegiate Board Plastic Surgery  
2017 – Present: Chair, Intercollegiate Board Plastic Surgery  
2012 – 2017: RCPSG / BAPRAS National Plastic Surgery Tutor Scotland & North of England  
2013 – 2017: Co-Director, The Plastic, Reconstructive and Aesthetic Surgeons Indemnity Scheme Ltd (PRASIS)

John Scott has collaborated closely with the Association of Breast Surgery (GB & I) and was delighted to be awarded an honorary membership.

## Mr Richard Thomson



Richard graduated from University of Liverpool in 2008 and obtained a Masters in Surgical Science from University of Oxford. He did his Core Surgical training in Birmingham before taking up a clinical research post in Cannisburn, Glasgow. He spent two years as a Plastic SPR in Bristol and now is continuing his training at the Welsh Centre for Burns & Plastic Surgery (currently ST6). He is keen on pursuing a career in Cleft Surgery. Outside of training he enjoys competing in Triathlons.

## Miss Norma Timoney



A member of BAPRAS, Norma Timoney is head of service for paediatric plastic surgeon at Evelina London Children's Hospital, Guys and St Thomas'. She is a surgeon in the South Thames regional cleft lip and palate service and has been a cleft training interface trainer since 2005. She is currently chair of the Cleft Lip and Palate Interface Training committee, a member of the Specialist Advisory Committee in Plastic surgery, and former London Program Director for Plastic Surgery Specialist Registrar training.

She studied medicine at The University of Bristol and earlier Dentistry at the University of Dublin Trinity College. Her Plastic Surgery training was in the UK with an additional fellowship year at The Hospital for Sick Children Toronto. She is involved in some charitable projects overseas and is currently a trustee of the Facing the World charity..facingtheworld.net

## Miss Jana Torres-Grau

Jana Torres-Grau BSc MBChB MRCS, graduated from The University of Bristol in 2009. Currently an ST5, has been a Plastic Surgery Trainee in the London Deanery since 2015. SAC pasta rep 2017/2018 Represents the trainees at the SAC meetings, and is involved in looking after plastic surgery trainees' educational and training needs.

## Mr Simon Wood



Mr Simon Wood is the Chair at the SAC Plastic Surgery. He is a Consultant Plastic Surgeon and Honorary Senior Lecturer at Imperial College London.

Mr Simon Wood qualified in medicine at the Royal London Hospital and completed training in plastic surgery through east of England rotation in Cambridge and Norwich.

At Imperial College Healthcare NHS Trust he has developed the reconstruction service, working with breast surgeons, head and neck surgeons, colorectal surgeons and gynaecologists on a regular basis. Mr Wood has also developed the abdominal wall reconstruction service at the Trust and deals with a wide range of complex and recurrent incisional hernia problems.

In addition to surgery, Mr Wood has had a strong interest in teaching and training. In 2012 he was appointed to the Plastic Surgery Specialist Advisory Committee (SAC), part of the Joint Committee on Surgical Training (JCST) for the four Royal Colleges of Surgery. This work has included being in charge of National Selection and in 2015 he was appointed Chair of the Plastic Surgery SAC.

# ABSTRACTS

### Asmat Din

#### Insider's tip in preparation for an exam

Mr Din has passed the FRCS Plast, being awarded the McGregor Medal, and is also the PLASTA representative to the Plastic Surgery Section of the Joint Committee on Intercollegiate Examinations. This session aims to offer some insights into how to best prepare for and pass the FRCS Plast.

### Matt Fell and Jenny Reid

#### BFIRST and Work Overseas for plastic surgery trainees

An overview of current opportunities for plastic surgery trainees to be involved in global surgery during their training. Topics including the role of trainees in global surgery, securing deanery/ financial support and the latest research opportunities will be covered. A comparison will be made with opportunities available to trainees in the USA, Canada and Europe, and finally the work BFIRST is doing to advocate for UK plastic trainees.

### Karen Lindsay

#### Update on aesthetic training

Scottish Clinical Leadership Fellow 2017-8 and Plastic Surgery Trainee in Scotland. Update on the current status of aesthetics training in the UK following the BAPRAS survey earlier this year.

### Graeme Perks

#### Bullying and harassment

The Royal Australasian College of Surgeons had a widely publicised exposure to allegations which lead to a public apology by the RACS President. Here we explore what works well in our collective and interactive experiences, and "what would be better if.....".

#### ICOPLAST European fellowship initiative

ICOPLAST, the International Confederation of Plastic Surgery Societies is two years old and growing. 66 countries and societies come together to share opportunities around the globe. I will talk about ICOPLAST and its initiatives to work in an "era of austerity", driven in great part by trainee collaboration.

### Norma Timoney

#### Cleft Lip and Palate TIG fellowship

What to expect from the Cleft lip and Palate Interface training programme, including eligibility, interview preparation and timing.

**Iain Mackay**  
**Oncoplastic Breast TIG**

What are the options for Plastic Surgery trainees wishing to obtain subspeciality training in breast surgery? Monospeciality training using the final years curriculum's oncoplastic breast syllabus is one option, Training Interface Group (TIG) oncoplastic fellowships are another. Various local or international fellowships including microsurgery fellowships are further training options but lack proper curriculae, quality indicators and certification.

For oncoplastic TIG fellowships the focus for the Plastic Surgery trainees will be to develop knowledge and skills in breast assessment, breast disease and cancer diagnosis and management. The level of knowledge, clinical and technical skills expected by the end of the oncoplastic TIG fellowship will be discussed and compared with other training routes as well as expected indicative numbers.

Advice on obtaining a TIG fellowship posts will be discussed along with the benefits of completing a fellowship.

**Reconstructive & Aesthetic Surgery TIG — Therapeutic Use of Lasers Fellowship**

The history and role of lasers will be discussed in relation to the draft RAS TIG curriculum with particular reference to their use in the treatment of cutaneous disorders including vascular anomalies and scarring. The benefits of a multidisciplinary approach will be emphasised.

What you should expect to have achieved by the end of the fellowship will be explained along with advice about the interview process to obtain a fellowship.

**Mr John R Scott**  
**The Intercollegiate FRCS (Plast) Examination (Overview of FRCS (Plast))**

The format, development and marking process of both the Section 1 and 2 Intercollegiate FRCS (Plast) Examinations will be presented. The extensive quality assurance process behind each exam will be discussed.

# EXHIBITOR INFORMATION



## Medical Education Programme

Nagor Ltd, Westfield Industrial Estate, Cumbernauld, Glasgow, G68 9HN

Contact- Jean-Marc Chabrut

jeanmarcchabrut@gcaesthetics.com

07917 532 842; www.gcaesthetics.com

GC Aesthetics is a leading manufacturer of silicone implants under the brands Nagôr and Eurosilicone. At GC Aesthetics, our goal is to empower and support individuals on their body transformation journey. We are international aesthetic market leaders, boasting 30 years industry experience. We are a vibrant company whose stays tuned in to the needs of our customers. Our aim is to inform and empower individuals to feel in charge of changing the way they look and feel about themselves.

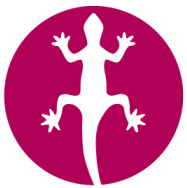
# DELEGATE LIST

(As of 18 June)

Title	Forename	Surname	Institution	Town
Mr	Ahmed	Al-Mousawi	Royal Victoria Infirmary	Newcastle upon Tyne
Dr	Ben	Aldridge	plastic surgery	Aberdeen
Miss	Anna	Allan	Royal Free Hospital	London
Mr	Luke	Allen	University of Leeds	Leeds
Miss	Jill	Baker	St John's Hospital	Livingston
Miss	Ana	Borges	University Hospital North Durham	Durham
Dr	Henry	Claireaux	Oxford University	Oxford
Miss	Tania	Cubison		Faculty
Mr	Asmat	Din		Faculty
Mr	Lewis	Dingle	NHS Lothian	Edinburgh
Mr	Andrew J	Diver	Ulster Hospital	Belfast
Mr	Thomas	Dobbs	Welsh Centre for Burns and Plastics	Swansea
Mr	Matt	Fell	Royal Devon and Exeter Hospital	Exeter
Mrs	Nathalie	Fennell	Leicester Royal Infirmary	Leicester
Mr	Aidan	Fitzgerald		Faculty
Mr	Matthew D	Gardiner	John Radcliffe Hospital	Oxford
Mr	Samim	Ghorbanian	Nottingham University Hospitals NHS Trust	Nottingham
Mr	Conrad	Harrison	Stoke Mandeville Hospital	Oxford Deanery
Miss	Susan	Hendrickson	Southmead Hospital	Bristol
Mr	Mark	Henley		Faculty
Mr	Ibrahim	Ibrahim	Whythenshawe Hospital	Manchester
Mr	Miguel	Johnson	University Hospital of the West Indies	Kingston, Jamaica
Dr	Richard	Kwasnicki	Imperial College Healthcare NHS Trust	London

Miss	Karen	Lindsay		Faculty
Mr	Iain	Mackay		Faculty
Dr	Mark	Mikhail	John Radcliffe Hospital	Oxford
MD	Niels	Noordzij	Medical Centre Leeuwarden	Leeuwarden, the Netherlands
Mr	Nicholas	Pantelides	Wythenshawe Hospital	Manchester
Mrs	Lopa	Patel	Queen Elizabeth Hospital	Birmingham
Mr	Graeme	Perks	Nottingham University Hospitals NHS Trust	Nottingham
Dr	Jenny	Reid	NHS Lothian	Edinburgh
Mr	Dimitris	Reissis	St Andrew's Centre, Broomfield Hospital	Chelmsford
Mrs	Helen	Roberts		Faculty
Mr	Jeremy	Rodrigues	University of Oxford	Oxford
Mr	John	Scott		Faculty
Miss	Kavita	Sharma	Canniesburn Plastic Surgery Unit	Glasgow
Mr	Andreas	Shiatis		Faculty
Mr	Vivek	Sivarajan		Faculty
Ms	Susanne	Thomson	University of Glasgow	Glasgow
Mr	Richard M	Thomson	Welsh Centre for Burns and Plastic Surgery	Swansea
Miss	Norma	Timoney		Faculty
Miss	Jana	Torres		Faculty
Mr	Benjamin L M	Way	Queen Victoria Hospital	East Grinstead
Mr	Adam	Williamson	St John's Hospital	Livingston
Mr	Simon	Wood		Faculty
Dr	Li Yenn	Yong	Alder Hey	Liverpool
Miss	Katie	Young	Queen Victoria Hospital	East Grinstead
Miss	Raina	Zarb Adami	Lister Hospital	Stevenage
Mrs	Cynthia	de Coursey	Queen Elizabeth Hospital	Birmingham

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