



Curriculum Vitae

August 2014

Mr Russ Jeffers
MBChB
AFRCSEd
FRCSEd(Tr&Orth)
MFSTEd
EurDipHandSurg



Contents

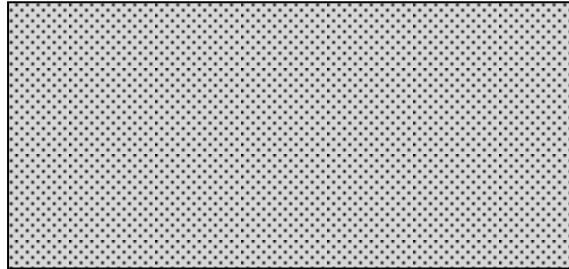
Page

1	Personal details
2	Educational CV
4	Essence of Consultant Surgical Practice Subspecialist Fellowship Training Orthopaedics and Trauma Surgery Experience
6	Management and Leadership
8	Clinical Governance Research skills, Publications & Presentations
9	Appendix
i	Summary of Higher and Basic Surgical Training posts
ii	List of publications
iii	Conferences, meetings and courses attended

Personal Details

Name Russ Francis Jeffers
Nationality British
Date of Birth 9th September 1972, Liverpool, United Kingdom.
Marital Status Married with four children.

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GMC Number 4320564 - Registered with a Licence to Practice
Specialist Registration in T&O Surgery (4/2/2010)

Qualifications	FESSH	EurDipHandSurg	June 2013
	Intercollegiate	FRCSEd (Tr & Orth)	February 2008
	RCS Edinburgh	AFRCSEd	December 1999
	University of Dundee	MBChB Merit in Orthopaedics	June 1996
	Liverpool Bluecoat School	A Level & GCSE	

Current Position Consultant Orthopaedic Surgeon
Subspecialist Interest in Hand, Wrist & Elbow Surgery
Bradford Royal Infirmary

Educational CV

Personal notes

Born and bred in Liverpool, I left in 1991 to study at Dundee University. After House Jobs in Dundee and Perth, I was a nomadic SHO working in Weymouth, Dorchester, Exeter, Glasgow and Ayr. Followed by a Registrar post in Dumfries and Leeds before appointment to the SpR Orthopaedic rotation in Yorkshire.

Specialist training

Interface Orthoplastic Hand Fellowship in Manchester, Salford and Wrightington, followed by a further Upper Limb and Hand Fellowship at Royal Derby Hospital and the Pulvertaft Hand Centre.

Memberships

BSSH Full Member, BOA Fellow, BMA Member, EWAS Member, RCSEd Fellow, FST Member RCSEd.

Educational responsibilities

I'm actively involved locally, regionally, nationally plus internationally. I am a clinical and educational supervisor and strongly believe in education of the next generation of consultants with development of their non-technical skills to produce a competent and holistically trained surgeon.

I supervise medical student SSM's and the most recent student won the audit prize for Secondary Prevention of Osteoporosis following fracture at an Undergraduate Surgical Conference. I am currently clinical supervisor to a UCL PhD student who is working within our department on a Health Informatics project. I also support two Bradford Institute of Health Research Patient Safety Fellows as part of the Hand Surgery Users Working Group.

Regionally within specialty training I have organised and chaired regional teaching sessions at BRI plus small group pre-exam hand sessions. I write the annual regional mock FRCS T&O MCQ exam which has been adopted within our review criteria for ARCP and used as appraisal for readiness to sit the FRCS T&O exit exam. This year I have organised a 4 day FRCS T&O Clinical Revision Course at BRI (3 days of lectures with a final day viva and clinical FRCS T&O part 2 exam). This will be repeated for at least the next three years.

I was elected Member of the Faculty of Surgical Trainers at the Royal College of Surgeons of Edinburgh and completed the Health Education England and General Medical Council Educational Supervisors Training in the first wave.

Current Educational Roles

Member of Faculty of Surgical Trainers, Royal Colleges of Surgeons Edinburgh
Examiner University of Leeds
Yorkshire Deanery Orthopaedic StR Training & Mentoring for Hand Surgery Career
Trainer and Educational Supervisor (CT/ST 1&2 Orthopaedic Department plus StR 3-8 both in Plastic and Orthopaedic Departments)
Convenor/ Organiser of Yorkshire Revision FRCS (Tr&Orth) Course
Annual Mock MCQ exam for Yorkshire Deanery Orthopaedic StRs
Lecturing and Mentoring for Yorkshire Deanery Orthopaedic StRs plus lecturing/ wet lab skills for Yorkshire School of Surgery (CT/ST)/ Departmental Induction of CT/ST plus StRs
Teaching of University of Leeds Medical Students/ Supervision of Special Study Modules in Orthopaedics
Clinical Supervisor for PhD Student (UCL/ NHS Executive) – project in health informatics, patient pathways and referral guidance for hand and foot surgery
Invited Faculty – Wrightington Hand and Upper Limb FRCS (Tr&Orth) Revision Course, Yorkshire
Revision FRCS (Tr&Orth) Course, Yorkshire
Invited International Faculty – Hand & Wrist Cadaver Course, Nijmegen

e-Learning

Educational Twitter feed @MrRFJeffers

Previous Educational Roles

Regional Chair BMA South West Scotland JDC Member BMA Scotland JDC
Examiner University of Glasgow
BOTA Linkman Yorkshire
Orthopaedic Specialist Training Committee SpR Representative Yorkshire
ATLS Instructor

Memberships

BSSH Member, BOA Fellow, BMA Member, EWAS Member, RCSEd Fellow, FST Member RCSEd.

Further Educational Aims

Introduction of Specialist Hand Fellows (BSSH Interface Orthoplastic Hand and/or FESSH Approved Hand Trauma) to Bradford
Position on BSSH Educational Committee
Academic Programme Director T&O Yorkshire Deanery
Fellow Faculty of Surgical Trainers

Essence of Surgical Practice

I am a substantive Orthopaedic Surgical Consultant with a subspecialist interest in surgery of the Hand & Wrist plus Elbow (90:10 mix). I take part in the Orthoplastic Hand rota for a tertiary hand unit serving 1 million patients. I have attained the European Diploma in Hand Surgery (EurDipHandSurg) qualification, awarded by the Federation of European Societies for Surgery of the Hand (FESSH).

I have specialist interest in hand, carpus and wrist injury with early aggressive treatment of bony and soft tissue injuries by open reduction and internal fixation and/ or arthroscopy followed by mobilisation. I am part of a Multidisciplinary Team of Orthopaedic and Plastic Hand Surgeons, Therapist and Specialist Nurses. I perform the vast majority of the complex forearm, carpal and wrist trauma in addition to flexor tendon repair, microsurgical digital and peripheral nerve repair and grafting, finger tip reconstruction, local hand skin flaps and grafting, hand and digit fracture fixation and I also feel confident managing complex elbow, humeral and clavicular fractures.

In elective surgery I am confident in non-surgical and surgical management of common hand, wrist, elbow and shoulder problems. I have the ability to perform most operations within the hand and wrist including Dupuytren's surgery; trapeziometacarpal, interphalangeal and metacarpophalangeal arthroplasty; wrist fusion, arthroscopic wrist surgery and correctional distal radial osteotomies; consequences of wrist/carpal trauma and its reconstruction .

Further interests include ambulatory local anaesthetic and block surgery, treatment of basal thumb arthritis, redesign of patient referral guidelines and pathways for acute and elective patients, design and introduction of hand trauma database and education of junior Plastic and Orthopaedic Surgeons and allied Health Professionals.

Subspecialist Fellowship Training

Interface Orthoplastic Fellow in Hand Surgery,

Wythenshawe Hospital, Hope Hospital & Wrightington Hospitals (January – December 2009)

Within this fellowship there was a high volume of work going through the three units, I had the fantastic opportunity to perform and assist at a wide variety of hand surgery covering virtually all areas of the Orthoplastic spectrum. I am comfortable operating in loupes and have become more competent with operative microscope use and microsurgical repair and grafting of nerves. I have had specialist clinic experience in Paediatric Hands, Peripheral Nerve and Plexus Injury, Upper Limb Prosthetics and Complex Wrist Injury. I performed approximately 500 operative cases.

Upper Limb and Hand Surgery Fellow,

Royal Derby Hospital & The Pulvertaft Hand Centre (January – August 2010)

Within this fellowship I consolidated my skills in Upper Limb and Hand Surgery concentration on arthroscopic procedures and replacement of the shoulder and elbow and treatment of complex trauma of the upper limb and hand. My training timetable consists of time spent between the Orthopaedic Department and the Pulvertaft Hand Unit with independent parallel theatre sessions.

Orthopaedic & Trauma Surgery Experience

I qualified in 1996 and since 2000 I have been practising solely in Orthopaedics and Trauma Surgery. My experience includes six months as a Junior House Officer, one year as a Senior House Officer, two years as an Experienced SHO/ Trust Registrar and six years as a Specialist Registrar on the Yorkshire training programme. Details of the specific hospitals I have worked in both during my basic surgical training and higher surgical training can be found in the **appendix (i)**.

Management and Leadership Skills

Developing a high quality service

The improvements made in the service redesign are evolving and must move to provide the BSSH designated highest level hand surgery service with an integrated Orthoplastic Hand Surgery Unit.

We have set up a Hand Surgery Unit Working Group supporting two BIHR/NIHR Patient Safety Fellows to explore the need, design and implementation of this.

I am currently reviewing previously developed evidence based protocols/ treatment guidelines including: Scaphoid injury CT investigation & staging plus treatment; fingertip/ nail bed injury; Digital fractures; Metacarpal fracture & Tendon injury. Further modification is in progress on referral guidelines (working locally with CCG for elective and local/regional trusts for trauma); and to improve the patient journey through altered work patterns which will facilitate increased LA/ Regional anaesthesia for trauma cases on daily consultant delivered 'cold planned' trauma lists; and one-stop follow up with expert nurses and therapists.

We are looking to develop a hub and spoke rehab service which combined with improved data capture and coding will ensure we are being paid at the most appropriate tertiary care tariff. The development of this service has only been possible through improved staff education.

Ultimately we should evolve to a tertiary ambulatory daycase hand unit.

Delivering a high quality service

I have led redesign of the hand surgery service to include peer-reviewed MDT ward rounds and the development of improved history documentation, hand surgery assessment and referral pathways for BRI and surrounding Trusts.

I have implemented a hand injury database which has enhanced safer logging, handover, booking and follow up of patients. The database facilitates audit of our service for comparison against BSSH standards.

I have developed our post-op care improving access to rehab with increased staff, hand rehab referral pathways and development of a nurse led dressing clinic with specialist hand therapist input. As a result of the redesign we have improved efficiency through reduced trauma and elective cancellations and reduced costs.

Purchase of two mini c-arm fluroscans for hand theatres has enabled us to operate without the need for a radiographer. In addition, rationalisation of equipment required and amalgamation of theatre trays has reduced sterilisation costs. I managed the Hand equipment tender which led to a £5000 pa saving on implants and further reduction in the need for loan kit.

As a result of this modernisation, patient safety has improved through improved documentation, communication and education of staff.

Previous Experience

During my SpR training I was the Specialist Registrar representative on the Regional Orthopaedic Training Specialist Committee and have been a Yorkshire Deanery Trainee Representative for assessment of the Yorkshire Super Deanery by PMETB. I was the Regional British Orthopaedic Trainees Association Linkman.

During my time as a Trust Registrar I was the Chair of the South West Scotland and Dumfries & Galloway Royal Infirmary Junior Doctors Committees and also sat on the BMA Scottish Junior Doctors Committee. I have been involved in negotiations with personnel and management regarding banding, working patterns, catering, accommodation and education/ funding. I was a trained representative for the BMA.

I have sat on a Local Negotiating Committee, Local Implementation Groups and Medical Staffing Committees during various Specialist Registrar and Experienced SHO posts. During Basic Surgical Training I sat on the Junior Doctors Forum at the Western Infirmary. I was involved in the development of Integrated Care Pathways for fractured neck of femur and lower limb total joint arthroplasty in Dumfries, having already sat on a similar working group in Dorset County Hospital.

Clinical Governance skills

Throughout my training and Consultant post I have actively participated in clinical governance in all its forms so that I can provide high quality care to my patients at all times and ensure patient safety is paramount. Some evidence of clinical governance is shown below.

Appraisals

I am engaged within the Consultant Appraisal process and will undergo GMC Revalidation in 2016. I have a validated appraisal for 2012-13 and will undergo the 2013-14 cycle in the New Year.

Continuous professional development

In order to maintain my ongoing CPD I have utilised a number of means detailed below:-

Journals read

The Journal of Hand Surgery (European Volume), The Journal of Hand Surgery, Journal of Wrist Surgery, Bone & Joint Journal, Journal of Orthopaedic & Trauma, The Surgeon (Journal of RCSEd), British Medical Journal.

Web-based resources

Hand & Bone Feed, AO Traumaline, MyOrthopaedicEvidence, CBD on the EWAS Forum, VuMedi, WebSurg.

Twitter

I have an educational feed **@MrRFJeffers** which I use to collate and disperse information from within Hand, Elbow and general Orthopaedic Surgery. This allows me access to current articles from subspecialist and generalist Journals, Hand Units & Societies, The DoH, GMC, BMA, BOA and CCG's, training and educational resources.

Multidisciplinary Team Meetings

Combined Hand Clinic - in conjunction with the departmental Orthoplastic Hand Surgeons and Hand Physiotherapist and Occupational Therapist (Bi-weekly)

MSK Radiology - in conjunction with department Orthopaedic colleagues & MSK Radiologists (weekly)

Elbow Complex Cases - discussed with two Elbow Consultant colleagues (weekly to bi-weekly)

Trauma Meeting - in conjunction with department Orthopaedic colleagues (daily)

Hand Surgery Unit Working Group (monthly)

Society Memberships

British Orthopaedic Association, British Society for Surgery of the Hand, European Wrist Arthroscopy Society, British Medical Association, RCS Edinburgh.

Publications

I have had several publications in peer review medical journals with national and internal presentation. These are listed in **appendix (ii)**.

I have also attended many courses, conferences and meetings both orthopaedic and general courses and a list of these can be found in the **appendix (iii)**.

Appendix (i)

Summary of Training Appointments

Subspecialty Fellowship

Jan. – Aug. 2010

Upper Limb and Hand Surgery Fellow

Royal Derby Hospital and Pulvertaft Hand Centre

Jan. – Dec. 2009

Interface Fellow (Orthoplastic) in Hand Surgery

Wythenshawe, Royal Salford & Wrightington Hospitals

Specialist Registrar

Sept. 2002 – Dec. 2009

Trauma & Orthopaedic Surgery (Yorkshire Deanery)

Year 6 Bradford Royal Infirmary

Year 5 Huddersfield Royal Infirmary

Year 4 Pinderfields & Pontefract Hospitals

Year 3 Pinderfields & Pontefract Hospitals

York District Hospital

Year 2 Airedale General Hospital

Year 1 St. James University Hospital

Registrar Grade

March 02 – Sept. 02

Dewsbury & District Hospital

Sept. 01 – March. 02

St. James's University Teaching Hospital

Aug. 00 – Sept. 01

Dumfries & Galloway Royal Infirmary

Basic Surgical Training

April. 00 - Aug. 00 Plastic, Hand & Burns Surgery. Canniesburn Hospital & Glasgow Royal Infirmary.

Dec. 99 - April. 00 Cardiothoracic Surgery / Intensive Care. Western Infirmary, Glasgow.

Aug. 99 – Dec. 99 Urological Surgery. The Ayr Hospital, Ayrshire.

Feb. 99 – Aug. 99 Trauma & Orthopaedic Surgery. Western Infirmary, Glasgow.

Aug. 98 - Feb. 99 Breast, Surgical Oncology & General Surgery. Western Infirmary, Glasgow.

Feb. 98 - Aug. 98 Accident & Emergency. Royal Devon & Exeter Hospital, Exeter.

Aug. 97 - Feb. 98 Trauma & Orthopaedic Surgery. Dorset County Hospital, Dorchester.

Pre-Registration House Officer

Feb. 97 - Aug. 98 General Medicine, Haematology & Elderly Care. Perth Royal Infirmary.

Aug. 96 - Feb. 97 Trauma & Orthopaedic Surgery. Dundee Royal Infirmary.

Appendix (ii)

Publications

Published

Use of the DePuySynthes Ulnar Osteotomy System for Large Ulnar Shortenings
Vollans S, **Jeffers RF**. Eu J Hand Surgery (In print)

Trapeziectomy incorporating a modified Eaton Littler Beak Ligament Reconstruction
Nikkhah D, Rodrigues J, **Jeffers RF**. Plast Reconstr Surg. 2012 Mar 129(3) 557e-558e

A simple technique for translating the planned template to the intraoperative femoral neck cut using posterior head resection during Hip Arthroplasty.

Jeffers RF, Ponneru R, Vanderstraten L, Binns M. J Bone Joint Surg Br 2008; 90-B: 549.

Colonisation of multiuse indelible marker pens used for marking in Orthopaedic patients
Jeffers RF, Boyce Cam N, Deacon P, Sohal A. J Bone Joint Surg Br 2008; 90-B: 550.

Foot Injuries In Motorcycle Crashes – Injury Patterns and Outcomes

Jeffers RF, Dosani A, Kamath R, Giannoudis PV. J Orthop Trauma. 2004 Feb;18(2):87-91.

Pregnancy After Surgery For Pelvic Fractures: Patient Fears & Outcomes

Jeys LM; Goodyear P; **Jeffers RF**; Giannoudis PV. J Bone Joint Surg Br 2003; 85-B: 172.

Tired surgical trainees: unfit to drive but fit to operate?

Jeffers RF, Jeys LM. BMJ 2002; 324: 173.

Podium Presentations

Use of the DePuySynthes Ulnar Osteotomy System for Large Ulnar Shortenings
Vollans S, **Jeffers RF**. BSSH Spring Meeting 2014

Accuracy of non-image guided injections into the basal thumb joints

Cheadle, C; Geldhill R; **Jeffers RF**. BSSH Spring Meeting 2013

Radiation exposure during hand and wrist surgery - large C-arm vs Mini C-arm

Vashishtha M; Rostrom M; Hamad K; **Jeffers RF**. BSSH Autumn Meeting 2012

Poster Presentations

A simple technique for translating the planned template to the intraoperative femoral neck cut using posterior head resection during Hip Arthroplasty.

Jeffers RF, Ponneru R, Vanderstraten L, Binns M. British Hip Society (March 2007)

Colonisation of multiuse indelible marker pens used for marking in Orthopaedic patients

Jeffers RF, Boyce Cam N, Deacon P, Sohal A. British Hip Society (March 2007)

Pregnancy After Surgery For Pelvic Fractures: Patient Fears & Outcomes

Jeys LM; Goodyear P; **Jeffers RF**; Giannoudis PV. BOA Annual Congress (September 2002)

Appendix (iii)

Courses Attended

International/ National Conferences

FESSH Conference and Instructional Course	<i>Paris, June 2014</i>
BSSH Spring Scientific Meeting	<i>Gateshead, May 2014</i>
BSSH Spring Scientific Meeting	<i>Harrogate, May 2013</i>
BSSH Autumn Scientific Meeting	<i>York, October 2012</i>
4 th Sheffield Elbow Conference	<i>Sheffield, October 2012</i>
BSSH & BAHT Combined Meeting	<i>RCS London, October 2011</i>
BSSH Spring Scientific Meeting	<i>Manchester, April 2011</i>
BSSH Spring Scientific Meeting	<i>Manchester, April 2010</i>
BSSH Autumn Scientific Meeting	<i>Nottingham, November 2009</i>
British Association of Plastic, Reconstructive and Aesthetic Surgeons	<i>Leeds, July 2009</i>
British Hip Society	<i>Leeds, February 2007</i>
British Orthopaedic Trainees Association Conferences	<i>June 2004, 2005 & 2006</i>
British Orthopaedic Association Annual Congress	<i>Manchester, September 2004</i>
Care of Patients with Major Trauma Symposium	<i>Bournemouth, January 1998</i>

Regional Meetings

Ridings Meeting	<i>Leeds, May 2014</i>
	<i>Halifax, April 2013</i>
	<i>Bradford, December 2012</i>
	<i>Airedale, May 2012</i>

Teaching & Medical Education

Supervisor Training Course	<i>Health Education England, April 2014</i>
Training the Trainers	<i>RCS England, January 2009</i>
Peer Learning & Assessment	
Understanding Teaching	
Learning from Surprises in Teaching	<i>University of Leeds, November 2008</i>
Examiners Course for OSCE	<i>University of Leeds, June 2008</i>
ATLS Instructor Course	<i>Royal College of Surgeons, Harrogate, June 2004</i>

Management

Making the Most of Your Consultant Post	<i>Leeds, March 2010</i>
Management and Leadership Course	<i>Yorkshire Deanery, October 2009</i>
BMA Representatives Training Course	<i>BMA Scottish Central Office, Edinburgh. March 2001</i>

Clinical – Hand & Upper Limb

Elbow Arthroscopy Wet Lab Skill Course	<i>York, April 2014</i>
BSSH Instructional Courses – Dupuytren's & Skin	<i>Manchester, February 2014</i>
PIPJR and Maia Symposium, Wrightington Hospital	<i>Wrightington Upper Limb Unit, May 2013</i>
AO Distal Radial Trauma Masterclass	<i>Basel, March 2012</i>
AO Hand & Wrist Masters Course	<i>Leiden, November 2011</i>
BSSH Instructional Courses (Module 6)	<i>Manchester, November 2011</i>
Collagenase Training Course	<i>Leeds, June 2011</i>
Discovery Elbow Cadaveric Course	<i>Liverpool, November 2010</i>
LRE Elbow Cadaveric Course	<i>Gateshead, September 2010</i>
AO Cadaveric Elbow Trauma Symposium	<i>Leuven, June 2010</i>
Mini C-Arm Radiation Protection Course	<i>Pulvertaft Hand Centre. March 2010</i>
BSSH Instructional Courses (Module 6)	<i>Manchester, February 2010</i>
Tip & Tricks In Shoulder Surgery	<i>Wrightington Upper Limb Unit, December 2009</i>
BSSH Autumn Scientific Meeting	<i>Nottingham, November 2009</i>
Base of Thumb Osteoarthritis Course	<i>Banbury, May 2009</i>
BSSH Instructional Courses (Modules 4 & 5)	<i>Manchester, February & June 2009</i>
Watanabe Arthroscopic Cadaveric Shoulder Course	<i>Edinburgh, November 2008</i>
Yorkshire Shoulder Course	<i>Dewsbury District Hospital, July 2007 & 2008</i>
AO Hand and Wrist Course	<i>Leeds, October 2007</i>

Clinical - Others

Leeds FRCS(Tr&Orth) Revision Course	<i>Leeds, September 2007</i>
CPT Arthroplasty Course	<i>Bournemouth, April 2007</i>
Leeds Biomechanics Course	<i>Leeds, September 2006</i>
AO Basic Course	<i>Leeds, June 2003</i>
Leeds Practical Knee Course	<i>Leeds, October 2001 & 2002</i>
AO/ASIF Principles & Practice	<i>Dundee, November 2000</i>
Early Management of Pelvic & Acetabular Fractures	<i>RCS Glasgow, October 2000</i>
Basic Arthroscopy Course	<i>RCS Glasgow, December 1999</i>
Basic Surgical Skills	<i>Derriford Hospital, May 1998</i>
Accident & Emergency Radiology	<i>Northwick Park Hospital, February 1998</i>
Accident & Emergency Introductory Course	<i>Bristol, February 1998</i>

ATLS/ ALS

ATLS Instructing on Provider Courses	<i>St James's University Hospital, Leeds, 2004-2009</i>
ATLS 8 th Edition Revalidation	<i>American College of Surgeons, October 2009</i>
ATLS National Update	<i>Royal College of Surgeons, October 2006</i>
ATLS Instructor Course	<i>Royal College of Surgeons, June 2004</i>
ATLS (Provider) - <i>Instructor Potential</i>	<i>St James's University Hospital, Leeds, September 2003</i>
ATLS (Provider) - <i>Instructor Potential</i>	<i>Royal Devon & Exeter Hospital. March 1998</i>
ALS Cardiac (Provider) - <i>Instructor Potential</i>	<i>Perth Royal Infirmary, July 1997</i>