

Curriculum Vitae

Mr Mateen H. Arastu.

January 2023.

Consultant in Trauma & Orthopaedic Surgery
University Hospital Coventry and Warwickshire
NHS Trust

Special interests in complex trauma care of multiply injured patients (including pelvic ring injuries, acetabular, femoral (head and neck), femur, distal femur, tibial plateau, tibia, complex ankle, calcaneus, midfoot, humerus, clavicle, elbow, forearm and wrist fractures. I perform joint orthoplastic work on a regular basis for complex open fractures with plastic surgeons. I perform rib fracture fixation for chest trauma. I regularly perform fracture non-union revision surgery. I perform lower limb arthroplasty (primary hip and knee replacement surgery).

Active Orthopaedic Trauma Society member in. Active AO Trauma Faculty member teaching nationally. Lead clinician at my hospital for neck of femur fracture care. Lead clinician and successfully implemented virtual fracture clinics at UHCW in 2020. I am the education lead for the department of trauma and orthopaedics at UHCW.

I complete 200-300 medicolegal reports per year and have been performing this work since 2015. I also perform clinical negligence work related to orthopaedic trauma and lower limb arthroplasty cases.

Personal Details

Address: University Hospital Coventry and Warwickshire, CV2 2DX

E mail (personal/work): Mateen.Arastu@uhcw.nhs.uk

NHS (secretary): sara.aboushanab@uhcw.nhs.uk

Medicolegal (secretary): Irmeen Jeelani arastumedlegal@gmail.com

Date of Birth: 4th May 1976

Phone (NHS Work): 02476 965096

Phone (Home/Mobile): 0121 2451143 / 07720292790

Phone (Medicolegal): 07779122231

GMC Number: 4738396 MPS Number: 264496

Nationality: British

Education

2017 **Cardiff University Law School Bond Solon Expert Witness Course Completed**

2015 **Bond Solon CertMR completed/MedCo Accreditation completed**

2011-2012 **Orthopaedic Trauma Fellowship** with Professor Richard Buckley, Foothills Medical Centre, Calgary, Canada

2005-2012 South West Thames SpR Trauma & Orthopaedic Rotation

2009 FRCS (Tr & Orth)

2005-2008 MSc. with Distinction in Orthopaedic Engineering University of Cardiff.

2005 MRCS (Eng).

1994-2000 MBBS (Honours in Surgery)United Medical and Dental Schools of Guy's and St Thomas' Hospitals, London.

1997 BSc. Class 2:1 Honours in Experimental Pathology.

Employment Summary

Sept 2014 – Present	Consultant Trauma and Orthopaedic Surgeon University Hospital Coventry and Warwickshire NHS Trust Major interest in complex trauma. Also perform lower limb arthroplasty work (primary hip and knee replacements).
April 2013-Aug 2014	Locum Consultant Trauma & Orthopaedic Surgery – Complex Trauma Queens Medical Centre, Nottingham
Orthopaedic Specialist Registrar Training – South West Thames Region, London, UK October 2005 – April 2013	
October 2012-April 2013	Kingston Hospital Mr DA Ward (Trauma and Adult Lower Limb Reconstruction)
July 2012-October 2012	Worthing Hospital Mr K Narang (Shoulder and Upper Limb Trauma Surgery)
July 2011-July 2012	Trauma Fellowship , Foothills Medical Centre, Calgary, Canada Dr Duffy, Dr Korley and Professor Buckley
Oct 2010-July 2011	East Surrey Hospital Mr M Lal (Foot and Ankle and Trauma) and Mr K Drabu (Lower Limb Adult Reconstruction).
Oct 2009 – Oct 2010	St George’s Hospital. Mr Day (Pelvic and Complex lower limb trauma), Mr Mitchell and Mr Bridle (Lower Limb Adult Reconstruction)
Oct 2008 – Oct 2009	Epsom and St Helier University Hospital NHS Trust Mr Chockalingam, Mr Vann, Mr Edwards and Mr Twyman (Paediatrics, Trauma and Lower Limb Adult Reconstruction)
Oct 2007–Oct 2008	Princess Royal Hospital and Royal Sussex County Hospital Mr Ricketts, Mr Parnell, Mr Patterson, Mr Turnbull and Mr Bendall (Upper Limb, Lower Limb Adult Reconstruction, Foot and Ankle, Paediatrics and Trauma)
Oct 2006-Oct 2007	St Richard’s Hospital, Chichester Miss Burgert and Mr Hill (Hand and Trauma)
Oct 2005-Oct 2006	Frimley Park Hospital NHS Trust Mr Pike, Mr Hull, Mr DeBeer, Miss Ashbrooke and Col Hill (Shoulder, Trauma and Lower Limb Adult Reconstruction)

Employment Summary Continued.

Senior House Officer Training

Feb 2005-Aug 2005 Royal National Orthopaedic Hospital, Stanmore
Professor Birch, Professor Carlstedt, Dr Sinisi and Mr Casey
(Peripheral Nerve Injury Unit and Spine)

Kingston Hospital Basic Surgical Rotation February 2002 – February 2005

Aug 2004-Feb 2005 Orthopaedic and Trauma Surgery
Kingston Hospital, Surrey, Mr Proctor

Feb 2004-Aug 2004 General Surgery
Kingston Hospital, Surrey, Mr Willson and Mr Cahill

Aug 2003-Feb 2004 Neurosurgery
Atkinson Morley Hospital and St George's Hospital, London
Mr Johnston and Mr Stapleton

Feb 2003-Aug 2003 Accident and Emergency Medicine
Kingston Hospital, Surrey
Mr Moalypour, Dr Draper and Dr Lynch

Aug 2002-Feb 2003 Anatomy Demonstrator – Guy's, King's and St Thomas' Hospitals
Medical School

Feb 2002-Aug 2002 Resident Medical Officer, Chichester Nuffield Hospital

Clinical Research Fellow, St Thomas' Hospital

Aug 2001-Feb 2002 Oesophageal Investigation Unit, St Thomas' Hospital
Mr Owen

Pre-registration House Officer

May 2001-Aug 2001 General Surgery
St Thomas' Hospital, London
Mr Owen, Mr Mason and Mr Atkinson

Feb 2001-May 2001 Trauma and Orthopaedics
Guy's and St Thomas' Hospitals, London
Mr John O'Dowd and Mr Andrew Davies

Aug 2000-Feb 2001 General Medicine
University Hospital, Lewisham
Dr Stott and Dr Worsley

Academic Prizes/Awards.

- 2008 **Distinction** in MSc. Orthopaedic Engineering (Cardiff University)
- 2008 Raine Prize 3rd place (South West Thames Regional SpR Annual Research Meeting).
The Verbal Patient Contract.
- 2007 Raine Prize 2nd place (South West Thames Regional SpR Annual Research Meeting).
Computer modelling of ankle and subtalar joints & optimal FHL tendon transfer for chronic Achilles' tendon rupture.
- 2000 **Golding Bird Prize- Highest mark in final MBBS clinical examination (OSCE).**
- 2000 **Distinction/Honours** in Surgery (MBBS)
- 1996 **Distinction** -Head & Neck Anatomy (MBBS)
- 1995 **Distinction**-Limbs, Musculoskeletal & Autonomic Nervous Systems, Principles of Pharmacology (MBBS)
- 1995 **Distinction**-Cellular and Molecular Biology (MBBS)

Grants and Scholarships.

- 1998 Travel Award - Paediatric attachment at Kingston Hospital, Jamaica, University of West Indies.
- 1997 Arthritis and Rheumatism Council Studentship (BSc.)
- 1997 Wellcome Trust Student Scholarship (BSc.)

Courses.

Lower Limb and Adult Reconstruction

- 2012 Corail Hip Learning Centre, Annecy, Intermediate Level
- 2010 10th Wexham Park Cruciate Meeting
- 2010 St George's Hospital Revision Hip Meeting, London
- 2010 International Musculoskeletal Regeneration and Research Society Surgical Skills Course
- 2009 Finsbury Hip Resurfacing Workshop
- 2009 Finsbury Knee Kinematics and Arthroplasty: A Conversation with Michael Freeman
- 2009 Practical Considerations in Total Knee Replacement with Wet Lab Cadaveric Workshop
- 2009 Early Intervention in the Hip and Knee
- 2007 Oswestry Foot and Ankle Course
- 2006 Modern Techniques in Total Knee Arthroplasty
- 2006 Edinburgh primary Hip Arthroplasty Course
- 2005 Basic Knee Arthroscopy Course, Royal National Orthopaedic Hospital, Stanmore

Trauma

- 2022 European Trauma Course – and invitation to become faculty
- 2018 Nottingham Pelvic Fracture Forum
- 2018 Complex Wrist Trauma Course, Hannover, Germany
- 2018 Pelvic Trauma Masterclass, Bristol, UK
- 2017 UK Major Trauma Centre – Trauma Case Controversies Conference, Coventry, UK
- 2016 PRECISE UK User Group Meeting – Forum deformity correction and lengthening intramedullary devices
- 2016 Nottingham Pelvic Fracture Forum
- 2016 AO Bristol Foot and Ankle Trauma Course
- 2016 AO Faculty Education Program, Oxford, UK
- 2015 Advanced Intramedullary Nailing Symposium, Mainz, Germany
- 2015 OTA International Trauma Care Forum, San Diego, USA
- 2015 AO Current Concepts Course, Coventry, UK
- 2015 NIHR Trials in Musculoskeletal Trauma, University of Warwick
- 2014 Management of Thoracic Trauma and Deformity Course, Cambridge, UK
- 2014 Basic Taylor Spatial Frame External Fixator Course, York, UK
- 2014 NIHR Trials in Musculoskeletal Trauma, RCS England
- 2013 Masterclass Operative Reduction Techniques: Tips and Tricks Leeds, UK
- 2013 Edinburgh International Trauma Symposium
- 2012 Advanced trauma and Life Support (ATLS® Provider)
- 2012 Boston Trauma Fellow's Course, Boston, MA, USA
- 2012 AO Pelvic and Acetabulum Course, Toronto, Canada
- 2008 St Peter's Hospital, Chertsey 7th Complex Fracture Meeting
- 2008 AO Advanced Operative Fracture Management Course
- 2007 South Wales External Fixation Course
- 2007 British Orthopaedic Association and British Geriatric Society Fragility Fracture Symposium
- 2006 Edinburgh International Trauma Symposium
- 2006 Trauma Skills (Tips and Tricks), Wythenshawe Hospital
- 2006 Trauma Symposium, Royal Society of Medicine
- 2005 Basic Fracture Management Course, Royal National Orthopaedic Hospital, Stanmore
- 2005 AO Principles of Operative Fracture Management Course

Royal College of Surgeons of England

- 2009 Anatomy Revision Course for the FRCS Orthopaedic Exam
- 2003 Care of the Critically Ill Surgical Patient

Instructional Courses

- 2011 Principles and Practice of Clinical Research, Toronto, Canada
- 2009 Norfolk and Norwich FRCS Orth Clinical Examination Course
- 2009 Wrightinton Hand FRCS Orth Course
- 2009 Oswestry FRCS Orth Clinical, Viva and Anatomy Course
- 2009 British Orthopaedic Association Instructional Course
- 2007 British Orthopaedic Association Instructional Course
- 2007 St Peter's Hospital, Chertsey, Orthopaedic Basic Science Course

Paediatrics

- 2008 Alder Hey Hospital Paediatric Instructional Course
- 2001 Paediatric Advanced Life Support (PALS® Provider)

Leadership/Management/Teaching and Education

- 2023 Faculty UHCW Basic Principles of Fracture Fixation Course
- 2023 Faculty FRCS (Tr & Orth) viva course – Orthopaedic Research UK
- 2022 Faculty AO Advances Course, Leeds, UK
- 2021 Faculty UHCW Basic Principles of Fracture Fixation Course
- 2021 Faculty BOFAS Instructional Course
- 2021 BOA Annual Meeting Faculty
- 2021 HEE LEAP Module 4 course – delegate
- 2021 Faculty AO Virtual Blended Principles of Fracture Management Course
- 2020 West Midlands Trainer Development Day
- 2020 Lead Faculty and organiser OTS content BOTA Annual Conference - Edinburgh
- 2020 4Web User Group Meeting – Total Talar Replacement
- 2020 BOA Annual Meeting - Virtual - Faculty
- 2020 Faculty on Complex Trauma Approaches Course for UHCW Orthopaedic ST
- 2020 Faculty UHCW Basic Principles of Fracture Fixation Course
- 2019 Faculty Development for Core Clinical Teachers
- 2019 Royal College of Anaesthetists Annual Meeting Invited Faculty – Rib fixation
- 2019 AO Current Concepts Faculty
- 2019 Faculty Annual OTS Meeting
- 2018 2nd National Orthoplastic Summit, Newcastle upon Tyne
- 2018 British Orthopaedic Trainee Association Annual Conference, Newcastle upon Tyne – Co-ordinated and Lead Faculty representing OTS
- 2018 Faculty AO Basics Course, Leeds, UK
- 2018 Faculty at King's College Hospital Periarticular Fracture Course
- 2018 Faculty UHCW Basic Principles of Fracture Fixation Course
- 2017 British Orthopaedic Trainee Association Annual Conference, Manchester – Faculty representing OTS
- 2017 Faculty UHCW Basic Principles of Fracture Fixation Course

- 2017 Good Clinical Practice Course - NIHR
- 2017 Faculty British Orthopaedic Trainee Association Annual Meeting, Manchester
- 2017 Faculty AO Advances Course, Leeds, UK
- 2017 Faculty UK Trauma Care Conference
- 2016 Faculty OTS
- 2016 Faculty AO Basics Course, Leeds, UK
- 2016 Faculty UHCW Basic Principles of Fracture Fixation Course
- 2016 Teaching and Training in the NHS, UHCW, UK
- 2015 Good Clinical Practice Course, UHCW, UK
- 2015 Faculty on CAD Trauma Simulation Course, UHCW, UK
- 2015 Faculty on Complex Trauma Approaches Course for UHCW Orthopaedic ST
- 2014 Faculty on CAD Trauma Simulation Course, UHCW, UK
- 2014 Bone and Joint Journal Reviewer's Day
- 2014 Commissioning for Surgeons and Surgery for Commissioners Conference, RCS England
- 2012 Teaching in Medical Education Course, University of Calgary, Canada
- 2011 Clinical Management Course Keele University - RCS England
- 2010 Training and Assessment in Practice (TAiP) RCS England
- 2010 Clinical Leadership and Management For Aspiring Consultants St George's Hospital
- 2010 Diversity, equal opportunities and human rights London Deanery
- 2002 Teaching and Learning for Anatomy Demonstrators Kings College London

Medicolegal Courses

- 2022 Premex Annual Conference, Bolton
- 2019 Bond Solon Expert Witness Conference
- 2017 Bond Solon CUBS –Excellence in report writing, courtroom skills, Civil Law Procedure (1&2).
- 2015 Core Clinical Negligence Premex, London, UK
- 2015 CertMR Part 1, Bond Solon
- 2015 MedCo Accreditation

Conferences

- 2022 BOA Annual Meeting, Birmingham
- 2022 OTS Annual Meeting, Southampton
- 2021 BOA Annual Meeting, Aberdeen – **Faculty**
- 2021 NIHR Trials in Musculoskeletal Trauma Annual Meeting
- 2021 OTS Annual Meeting, Bristol - **Faculty**
- 2020 BOA Annual Meeting - Virtual - Faculty
- 2020 OTS, Newcastle upon tyne
- 2019 BOA Annual Meeting, Liverpool - **Faculty**
- 2019 3rd Orthoplastics Summit, Birmingham
- 2019 OTS, Burton upon Trent - **Faculty**
- 2018 2nd Orthoplastics Summit, Newcastle-upon-Tyne
- 2018 BOA Annual Meeting, Birmingham
- 2018 OTS, Bristol, UK
- 2017 OTA Annual Meeting, Vancouver, Canada
- 2017 BOA Annual Meeting, Liverpool
- 2017 Royal College of Surgeons of Edinburgh: Future of NHS Forum
- 2017 OTS Annual Meeting, University of Warwick - **Faculty**
- 2017 NIHR Trials in Musculoskeletal Trauma Annual Meeting, University of Warwick
- 2016 NIHR Trials in Musculoskeletal Trauma Annual Meeting, University of Warwick

- 2016 OTS Annual Meeting, University of Warwick – **Faculty**
- 2016 Premex Annual Conference, Birmingham, UK
- 2015 Premex Annual Conference, Birmingham, UK
- 2015 OTA Annual Meeting, San Diego, USA
- 2015 OTS Annual Meeting, University of Warwick
- 2014 OTS Annual Meeting, RCS England
- 2013 BOA Annual Meeting
- 2012 British Hip Society Annual Meeting, Bristol
- 2012 EFORT Meeting, Istanbul
- 2011 OTA, San Antonio, Texas, USA
- 2011 BASK Annual Meeting, Cardiff
- 2010 BASK Annual Meeting, Oxford
- 2010 EFORT, Madrid, Spain
- 2010 Stryker Revision Hip Forum in conjunction with St George's Hospital, London.
- 2009 BOA Annual Meeting
- 2007 BOA Annual Meeting
- 2005 BOA Annual Meeting
- 2004 British Association of Clinical Anatomists Annual Meeting
- 2003 British Association of Clinical Anatomists Annual Meeting

Professional Memberships and Societies.

British Orthopaedic Association
 Orthopaedic Trauma Association
 Orthopaedic Trauma Society
 AO Trauma Europe

Research

I have more than 20 peer reviewed publications and 30 presentations. I have been actively involved in research throughout my training having spent 6 months in the Oesophageal Investigation Unit at St Thomas' Hospital in my early training where I worked with research staff performing numerous clinical studies. Following this during my specialist training I coordinated a collaborative research project during my Orthopaedic Engineering MSc at the University of Cardiff with the engineering departments at Cardiff and the University of Surrey working closely with a full-time engineering student. During my fellowship training at Foothills Medical Centre, Calgary I have been involved in submitting grant and ethics proposals for multiple studies and presenting research proposals at the biannual Canadian Orthopaedic Trauma Society (COTS) meetings. I have been a principal investigator for a multicentre randomised controlled trial on wound dressings following surgery (WHIST) at UHCW.

Peer Reviewed Publications

1. Treatment of Supracondylar Periprosthetic Femoral Fractures with Retrograde Intramedullary Nailing Versus Distal Femoral Plating: A Systematic Review and meta-analysis of current evidence. Wall RA *et al.* Orthopaedics & Traumatology: Surgery & Research. In press.
2. Distal femoral fractures: A comparison between single lateral plate fixation and a combined femoral nail and plate fixation. Garala K, Ramoutar D, Li J, Syed F, **Arastu M**, Ward J, Patil S. *Injury*. 2022 Feb;53(2):634-639. doi: 10.1016/j.injury.2021.11.011. Epub 2021 Nov 10.
3. Matthews DJ, **Arastu M**, Uden M *et al.* UK trial of the Osseointegrated Prosthesis for the Rehabilitation for Amputees: 1995 – 2018. Prosthetics and Orthotics International, 2018. <https://doi.org/10.1177%2F0309364618791616>. International Society Prosthetics and Orthotics Forchheimer Prize 2021.
4. Effect of Incisional Negative Pressure Wound Therapy vs Standard Wound Dressing on Deep Surgical Site Infection After Surgery for Lower Limb Fractures Associated With Major Trauma: The WHIST Randomized Clinical Trial. Costa ML, Achten J, Knight R, Bruce J, Dutton SJ, Madan J, Dritsaki M, Parsons N, Fernandez M, Grant R, Nanchahal J; **WHIST Trial Collaborators**. *JAMA*. 2020 Feb 11;323(6):519-526. doi: 10.1001/jama.2020.0059. **PI for UHCW**.
5. Cost-utility analysis of standard dressing compared with incisional negative-pressure wound therapy among patients with closed surgical wounds following major trauma to the lower limb. Png ME, Madan JJ, Dritsaki M, Achten J, Parsons N, Fernandez M, Grant R, Nanchahal J, Costa ML; **WHIST trial collaborators**. *Bone Joint J*. 2020 Aug;102-B(8):1072-1081. doi: 10.1302/0301-620X.102B8.BJJ-2020-0126.R1. **PI for UHCW**.
6. Jeelani A and **Arastu MH**. Tibial plateau fractures – review of current concepts in management. *Injury, Orthopaedics and Trauma* 2017;31(2):102-115.
7. **Arastu MH**, Sheehan B, Odone Paolucci E and Buckley RE. Does it really spin? Intra-medullary nailing of segmental tibial fractures – A cadaveric study. *Injury, Int. J. Care Injured*. 2015;46:643-648.

8. **Arastu MH**, Grange S and Twyman R. Prevalence and Consequences of Delayed Diagnosis of Anterior Cruciate Ligament Ruptures. *Knee Surg Sports Traumatol Arthrosc* 2014. Doi: 10.1007/s00167-014-2947-z.
9. **Arastu M**, Sheehan B and Buckley RE. Minimally Invasive Reduction and Fixation of Displaced Calcaneal Fractures: Surgical Technique and Radiographic Analysis. *Int Orthop*. 2014 Mar;38(3):539-45. Doi: 10.1007/s00264-013-2235-4.
10. **Arastu MH**, Kokke MC, Duffy PJ, Korley REC and Buckley RE. Coronal Plane Articular Fractures of the Distal Femoral Condyle: Current Concepts in Management. *Bone Joint J* 2013;95-B:1165–71.
11. **Arastu MH**, Phillips L and Duffy P. An Unusual Failure of a Sliding Hip Screw in the Immediate Post-operative Period. *Injury Extra*. 2013;44(2):23-27.
<http://dx.doi.org/10.1016/j.injury.2012.10.011>
12. Grange S, Chettiar K, **Arastu M** et al. Nanotechnology and medical devices: Risk, regulation and ‘meta’ registration. *World Journal of Engineering*. 2013;10(3):191-198.
13. Tarsometatarsal Joint Complex and Midtarsal Injuries. Current Concepts Review. **Arastu MH** and Buckley RE. *Acta Chir Orthop Traumatol Cech*. 2012;79:21-30
14. **Arastu MH**, Demcoe R and Buckley RE. Current Concepts Review: Ankle Fractures. *Acta Chir Orthop Traumatol Cech*. 2012;79(6):473-83.
15. **Arastu MH**, Partridge R, Crocombe A and Solan M. Determination of optimal screw positioning in flexor hallucis longus tendon transfer for chronic tendoachilles rupture. *Foot and Ankle Surgery* 2010. [doi.org/10.1016/j.fas.2010.01.003](http://dx.doi.org/10.1016/j.fas.2010.01.003)
16. **Arastu MH**, Vijayaraghavan J, Robinson J, Chissell H, Hull JB, Newman JH. Early failure for mobile bearing uni-compartmental knee replacement. *Knee Surg Sports Traumatol Arthrosc* 2009 Oct;17(10):1178-83.DOI 10.1007/s00167-009-0779-z

17. Bismil Q, Bowles C, Edwards M, **Arastu M**, Ricketts DM and Solan M. Detecting patient allergy status: living a lie. *Annals of The Royal College of Surgeons of England* 2007;89(6):603-604.
18. **Arastu MH**, Milani R, Davidson AW, Bousdras K and Sinisi M. Pigmented Villo-Nodular Synovitis: A rare cause of a supra-clavicular fossa mass. *EJSO* 2007;33(6):812-814.
[doi:10.1016/j.ejso.2006.05.020](https://doi.org/10.1016/j.ejso.2006.05.020).
19. Bates P, **Arastu M**, Sinisi M and Lambert S. Progressive neurological deficit in blunt shoulder trauma 'Beware the vascular injury'. *Injury Extra* 2006;37:91-93.
10.1016/j.injury.2005.08.017.
20. Anderson SH, Yadegarfar G, **Arastu MH**, Anggiansah R, Anggiansah A. The relationship between gastro-oesophageal reflux symptoms and achalasia. *Eur J Gastroenterol Hepatol.* 2006 Apr;18(4):369-374.
21. Corrigan VM, **Arastu M**, Khan M, Fife M, Smeets T, Tak PP, Panayi GS. Functional IL-2 receptor beta (CD122) and gamma (CD132) chains are expressed by fibroblast-like synoviocytes (FLS): activation by IL-2 stimulates MCP-1 production. *Journal of Immunology* 2001 Mar 15; 166(6):4141-4147.
22. Mahmud T, **Arastu M** and Ellis H. The distribution of fluid within the intra-peritoneal cavity: A cadaveric study. *Clinical Anatomy* 2005;18:443-445.

Invitational Book Chapters and Review Articles.

1. **Arastu MH** and Owen WJ. The parathyroid glands - anatomy and physiology. Chapter in : Gleeson M, ed. *Scott-Brown's Otorhinolaryngology, Head & Neck Surgery*. 7th ed. London : Hodder Arnold, 2005
2. Mahmud T, **Arastu M** and Ellis H. The distribution of fluid within the intra-peritoneal cavity: a cadaveric study. *Adhesions*. 2003;4:23.
3. **Arastu M**, Anderson SHC, Anggiansah A. Strange Associations and Unusual Findings. *Achalasia: New Wave Association of Gastro-Intestinal Physiologists*. 2002; Issue 4 Vol.1.

Podium Presentations.

International

1. **Arastu MH**, Sheehan B, Odone Paolucci E and Buckley RE. Rotational displacement during reaming of segmental tibia fractures: Does it spin?
Presented at European Federation of National Associations of Orthopaedics and Traumatology (EFORT), Istanbul and Canadian Orthopaedic Annual Meeting, Winnipeg, 2013.
2. **Arastu MH**, Sheehan B and Buckley RE. Minimally Invasive Percutaneous Reduction and Fixation of Displaced Calcaneal Fractures: Surgical Technique and Radiographic Analysis.
Presented at Canadian Orthopaedic Annual Meeting, Winnipeg, 2013.
3. Grange S, Chettiar K, **Arastu M** et al. 2012. Nanotechnology and medical devices: Risk, regulation and 'meta' registration
Annual International Conference on Composites/Nano Engineering. Beijing, China, 2012.
4. **Arastu MH**, Rashid A, Haque S and Bendall S. J Bone Joint Surg Br 2012; 94-B (Supp XXXVII). 2011:103. Management of Metastatic Bone Disease. A Regional Survey
European Federation of National Associations of Orthopaedics and Traumatology (EFORT), 2011.
5. **Arastu MH** and Twyman R. J Bone Joint Surg Br 2011; 93-B (Supp II): 91. Delay in diagnosis of acute ACL ruptures.
European Federation of National Associations of Orthopaedics and Traumatology (EFORT), 2010.
6. **Arastu MH**, Chandra A, Anggiansah A, Anggiansah R, Owen WJ. Br J Surg 2002; 89 (Suppl. 1): 88. Persisting Symptoms After Treatment for Achalasia: Are Clinicians Diagnosing the Problem?
Podium president poster selection for oral presentation at Association of Surgeons of Great Britain and Ireland Meeting, 2002.

National

7. **Arastu MH**, Mithell PA and Bridle S. GMRS Proximal and Total Femoral Replacement – One Stage Revision for Infection
Stryker Revision Hip Forum in conjunction with St George’s Hospital, London, 2010.
8. **MH Arastu**, A Rashid, S Haque and S Bendall. J Bone Joint Surg 2011; 93-B Supp I: 78. Management of metastatic bone disease: A regional survey.
British Orthopaedic Oncology Society Annual Meeting, 2009.
9. **Arastu MH**, Partridge R, Crocombe A and Solan M. J Bone Joint Surg Br 2011; 93-B (Supp III): 300. Computer modelling of ankle and subtalar joints & optimal FHL tendon transfer for chronic Achilles’ tendon rupture.
British Orthopaedic Association Annual Meeting, Foot and Ankle Free Paper Session and Best of the Best Free Paper Session, 2009.
10. **Arastu MH**, Macleod I and Older J. Clinical Anatomy 2005:18;226.
The anatomy and pathophysiological mechanisms of sciatic nerve injury post hip arthroplasty: A review.
British Association of Clinical Anatomists - Winter Scientific Meeting, 2004.
11. Mahmud T, **Arastu M** and Ellis H. Clinical Anatomy 2004:17;281. The distribution of fluid within the intra-peritoneal cavity: A cadaveric study.
British Association of Clinical Anatomists - Summer Scientific Meeting, 2003.

Regional

12. **Arastu MH**, Mitchell PA and Bridle S. GMRS Femoral Replacement - One stage revision for infection.
Raine Prize (South West Thames Regional SpR Annual Research Meeting, 2011).
13. **Arastu MH** and Ricketts DM. Verbal patient contract.
Fred Heatley Prize Presentation (Combined South West and South East Thames SpR Annual Research Meeting, 2009).
14. **Arastu MH** and Ricketts DM. Verbal patient contract.

Raine Prize 3rd place (South West Thames Regional SpR Annual Research Meeting, 2009).

15. **Arastu MH**, Partridge R, Crocombe A and Solan M. Computer modelling of ankle and subtalar joints & optimal FHL tendon transfer for chronic Achilles' tendon rupture. Fred Heatley Prize Presentation (Combined South West and South East Thames SpR Annual Research Meeting, 2008).

16. **Arastu MH**, Partridge R, Crocombe A and Solan M. Computer modelling of ankle and subtalar joints & optimal FHL tendon transfer for chronic Achilles' tendon rupture. Raine Prize 2nd place. (South West Thames Regional SpR Annual Research Meeting, 2007).

17. **Arastu MH**, Vijayaraghavan J, Robinson J, Chissell H, Hull JB, Newman JH. High failure rate for a mobile bearing uni-compartmental knee replacement. Results of independent post-operative x-ray assessment. Sam Simonds Meeting (South West Thames Regional SpR Annual Research Meeting, 2007).

18. **Arastu M**, Anderson SHC, Anggiansah A. Achalasia: Failure to Thrive After Treatment. When & Why? Presented at a surgical meeting with visiting Professor John Dent at the Department of Surgery St Thomas' Hospital, 2001.

Poster Presentations.

International

19. **Arastu MH**, Sheehan B and Buckley RE. Minimally Invasive Percutaneous Reduction and Fixation of Displaced Calcaneal Fractures: Surgical Technique and Radiographic Analysis. European Federation of National Associations of Orthopaedics and Traumatology (EFORT), Istanbul, 2013.

20. **Arastu MH** and Ricketts DM. The Verbal Patient Contract. European Federation of National Associations of Orthopaedics and Traumatology (EFORT), Madrid, 2010.

21. **Arastu MH**, Partridge R, Crocombe A and Solan M. The development of a computer model of the human ankle joint and determination of optimal screw positioning in flexor hallucis longus tendon transfer for chronic tendoachilles rupture.
European Federation of National Associations of Orthopaedics and Traumatology (EFORT), Madrid, 2010.
22. **Arastu MH**, Anggiansah A and Owen WJ. Gastroenterology 2002; M1814, A-361. Post treatment reflux in achalasia: Are symptoms accurate predictors of pathology?
American Gastroenterology Annual Meeting, 2002.
23. Corrigall VM, **Arastu M**, Khan S, Shah C, Fife M, Smeets T, Tak P and Panayi GS. Arthritis and Rheumatism 1998;41:9 (Supplement) S29. Stimulation of MCP-1 production by synovial fibroblasts following activation with IL-2 and IL-15 and T cell contact
American College of Rheumatology 62nd National Scientific Meeting, 1998.

National

24. **Arastu MH**, Mitchell PA and Bridle S. GMRS femoral replacement - One stage revision for infection.
British Hip Society Meeting, 2011.
25. **Arastu MH** and Twyman R. J Bone Joint Surg Br 2012; 94-B (Supp IX): 54. Delay in diagnosis of acute ACL injuries.
British Association of Surgery of the Knee Annual Meeting, 2010.
26. **Arastu MH**, Vijayaraghavan J, Robinson J, Chissell H and Hull JB. J Bone Joint Surg Br 2008; 90-B (Supp III): 581. High failure rate for a mobile bearing uni-compartmental knee replacement.
British Association of Surgery of the Knee Annual Meeting, 2007.
27. **Arastu MH**, Anggiansah A and Owen WJ. Persisting symptoms after treatment for achalasia: Are clinicians diagnosing the problem?
Association of Surgeons of Great Britain and Ireland Annual Meeting, 2002.

28. Chandra A, Anggiansah A, Moazzez R, **Arastu MH** and Owen WJ. Gut 2002; 50:11, A120.
Ambulatory intraluminal electrical impedance: A reliable method in the investigation and detection of gastro-oesophageal reflux
British Society of Gastroenterology Annual Meeting, 2002.

Abstracts not associated with posters/presentations.

29. Anderson SHC, Anggiansah A, **Arastu M**, Anggiansah R, Owen WJ. Heartburn in Patients with Untreated Achalasia. Gastroenterology 2002; S1360, A-213.
30. Anderson SHC, Anggiansah A, **Arastu M**, Anggiansah R, Owen WJ. Heartburn in Patients with Untreated Achalasia. Gut 2002; 50:No.11, A53-54.

Audit.

- 2003 Fractured Neck of Femur and Implementation of Integrated Care Pathway.
Kingston Hospital, Surrey. Completed audit cycle.
A care pathway was implemented in the Accident and Emergency Department in order to improve the care of patients via a multidisciplinary approach.
- 2003 Transfusion of blood requirements in patients undergoing primary hip arthroplasty.
Kingston Hospital, Surrey. Completed audit cycle.
The need for regularly cross matching blood was not cost effective and stratifying risk significantly reduced unused cross matched blood for elective hip surgery.
- 2005 Pattern of referral of axillary nerve injuries to tertiary referral centre.
Royal National Orthopaedic Hospital, Stanmore. Completed audit cycle.
Significant delays in referral identified and recommendations to reduce delay implemented in an attempt to improve clinical outcome following surgical intervention.
- 2007 Analgesia requirements post trapeziectomy.
St Richard's Hospital, Chichester.

A significant number of patients require opiates post operatively. Caution is needed when booking day case trapeziectomy cases as a significant proportion of patients suffer significant pain, which is poorly controlled with oral analgesia after same day discharge.

2009 Delay in diagnosis of acute ACL injuries

Espom and St Helier University Hospitals NHS Trust.

Despite a typical mechanism of injury leading to ACL rupture the rate of initial diagnosis remains poor. This often leads to an unnecessary delay in diagnosis and subsequent treatment. Reasons for this have been identified and processes are being implemented to address this at present at our institution.

2014 Audit of stable Weber B ankle fracture management in fracture clinic East Midlands Trauma Centre

2015 Audit of stable Weber B ankle fracture management in fracture clinic (UHCW)

2015-23 Multiple audits of various aspects of trauma care with a special interest in neck of femur fracture care.

Surgical Skills.

I have completed a trauma fellowship in Calgary with Professor Richard Buckley where I gained substantial experience in all aspects of trauma care. I gained experience in both management and operative fixation of complex long bone trauma, periarticular fracture fixation techniques and pelvic and acetabular trauma. I also gained experience in the using minimally invasive techniques to stabilise calcaneal fractures as the centre was a provincial referral unit for these injuries. I am currently lead clinician for hip fracture care and trauma and orthopaedic education at UHCW.

Education and Teaching Experience.

I have formal training in teaching and education having attended and participated in the following:

1995-2000 I was involved in the preparation of students for the Duke of Edinburgh Award expeditions.

2000- Present	I am involved in the teaching of undergraduate medical students and postgraduate surgical trainees. AO faculty – national level. OTS education Committee member and education lead for BOTA (British Orthopaedic Trainees Association) on behalf of OTS for trauma content.
Aug 2002- Feb 2003	Anatomy demonstrator - Guy's, King's & St Thomas' Medical School.
2002	MRCS Part 2 Pastest Course Tutor - Guy's, King's & St Thomas' Medical School.
2002	Teaching and Learning for Anatomy Demonstrators Kings College London.
2010	UKITE (UK in training examination for Orthopaedic Trainees) MCQ question review committee.
2010	Completed Training and Assessment in Practice (TAiP) and London Deanery Faculty Development Courses in order to facilitate role in education and training.
2010	Faculty Specialist Registrar Ready Course Royal Surrey County Hospital.
2012	Teaching in Medical Education Course, University of Calgary, Canada.
2013-present	Assigned clinical and educational supervisor for numerous postgraduate surgical doctors in training
2013-present	Formal Regional Orthopaedic ST teaching participation
2016-present	AO Trauma Faculty
2016-2022	OTS Faculty
2017-2021	BOTA Faculty and Trauma Care Conference Faculty (2017)

Interests and Activities.

Rugby: Welsh Independent Schools Rugby Under 16 & 17 levels
(1992/1993)
Welsh National Rugby Development Squad Under 16 & 17 levels
(1992/1993)
Guy's Hospital RFU 1ST & 2ND XV (1994-2000)

I also enjoy golf, mountain biking and skiing.

Referees.

Professor RE Buckley
Consultant Trauma and Orthopaedics
Foothills Medical Centre
0490 Ground Floor, McCaig Tower, 3134 Hospital Drive NW
Calgary, Alberta, Canada, T2N 5A1.
Fax number: 001 403 270-8004
Telephone number: 001 403 944-8371
E mail: buckclin@ucalgary.ca

Professor Chris Moran
Consultant Trauma and Orthopaedics/National Clinical Director of Trauma for England
Nottingham University NHS Trust
Queens Medical Centre, Derby Road, Nottingham, NG7 2UH
Telephone number: 0115 9249924 ext 63368
E mail: Anne.Hay@nuh.nhs.uk

Mr DA Ward
Consultant Trauma and Orthopaedics
Kingston Hospital NHS Trust
Galsworthy Road
Kingston upon Thames
Surrey
KT2 7QB
Telephone number: 020 85467711 Ext 3240
Personal E mail: daward01@gmail.com

Referees continued.

Dr Paul Duffy

Consultant Trauma and Orthopaedics

Foothills Medical Centre

0490 Ground Floor, McCaig Tower3134 Hospital Drive NW

Calgary, Alberta, Canada, T2N 5A1.

Fax number: 001 403 270-8004

Telephone number: 001 403 944-8371

Personal E mail:pauljduffy@mac.com