

CURRICULUM VITAE

Dr Shanthi Paramothayan

Consultant Physician
Respiratory and General Medicine

July 2018

Dr N. S. Paramothayan

CURRENT POSITION: **Consultant in Respiratory and General Medicine**
Honorary Senior Lecturer St. George's University of
London

(1st January 2004 – 5th July 2018)

(Associate Foundation Quality Dean Health Education South
London 2016-2017)

(Associate Medical Director for Education 2015-2016)

(Director of Medical Education 2012-2015)

(Foundation Training Programme Director 2009-2012)

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NATIONALITY: British

QUALIFICATIONS: BSc (Honours) in Medical Biochemistry

PhD, University of Cambridge

MBBS with *Distinction in Medicine*

FRCP (UK)

FCCP (USA)

Masters in Medical Law (LLM)

Masters in Medical Education (MScMedEd)

Fellow of the Higher Education Academy (FHEA)

PRIZES AND AWARDS: London Deanery Clinical Teacher Bursary
Arthritis and Rheumatism Council Prize in Rheumatology
George Burrows Prize in Pathology
Walsham Prize in Surgical Pathology
SERC Scholarship with CASE Award from May and Baker

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BRIEF PERSONAL STATEMENT

I qualified as a doctor from St. Bartholomew's Hospital Medical School in 1993, passed the MRCP examinations at first attempt in 1996, and gained my CCT in respiratory and general medicine in June 2001. I trained in hospitals in South West London, including St. George's Hospital and the Royal Brompton Hospital. I possess excellent clinical and communication skills. My clinical practice is safe, effective, and evidence-based. I am interested in, and have significant local and national experience, in undergraduate and postgraduate medical education. I have actively participated in clinical and quality improvement projects and have completed several national audits. I am experienced in business planning and commissioning.

I am extremely organised, focused, energetic, and passionate about good patient care and about the education of the entire workforce. I am a real team-player, not egotistical or self-promoting, and work collaboratively with all colleagues. I have had annual appraisals and had my revalidation in April 2018. I am looking for new challenges in respiratory medicine and medical education.

CLINICAL EXPERIENCE

I have been a consultant respiratory physician at St. Helier University Hospital since 1st January 2004, with responsibilities for managing both inpatients and outpatients with a variety of respiratory and general medical problems. I have enjoyed these challenges and have had excellent feedback from patients, their relatives, junior doctors, and medical colleagues. I enjoy working in a team and have always worked constructively and collaboratively with my team of junior doctors, nursing colleagues, and consultant colleagues. I resigned from this post in April and will be leaving the Trust on the 5th July 2018.

During the last 14 years I have been, at different times, the Lead for the sleep service, COPD and most recently Lung Cancer. I have kept up to date with advances in respiratory medicine by extensive reading of journals, including BTS and NICE guidelines, and by attending conferences. I have worked closely with the Royal Marsden Hospital, St. George's Hospital, and the Royal Brompton Hospital.

LUNG CANCER LEAD: I have participated in the lung cancer service since 2004 and have gained much experience. The Trust has approximately 300 two-week rule cancer referrals every year. I have a clear understanding of the two-week rule lung cancer pathway and the challenges that this brings. I have worked closely with the oncologists at the Royal Marsden Hospital and the thoracic surgeons at St. George's Hospital. I set up a "Fast Track" Lung Cancer service in 2011 which ensured that patients suspected of having lung cancer had a CT thorax and blood tests prior to being seen in the lung cancer clinic and that tissue diagnosis was obtained within 15 days of referral. Two audits conducted since 2011 demonstrated improvements, with reduction in the number of breaches, with 96% of patients referred for treatment in a timely way, improvement in surgical resection rates and overall patient satisfaction with the service.

As lung cancer lead from July 2017 – February 2018 I worked with colleagues to improve the quality of the information documented on the proforma, reduced the numbers of breaches by

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creating more capacity for key investigations, including slots for CT guided biopsy, EBUS and PET. I started negotiations with colleagues to create a Joint Cancer Clinic. I offered several educational sessions to local general practitioners (GPs), emphasising the need for early referrals for patients with red flag symptoms.

I was the **COPD LEAD** from 2009-2016 and set up several initiatives by working collaboratively with the respiratory nurse specialists and the local commissioners. I was the lead for a 3-year COPD CQUIN, which resulted in an investment of £2.0M from the CCG for recruiting Physician's Associates and Respiratory Nurse Specialists to support the COPD service. I led on the "Winter Pilot Project" (2015-2016) whereby extra resources were allocated to prevent the unnecessary admission of patients with exacerbation of COPD and to facilitate early discharge. 362 patients were seen over 4 months that winter, 9% who would normally have been admitted were discharged from the emergency department with support and advice and 31% were discharged within 48 hours, resulting in a significant saving of bed days.

I was the lead for the BTS COPD and NIV audits for many years, which demonstrated good practice in some areas but room for improvement in other areas. One of these was the availability of NIV for patients in type 2 respiratory failure. I worked closely with the intensivists to ensure that appropriate areas were available for patients requiring NIV and offered training to junior doctors and nurses on the indications for NIV and how to set it up.

I have been the **OXYGEN CHAMPION** for the Trust since 2008, carrying out annual BTS audits, implementing and rolling out the oxygen policy, which included changes to the drug chart and making the prescription of oxygen mandatory. The most recent BTS oxygen audit showed significant improvement in oxygen prescribing and monitoring, with our trust now performing well above average. As the **SMOKING CESSATION CHAMPION** for the trust I have written our local smoking cessation policy, recruited, and appointed a "Darzi Fellow" to carry out teaching and training. In collaboration with the Darzi Fellow I carried out the BTS audit on smoking cessation. The results showed that although documentation of smoking cessation was adequate, inpatients who smoke are not being offered advice about smoking cessation in a consistent way. I am now working with our smoking cessation practitioner to improve this.

I participated in the National Review of Asthma Deaths (NRAD) and was the clinical lead for a two-year **ASTHMA CARE BUNDLE CQUIN** for both Sutton CCG and Surrey Healthcare, to ensure that the standards set by the outcome of NRAD were being adhered to. We delivered several educational events for GPs and asthma practice nurses which were well received. This initiative has led to improvements in the care of patients admitted with acute exacerbation of asthma and a £1.25 million investment by the CCG. I was the **LEAD FOR SLEEP SERVICES** from 2004–2009, carrying out and reporting sleep studies.

In the general respiratory clinic, I saw patients with a variety of conditions, including asthma, pleural diseases, and interstitial lung diseases. I have liaised with the Royal Brompton Hospital and have referred those requiring treatments for pulmonary fibrosis. I have an interest in sarcoidosis, have completed two Cochrane Systematic Reviews, and have peer-reviewed publications on the management of pulmonary sarcoidosis. I continue to review papers submitted to journals on this topic. I set up and chaired a quarterly Rheumatology/Respiratory

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MDT.

PRACTICAL PROCEDURES: I am a competent bronchoscopist with an excellent safety record and a good “hit rate” for endobronchial biopsies. I am trained at carrying out pleural procedures and reporting sleep studies. I would welcome the chance to undertake EBUS training.

I love the diagnostic challenge of **GENERAL MEDICINE** and have kept up to date with advances in the other specialities by extensive reading and weekly grand rounds.

EDUCATIONAL QUALIFICATIONS: I received a London Deanery Clinical Teacher Bursary to study for my Diploma and the Masters in Medical Education at the Royal College of Physicians and University College London which I completed in 2010. I am a member of the Association of Medical Educators (ASMEE) and an elected Fellow of the Higher Education Academy (2009)

I was commissioned to write a textbook entitled “*Essential Respiratory Medicine*” by Wiley-Blackwells which will be published in October 2018. This textbook is aimed at medical students and junior doctors and contains practical information and supplementary material with videos and pictures.

UNDERGRADUATE MEDICAL EDUCATION: I have an interest in undergraduate medical education and have a good understanding of the undergraduate curriculum. I was appointed as Honorary Senior Lecturer, St. George’s University of London, in 2005 and taught third and fifth year medical students on my firm and supervised students taking “Special Study Modules.” I had an excellent working relationship with the Clinical Sub-Dean, the undergraduate faculty at St. George’s Medical School and the clinical teaching fellows. I have developed expertise in various aspects of teaching, including Problem Based Learning (PBL), small group teaching, and simulation. I have introduced innovative teaching material, including “teaching clinics.” I have received the “Excellent Teacher” award on several occasions. I participated in interviews selecting medical students and was an examiner for MBBS finals every year.

Medical Educational Research: I have completed research projects entitled “*Perception of graduate and non-graduate medical students on effectiveness of problem-based learning and lectures*” and “*How is Professionalism Learnt and Measured in the Clinical Setting? The perception of Medical Students, Junior Doctors and Consultants.*”

POSTGRADUATE MEDICAL EDUCATION: I have a good understanding of the Multiprofessional Quality Framework and of the main barriers that face organisations in their efforts to deliver good clinical training, clinical supervision, and educational supervision to their doctors. I appreciate the challenges the NHS faces, the changes to education and training of junior doctors, the impact of “Broadening the Foundation” programme, the recommendations regarding workforce planning and the recent changes to the junior doctor’s contract. I have worked well with the Trust Liaison Dean, Lead Providers, South Tames Foundation School (STFS), Health Education South London (HESL), and the General Medical Council (GMC).

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I was a clinical and educational supervisor for doctors of all grades: foundation, core medicine and respiratory registrars. I have participated in workplace-based assessments and the Annual Review of Clinical Progression (ARCP) for junior doctors. I have actively participated in the recruitment of core medical trainees and respiratory registrars. I am up to date with equality and diversity training. I have regularly attended education conferences, the “Train the Trainer” course, courses on educational and clinical supervision, trainees in difficulty and a course on mentorship at the London Deanery.

LEADERSHIP AND MANAGEMENT: I was the **Associate Medical Director for Education** at Epsom and St. Helier University Hospitals NHS Trust from April 2015–December 2016. I was responsible for the quality of education trust-wide and reported directly to the Medical Directors. I provided educational leadership to my consultant colleagues, to doctors in training, to Trust doctors, Specialty doctors, Physician’s Associates, and undergraduates in a focused and positive way. During this period, I appointed and line-managed the Director of Medical Education (DME), Clinical Sub-dean and educational leads for specialty (SAS) doctors, Trust doctors, Physician’s Associates, and Multi-Professional Simulation. I chaired the medical education committee meeting and the education finance meeting.

I worked closely with the Director of People and Organisational Development, Associate Medical Director for Quality, Medical Directors, Director of Nursing, and Head of Pharmacy towards an integrated multi-professional education faculty. I resigned from this post at the end of 2016 to take up my role as Associate Dean Foundation Quality for Health Education South London (HESL).

As **Director of Medical Education (DME)** from March 2012-April 2015, I worked collaboratively and constructively with senior colleagues and managers to ensure that education and training was always on the agenda in any discussion regarding clinical services and clinical governance. I consistently relayed the message that excellent education, training, and supervision of junior doctors was essential for good patient care. I delivered mandatory educational training sessions to 200 consultants over a 3-year period. I led on multi-professional simulation by recruiting a Darzi Fellow in simulation.

During my time as Foundation Training Programme Director (2010-2012) I introduced the “merit awards,” several community-facing posts, and “twilight shifts” for FY1 doctors so that they could gain more experience with seeing acute admissions. I also set up a Junior Doctor’s Forum and encouraged the junior doctors to participate in quality improvement projects.

As a member of the **TRUST EXECUTIVE COMMITTEE**. I often represented the medical directors at meetings, was frequently on the consultant interview panel and fully engaged with several initiatives, including participating in the Internal Quality Inspections and the CQC visit in 2015. I was the integrated lead for the GP Clinical Ambassador programme and participated in The “Patient First Programme.” I am a trained appraiser and undertook several Consultant appraisals every year.

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NATIONAL ROLES

I was seconded to the role of **ASSOCIATE DEAN FOR FOUNDATION QUALITY for HESL**, a 4 PA post for a year tasked to improve the quality of training offered to foundation doctors. I am a Member of the MRCP Part 1 Board (2013-current). a PACES examiner, Member of the Association of Medical Educators and a Fellow of the Higher Education Academy.

I was a member of the Specialty Question Writing Committee (2007-2013), member of the BTS Education and Training Committee (2009-2012), Member of the BTS Professional and Organisational Standards Committee (2012-2015), DME representative on the South Thames Foundation School Board (2012- 2016) and Acute Trust representative on HESL Board (2015 2016).

RESEARCH

PhD Research at the Department of Pathology, University of Cambridge:

My period of research entailed investigating the genesis of atherosclerosis. "Endothelial injury and healing in vitro": The aims of the study were to investigate the effects of denuding injury and hypercholesterolaemia on the interaction between endothelial cells and macrophages from rabbits using a newly developed organ culture system. The results of the study showed that injury to the endothelium and hypercholesterolaemia increase the adhesion of macrophages to the endothelium in vitro. The results have important implications for the way in which atherosclerotic plaques originate. During my years in research I attended various national and international meetings and made regular presentations. I also worked briefly in the Pharmaceutical Industry, where I continued with the research I did for my PhD.

Clinical Research: At the Royal Brompton Hospital, I initiated and conducted a prospective study to look at the effect of infection and inflammation on a variety of haematological parameters in patients with cystic fibrosis. Patients attending for annual review and patients admitted to the ward with an infective exacerbation were recruited into the study. A full clinical assessment was made, and bloods taken to measure various haematological indices, including those reflecting iron deficiency, markers of inflammation and clotting. The results showed that inflammation may mask iron deficiency and alter several clotting factors.

We also conducted a retrospective study using the extensive database available to look at the incidence of epilepsy in cystic fibrosis. We concluded that epilepsy was four times commoner in patients with cystic fibrosis than in the general population.

Systematic Reviews: I was a reviewer for the Cochrane Airways Group and have completed three systematic reviews, two on the management of Pulmonary Sarcoidosis, which have been peer reviewed and published in the Cochrane Library and in international journals, and one on Prostacyclin in Pulmonary Hypertension. This training has been useful, not only in increasing my knowledge of the subject matters of the review, but in my understanding of how to assess the quality of trials, in conducting trials and in evaluating published data more critically.

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Current Research: I received funding and Ethics approval for a research project on Obstructive Sleep Apnoea in Pregnancy, looking at maternal and neonatal outcomes in women with Obstructive Sleep Apnoea. This research is being conducted jointly with the Department of Obstetrics. I hope to continue with this research in my own time.

MEMBERSHIPS

Member of the General Medical Council (GMC).
Member of the British Thoracic Society (BTS).
Member of British Medical Association (BMA).
Member of Medical Defence Union (MDU).
Member of Association of Medical Educators (ASMEE).
Member of the South Thames Respiratory Society.

FELLOWSHIPS

Fellow of the Royal College of Physicians (London).
Fellow of the American College of Chest Physicians.
Fellow of the Higher Education Academy.

PREVIOUS POSTS

Consultant Respiratory Consultant Kingston Hospital, May 2003-December 2003.
Locum Respiratory Consultant St. George's University Hospital, July 2001-February 2003.
SpR at St. Helier Hospital, 2000-June 2001.
SpR at the Royal Brompton Hospital, 1999-2000.
SpR at Mayday Hospital, 1998-1999.
SpR at St. George's University Hospital, 1996-1998.
Senior House Officer at St. Helier Hospital, 1995-1996.
Senior House Officer at St. George's University Hospital, 1994-1995.
Pre-registration House Officer at St. Bartholomew's University Hospital and Homerton Hospital, 1993-1994.

PRESENTATIONS

Cochrane Airways Group International Symposium, Royal Society of Medicine, November 1999.
British Thoracic Society, Cardiff, June 2003: Corticosteroids in Pulmonary Sarcoidosis.
Cochrane Airways Group International Symposium, November 2003.

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South Thames Thoracic Society Meeting in November 2004.

PUBLICATIONS

Paramothayan NS. Endothelial Injury and Healing in Vitro. PhD at the Department of Pathology, University of Cambridge, 1984 – 1987.

Paramothayan NS and Jones PW. Corticosteroids for Pulmonary Sarcoidosis: A Systematic Review. Cochrane Database of Systematic Reviews, in: The Cochrane Library, Issue 4, 2000;

Oxford: update software.

Paramothayan NS and Jones PW. Corticosteroid Therapy in Pulmonary Sarcoidosis: A Systematic Review. JAMA 2002, Vol 287, No 10, 1301-1307.

Paramothayan NS and Barron J. New criteria for differentiating between transudates and exudates. J Clin Pathol, 2002; 55: 69-71.

Paramothayan NS, Lasserson TJ, Wells AU and Walters EH. Prostacyclin for Pulmonary Hypertension: A Systematic Review. Cochrane Database of Systematic Reviews, in: The Cochrane Library, Issue 2, 2003. Oxford: update software.

Paramothayan NS, Lasserson TJ, and Walters EH. Immunosuppressive and cytotoxic therapy for pulmonary sarcoidosis (Cochrane Review). In: The Cochrane Library, Issue 3, 2003. Oxford: update software.

Paramothayan NS. Treatments for Pulmonary Sarcoidosis. Respiratory Medicine 2008 102, 1-9.

Davidson, S. J., Paramothayan, N. S. and Hodson, M. E. Adult Cystic Fibrosis in patients with and without infective exacerbations and their Factor XII levels. Blood, Coagulation, and Fibrinolysis, 2009, vol 20, No 00.

Paramothayan N.S. Management of Type 2 Respiratory Failure. Foundation Years Journal November 2011.

Essential Respiratory Medicine: A Textbook, due for publication in March 2018.

ABSTRACTS

Paramothayan NS and Barron J. Differentiation between transudates and exudates using fluid and serum lactate dehydrogenase (LDH), cholesterol and total protein. American Thoracic Society, 1999.

Paramothayan NS and Jones PW. The effectiveness of corticosteroid therapy in the treatment of patients with pulmonary sarcoidosis: a systematic review. American Thoracic Society, 1999.

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Hussain IR, Paramothayan NS and Hodson ME. Neurological complications in the adult Cystic Fibrosis population. American Thoracic Society, May 2001.

Paramothayan NS, Hussain IR and Hodson ME. Neurological complications in the adult Cystic Fibrosis population. The 24th European CF conference, Vienna, June 2001.

Paramothayan NS, Hodson ME, Burgess JCY, Burman JF, Kemp MW and Hooper RJL. Inflammation and anaemia in Cystic Fibrosis. 24th European CF Conference, Vienna, June 2001.

Davidson SJ, Paramothayan NS, Burman JF Kemp MW and Hodson ME. Cystic Fibrosis, Inflammation, and Haemostasis. International Society for Thrombosis and Haemostasis, July 2001.

Paramothayan NS, Lasserson TJ, Wells AU and Walters EH. Prostacyclin for Pulmonary Hypertension: A Systematic Review. American Thoracic Society, May 2002.

OTHER INTERESTS

I am a classical pianist with a Diploma (DipABRSM) from the Royal College of Music and I sing with the Croydon Philharmonic Choir. I act and direct plays with the “Miller Centre”. I enjoy reading and visiting other countries. I am married with two grown up children.

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REFEREES

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