

The Epsom Foot and Ankle Fellowship

**In association with the
BOA**

Future Clinical Leaders Programme



Prospectus

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Epsom and St Helier University Hospitals NHS Trust (ESTH) serves a population of about 500,000 people living across south-west London and north-east Surrey. It provides a range of medical and surgical services to an area that is rich in diversity, with a mix of urban and rural locations. The geographical area covers some of the most prosperous postcodes in the country, as well as some poorer areas. The hospitals also benefit from great locations, from the lights of South London to the countryside of Epsom Downs.

In September 2019, the Government confirmed that hundreds of millions of pounds of funding is to be made available for Epsom and St Helier University Hospitals NHS Trust to develop a new, state-of-the-art, major acute facility on the Sutton site.

Together with local commissioners in Surrey, Sutton and Merton, ESTH aims to ensure that patients receive the best possible care in the communities they serve. Its mission is *“to put the patient first by delivering great care to every patient, every day”*. ESTH was rated as “Good” at the last CQC inspection, published on 19th September 2019. Also, on 16th November 2020, it was announced that Epsom and St Helier hospitals and community services have been shortlisted in the prestigious ‘Trust of the Year’ category at the national HSJ awards, recognising an outstanding contribution to healthcare.

Orthopaedic work is divided between Epsom and St Helier Hospital. The South-West London Elective Orthopaedic Centre (SWLEOC), based at the Epsom site, is where elective foot and ankle surgery is being performed. SWLEOC has gained a reputation as a centre of excellence, being rated as “Excellent” by CQC, treating more than 5,000 patients a year with excellent outcomes, and being the largest joint replacement unit in UK. St Helier Hospital is the trauma unit. Elective clinics take place across both sites, and are run in a multi-disciplinary fashion wherever possible.

We perform a wide range of foot and ankle procedures surgery, from lesser toes to complex deformities and non-unions. Most foot and ankle surgery involves the forefoot, but we perform all hindfoot and ankle procedures, only referring tumour and elective circular frame procedures to tertiary units.

ESTH is affiliated to the South-West Thames and KSS training programmes.

Hospitals:

South-West London Elective Orthopaedic Centre (SWLEOC)

Epsom General Hospital (EGH) – Elective surgery

St Helier Hospital (StH), Carshalton– Trauma

Team

Miss Andrea Sott

Consultant Orthopaedic / Foot and Ankle Surgeon

Divisional Medical Director for Planned Care , BOA and BOFAS programme host

Mr Paul Hamilton

Consultant Orthopaedic / Foot and Ankle Surgeon

Surgical Director SWLEOC

Mr Sohail Yousaf

Consultant Orthopaedic / Foot and Ankle Surgeon

SRTT and Flexible Training Champion

Mr Dimos Evangelidis - current Fellow

1 Specialist Registrar (South-West Thames London rotation)

Sun Yeongg – Specialist Nurse

James Hendry – Orthopaedic Technician / Shockwave therapy / plaster room

Theresa Seery – Orthotist

Arun Bhargava – Podiatrist, Bespoke orthoses

Diana Blane – Private Secretary to Miss Sott - 02083354502

diana.blane @spirehealthcare.com

Philippa Bevan – Private Secretary to Mr Hamilton

Karen Robinson – PPC/Secretary to Miss Sott and Mr Hamilton - 01372 735096

karen.robinson28@nhs.net

Charlotte Richardson – PPC/Secretary to Mr Yousaf - 01372 736384

charlotte.richardson@nhs.net

Dr Dhafer Deeab - F&A Radiologist

Consultant Profile

Miss Andrea Sott, MBBS, FRCS (Tr&Orth)

Miss Sott (AHS) is a Consultant Orthopaedic Surgeon and Divisional Medical Director for Planned Care (Surgery, CCTA, Patient Services) at Epsom & St Helier NHS Trust. After graduating from medical school in Germany, Miss Sott completed 10 years of basic and Higher Surgical Orthopaedic Training on the SW Thames Training Programme, London. She entered the GMC Specialist Register as a fully specialty qualified Orthopaedic and Trauma Surgeon in 2004, when she joined Epsom & St Helier University Hospitals.

Her specialist interest in Foot and Ankle Surgery and Trauma was developed further through Fellowships in Germany and the USA, and clinical visits to France, Switzerland and around the UK, to learn special surgical techniques.

Since 2011, Miss Sott has actively trained in Minimally Invasive Techniques (MIS) to treat Foot & Ankle conditions, with several publications on patient reported outcomes. Her many publications in peer reviewed journals and in North American Foot & Ankle clinics include several papers and chapters on Trauma, Foot & Ankle Surgery and MIS in forefoot surgery. Miss Sott continues to be active on a full trauma rota.

She is a member of the Royal College of Surgeons of England, the British Orthopaedic Association, and both the American and the British Foot and Ankle Surgery Societies. She has published several papers in her field and outcomes of her foot / ankle operations have been presented at BOA, BOFAS and EFORT meetings.

Miss Sott is a Senior Examiner for FRCS (Tr and Orth), and was Surgical Tutor for the Royal College of Surgeons, London. She now works as an Assessor on Consultant Appointment Committees, representing the Royal College of Surgeons, and regularly attends Standard setting meetings for the Intercollegiate Examination Board of Examination, Edinburgh. As Course Director, she ran the 7th BOFAS Principles Course in 2014 in London. She is an active and enthusiastic trainer (junior doctors and allied professionals), and is AES and CS for several trainees of all tiers. In 2015 she became mentor and primary host to the BOA Clinical Leadership Programme for post CCT F&A fellows.

Affiliations: BOA; BOFAS; Royal College of Surgeons Eng; JCIE; AOFAS; AO; GRECMIP; EFAS

Consultant Profile

Mr. Paul Hamilton, MBBS, FRCS (Tr & Orth), PG Dip (Tr & Orth), MacadMEed.

Mr Hamilton (PH) is a Consultant Orthopaedic Surgeon at Epsom and St Helier NHS Trust with a special interest in all adult foot and ankle surgery. He graduated from St Bartholomew's and the Royal London Hospital Medical School and completed his higher surgical training in 2009 in the UK. During this period he undertook a sports foot and ankle fellowship at Basingstoke General Hospital and a further foot and ankle fellowship at Guys and St Thomas' as well as a travelling fellowship to Boston, USA. Having completed his training, he went on to Addenbrookes's Hospital, Cambridge for a further year of specialist training in trauma and foot and ankle surgery. He has a postgraduate diploma in Trauma and Orthopaedics.

Mr Hamilton has presented and published research in orthopaedics throughout the world. He has a keen interest in teaching and training and is currently both an educational and clinical supervisor. He lectures and teaches to students, primary care and colleagues at both local and international meetings.

He undertakes all surgical procedures of the ankle, hindfoot, midfoot and forefoot, including arthroscopic procedures. Conditions treated include: hallux valgus correction, forefoot reconstruction; degenerate, traumatic or inflammatory midfoot and hindfoot conditions; tendon and ligament disorders; ankle instability and arthritis; foot and ankle sports injuries.

He is currently the Surgical Director of the prestigious SWLEOC, which received an excellent in the latest CQC inspection. He has set up and run the diabetic MDT at St Helier and also sits on the hip fracture clinical governance.

Affiliations:

British Orthopaedic Foot and Ankle Surgery Society

BOA

BMA

Royal College of Surgeons of Edinburgh

American Orthopaedic Foot and Ankle Society

European Foot and Ankle Society

Academy of Medical Education

Consultant Profile

Sohail Yousaf MBBS, MSc, FCPS (Orth), FRCS (Tr & Orth)

Mr Yousaf is a consultant orthopaedic surgeon specialising in all aspects of the management of foot and ankle problems. He is also flexible training champion for Epsom and St Helier University hospitals NHS Trust. His specialist interests include bunion correction, tendon disorders, heel pain, ankle instability, sports related injuries and arthritic conditions affecting the foot and ankle including joint replacement.

He has had extensive training in foot and ankle surgery during his specialist training in London and KSS region which was further strengthened with a post CCT fellowship at Epsom and St Helier hospitals. He has also undertaken prestigious BOA clinical leader's fellowship and has led an award-winning quality improvement project on diabetic foot management.

He continues to perform research in foot and ankle surgery and publish regularly. He is collaborating with number of national multicentre studies including UK Falcon study, UK COTS study and FAME trial. He has presented foot and ankle research around the world at AAOS, AOFAS, BOFAS, BOA, EFORT, SICOT and POA meetings. He is committed to develop foot and ankle speciality in Pakistan where he completed his primary medical education and teach on number of courses every year.

<https://blogs.bmj.com/qualitysafety/2020/06/18/informed-consent-for-orthopaedicsurgeons-in-the-time-of-covid-19-addressing-the-elephant-in-the-room/> S Yousaf, S Hassan, S Hamilton, P Sott BMJ Quality and Safety Blog
Yousaf S, Saleh A, Ahluwalia A, Haleem S, Hayat Z, Ramesh P. Systematic Review of Stress Radiographic Modalities Stability Assessment in Supination External Rotation Ankle Fractures. Foot & Ankle Orthopaedics. October 2019.
doi:10.1177/2473011419890861

D.S. Edwards, H.C. Guthrie, S. Yousaf, M. Cranley, B.A. Rogers, J.C. Clasper, Trauma-related amputations in war and at a civilian major trauma centre— comparison of care, outcome and the challenges ahead, Injury, Volume 47, Issue 8, 2016, Pages 1806- 1810, ISSN 0020-1383,
<https://doi.org/10.1016/j.injury.2016.05.029>.

Timetable & Duties (updated Dec 2020)

Weeks 1 and 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Trauma Theatres StH	Elective Theatres (AHS) SWLEOC	Clinic (AHS) StH	Elective Theatres (PDH) SWLEOC	Admin / Research
PM	Diabetic Ward Round (SXY) StH		Clinic (PDH) StH		Off

Weeks 2 and 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Clinic (PDH) EGH	Injection List (AHS) EGH	Trauma Theatres (PDH) StH	Elective Theatres (PDH) SWLEOC (flexi 1:4)	Admin / Research
PM	Clinic (AHS) StH	Clinic (PDH) EGH	Clinic (PDH) EGH		Off
On call 1:7 weekend cover with ST3/4					

Key:

AHS – Andrea Sott

PDH – Paul Hamilton

SXY – Sohail Yousaf

EGH – Epsom General Hospital

StH – St Helier Hospital, Carshalton

EOC – South-West London Elective Orthopaedic Centre (Epsom)

Operating Theatres and Clinics - overview

The Fellowship at Epsom and St Helier Hospitals aims to prepare you for life as a Consultant Orthopaedic Foot and Ankle Surgeon. To that end, it offers a broad range of experience in terms of elective case-mix and sub-specialist trauma.

Most of your time will be spent at EGH for elective clinics and operating (at SWLEOC). After an appropriate induction period, it is possible to arrange weekly parallel or independent operating sessions following discussion of caseload with the Consultants. The majority of the workload is forefoot, although there is adequate exposure to midfoot and hindfoot reconstruction procedures.

You will see new patients in the clinics, and perform and assist in cases under supervision in theatre. There is opportunity to review the operating lists with the waiting list office and make sure they are appropriately filled. Cases are discussed at a monthly Monday lunchtime MDT meeting with the St George's Foot and Ankle Surgeons and a fortnightly Wednesday StH clinic. You will also gain experience in managing diabetic foot problems, joining Mr Yousaf in the Diabetic Foot ward round fortnightly, along with a Vascular Surgeon from St George's Hospital, a Medical Consultant, the Podiatry Team, a Pharmacist and a Physio, with input from Microbiology.

Independent operating lists and clinics are an important part of the fellowship. Some flexibility in the timetable allows the fellow to undertake some independent practice, and the department is receptive to new ideas.

Maintaining trauma skills is essential for Consultant practice, so we believe that the weekly trauma sessions are valuable. There is some sub-specialty allocation of trauma cases, which means you will have exposure to fixation of calcaneal, talus and Lisfranc fractures. Currently there is a small on-call commitment, working 1 in 7 weekends (Saturday or Sunday).

A sound knowledge of foot and ankle pathology and procedures is expected (minimum FRCS level) as well as a certain standard of operative competency (PBA requirements for CCT).

The timetabled clinics are of educational value. You will usually work independently, but would be expected to discuss all complex cases and those that need surgical intervention.

Several parallel clinics run alongside the Consultants' clinics. Sun Yeong, the current CNS, is an integral part of the team and runs a weekly postoperative dressings clinic, as well as maintaining the PROMS Amplitude/ Articulate database. She can provide feedback on your post-operative patients. A physiotherapist clinic runs alongside Mr Hamilton's clinic on alternate Tuesdays.

BOA Clinical Leaders Programme

For the past 5 years, Epsom and St Helier Trust has been a host centre for the British Orthopaedic Association's Future Leaders Programme (FLP). It aims to develop current and future orthopaedic consultant leadership capability for the NHS, and "accelerate service transformation and quality improvement within and across orthopaedic services through proactive clinical leadership".

The FLP focuses on leading improvement and transformation in Orthopaedics through a number of areas such as *improving quality and safety, driving efficiencies and productivity and integrated partnership working and integrated care*. The programme is delivered through a combination of master classes, tutorials and coaching sessions. It uses core skills in improvement methodology. There four two-day modules, which take place in Charingworth Manor (near Moreton in the Marsh), covering:

1. *Leadership effectiveness*: leadership development plans, coaching objectives, personal impact, coaching for improvement, aligning clinical and managerial agendas
2. *The context for improvement in Orthopaedic services*: leading safety, reducing harm, the human factors, quality and efficiency, patient experience and expectations, innovation and new approaches in Orthopaedics, NHS policy context, Trust strategy and improvement agenda
3. *Quality improvement tools and methodology*: principles of Quality Improvement, LEAN methodology, process review and redesign, demand management, workforce planning, measurement of improvement , statistical process control, creativity tools, problem solving tools, project management
4. *Inspirational leadership*: leading teams, engaging and motivating colleagues, influencing, leading change, negotiating, difficult conversations

The fellow will undertake a one-year development plan to deliver a significant innovation / quality improvement project related to their Trusts strategic change agenda and improvement of Orthopaedics services. The Trust covers the total cost of the FLP (£3,360 including VAT) which includes all fees, learning materials and day delegate hospitality and doescover travel and accommodation to the FLP sessions where appropriate..

<https://www.boa.ac.uk/training-education/boa-clinical-leaders-programme>

Management issues are part of life as a new consultant. The fellow organises and runs the fortnightly Foot & Ankle Clinical Governance MDT meeting, where the Foot & Ankle Teams from ESTH and St George's Hospital discuss the upcoming cases for the next month and any other issues of interest. You may also be asked to undertake certain administrative duties, such as booking clinics and extra operating sessions. The fellow should also manage referrals. The Unit takes some tertiary foot and ankle trauma referrals and sometimes it is the fellow's job to coordinate the referral pathway for these patients.

Epsom and St Helier Trust pay the Fellow's salary. The job carries a 1B banding for the oncall commitment (1 in 7 weekends, Saturday or Sunday).

Annual leave is arranged through the employee online system. Please inform the consultants and waiting list clerks, so that clinics and operating lists may be adjusted accordingly. A minimum of 6 weeks' notice is required for all leave requests.

We encourage you to take study leave for appropriate courses, conferences and symposia. The department allows leave for the four 2-day study module as part of the BOA Clinical Leaders Programme.

Expenses – fellows will be financially supported to attend their mandatory modules by reimbursing travel and accommodation costs following a formal study leave application via the service manager Julia Cattermole.

For further information or queries regarding leave or terms and conditions of employment, please contact the Human Resources / Medical Staffing Department.

The unit has a firm emphasis on teaching. There are a number of foot and ankle meetings throughout the year, attendance at which is encouraged.

Regional case based meeting: SAS – Surrey Ankle Surgeons group

Teaching on BOFAS Principles

BOFAS Annual Conference, November

During the fellowship it is expected that you will achieve a high level of basic science knowledge in foot and ankle pathology through reading and targeted research. You will be expected to take part in existing clinical research projects, and also undertake new original clinical-based projects.

Since October 2018, the department has the great privilege of recording PROMs on the “Amplitude” platform, with data being directly linked to the BOFAS registry, giving the opportunity for a variety of prospective and retrospective research projects. SWLEOC has a dedicated research department, which could potentially further assist with similar projects.

Each fellow should aim to complete one original research project that is suitable for publication in a peer-reviewed journal. The QIP is expected to be published at the annual BOA conference. The fellow is expected to liaise firmly regarding all national trials and local PROMS / BOFAS registry and outcomes/audits with the research nurse, the trainee SpR and the Consultants on regular basis.

Current Projects

- **FAME trial:** a pragmatic, multicentre, randomised non-inferiority clinical trial, led by Oxford University/NDORMS, which investigates how using a close contact plaster cast, instead of an operation, affects the outcome of an ankle fracture in people aged 18-60
- **UK-FALCON (UK Foot & Ankle COVID-19 National Audit)**, led by BOFAS, aiming to determine the percentage of patients receiving foot and ankle surgery, from January 2020 to August 2020, who were positive to COVID-19, and to audit their 30-day mortality rate.
- **UKCoTS - (UK Corona TRAUMA Surge) Project**, led by RCSEng, a UK multi-centre study to record the morbidity and mortality associated with COVID-19 in patients who have had trauma (bony or soft tissue procedure) surgery during the peak of the pandemic
- **Restarting fluoroscopy guided injections for Foot and Ankle patients after the first wave of COVID-19.** A local audit to monitor for adverse effects of the above injections in the current pandemic, and ensure that the “green” pathway set for the administration of those injections is efficient and safe.
- Contributed to the **#NHSChangeChallenge** initiative with a number of ideas.

Past Publications

Plaster cast versus functional brace for non-surgical treatment of Achilles tendon rupture (UKSTAR): a multicentre randomised controlled trial and economic evaluation.

Sott AH has been a trial collaborator

Lancet. 2020 Feb 8;395(10222):441-448. doi: 10.1016/S0140-6736(19)32942-3.

The acute Charcot foot in diabetics: Diagnosis and management

Yousaf S, Dawe EJC, Saleh A, Gill IR, Wee A.

EFORT Open Rev. 2018;3(10):568-573. Published 2018 Oct 24.

doi:10.1302/2058-5241.3.180003

Minimally Invasive Arthrodesis of 1st Metatarsophalangeal Joint for Hallux Rigidus.

Sott AH.

Foot Ankle Clin. 2016 Sep;21(3):567-76. doi: 10.1016/j.fcl.2016.04.009. Epub 2016 May 24. Review.

Cheilectomy for Hallux Rigidus.

Razik A, **Sott AH.**

Foot Ankle Clin. 2016 Sep;21(3):451-7. doi: 10.1016/j.fcl.2016.04.006. Epub 2016 May 24. Review.

99mTc-HDP SPECT-CT Aids Localization of Joint Injections in Degenerative Joint Disease of the Foot and Ankle.

Parthipun A, Moser J, Mok W, Paramithas A, **Hamilton PD, Sott AH.**

Foot Ankle Int. 2015 Aug;36(8):928-35. doi: 10.1177/1071100715579263. Epub 2015 Mar 30.

Financial aspects of arthroplasty options for intra-capsular neck of femur fractures: a cost analysis study to review the financial impacts of implementing NICE guidelines in the NHS organisations.

Horriat S, **Hamilton PD, Sott AH.**

Injury. 2015 Feb;46(2):363-5. doi: 10.1016/j.injury.2014.05.014. Epub 2014 Jun 5.

The effect of ankle joint immobilization on lower limb venous flow.

Craik JD, Clark A, Hendry J, **Sott AH, Hamilton PD.**

Foot Ankle Int. 2015 Jan;36(1):18-23. doi: 10.1177/1071100714552823. Epub 2014 Sep 23.

Minimally invasive arthrodesis of the first metatarsophalangeal joint for hallux rigidus.

Fanous RN, Ridgers S, **Sott AH.**

Foot Ankle Surg. 2014 Sep;20(3):170-3. doi: 10.1016/j.fas.2014.03.004. Epub 2014 Apr 2.

The diagnostic value of single photon-emission computed tomography bone scans combined with CT (SPECT-CT) in diseases of the foot and ankle.

Singh VK, Javed S, Parthipun A, **Sott AH.**

Foot Ankle Surg. 2013 Jun;19(2):80-3. doi: 10.1016/j.fas.2012.11.002. Epub 2012 Dec 29.

Ankle block in forefoot reconstruction before or after inflation of tourniquet--Does timing matter?

Singh VK, Ridgers S, **Sott AH.**

Foot Ankle Surg. 2013 Mar;19(1):15-7. doi: 10.1016/j.fas.2012.08.005. Epub 2012 Oct 4.

Thromboprophylaxis in elective foot and ankle patients--current practice in the United Kingdom.

Hamilton PD, Hariharan K, Robinson AH.

Foot Ankle Surg. 2011 Jun;17(2):89-93. doi: 10.1016/j.fas.2011.02.004. Epub 2011 Apr 9.

Current concepts review: regional anesthesia for foot and ankle surgery.

Pearce CJ, **Hamilton PD**.

Foot Ankle Int. 2010 Aug;31(8):732-9. doi: 10.3113/FAI.2010.0732. Review. No abstract available.

Surgical anatomy of the proximal release of the gastrocnemius: a cadaveric study.

Hamilton PD, Brown M, Ferguson N, Adebibe M, Maggs J, Solan M.

Foot Ankle Int. 2009 Dec;30(12):1202-6. doi: 10.3113/FAI.2009.1202.

Sciatic nerve blockade: a survey of orthopaedic foot and ankle specialists in North America and the United Kingdom.

Hamilton PD, Pearce CJ, Pinney SJ, Calder JD.

Foot Ankle Int. 2009 Dec;30(12):1196-201. doi: 10.3113/FAI.2009.1196.

Computer assisted pelvic surgery: registration based on a modified external fixator.

Hüfner T, Geerling J, Kfuri M Jr, Gänsslen A, Citak M, Kirchhoff T, **Sott AH**, Krettek C. Comput Aided Surg. 2003;8(4):192-7.

Impact of intramedullary instrumentation versus damage control for femoral fractures on immunoinflammatory parameters: prospective randomized analysis by the EPOFF Study Group.

Pape HC, Grimme K, Van Griensven M, **Sott AH**, Giannoudis P, Morley J, Roise O, Ellingsen E, Hildebrand F, Wiese B, Krettek C; EPOFF Study Group. J Trauma. 2003 Jul;55(1):7-13.

The influence of biomaterial on patterns of failure after cemented total hip replacement.

Sott AH, Rosson JW.

Int Orthop. 2002;26(5):287-90. Epub 2002 Aug 2.

Increasing age does not affect good outcome after lumbar disc replacement.

Sott AH, Harrison DJ.

Int Orthop. 2000;24(1):50-3.

Base of the fifth metatarsal fractures, an unusual presentation.

Smith AL, Khan F, **Sott A**.

J R Army Med Corps. 1997 Feb;143(1):51-2. No abstract available.

Previous Fellows

We are delighted to see the excellent progress which previous fellows have achieved.

Mr Kishore Dasari – Consultant at George Eliot Hospital NHS Trust

Mr Milind Gajewar – prev. Consultant at North Tees and Hartlepool University Hospital, currently works privately as Consultant in India (Parel and Pune)

Mr Namal Perera – Consultant at St George's University Hospital

Mr Sohail Yousaf – Consultant at Epsom & St. Helier University Hospital

We hope you will enjoy your time with us and make use of all the training, management and educational opportunities that this fellowship has to offer.