

Curriculum Vitae

ANDREAS ROUSHIAS

MBChB, MSc

PERSONAL DETAILS

DATE OF BIRTH: 29th July 1980

NATIONALITY: Greek Cypriot

SEX: Male

GMC NO: 6122177 CYPRUS MEDICAL COUNCIL No: 4271

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CURRENT POSITION:

- Consultant Orthopaedic Surgeon and Traumatologist
- PhD Candidate “Perioperative morbidity and mortality of patients with osteoporotic hip fractures” under Prof Malizos–Uni of Thessalia (Nov 2013-Nov 2017)
- Anatomy Lead for St George’s London Medical School Nicosia
- Clinical Skills Tutor at St George’s London Med. School Nicosia
- Part time Lecturer at Intercollege Nicosia and University of Nicosia

EDUCATION AND PROFESSIONAL QUALIFICATIONS

- *2017 PhD in Orthopaedic Science
- 2017 MSc in Orthopaedic Science and Rehabilitation
- 2016 Orthopaedic Specialty title
- 2005 **MBChB**. University of Manchester Medical School
- 1999 3 A-Levels Grade A (Biology, Modern Greek, Accounting)
2 A-Levels Grade B (Chemistry, Mathematics)
The English School Nicosia

- 1997 9 GCSEs Grade A*

APPOINTMENTS

Consultant Orthopaedic Surgeon – Apollonion Private Hospital
Oct 2016 – now

Specialist Trainee, Limassol General Hospital

Aug 2010 – Jan 2016 TRAUMA & ORTHOPAEDICS
(Mr V Lanitis, Mr Maxoutlou)

SHO (ST2), North Manchester General Hospital

Dec 09 – July 2010 TRAUMA & ORTHOPAEDICS (Knee Surgery)
Mr P. Phaltankar

Aug 09 – Dec 09 TRAUMA & ORTHOPAEDICS (Upper Limb Surgery)
Mr B.S.Sylvester

Apr 09 – Aug 09 TRAUMA & ORTHOPAEDICS (Primary Hip Surgery)
Prof. D Sochart, Mr M. Sheikh

Dec 08 – Apr 09 TRAUMA & ORTHOPAEDICS (Pelvic Surgery)
Mr N. Shah

Aug 08 – Dec 08 TRAUMA & ORTHOPAEDICS (Hip and Knee Surgery)
Mr P. Phaltankar

FTSTA 1, Royal Bolton Hospital

Feb 08 – Aug 08 GENERAL SURGERY (Breast and Colorectal)
Mr H. Bishop, Mrs J. Ooi

Aug 07 – Feb 08 ORTHOPAEDICS (Complex Hip Surgery)
Mr M. Fehily, Mr B. Ryan, Mr G. Shepard

Foundation Year 2, North Manchester General Hospital

Aug 06 - Nov 06 ORTHOPAEDICS
Mr B. Sylvester, Mr A. Chougale, Mr A. Clayson, Mr N. Shah,
Mr D. Sochart.

Dec 06 - Mar 07 ACCIDENT & EMERGENCY
Mr P. Randall, Mr J. Butler, Dr M. Maloba

Apr 06 - Jul 07 GASTROENTEROLOGY / HEPATOLOGY
Dr X. McFarlane, Dr H. Klass, Dr R. Hammonds

Pre-Registration House Officer, North Manchester General Hospital

Apr 06 – Jul 06 ACUTE MEDICINE
Dr S. Hanley, Dr D. Weir.

Dec 05 - Mar 06 STROKE & CARE OF THE ELDERLY MEDICINE

Dr U. Ahmed, Dr P. Gibson, Dr Yates, Dr Khanna.

Aug 05 – Nov 05 HEPATOBILIARY SURGERY

Mr D. Sherlock, Mr Vadeyar, Dr L. Quest

CLINICAL EXPERIENCE

Orthopaedics

- Perform daily routine and complex operations:
 - 1) Hip and Knee arthroplasties
 - 2) Arthroscopic surgery (knee and shoulder)
 - 3) Reconstruction of limb deformities (hallux valgus repair etc)
 - 4) Management of upper and lower limb trauma (ranging from simple MUAs to complex reductions and internal fixations of fractures of the clavicle, humerus, forearm, hand, hip, femur, tibia, ankle and foot etc)
 - 5) Perform Day case surgery lists (trigger fingers, carpal tunnel decompressions, de-quervain, removal of ganglions, lipomas etc)
- Involved in various audits and prepared numerous teaching presentations
- Formal and informal teaching to junior trainees
- Preparation and running of preoperative assessment clinics
- Member of the Cyprus Orthopaedic Association – attend regular meetings on a monthly basis
- Member of ICRS (International Cartilage Repair Society)
- Currently Anatomy Lead and clinical skills tutor at St George's London Medical School based in Nicosia, Cyprus.
- Anatomy and Orthopaedic science Lecturer at University of Nicosia (school of Physiotherapy)

INTERNATIONAL COURSES ATTENDED

Wrist and Hand Surgery – Larissa – Sep 2017

MEDFORT Congress – Sep 2016

Surgery of the Hand – Cadaveric Course – Feb 2016

Shoulder Anatomy Course – Larissa – Jan 2015

Hellenic Orthopaedic Association Intensive Revision Course – Dec 2014

ICRS Annual Conference – Larissa – Oct 2014

EFORT Annual Conference – London – June 2014 and Presentation in Annual Assembly

TSF Workshop – Larissa – Feb 2014

ATLS – 2013

EFORT Travel Fellowship – Sep 2013

Hellenic Orthopaedic Association Intensive Revision Course – Dec 2012

Hellenic Osteoporosis Association Annual Conference - Chania Crete – Sep 2012

Basic Knee Arthroscopy Course – Stanmore Hospital – Dec 2008

Basic Orthopaedic Skills – Oct 2007

Advanced Life Support – Nov 2006

Intermediate Life Support – April 2005
Acute Illness Management – Aug 2006
Soft Tissue Injury Course – Dec 2006
A&E Doctors Induction Course – Dec 2006

COURSES ATTENDED AS A SPEAKER

General Assembly of EFORT Annual Conference – London – June 2014
1st Pancyprian Prehospital and Emergency Life Support Conference – Nicosia - Mar 2013
2nd Pancyprian Prehospital and Emergency Life Support Conference– Nicosia - Mar 2015
1st Pancyprian Intensive Course for Theatre Nurses – Dec 2014
Seminars of Cyprus Orthopaedic Association in

- 2011 (May, Sep)
- 2012 (Jan, Mar, May, Sep, Dec)
- 2013 (Jan, Mar, May, Oct, Dec)
- 2014 (Jan, Mar, May, Sep, Nov)
- 2015 (Feb, Mar, May)
- 2017 (May)

Cypriot Annual Orthopaedic Conference in

- Oct 2013
- Nov 2014
- Oct 2015 (Presentation of preliminary Doctorate Results)

3rd Limassol General Hospital Annual Conference – Dec 2013

TEACHING EXPERIENCE

- **Anatomy Lecturer and Demonstrator at St George's Medical School – 2012 to present (current Anatomy Lead for the MBBS program)**
- **Clinical Skills Tutor at St George's Medical School – 2013 to present**
- **OSCE Examiner for Cs, T and F Year Medical Students – 2014 to present**
- **Anatomy and Physiology Lecturer for Physiotherapy Students, University of Nicosia**
- **Physiology Lecturer for Pharmacy Students, University of Nicosia**
- **Anatomy Lecturer for Pharmacy Technicians, Intercollege Nicosia**
- **Formal and Informal Bed-site teaching for nursing students at Limassol General Hospital**
- **Invited Speaker at Orthopaedic Conferences in Cyprus as well as in international forums (EFORT 2014 – London)**

I deliver frequent presentations at the regular orthopaedic conferences on a 3 monthly basis. I have presented in the last 15-20 conferences since 2010. In 2014 I was invited to present at the National Assembly of the European Federation of National Associations of Orthopaedics and Traumatology (EFORT) in London.

- **Intra-Departmental Orthopaedic teaching at Limassol General Hospital.**

RESEARCH STATEMENT

PhD Candidate in Orthopaedic Science (2013-2017)

“Perioperative morbidity and mortality of patients with osteoporotic hip fractures” under Prof. Konstantinos Malizos—University of Thessalia

A prospective study looking at hip fragility fractures for patients admitted since December 2013 to December 2017. A number of variables are being closely monitored in an attempt to highlight potential areas of improvement that could decrease a one year mortality rate of >28% for such patients. A total of around 1200 patients are expected to be enlisted in the study. This proposal will give adequate data on the management and post-operative follow-up of hip fragility fracture patients AND It can serve as a quality assessment for the centers taking part and the ultimate goal would be to formulate and implement a national Guideline on “Hip fracture management in Cyprus”.

AUDITS

- Perioperative morbidity and mortality of patients with osteoporotic hip fractures (Nov 13 till present)
- Effect of blood transfusion on patients with osteoporotic hip fractures
- Morbidity and Mortality audits for orthopaedic department (Oct 08, Nov 06, Dec 06)
- Functional Assessment of patients following a total hip replacement.
- Secondary Prevention Of Stroke.
- Management of acute urinary retention in the A&E setting.
- Association between use of clopidogrel in trauma patients, in the outcome of the operation and length of hospital stay.

PRESENTATIONS

- Orthopaedics: Complex Regional Pain Syndrome
- Orthopaedics: Shoulder Dislocations
- Orthopaedics: Developmental Dysplasia of the hip
- Orthopaedics: Structure and function of the Bone
- Orthopaedics: Function of the Patella
- Orthopaedics: Conservative Management of Achilles tendinopathy
- Orthopaedics: Conservative management options for rotator cuff tears
- Orthopaedics: Repair of meniscal tears
- Orthopaedics: Pyles disease – a case report
- Orthopaedics: Management of Lisfranc injuries
- Orthopaedics: Morbidity and Mortality theatre audit