

Curriculum Vitae

Mr Aashish Gulati

MBBS, MS, DNB Orth, FRCS (Tr & Orth),
MBA (Manchester), DPhil (Oxford)

April 2018

Consultant in Trauma and Orthopaedics
Sandwell and West Birmingham Hospitals NHS Trust

Summary of Curriculum Vitae

Current position	Consultant in Trauma and Orthopaedics Sandwell and West Birmingham Hospitals NHS Trust
Qualifications	MBBS, MS Orth, DNB Orth, FRCS (Tr & Orth), MBA (Manchester), DPhil (Oxford)
Special interests	Hip and knee surgery-Primary and revision arthroplasty Sports injuries and ligament reconstruction Foot and ankle disorders
Fellowship training	<ol style="list-style-type: none"> 1. Hip and Knee Arthroplasty Fellowship Aug 16 to July 17 Nottingham City Hospital 2. Soft tissue knee/sports injury fellowship Aug 17 to Dec 17 University of Toronto 3. AO Trauma Fellowship Jan 16 to Feb 16 Sunnybrook Trauma Centre, Toronto
Registrar training	Oxford and East Midlands (South) Orthopaedic Rotation 6 years, covering all orthopaedic subspecialties
Research	DPhil in Musculoskeletal Science 4 book chapters 23 published papers in peer-reviewed journals 13 published abstracts 17 international and 8 national presentations 22 posters
Management	Formal business qualification (MBA) Immediate Past President, Leicester Orthopaedic Trainees Association Formal experience of writing business cases, project reports, financial analysis and risk management reports
Teaching	Lecturer, East Midlands (South) Orthopaedic Postgraduate programme Faculty, East Midlands (South) Orthopaedic mock viva & clinical exams Faculty, Preparing for Professional Practice course Mentor, 3 rd year student from the University of Utah
Clinical Governance	17 audits/quality improvement projects 4 closing loop audits 2 presented internationally

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Personal Details

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Qualifications

FRCS Tr & Orth	Royal College of Surgeons of England, 2015
DPhil	University of Oxford, 2014
MBA	Manchester Business School, 2010
MRCS	Royal College of Surgeons of England, 2005
DNB Orth	Diplomate of National Board, India, 2003
MS Orth	Edith Mary Brown Hospital, India, 2002
MBBS	Medical College Chandigarh, India, 1999

Prizes, Awards and Grants

3rd Best paper award	BOFAS meeting, Nov 2016
'Best of the Best' nomination	BOA, Belfast, Sep 2016
AO Trauma fellowship	Sunnybrook Trauma Centre, Jan 2016
Best poster award	SICOT meeting, Nov 2016
Best poster award	BOFAS meeting, Oct 2014
Best audit project award	Buckinghamshire Hospitals, June 2012
Best candidate award	AO Basic Course, July 2004
Travel grant to Ahmedabad	Christian Medical College, Dec 2001
Gold medal, Forensic Medicine	Punjab University, May 1996
Gold medal in Physics	CBSE, Mar 1993

Career aims and clinical intentions

I strive to remain a safe, competent, knowledgeable, and skilled orthopaedic consultant who is respected and liked by his peers, colleagues and patients.

My interests lie in the sub-specialty of adult lower limb reconstruction. Thanks to my fellowships in internationally recognised centres and experience from two premier training areas in the UK (Oxford and Leicester), I have enormous experience of performing hip and knee replacement procedures, adult ligament reconstruction and foot and ankle surgery including management of sports injuries. In addition, I have a very good trauma management portfolio along with a vast experience of using AO techniques and managing multiply-injured patients. I have also been exposed to advanced techniques such as the use of endoprosthetic replacements for salvage procedures in revision arthroplasty.

My strong interest in research is evidenced by my DPhil in Orthopaedic Engineering, many peer-reviewed papers and various presentations at national and international conferences. I intend to continue my research interests in my consultant post. I am particularly interested in implant design, biomechanics and application of mechanical engineering principles to the field of orthopaedics. Consequently, I have established strong links with the Universities of Oxford and Leeds, which allow me to be part of several collaborative projects.

I have a significant interest in teaching and training and intend to continue this in my career. I particularly enjoy preparing registrars for the FRCS (Tr & Orth) examination and hope in future to become an examiner. I have organised various academic events and have been a faculty on number of educational courses.

I have realised during my NHS career that the managers and the medical staff often don't feel intertwined and there is very little cross-functional thinking. They often have 'us and them' mentality. I pursued a formal business qualification (MBA) with a hope to bridge this gap. I have learnt key organisational skills and leadership qualities and hope to work with the hospital managers to improve clinical services, delivering organisational change and providing efficiency savings.

Employment History

Current Post

Jan 18 to current

**Consultant in Trauma and Orthopaedics
Sandwell and West Birmingham Hospitals NHS Trust**

Fellowship Training

Aug 17 to Dec 17

**Sports Injuries Fellowship, University of Toronto
Dr P Marks, Dr D Wasserstein and Dr Abouali**

During this fellowship, I learnt all sorts of ligament reconstruction and management of sports injuries. This included knee, shoulder and foot/ankle procedures. I was also involved in assessing and managing professional athletes in high-performance sports injuries clinic. I was also exposed to the field of Orthobiologics such as PRP, Stem Cells and Hyaluronidase injections. In addition, I gained proficiency in the management of complex peri-articular trauma. The experience helped me in improving my understanding of indications, planning, techniques and pitfalls of osteosynthesis.

Aug 16 to Jul 17

**Hip and Knee Arthroplasty Fellowship, Nottingham City Hospital
Mr ARJ Manktelow and Mr PJ James**

During this fellowship I had fantastic exposure to and training in hip and knee arthroplasty. I regularly performed independent operating including primary joint replacements and arthroscopic surgery. I also performed revision knee and hip replacements under supervision. I was involved in coordinating the East Midlands Specialist Orthopaedic Network, where revision joint replacements throughout Nottinghamshire and Lincolnshire were discussed. In addition to being involved in complex knee clinics and revision hip clinics, I actively took part in research and education in the department.

Jan 16 to Feb 16

**AO Trauma Fellowship, Sunnybrook Trauma Centre, Toronto
Dr D Stephen**

This fellowship was all about adopting the AO philosophy and practising AO techniques, but in a much larger volume. I had an opportunity to observe various complex surgeries including management of multiply-injured patients, complex pelvic/acetabular trauma and periarticular fractures. I learnt various new pathways of management of trauma patients outside the UK National Health Service. I also had an opportunity to meet Dr Schatzker and learnt greatly from his experience.

Higher Specialty Training – Oxford/East Midlands (South) Orthopaedic Rotation

Aug 09 to Sep 16

**Lower limb arthroplasty/
Soft tissue knee
ST8 (6 months)**

Leicester General Hospital
(Mr Boyd/Mr Tandon)

**Lower limb arthroplasty/
Foot & Ankle
ST8 (6 months)**

Leicester General Hospital
(Mr Hutchings/Mr Mangwani)

**Lower limb arthroplasty/
Soft tissue knee
ST7 (6 months)**

Leicester General Hospital
(Mr Kershaw/Mr Green)

**Trauma
ST7 (6 months)**

Leicester Royal Infirmary
(Mr Esler/Mr Tandon/Ms Wildin)

Trauma ST6 (6 months)	Leicester Royal Infirmary (Mr Braybrooke/Miss Cutler)
Upper limb/Hands ST6 (6 months)	Leicester General Hospital (Prof Dias/Miss Wildin)
Upper limb/Hands ST5 (6 months)	Nuffield Orthopaedic Centre, Oxford (Mr Rees/Mr McNab, Mr Little, Mr Burge)
Tumours/ Lower limb arthroplasty ST5 (6 months)	Nuffield Orthopaedic Centre, Oxford (Prof Gibbons/Mr Whitwell)
Paediatric Orthopaedics ST4 (6 months)	Nuffield Orthopaedic Centre, Oxford (Mr Wainwright/Ms Buckingham)
Spine/Trauma ST4 (6 months)	Stoke Mandeville Hospital (Mr Henderson)
Trauma ST3 (6 months)	John Radcliffe Hospital, Oxford (Mr Handley/Mr McMaster)
Soft tissue knee/Trauma ST3 (6 months)	Milton Keynes General Hospital (Mr Flynn)
Trauma Fellow SpR level (12 months)	Leicester Royal Infirmary (Mr Taylor/Mr Gabbar/Mr Bhatia/Mr Modi)
Lower limb arthroplasty/ Trauma LAT (SpR level) (6 months)	Nuffield Orthopaedic Centre/John Radcliffe Hospital (Prof Murray/Mr Dodd)
Foot & Ankle/Trauma LAT (SpR level) (6 months)	Great Western Hospital, Swindon (Mr Williamson)

Full-time research

Aug 08 to Feb 09 & Nov 06 to Feb 08

Biomechanics Clinical Research Fellow (21 months)	Oxford Orthopaedic Engineering Centre University of Oxford Prof D W Murray
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Basic Surgical Training

Feb 04 to Nov 06

Orthopaedics SHO (15 months)	Addenbrooke's Hospital, Cambridge & Yeovil District Hospital
Plastic Surgery & ENT SHO (6 months)	Royal Preston Hospital
Spinal Injuries & Neurosurgery SHO (6 months)	Southern General Hospital
Emergency Department SHO (6 months)	Yeovil District Hospital

Overseas experience
Jul 02 to Jan 04

Spinal trauma, General Surgery, ED, Anatomy and ITU SHO (21 months) Medical College Chandigarh and Dil Surgical Hospital, India

Research

DPhil (University of Oxford)

Outcome after medial unicompartmental knee replacement

The aims of this thesis were to define the incidence, natural history, clinical impact and patho-mechanism of pain observed post-operatively in some patients following Oxford UKR. Various factors that influence the clinical and radiological outcomes were analysed. To explore whether pain was related to local bone overload, the stresses and strains in the proximal tibia will be studied using finite element analysis and the effect of altering various parameters that could affect these were analysed. The results showed that following the Oxford UKR, pain is a rare but important complication. The chance of pain can be decreased by operating only on patients with bone-on-bone arthritis and taking care with the surgical technique. Bone overload is likely to be an important cause of pain, and further modification to the implant or technique may further decrease the incidence of pain.

Current Research

Biomechanical investigation of unexplained knee pain after Oxford UKR (written and submitted to Clinical Biomechanics).

Bowel management in patients undergoing elective orthopaedic surgery (presented at the 'Best of the Best' BOA session, Belfast, 2016, paper in preparation).

Impact of damaged theatre wrappings on hospital finances and patient care
(presented at the EFORT meeting, Geneva 2016, paper in preparation)

Grants

ESSKA Alwin Jager Senior Fellowship (£1200) – Lyon Orthopaedic Clinic
AO Trauma Fellowship (£1560) – Sunnybrook Trauma Centre, Toronto
Seedcorn Funding (£1500) – Royal Preston Hospital

Formal research experience

Enrolled patients into UK HeFT multicentre trial
Enrolled patients into FIXdT multicentre trial
Enrolled patients into SWIFFT multicentre trial
Written several forms for approval from the Regional Ethics Committees

Research training

Good Clinical Practice course, Dec 2015

Publications

Current H index: 11

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ORCID: 0000-0003-1535-9430

RG score 20.29

Book Chapters

Carpal bone fractures. Gulati A, Dias JJ. Textbook of Orthopedics and Trauma (Editor: Kulkarni GS). Jaypee Brothers Medical Publishers; 3rd Revised edition (2016)

Book Chapters (In Press)

Knee anatomy. Gulati A. BOA eLearning Project – Wikipaedics

Total knee replacement - basic biomechanics. Gulati A. BOA eLearning Project – Wikipaedics

Patellofemoral joint. Gulati A. BOA eLearning Project – Wikipaedics

Published Papers

Gulati A, Manktelow. Even ‘cementless’ surgeons use cement. *J Arthroplasty* (accepted for publication)

Gulati A, Manktelow. Hip arthroplasty: A multitude of options. *Br J Hosp Med* (accepted for publication)

Mangwani J, **Gulati A**, Benson A, Cichero M, Williamson DM. Role of prophylactic antibiotics in lesser toe fusion surgery: A prospective randomised controlled trial. *Foot Ankle Surg* 2017 Mar;**23(1)**:50-52

Burchette D, **Gulati A**, McNab I. How we do it: retraction suture for interphalangeal joint surgery. *Journal of Hand Surgery (European Volume)* 2015 May;**40 (4)**, 425-425

Gulati A, Weston-Simons S, Evans D, Pandit H, Dodd CAF, Murray DW. Radiographic evaluation of factors affecting bearing dislocation in the domed lateral Oxford Unicompartmental Knee Replacement. *Knee* 2014 Dec;**21(6)**:1254-7.

Gulati A, Lechler L, Steffen S, Cosker T, Athanasou A, Whitwell D, Gibbons CLMH. Surgical treatment of recurrent proximal tibio-fibular joint ganglion cysts. *Knee* 2014;**21(5)**:932-5.

Hanna L, **Gulati A**, Graham A. The role of fascia iliaca blocks in hip fractures: A prospective case-control study and feasibility assessment of a junior-doctor-delivered service. *ISRN Orthopedics* 2014:191306

Lechler P, Frink M, **Gulati A**, Murray DW, Renkawitz T, Bücking B, Ruchholtz S, Boese CK. The influence of hip rotation on femoral offset in plain radiographs. *Acta orthopaedica* 2014;**85(4)**:389-95

Cosker T, Lechler P, **Gulati A**, Whitwell D, Giele H, Trent S, Athanasou N, Gibbons CLMH. Surgical outcome of malignant primary bone tumours in elderly and very elderly patients. *Int Orthop* 2014 Oct;**38(10)**:2149-54

Murray DW, **Gulati A**, Gill R. Ten-year RSA-measured migration of the Exeter femoral stem. *Bone Joint J* 2013;**95-B(5)**:605-608

Batta V, Dwyer A, **Gulati A**, Prakash J, Mam MK, John B. No difference in the long term final functional outcome after nailing or cast bracing of high energy displaced tibial shaft fractures. *J Trauma Manag Outcomes* 2012;**6(1)**:5.

Pandit H, **Gulati A**, Jenkins C, Barker K, Price AJ, Dodd CAF, Murray DW. Unicompartmental knee replacement for patients with partial thickness cartilage loss in the affected compartment. *Knee* 2011;**18(3)**:168-71

Gulati A, Yeo CJ, Cooney AD, McLean AM, Fraser MH, Allan DB. Functional outcome and discharge destination in elderly with spinal cord injuries. *Spinal Cord* 2011;**49(2)**:215-8

Gulati A, Williamson DM. Synovial chondromatosis: A rare cause of a dislocated metatarso-phalangeal joint. *Foot Ankle Surg* 2010;**16(2)**:21-3.

Gulati A, Chau R, Pandit H, Price AJ, Dodd CAF, Murray DW. The incidence of physiological radiolucency following the oxford unicompartmental knee replacement and its relationship to outcome. *J Bone Joint Surg Br* 2009; **91(7)**:896-902

Gulati A, Pandit H, Jenkins C, Chau R, Dodd CAF, Murray DW. The effect of leg alignment on the outcome of unicompartmental knee replacement. *J Bone Joint Surg Br* 2009;**91(4)**:469-74

Gulati A, Chau R, Beard DJ, Price AJ, Gill HS, Murray DW. Localisation of the full-thickness cartilage lesions in medial and lateral unicompartmental osteoarthritis of the knee. *J Orthop Res* 2009;**27(10)**:1339-46

Gulati A, Chau R, Simpson DJ, Dodd CAF, Gill HS, Murray DW. Influence of component alignment on outcomes for unicompartmental knee arthroplasty. *Knee* 2009;**16(3)**:196-9

Palan J, **Gulati A**, Andrew JG, Murray DW, Beard DJ. The trainer, trainee and the surgeons' assistant – clinical outcomes following total hip arthroplasty. *J Bone Joint Surg Br* 2009;**91(7)**:928-34

Chau R, **Gulati A**, Pandit HG, Beard DJ, Price AJ, Dodd CAF, Gill HS, Murray DW. Tibial overhang in unicompartmental knee replacement: functional outcome. *Knee* 2009;16(5):310-3.

Simpson DJ, Price AJ, **Gulati A**, Murray DW, Gill HS. Elevated proximal tibial strains following unicompartmental knee replacement - A possible cause of pain. *Med Eng Phys* 2009;**31(7)**:752-7

Gulati A, Dwyer A, Shardlow D. The impact of posterior approach for total hip arthroplasty on early complications. *Acta Orthop Belg* 2008;**74(2)**:200-5

Gulati A, Saran AK, Mam MK. Intra-articular fractures of distal humerus. *P J Orthop* 2008;**10(1)**:30-33

Gulati A, Tricker JA. Fracture healing. *Curr Med J Ind* 2005;**11(1)**: 25-28

Gupta RK, **Gulati A**, Kochar S, Gupta PN, Bahadur R. Long bone fractures in osteoporosis: Awareness of primary pathology and appropriate preoperative planning is must to avoid pitfalls in fixation. *Inj Ext* 2004; **36(3)**:37-41

Quality Improvement, Clinical Governance and Audits

I have been actively involved in the process of audit throughout my training, including participation in departmental audits and morbidity & mortality meetings. I have been involved in the following completed audit and quality improvement projects:

Damaged wrappings in sterile theatre sets – a closing loop audit

Leicester General Hospital, Apr 2016

Due to reduced incidence of damaged wraps, the number of cancellations reduced by more than 50%. The total financial gain for the Trust was more than £6000.

Total Hip Replacement in patients with presenting with fracture neck of femur: An audit on compliance with NICE guidelines

Leicester General Hospital, Mar 2016

Only 14.5% of ASA grades 1/2 were having THR. 52% of the THRs were performed in patients who have severe systemic illness (i.e. ASA 3).

Bowel management in patients having an elective orthopaedic surgery – a closing loop audit

Leicester General Hospital, Feb 2016

The change implemented in the form of a bowel management protocol helped significantly to reduce the rate of constipation from 88% to 18%.

Patient satisfaction with the information provided during consenting process

Leicester Royal Infirmary, Aug 2015

This audit investigated the satisfaction levels of patients who are being consented for elective orthopaedic surgeries. The results met the expected standard.

Consent form audit – a closing loop audit

Leicester Royal Infirmary, Aug 2015

This Trust-wide audit aimed to analyse whether the consent forms were completed properly for elective orthopaedic surgery. The results met the expected standard.

Assessment and prescription of VTE prophylaxis for trauma patients undergoing upper limb surgery

Leicester Royal Infirmary, Feb 2014

The audit demonstrated that only 90% of upper limb trauma patients were assessed for VTE. Once the patients are identified as high risk, appropriate peri-operative measures were also not taken to minimize the risk of developing VTE.

Complications of bone tumours at a Regional Sarcoma Unit

Nuffield Orthopaedic Centre, Feb 2013

This audit demonstrated that the complications of all bone tumour surgeries performed at the Nuffield Orthopaedic Centre in 2012 were less than the surgeries performed in 2011. The results were presented to the National Audit Commissioners.

The role of fascia-iliac blocks for analgesia in hip fracture patients

Stoke Mandeville Hospital, Feb 2012

This audit showed that fascia-iliac blocks provide an effective form of analgesia for patients with hip fractures. The presentation at the

Buckinghamshire Hospitals NHS Trust has won the prize for the best audit project. There was also a podium presentation at the International Academic and Research Conference, Manchester in Aug 2012.

Indications and intra-operative complications of IM nails for hip fractures

Milton Keynes General Hospital, Feb 2011

This audit showed that most intra-operative complications while performing long IM nails were due to user-error and were potentially preventable. The indications for surgery were appropriate.

Venous thromboembolism after acute Achilles tendon injuries

Leicester Royal Infirmary, Leicester, June 2010

The results showed that the patients who were treated in a non-weight bearing plaster compared to those who were treated with functional weight bearing mobilisation had a 24% increased risk ratio of developing a VTE after acute Achilles tendon injuries.

Consent form audit – a closing loop audit

Leicester Royal Infirmary, Leicester, Dec 2009

The results showed that throughout the hospital, more than 90% consent forms were filled as per the recommended guidelines.

DVT prophylaxis after elective hip and knee surgeries – a closing loop audit

Nuffield Orthopaedic Centre, Mar 2009

The results showed that >90% patients were given the recommended DVT prophylaxis after their elective hip and knee surgery. All the patients had their risk assessment done in the pre-assessment clinic.

Ankle replacement

Great Western Hospital, Swindon, May 2008

This audit showed that most patients after ankle replacement achieve good results and the implant had a survivorship of 94% at 8 years.

Functional outcome of spinal cord injuries in patients older than 65 years

National Institute of Spinal Injuries, Glasgow, Jan 2006

This audit showed that the functional outcome of elderly patients with a spinal cord injury is extremely poor. Most patients remain institutionalised. As a result, the departmental admission policy for elderly patients was changed.

Outcome of intra-thecal pumps in spinal cord injury patients

National Institute of Spinal Injuries, Glasgow, Jan 2006

This audit studied the common problems with different types of intra-thecal pumps and led to discontinuation of a particular type of intra-thecal pump. The results were presented in the departmental meetings.

Legibility of an operation note

Yeovil District Hospital, UK, July 2005

This audit concluded that more than 90% of operation notes written by orthopaedic surgeons met the standards required by the Royal College of Surgeons of England.

Analgesia in patients with fracture of neck of femur

Yeovil District Hospital, UK, Jan 2005

This audit concluded that only 60% of patients with neck of femur fracture are given proper analgesia as per guidelines. The departmental policy was changed and a reaudit later on showed improved compliance.

Published Abstracts

Bowel management in patients undergoing joint replacement: current problems and standards

Bone Joint J, 98-B (SUPP 14)

Topaz Radiofrequency micro-debridement for Achilles tendinosis

Bone Joint J, 95-B (SUPP 19)

The clinical incidence of venous thromboembolism (VTE) after acute Achilles tendon rupture managed by plaster cast versus functional mobilisation

Orthopaedic Proceedings, 94-B (SUPP XXXVII)

Clinical thromboembolic events after acute Achilles tendon rupture management: Non-weight bearing in Plaster Cast versus functional weight bearing mobilisation

Orthopaedic Proceedings, 94-B (SUPP XXXVII)

The economic burden of managing metastatic bone tumours on the provision of trauma services

Orthopaedic Proceedings, 94-B (SUPP XIV)

Role of cartilage specific MRI in predicting suitability of unicompartmental knee replacement

Orthopaedic Proceedings, 94-B (SUPP XXIX)

10-year migration of the Exeter femoral stem: an RSA study

Orthopaedic Proceedings, 93-B (SUPP I)

The MRI description of anteromedial osteoarthritis of the knee

Orthopaedic Proceedings, 92-B (SUPP III)

Unicompartmental knee replacement: Does bearing congruency matter? A finite element study

Orthopaedic Proceedings, 91-B (SUPP III)

Radiolucency following the oxford unicompartmental knee arthroplasty: associative factors and effects on outcome scores

Orthopaedic Proceedings, 91-B (SUPP III)

Localisation of the lesion in the unicompartmental osteoarthritis of the knee

Orthopaedic Proceedings, 91-B (SUPP III)

An acceptable limit of tibial component overhang in the Oxford Unicompartmental Knee Arthroplasty

Orthopaedic Proceedings, 91-B (SUPP III)

Malalignment after unicompartmental arthroplasty: Does it matter?

Orthopaedic Proceedings, 91-B (SUPP III)

Posterior approach for total hip replacement: Does it increase complications?

Orthopaedic Proceedings, 88-B (SUPP III)

Presentations and posters

Podium presentations

International

Gulati A, Qasim S, Alcorn E, Venturini S, Gaur A, Mangwani J. Are hindfoot procedures more painful than forefoot – a prospective cohort study in foot and ankle reconstructive surgery? American Orthopaedic Foot and Ankle Society meeting, Toronto, July 2016

Kannan S, **Gulati A**, Shetty A, Godsiff S. Impact of damaged sterile wrappings of theatre kits on hospital finances and patient care. 17th EFORT Congress, Geneva, June 2016

Otubu T, **Gulati A**, Cutler. The validity of Clinical Scaphoid Score in diagnosing scaphoid fractures. 5th International Academic and Research Conference, Manchester, Aug 2015

Hau M, Blyth D, Wheeler N, **Gulati A**, Wildin C. VTE prophylaxis in Upper Limb Trauma Surgery - all just a storm in a tea-cup? 26th SICOT Triennial World Congress, Rio de Janeiro, Nov 2014

Mangwani J, Benson R, **Gulati A**, Chichero M, Williamson DM. Role of prophylactic antibiotics in lesser toe fusion surgery: A prospective randomised controlled trial. 10th European Foot and Ankle society congress, Barcelona, Oct 2014

Blyth D, Wheeler N, **Gulati A**, Wildin C. Is VTE prophylaxis in upper limb surgery under assessed and over treated? 23rd International Congress on Thrombosis, Barcelona, May 2014

Lechler P, **Gulati A**, Oxford Sarcoma Group. Treatment and outcome of soft tissue sarcomas in the elderly and the very elderly: an analysis of 282 patients. 26th European Musculoskeletal Society meeting, Gothenburg, May 2013

Hanna L, **Gulati A**, Graham A. The role of fascia-iliac blocks for analgesia in hip fracture patients. 2nd International Academic and Research Conference, Manchester, Aug 2012

Gulati A, Walker C, Bhatia M. The clinical incidence of venous thromboembolism (VTE) after acute Achilles tendon rupture managed by plaster cast versus functional mobilisation. 12th EFORT Congress, Copenhagen, June 2011

Gulati A, Ashford RU. The economic burden of managing metastatic bone tumours on the provision of trauma services. European Musculo-Skeletal Oncology Society 2010, Birmingham, May 2010

Gulati A, Pandit HG, Boyd J, Beard DJ, Gill HS, Dodd CAF, Murray DW. Medial unicompartmental knee replacement for partial thickness cartilage damage: Functional results. 77th Annual Meeting of the American Academy of Orthopaedic Surgeons, New Orleans, Mar 2010

Gulati A, Chau R, Beard DJ, Marks BEA, Price AJ, Dodd CAF, Gill HS, Murray DW. Difference in distribution of full-thickness lesions in unicompartmental OA of the knee. 76th Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas, Feb 2009

Gulati A, Chau R, Gill HS, Dodd CAF, Murray DM, Price AJ, Beard DJ, Pandit HG. Isolated unicompartmental OA of the knee: difference in distribution of the arthritic lesions. SICOT-SIROT XXIV Triennial world congress, Hong Kong, Aug 2008

Gulati A, Van Duren B, Pandit H, Gallagher J, Dodd CAF, Beard DJ, Gill HS, Murray DW. 3-D kinematics of knee after lateral unicompartmental arthroplasty. 13th ESSKA 2000 congress, Porto, May 2008

Gulati A, Chau R, Pandit H, Palan J, Dodd CAF, Beard DJ, Gill HS, Murray DM. Comparison of wears patterns in medial and lateral osteoarthritis of the knee. 13th ESSKA 2000 congress, Porto, May 2008

Gulati A, Chau R, Pandit HG, Simpson DJ, Beard DJ, Dodd CAF, Gill HS, Murray DW. Unicompartmental Knee Arthroplasty: Effect of component alignment on clinical & radiological outcomes. 75th Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, Mar 2008

Gulati A, Dwyer AJ, Shardlow. Does posterior approach for total hip replacement always imply more complications? 5th SICOT-SIROT Annual congress, Marrakech, Aug 2007

National

Qureshi A, **Gulati A**, Shah A, Mangwani J. The influence of gap distance on clinical outcome in acute tendo Achilles rupture treated with accelerated functional rehabilitation. British Orthopaedic Foot & Ankle Society Annual meeting, Bristol, Nov 2016

Gulati A, Kannan S, Shetty A, Godsiff. Bowel management in patients undergoing elective orthopaedic surgery: current problems and standards. BOA Annual Congress, Belfast, Sep 2016 (Best of the Best session).

Lechler P, **Gulati A**, Oxford Sarcoma Group. Clinical outcome after surgical treatment of soft tissue sarcoma. BASO~ACS Annual Scientific Conference, London, Nov 2013

Walker C, **Gulati A**, Bhatia M. Clinical thromboembolic events after acute Achilles tendon rupture management: Non-weight bearing in Plaster Cast versus functional weight bearing mobilisation. British Orthopaedic Foot & Ankle Society Annual meeting, Nottingham, Oct 2010

Gulati A, Simpson DJ, Glyn-Jones S, McLardy-Smith P, Gundle, R, Murray DW, Gill HS. 10-year migration of the Exeter femoral stem: an RSA study. BOA Annual congress, Liverpool, Sep 2008

Gulati A, Jenkins C, Chau R, Pandit HG, Dodd CAF, Price AJ, Simpson DJ, Beard DJ, Gill HS, Murray DW Malalignment after unicompartmental arthroplasty: Does it matter? Annual meeting of British Association for Surgery of Knee, Bournemouth, Apr 2008

Gulati A, Chau R, Palan J, Rout R, Dodd CAF, Price AJ, Gill HS, Murray DW. Localisation of the lesion in unicompartmental osteoarthritis of the knee. Annual meeting of British Association for Surgery of Knee, Bournemouth, Apr 2008

Chau R, Pandit HG, **Gulati A**, Gray H, Beard DJ, Gill HS, Dodd CAF, Price AJ, Murray DW. Radiolucency following the Oxford unicompartmental knee arthroplasty: associative factors and effects on outcome scores. Annual meeting of British Association for Surgery of Knee, Bournemouth, Apr 2008

Chau R, **Gulati A**, Pandit HG, Beard DJ, Gill HS, Dodd CAF, Simpson DJ, Murray DW. An acceptable limit of tibial component overhang in the Oxford Unicompartmental Knee Arthroplasty. Annual meeting of British Association for Surgery of Knee, Bournemouth, Apr 2008

Regional

Gulati A, Otubu T, Thomas-Chirnside L, Shahid R, Cutler L. Service evaluation of treatment provided to patients with suspected scaphoid fractures: Are we doing enough? East Midlands South Orthopaedic Research Day, May 2015

Gulati A, Pegg E, Pandit H, Murray DW. Clinico-biomechanical investigation of factors affecting the outcome after Oxford Unicompartmental Knee Replacement. Foxtrot Orthopaedic Research Update Meeting, Leicester, Oct 2013

Poster presentations

Otubu T, **Gulati A**, Cutler. Patients presenting to Emergency Department with suspected scaphoid fractures: evaluation of service provision and treatment outcome. 5th International Academic and Research Conference, Manchester, Aug 2015

Taylor RT, Thomas GE, Mclardy-Smith P, **Gulati A**, Glyn-Jones S, Murray DW, Mellon SJ. Cemented modular femoral components-migration and micromotion: An in-vivo RSA study. Annual meeting of British Hip Society, London, March 2015

Gulati A, Hau M, Hanna L, Graham A. Pain relief in patients with hip fracture - a case control study comparing traditional systemic methods and fascia-iliaca block. 26th SICOT Triennial World Congress, Rio de Janeiro, Nov 2014

Mangwani J, Benson R, **Gulati A**, Chichero M, Williamson DM. Is there a need for prophylactic antibiotics in lesser toe fusion surgery using K-wires? A prospective randomised controlled trial. British Orthopaedic Foot and Ankle society Annual Meeting, Brighton, Nov 2014

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Chau R, **Gulati A**, Pandit HG, Beard DJ, Marks BEA, Price AJ, Dodd CAF, Gill HS, Murray DW. Influence of tibial component size in unicompartmental knee replacement on functional outcomes. 76th Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas, Feb 2009

Gulati A, Van Duren B, Pandit H, Gallagher J, Dodd CAF, Beard DJ, Gill HS, Murray DW. Kinematics of the knee after lateral unicompartmental arthroplasty. 9th EFORT congress, Nice, May 2008

Gulati A, Saran A, Mam M. Treatment outcome of fractures of distal humerus in adults without associated ipsilateral limb injuries. 9th EFORT congress, Nice, May 2008

Gulati A, Yeo J, Cooney A, McLean A, Fraser M, Allan D. Functional outcome of traumatic spinal cord injuries in the elderly. 75th Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, Mar 2008

Gulati A, Glyn-Jones S, Simpson DJ, McLardy-Smith PM, Murray DW, Gill HS. A radiostereometric analysis of the Conserve plus hip resurfacing arthroplasty. Annual meeting of British Hip Society, Norwich, Feb 2008

Gulati A, Dwyer AJ, Shardlow DL. Total hip arthroplasty by posterior approach: is there a learning curve? 8th EFORT Congress, Florence, May 2007

Teaching

Teaching is of great interest to me. I have extensive experience of supervising both core trainees and more junior registrars in orthopaedic procedures such as sliding hip screw fixation, hip hemiarthroplasty, ankle ORIF and fracture manipulations with and without supplementary fixation.

I have regularly used different methods including one-to-one teaching, powerpoint presentations, small group discussions, case-based-discussions and role-playing as follows:

- Faculty member - Bioskills course – I regularly taught orthopaedic residents and junior doctors in Toronto (2017).
- Faculty member for mock FRCS (Tr & Orth) exams for specialty trainees on the East Midlands (South) Orthopaedic training programme (2015-2016).
- Redesigned the East Midlands (South) Orthopaedic postgraduate teaching programme to map it more accurately to the T&O curriculum. I have received excellent formal and informal feedback from these teaching sessions. This has increased trainee participation (2015-2016).
- During my tenure as President of Leicester Orthopaedic Trainees Association, I introduced monthly ‘journal clubs’ with a view to critically appraise all relevant and benchmark papers (2015-2016).
- Designed a website for East Midlands (South) Orthopaedic trainees (www.lota-ortho.com) which, in addition to being a great platform for discussion forum, contains a variety of resources for FRCS (Tr & Orth) preparation (2015-2016).
- Formal teaching of medical students from the University of Toronto, Birmingham, Oxford, Leicester, Nottingham, Bristol, Glasgow and Cambridge (2004-2018). This includes lectures and clinical anatomy in the dissection room.
- Faculty member for Preparing for Professional Practice course (GMC, Good Medical Practice - case scenarios and guidelines) (2014).
- Regularly taught the Bioengineering students of the Oxford University and helped them with anatomy dissection (2006-2013).

Formal training in teaching and training

- Training the trainers course, Nottingham, Oct 2015
- Teaching skills course, Oxford, Nov 2008

Formal mentoring

- Mentored a third-year student from the University of Utah, USA (Oxford 2009).
- Mentored a fourth-year medical student during my Spinal Injuries posting at Glasgow (2006).

Formal research

I have undertaken a teaching research project with the Leicester University, evaluating & scoring the students' MSK workbook & analysing its correlation with the end of block and the final exam results.

Continuing Medical Education

I maintain my CPD and logbook with the Royal College of Surgeons and regularly attend scientific meetings and training courses relevant to my areas of interest.

These include:

Recent conferences and meetings

London hip meeting	London, Apr 2017
IOACON meeting	Kochi, Dec 2016
Revision hip meeting	Nottingham, Oct 2016
BOA meeting	Belfast, Sep 2016
BOA and EFORT meeting	London June 2014
AAOS meetings	Las Vegas 2009, San Francisco 2008

Courses

Advanced Arthroscopy course	Munich, Mar 2018
Meniscal repair course	York, July 2016
Good Clinical Practice course	Leicester, Dec 2015
Train the Trainer Equivalence Course	Nottingham, Oct 2015
Knee arthroscopy cadaveric course	Newcastle, Oct 2014
Primary and revision TKR cadaveric course	Vienna, Dec 2013
AO advanced trauma course	Leeds, June 2013
ATLS revalidation course	Leicester, Feb 2013
Advance deformity correction course	Verona, Oct 2012
Musculoskeletal oncology course	Oxford, Sep 2012
Upper limb trauma course	Luxemburg, Nov 2011
Basics of Finite Element Analysis	Witney, June 2011
Foot and ankle trauma course	Selzach, Dec 2010
Basic external fixation course	London, June 2010
Basic biomechanics course	London, May 2010
Basic knee arthroscopy course	London, Feb 2009
Unicompartmental knee arthroplasty course	Oxford, Mar 2007
Hip resurfacing instructional course	Oxford, Mar 2007
Care of critically ill surgical patient	Wolverhampton, Oct 2006
Core skills in operative orthopaedics	Liverpool, May 2006
Head injury management workshop	York, Oct 2005
AO principles course for surgeons	July 2004
Basic surgical skills course	Edinburgh, May 2004

Administration, Management and Leadership

Formal Leadership & Management training

MBA, Manchester Business School, 2007-2010

Formal Leadership & Management training, Health Education East Midlands,
Mar 2016

Management & Leadership Experience

Combined with a keen interest in hospital management along with a burning desire to contribute even more as a team member, I have always been involved in number of management projects.

Main achievements:

2017	<ul style="list-style-type: none"> ○ Admin and rota manager at the Nottingham City Hospital helping with registrar allocations and theatre scheduling
2016	<ul style="list-style-type: none"> ○ Key member of the ‘Autonomous Theatre Team Working’ project at the University Hospitals of Leicester NHS Trust ○ Helped to organise the FRCS Orth. exam in Leicester. ○ President of Leicester Orthopaedics Trauma Association. ○ Helped to organise the Indian Orthopaedic Society meeting with over 100 delegates. ○ Organised the Annual Research day (EMSORD) and the Annual Summer Ball.
2015	<ul style="list-style-type: none"> ○ Member of the Musculoskeletal audit committee. ○ Member of the Surgical Training Committee (East Midlands South).
2014	<ul style="list-style-type: none"> ○ Co-project manager for the British Orthopaedic Network Environment (BONE). I wrote up a business case for development of a bespoke web-based data collection and storage system.
2013	<ul style="list-style-type: none"> ○ Helped in organising the Annual Miller FRCS course (Oxford). ○ Associate sub-editor (trainees) for the Bone and Joint Journal (BJJ).
2012	<ul style="list-style-type: none"> ○ Teaching coordinator for weekly registrar teaching in Paediatric Orthopaedics at Nuffield Orthopaedic Centre.
2010	<ul style="list-style-type: none"> ○ Wrote up a business case to introduce a new service (manipulation of paediatric fractures in ED under procedural sedation) at the University Hospitals of Leicester. The proposed project case was presented to the Risk Mangers and Divisional Directors.
2009	<ul style="list-style-type: none"> ○ Co-authored a report that involved comprehensive review of implementation of One Enterprise Resource Planning system in UNICEF to better manage results for children. ○ Worked closely with the Finance Manager and Clinical Director at the Nuffield Orthopaedic Centre, Oxford to facilitate the introduction of PLICS (patient level information costing system).
2008	<ul style="list-style-type: none"> ○ Conducted a comprehensive analysis of the financial

	<p>performance of a well-known medial devices company-Stryker Corporation.</p> <ul style="list-style-type: none"> ○ Performed an in-depth analysis of various aspects of Human Resources Management of the Great Western Hospital, Swindon. ○ Helped in organising the Annual Oxford FRCS course.
2006	<ul style="list-style-type: none"> ○ Helped in organising and running of the 45th Girdlestone Orthopaedic Society conference (Oxford).
2005	<ul style="list-style-type: none"> ○ Organised the ‘Radiation Protection Update’ course for doctors (Yeovil).

Personal profile outside medical practice

I am a keen cricketer, having represented my University, Hospital and Magdalen College, Oxford as a regular all-rounder. Currently I represent the University Hospitals of Leicester in six-a-side indoor cricket league. I recently won the ‘man of the match’ award during annual Consultants versus Registrars cricket mach. I also play badminton on a weekly basis.

My other hobbies include cooking and “attempting” to play the piano. I enjoy hiking and trekking and foremost amongst my experiences are the trips to the Himalayan mountain range, the highest mountain being 20,000 feet above the sea level.

References

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