

CURRICULUM VITAE

of

ROGER H HELM, MB ChB, FRCS, FRCS Ed (Orth)

FULL NAME : Roger Hargreaves Helm

ADDRESS : (**Consulting Rooms**)
Capio Park Hill Hospital
Thorne Road
Doncaster DN2 5TH

DATE OF BIRTH : 15 March 1956

PLACE OF BIRTH : Accrington, Lancashire

NATIONALITY : British

STATUS : Married; 2 Children

EDUCATION : Queen Elizabeth's Grammar School
Blackburn

QUALIFICATIONS : MB, ChB (Liverpool) 1978
FRCS (Eng) 1982
FRCS Ed (Orth) 1990
CertMR (Part 1) 2014
CertMR (Part 2) 2014

ACCREDITATION : October 1989

GMC NUMBER : 2449290

MDU NUMBER : 137798C

PRESENT APPOINTMENT

**Consultant Orthopaedic Surgeon
Doncaster Royal Infirmary, Armthorpe Road, Doncaster DN2 5LT**

We are a Department of eleven Consultant Orthopaedic Surgeons, five Middle Grade Surgeons and three Specialist Registrars. We serve a population of approximately 350,000 and provide care for the full range of trauma and orthopaedic conditions with the exception of primary malignant bone tumours, spinal deformities and certain other conditions best treated in a Regional Tertiary Centre.

After 25 years as a whole-time NHS consultant in trauma and orthopaedic surgery, with a special interest in hand surgery; since April 2016, I have been a part-time (five sessions a week) consultant orthopaedic surgeon with a practice now exclusively in hand surgery.

In addition, I have also undertaken the following professional activities:

Royal College Specialist Tutor: 1995 - 2005

Various ad hoc departmental administrative bodies

Post-graduate Dean's representative on Appointment Committees

Lecturing on North Trent Higher Surgical Training Programme

Deputy Clinical Director, Orthopaedics, A&E, Doncaster Royal Infirmary

Medico-legal work since 1990 in personal injury and clinical negligence, including report preparation, conference and Court attendance and medico-legal conference lecturing.

Examiner at Sheffield University Medical School

Honorary Senior Lecturer at Sheffield University Medical School

Member of the Court of Examiners, Royal College of Surgeons of England

Holder of a Clinical Excellence Award

Over the years I have had a lot of experience in managing patients with work-related symptoms and problem including carpal tunnel syndrome, tennis elbow, rotator cuff tendonitis and hand/arm vibration syndrome.

PREVIOUS APPOINTMENTS

House Officer	Birkenhead General Hospital	Sep 1978 - Aug 1979
SHO (Orthopaedics) SHO (A & E)	Broadgreen Hospital, Liverpool Broadgreen Hospital, Liverpool	Sep 1979 - Apr 1980 Apr 1980 - Dec 1980
SHO (General Surgery) SHO (Urology) SHO (Orthopaedics) SHO (Thoracic Surgery)	Royal Devon and Exeter and Princess Elizabeth Orthopaedic Hospitals Exeter, Devon	Jan 1981 - Sep 1982
Orthopaedic Registrar	Ipswich Hospital	Oct 1982 - Sep 1983
Orthopaedic Registrar	Royal Victoria Infirmary Newcastle General Hospital Dryburn Hospital Durham & Sunderland District General Hospital	Oct 1983 - Sep 1986
Research Fellow	National University Hospital Singapore	Apr 1984 - Sep 1984
Senior Orthopaedic Registrar	St James' University Hospital Leeds General Infirmary and Bradford Royal Infirmary	Oct 1987 - Feb 1991
Hand Surgery Fellow	Royal North Shore Hospital Sydney New South Wales	Apr 1990 - Sep 1990

PUBLICATIONS

- 1 Multiple Joint Osteo-Necrosis Following Short-Term Steroid Therapy.
Anderton, J M; Helm, R H
J Bone Joint Surgery (Am) [1982]; 64A; 139 - 141
- 2 Gaiter Cast Treatment of Tibial Shaft Fractures.
Helm, R H; Gibbs, A N
Presented to the East Anglian Orthopaedic Society: April 1983
- 3 Primary Leiomyosarcoma of the Epididymis.
Helm, R H; Al-Tikriti, S
British Journal of Urology [1986]; 58:99
- 4 Experimental Studies of the Effect of Bupivacaine on Peripheral Nerves.
Helm R H; Lee, Y S; Pho, R W H
J Hand Surgery [1987]; 12B; 19 - 22
Presented to the British and Scandinavian Hand Surgery Societies: 1986
- 5 The Long-Term Results of Total Ankle Replacement Arthroplasty.
Helm, R H; Stevens, J
J Arthroplasty [1986]; 2; 271-277
- 6 The Complications of Surgical Treatment of Displaced Fractures of the Olecranon.
Helm, R H; Hornby R, Miller, S W M
Injury [1987]; 18; 48 - 50
- 7 Fracture of Humerus During Use of an Arm Wrestling Machine.
Helm, R H; Stuart P
British Medical Journal [1986]; 293; 1644
- 8 Hand Function After Injuries to the Collateral Ligaments of the Metacarpo-Phalangeal Joint of the Thumb.
Helm, R H
J Hand Surgery [1987]; 12B; 252 - 255
- 9 Radial Reconstruction of Segmental Defects of Both Bones of the Forearm.
Kumar, V P; Helm, R H; Satku, S, Pho, R W H
J Bone Joint Surgery (Br) [1988]; 70B; 815 - 817
- 10 The Results of Ankle Arthrodesis - A Comparative Study.
Helm, R H
J Bone Joint Surgery (Br) [1990]; 72B; 141
- 11 Donor Site Morbidity Following Fibula Resection -
A Clinical, Radiographic and Gait Analysis Study.
Lee, E H; Helm, R H; Pho, R W H
J Bone Joint Surgery (Br) [1990]; 72B; 815
Presented to the Canadian Orthopaedic Association, Toronto: 29 May 1989

- 12 The Chauffeur's Fracture - Simple and Complex.
Helm, R H; Tonkin, M A
J Hand Surgery (Br) [1992]; 17B; 156 - 159
- 13 The Sequelae of Osteo-Myelitis of the Proximal Ulna Occurring in Early Childhood.
Helm, R H; Pho, R W H, Tonkin, M A
J Hand Surgery (Br) [1992]; 17B; 232-234
- 14 The Surgical Management of Traumatic Brachial Plexus Lesions.
Helm, R H; Tonkin, M A
Presented to the Royal Society of Medicine (Orthopaedic Section), London: 2 April 1991
- 15 Primary Bone Tumours of the Foot - Experience of the Leeds Bone Tumour Registry.
Helm, R H; Newman, R J
The Foot [1991]; 1; 135 - 138
- 16 The Herbert Screw for the Treatment of Scaphoid Fractures.
Smith, K; Helm, R H; Tonkin, M A
Annals of the Hand & Upper Limb Surgery [1992]; 6; 556 - 562
- 17 Care of Trauma and Orthopaedic Patients on a High Dependency Unit -
A Two Year Prospective Audit.
Helm, R H; Newman, R J;
Injury [1992]; 23; 515 - 517
- 18 Early-Onset Idiopathic Scoliosis - Natural History and Outcome.
Milner, P A; Helm, R H; Dickson, R A
Presented to the British Scoliosis Society, Belfast: March 1992
- 19 Hypoxia After Hip Fractures.
Helm, R H; Lopez, B; Khalifa, E
Presented to the British Trauma Society: October 1994
- 20 Clinical Audit Can Improve the Results of Zone 2 Flexor Tendon Repair.
Helm, R H; Fallaha, Y
Presented to the British Society for Surgery of the Hand: November 1996
- 21 Compliance with Management Protocols Affects the Results of Zone 2 Flexor Tendon Repair
Helm, R H; Sunderesan, T
Presented to the British Society for Surgery of the Hand: November 2000
- 22 Flexor Tendon Repair in Zone 2
Helm, R H
Current Orthopaedics [2003], 16: 434 - 441
- 23 Surgical Treatment of the Severely Contracted PIPJ due to Dupuytren's Disease
Helm, R H; Haldipur, N; Shetty, A
Presented to the British Society for Surgery of the Hand, Autumn 2001
- 24 Evaluation of Carpal Tunnel Release Using the Knifelight Instrument
Helm R H; Vaziri, S
Journal of Hand Surgery [2003], 28B; 251 - 254
- 25 Podiatric and Orthopaedic Surgery - A Customer Satisfaction Survey of General Practitioners
Helm, R H; Ravi, K
The Foot [2003]; 13; 53 - 54

- 26 Post-Thrombotic Syndrome following Total Hip Replacement
George V; Zenios M; Helm R H
Hip International [2003]: 13: 163 - 166
Poster Presentation to the British Orthopaedic Association Autumn 2003
- 27 Long-Term Results of Fowler's Central Slip Tenotomy for Chronic Mallet Finger
Helm, R H; Kumar, P
Presented to the British Society for Surgery of the Hand, Spring 2004
- 28 Eleven Years of Boneline - An Evaluation of its Long-Term Performance and Utilisation
Pande, R; Helm, R H
Poster Presentation to World Organisation of Family Practice,
European Meeting, Amsterdam 2004
- 29 The Results of Revision Palmar Fasciectomy for Recurrent Dupuytren's Contracture
Helm, R H; Van der Riet, G; Pande, R
Presented to the Asia Pacific Orthopaedic Association, Kuala Lumpur, August 2004
- 30 Bilateral Hand Amputation Due to Clenched Fist Syndrome
Helm, R H
Journal of Hand Surgery [2010]: 35E (3): 249
- 31 Total Elbow Replacement with the Coonrad-Morrey Prosthesis:
Our Medium to Long-term Results.
Maheshwari, R; Vaziri, S; Helm, R H
Ann Roy Coll Surg Eng [2012]: 94: 189-192
- 32 Central Slip Tenotomy for Chronic Mallet Finger
Asghar, M; Helm, R H
The Surgeon. [In press].
- 33 Long-Term Follow-up Outcome Results of Knifelight Carpal Tunnel Release and Conventional
Open Release Following a Departmental Randomised Control Trial. A Prospective Study:
Elsharif, M; Papanna, M C; Helm, R H [2014]
Polish Journal of Orthopaedics and Trauma 79: 1-4

ORTHOPAEDIC TRAINING AND EXPERIENCE

<u>Training Centre</u>	<u>Consultant</u>	<u>Special Interests</u>
Liverpool	Professor G Bentley Mr R Campbell	Orthopaedics, MC (Orth) Course Orthopaedics
Exeter	Mr R Ling Mr C Jefferiss Mr D Jameson-Evans	Joint Replacement Hand Surgery Paediatric Orthopaedics
Ipswich	Mr L Deliss Mr A Gibbs	Hand Surgery Paediatric Orthopaedics
Newcastle	Professor J Stevens Mr R Hornby Mr M Leonard Mr J Pooley Mr I Pinder	Orthopaedics Paediatric Orthopaedics Paediatric Orthopaedics Oncology Joint Replacement Trauma
Sunderland	Mr J M Buchanan	Orthopaedics
Durham	Mr H Epstein Mr B Porter	Orthopaedics Orthopaedics
Leeds	Professor R Dickson Mr I Archer Mr B Reeves Mr W Shea Mr M Nelson Mr E Longton	Spinal Surgery Paediatric Orthopaedics Shoulder Surgery Orthopaedics Orthopaedics Rheumatoid Surgery
Bradford	Mr A Nevelos Mr B Carr Mr W Holmes	Paediatric Orthopaedics Orthopaedics Hand Surgery
Singapore	Professor R Pho	Hand Surgery / Microsurgery
Sydney	Mr M Tonkin	Hand Surgery