Dr Elisabeth Adams

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Professional Profile:

An articulate, performance driven and pragmatic Medical Leader possessing a diverse wealth of expertise accumulated over 25 years as a Consultant and now gaining experience in senior medical leadership roles as a Medical Director/ Chief Medical Officer/Deputy Medical Director/Divisional Chair. Demonstrating an exceptional understanding of the revalidation process, as an Appraiser and Responsible Officer, with additional experience of coaching and assessing clinical staff in accordance with clinical best practice and GMC guidelines. Highly regarded as a tenacious individual who is solutions-orientated in the face of complex clinical issues, with a strong aptitude for advocating for and developing both services and governance initiatives to drive continuous improvement. With abilities as a Coach, working with both staff and patients, including those who are acutely suicidal, to shift their thoughts and beliefs about themselves. Communicative, diligent, personable and thoroughly dedicated in all pursuits, now seeking a new professional challenge in which to further develop and apply a highly transferable skill set.

Core Competencies:

- Clinical governance background: ensuring strict compliance with policy, legislation, and regulatory guidelines (NICE committee member 2006 and 2013, Chair of Clinical Governance BSUG, CQC inspector). Case investigator training (Bond Solon) 2022.
- > Offering a well-developed understanding of the appraisal and revalidation process: wide experience of assessing and supporting doctors with Appraisal (including doctors in difficulty) in order to drive continued development (UHBW Appraiser for 8 years). RO training completed with MIAD, 2020.
- Advanced project management skills: highly skilled at delivering and implementing a wide range of complex projects/services from commencement through to completion (NICE guidance; National accreditation of Urogynaecology units, development of continence services in Liverpool and Bristol).
- ➤ Leadership: able to develop a holistic understanding of individual staff requirements through deploying a high collaborative approach to development (Lead for Gynaecology, Weston; Lead for Urogynaecology, Liverpool, Lead for Gynae A and G guidance University Hospital Bristol and Weston). Recent MSc completed through NHS leadership academy Elizabeth Garrett Anderson programme. Leadership secondment to Royal Devon and Exeter (RDE) Trust, assisting Cluster for specialist services in preparing for merger with North Devon. Interim AMD/Chair Surgery RDE, August-December 2021, lead professional for 180 surgeons in 15 teams. 2022-2024 Seconded to Minehead primary care medical centre as Deputy MD and supervising doctor for 18 months.
- ➤ **Coaching:** I am certified as an IMAGO educator for relationship therapy (2008); I have had coaching for 3 years during my Garrett Anderson programme, during which I studied Three Principles as a coaching methodology. I completed the Devon Bandison Gamechanger programme in 2023.
- ➤ **High degree of commitment and empathy:** considerable experience working with vulnerable individuals and delivering support through aptitude for patient care and rapport building (as an Adult Safe-guarding Lead in Liverpool, as a Relationship therapist and providing acute mental health coaching to 200 patients in Minehead with a 67% success rate for improved mental health after 1-2 sessions).
- > IT: MS Office and Equiniti, in addition to FourteenFish system. Trained in using primary care systems e.g. EMIS and associated applications.
- > Myers Briggs Type: ENFJ.

Employment History:

November 2022-Jan 2024: Leadership secondment to Minehead medical centre

- Deputy Medical Director: responsible for complaints, appraisals, CQC compliance, clinical governance and review of incidents, and functioning as a Director for the practice, deputising for the medical director
- Supervising doctor: full clinical responsibility for non-medical prescribers for 2 days per week, including clinical advice and supervision, prescribing, death certificates and mental health coaching within a large primary care GP surgery of 13,500 patients

January 2021-June 2022: Leadership secondment to Royal Devon and Exeter Trust

Urogynaecology mentoring of consultants in surgery and support for cluster manager in Gynaecology,

- planning new services across Devon.
- Interim Associate Medical Director/Chair for surgery: responsibilities included Clinical Governance Lead for the surgical department, job planning reviews, investigating incidents, re-opening community theatres in Devon and assisting the HR lead in managing difficult and diverse issues in relation to clinicians.

July 2016 - 2024: Consultant Urogynaecologist, St Michael's Hospital, Bristol

- Gynaecology Lead for Weston-super-Mare Trust: delivered support to a doctor in difficulty through the development of both clinical and surgical skills, preparing routine reports detailing progress for the Medical Director. Working with Weston consultants to enhance their capabilities in accordance with individual goals and GMC guidelines. Job planning, improving engagement and morale e.g using an AFFINA team journey. Preparing for the merger with UHBristol.
- Maintaining full responsibility as an Appraiser for 6 appraisals per annum for both Consultant and SAS Doctors, involving: working in collaboration with staff to review all data, reflections and 360-degree feedback, as well as assisting in the development of personal development plans.
- > Staff empowerment: assisting staff in the identification of their strengths and weakness through advanced analysis and interpersonal skills.
- Led the initial development of a new Urogynaecology service at St Michael's, involving: training and supporting a Nurse Specialist, procuring Urodynamics equipment, participating in multi-disciplinary meetings at Taunton to review complex cases, ensuring all Urogynaecology clinics run efficiently, and coordinating all aspects of British Society of Urogynaecology (BSUG) post-operative data collection.
- Change management: creating a positive association to change in order to ensure it is viewed as both beneficial and necessary by both clinical and non-clinical staff.
- Leadership: working effectively in a high-pressure environment and ensuring all staff are fully aware of their role and expectations.
- Previous member of Clinical Effectiveness Committee (for St Michael's): reviewing NICE guidelines to ensure continued compliance across all areas of Gynaecology and Obstetric functions.
- Participated in weekly consultant meetings at UHB and Weston, involving: collaborating with other consultants to review current clinical trends and discuss any areas of concern (including personnel issues and complex cases).
- Governance: ensuring compliance with all legal requirements, as well as ensuring continued adherence to NICE, CQC and GMC policies and procedures. (e.g. in Urogynaecology both locally and nationally). Chair of surgical governance RDE 2021.
- Maintaining full responsibility for all aspects of patient care, involving: treating patients with a wide range of issues, including chronic conditions (such as prolapse or incontinence), delivering surgeries, conducting ward rounds, devising and amending care plans and ensuring all clinics are executed in an efficient and clinically sound manner.
- Patient focused: developing a rapport with patients to ensure they feel supported across all endeavours, with an ability to simplify complex procedures/conditions to drive clarity. Particularly responding to the challenges of increasing conservative management in Urogynaecology and managing patient expectations for non-surgical care, following recent national changes.
- > Educational supervisor: delivering training to Junior Doctors and proactively responding to queries to drive progression as well as attending ARCPs.
- ➤ Liaising routinely and attending cross-city MDTs with Colorectal, Urology and Radiology colleagues, Physiotherapists and Continence nurses as well as the Chronic Pain services.

Key Achievements in Bristol:

- Advocating effectively for the development of the Urogynaecology service and working closely with the Clinical Director, Lead for Gynaecology and Matron, to facilitate this. Developing MDT links with Taunton and with the cross-city Colorectal MDT.
- Managing the set-up and subsequent delivery of the Regional Urogynaecology meeting (SUGS) across both Somerset and Wiltshire: attending bi-annual meetings across various hospitals to review and present cases, share best practices and discuss patient trends.
- Implementing change: introducing a robust consent process at St Michael's and Weston in accordance with GMC guidelines. This entailed ensuring consent was taken at the time of listing. In addition, implementing improvements in the availability of chaperones at St Michael's to ensure a chaperone was present during intimate examinations.
- Assisting with the auditing of Urogynaecology surgical cases to ensure continual compliance with national guidelines. This entailed designing and implementing a pro-forma report with the Audit department and initiating comprehensive data collection.
- Organising and overseeing 2 retirement events, as well as a number of Consultant social evenings.

2002- July 2016: Consultant Urogynaecologist, Liverpool Women's Hospital

- Subspecialty Trained in Urogynaecology, involving: attending female urology clinics, ward rounds and video-cystometry investigations. Assisting with complex female urological procedures (such as fascial sling, ileal conduit, clam cystoplasty, detrusor myectomy and artificial urinary sphincter surgery).
- > Performing prolapse and incontinence surgery and responding to a broad range of Urogynaecological problems (including tertiary referrals from around the Mersey and Cheshire SHA).

- Attending weekly complex care meetings with Consultants in Urogynaecology, Urology and Colorectal surgery, Continence Nurses and Physiotherapists to review difficult cases and all major operations.
- > Submitting all our major surgery via the BSUG database.
- > Leading regular Mersey Urogynaecology Society (MUGS) meetings.
- > Managing the development of business cases prior to submitting this to senior staff for review.
- > Delivering training to a wide range of individuals (Subspecialty trainer in Urogynaecology, as well as Junior Doctors, Urology ST6 trainees, medical students, Erasmus students and SAMP placements).
- Examiner: reviewing students work for final exams at university and as a final year reviewer tasked with examining student's portfolios.

Key Achievements Liverpool:

- Coordinating the development of community services and working closely with the Community Continence Advisors to standardize pathways, thus driving synergy between hospital and community environments.
- > Maintaining responsibility for the unit obtaining Accreditation for Urogynaecology in 2009 and reaccreditation in 2016 from the BSUG.
- Clinical Governance and Audit Lead for BSUG: I developed Accreditation of Urogynaecology units nationally and continue to take part in assessments of Units. Accreditation is now part of NICE guidance and Specialist commissioning for Urogynaecology.
- NICE guidance: sat on 2 NICE committees in 2006 and 2013 for Female incontinence guidance, delivering the guidance on time and dealing with Quality standards and controversy in the post-guidance period.
- Developed and led a perineal clinic for 3rd and 4th degree tears, involving: successfully advocating for the service, managing all procurement, delivering training to a Midwife and coordinating all clinical governance. This led to an integrated training package for all trainees in the Trust.
- > Securing a Bernhard Baron fellowship to visit Mr Bob Shull in Temple, Texas, gaining a new perspective of vaginal pelvic floor surgery, specifically uterosacral ligament plication.

Earlier Career Overview:

- > Oct 2001 Feb 2002: Registrar in Obstetrics & Gynaecology to Mr E Kozman, Warrington DGH, Warrington
- > Oct 1999 Sept 2001: Sub-Specialty Trainee in Urogynaecology, Liverpool Women's Hospital, Liverpool
- Oct 1997 Sept 1999: Research Fellow in Urogynaecology, Liverpool Women's Hospital, Liverpool
- Oct 1996 Sept 1997: Registrar in Obstetrics & Gynaecology to Mr D H Richmond, Mr S A Walkinshaw & Mr R E Kingston, Liverpool Women's Hospital, Liverpool
- Oct 1995 Sept 1996: Registrar in Obstetrics & Gynaecology to Mr J Davies-Humphries & Mr N G Haddad, Countess of Chester Hospital, Chester
- Oct 1994 Sept 1995: Registrar in Obstetrics & Gynaecology to Mr S Mellor, Mr P Dunlop & Miss V A Lether, Macclesfield District General Hospital, Macclesfield
- Aug 1992 Sept 1994: Research Fellow and Honorary Registrar to Dr J A Green, Department of Medicine, University of Liverpool
- ➤ Feb 1992 July 1992: Senior House Officer in Obstetrics to Mr S A Walkinshaw, Mr R G Farquharson, Mr J Hewitt, Miss A S Garden & Mr I R McFadyen, Liverpool Maternity Hospital, Oxford St., Liverpool
- August 1991 January 1992: Senior House Officer in Gynaecology to Miss A S Garden & Mr I R McFadyen, Royal Liverpool University Hospital, Liverpool
- ➤ Feb 1991 July 1991: Senior House Officer in Obstetrics & Gynaecology to Prof S K Smith, Mr R E Robinson, Mr P J Milton & Mr I T Cameron, Addenbrookes Hospital, Cambridge
- > August 1990 January 1991: House Surgeon to Mr J I Hadfield, South Wing Hospital, Bedford
- ➤ Feb 1990 July 1990: House Physician to Dr G Neale & Dr J Hunter, Addenbrookes Hospital, Cambridge

Education and Qualifications:

- > Dec 2023: MSc Birmingham in Leadership studies
- > Sept 2009: FRCOG
- > July 2008: Training as Educator in Imago Relationship Therapy
- > June 2002: Training in Psychosexual and Relationship Therapy
- Sept 2001: CCST with completion of Subspecialty training in Urogynaecology
- ➤ May 1997: Part II MRCOG

- > Feb 1996: M.D. (Cantab) Thesis: 'Human Papillomavirus, p53 and Epidermal Growth Factor Receptor: Do They Add Prognostic Information in Cervical Cancer?'
- > Jan 1993: JCC. General Certificate in Contraception and Family Planning
- > Sept 1991: Part I MRCOG
- > 1987 1989: Cambridge Clinical School | Final M.B. B.Chir. December 1989
- > 1984 1987: St. John's College, Cambridge University | M.A. (Cantab), Class II:I

Awards:

- > 2001: Bernhard Baron RCOG Travel Award (for pelvic floor surgery)
- > 1998: Ethicon/RCOG Travel Award (for minimal access surgery)
- > 1993: Florence and William Blair-Bell Memorial Fellowship
- > 2022: Elizabeth Garrett Anderson leadership award

Memberships:

> A member of the International Continence Society (ICS) UK, International Urogynaecology Association and British Society of Urogynaecology

Additional Experience and Achievements:

- 2002 2008: The Lead Clinician involved in setting up an Integrated Regional Continence Service for Mersey and Cheshire Strategic Health Authority
- > A reviewer for the Cochrane Pregnancy and Childbirth Group and IUGA
- Extensive research from SHO level onwards including an MD at Cambridge for research into P53 and HPV in cervical cancer, third and fourth degree tear RCT, collagen disorders in prolapse among other topics.

Publications:

JONES B, KINGSTON R, GREEN J A, ADAMS E J, BLEASDALE C.

The effect of treatment duration in the local control of cervix cancer. Letter to Radiotherapy and Oncology, 1993, 28, 179-181

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ADAMS E J, MASTERTON R G, STRIKE P W, GREEN A D.

"Sexually transmitted diseases in transient British forces in the tropics. Genitourinary Medicine, 1994, Vol 70 (2), 94-96

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ADAMS E J, MAGUIRE N, RICHMOND D H, ROWLANDS P

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Objective scoring for immunocytochemical staining techniques. Journal of Clinical Pathology, 1999, Vol 52, 75-77

TINCELLO D G, ADAMS E J, SUTHERST J R, RICHMOND DH.

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TINCELLO D G, ADAMS E J, BOLDERSON J, RICHMOND DH.

A urinary control device for management of female stress incontinence. Obstetrics and Gynaecology, 2000, Vol 95 (3), 417-420

ADAMS E J, SLACK M.

Anterior wall prolapse – a historical and anatomical perspective. RCOG Year Book 2000

ADAMS E J, FERNANDEZ, R.

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TINCELLO D G, ADAMS E J, RICHMOND DH.

Antenatal screening for postpartum urinary incontinence in nulliparous women: results of a pilot study. European Journal of Obstetrics and Gynaecology, 2002, Vol 101, 70-73

ADAMS EJ, RICHMOND DH.

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ADAMS EJ.

Assessment of Prolapse Urology News, 2002, Vol 6 (5) 6-8

RICHMOND D, ADAMS E, TINCELLO D.

The Urgency Frequency Syndrome. In Incontinence in Women. RCOG Press 2002.

ADAMS E J. SMITH ARB, BARRINGTON J. BROWN K.

Surgical Management of Urodynamic Stress Incontinence. RCOG guideline No 35, 2003

TINCELLO D G, WILLIAMS A, FOWLER G E, ADAMS E J, D H RICHMOND, ALFEREVIC Z A.

Differences in episiotomy technique between midwives and doctors. British Journal of Obstetrics & Gynaecology, 2003, Vol 110 1041-1044.

A WILLIAMS, D TINCELLO, E ADAMS, D RICHMOND, Z ALFEREVIC.

Knowledge of female bladder care among medical staff, nurses and midwives: results of a questionnaire survey.

BJU International 2003 vol 91 pg 208-210.

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Surgical management of pelvic organ prolapse in women (Cochrane Review). In: The Cochrane Library, Issue 4, 2004. Chichester, UK: John Wiley & Sons, Ltd.

AL HADITHI H, WILLIAMS H, HART A, FRAZER M, ADAMS EJ, RICHMOND DH, TINCELLO D.R

Absence of bacterial and viral DNA in bladder biopsies from patients with interstitial cystitis/chronic pelvic pain syndrome.

J Urol, 2005,174;151-154.

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The management of urinary incontinence in women. October 2006 REVISED 2013

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How to repair an anal sphincter injury after vaginal delivery: the results of an RCT. BJOG 2006: 113 (8) 201-7

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Int Urogynaecol Pelvic Floor Dysfunct Journal 2007: Nov 18 (11) 1297-1302. Also presented at ICS UK 2007.

DR. SIMF ISMAIL MRCOG, YEOVIL; MISS E J ADAMS MRCOG, LIVERPOOL; MR JW BARRINGTON FRCOG, TORBAY; DR KJ BROWN, NEWCASTLE; MR SR HILL MRCOG, BLACKBURN; MR BG WISE FRCOG, ASHFORD; MR AT LEATHER FRCOG, IPSWICH, MR MC SLACK FRCOG, CAMBRIDGE; MR C SPENCE-JONES FRCOG, LONDON; MR PJ HOOPER MRCOG, NOTTINGHAM; MR OO SORINOLA MRCOG, WARWICK; MR A HEXTALL MRCOG, ST ALBANS; MISS AB PEATTIE FRCOG, CHESTER.

The management of post-hysterectomy vault prolapse.

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G FOWLER, E ADAMS, BOLDERSON J, HOSKER G, LOWE D, D RICHMOND, Z ALFEREVIC,

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SINHA D, BLACKWELL A, MORAN P, ADAMS E.

Integrated continence services.

The Obstetrician and Gynaecologist (10.3) July 2008.

G E FOWLER, E ADAMS, D LOWE, DAVID H. RICHMOND, Z ALFIREVIC.

Transperineal ultrasound —a feasibility study in the diagnosis of anal sphincter injury following vaginal delivery.

Ultrasound in Obstetrics and Gynaecology.

E ADAMS, S HILL, M ISKANDER, P BALLARD, A FAYYAD (CLINICAL GOVERNANCE COMMITTEE BSUG) R FREEMAN, P TOOS-HOBSON AND ARB SMITH.

Standards for Service Provision in Urogynaecology Units: Certification of Units 2009

FOWLER G, WILLIAMS A, MURPHY G, TAYLOR K, WOOD C, ADAMS E.

How to set up a Perineal Clinic.

The Obstetrician and Gynaecologist 2009: 104:12-19

HAGEN S, STARK D, MAHER C, ADAMS E.

COCHRANE REVIEW: Conservative management of pelvic organ prolapse in women.

Cochrane Database Syst Rev. 2006 Oct 18;(4):CD003882. Review. Update in: Cochrane Database Syst Rev. 2011;(12):CD003882.

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Mechanical devices for pelvic organ prolapse in women.

Cochrane Database Syst Rev. 2004;(2):CD004010. Review. Update in: Cochrane Database Syst Rev. 2013;2:CD004010. Revised 2013.

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Third- and fourth-degree perineal tears among primiparous women in England between 2000 and 2012: time trends and risk factors.

BJOG 2013; DOI: 10.1111/1471-0528.12363.

GUROL-URGANCI I, L EDOZIEN E ADAMS, D CROMWELL, T MAHMOOD, JVD MEULEN, D RICHMOND, A TEMPLETON (SUBMITTED TO BJOG)

Impact of third and fourth degree tears at first birth on subsequent pregnancy outcomes: a cohort study.

Oral Presentations:

ADAMS E J, GREEN J A, CLARK A C, YOUNGSON J.

"p53, human papilloma virus and epidermal growth factor receptor: do they add prognostic information in cervical carcinoma?"

(Oral presentation to the British Association of Cancer Research, Royal Society of Medicine, London, 1994)

ADAMS E J, RICHMOND D H, AVERY N, BAILEY A.

"Collagen composition in the supporting structures of the female pelvis"

(Oral presentation to the British Pelvic Floor Society, Royal College of Surgeons, London, 1999)

ADAMS E J

"Third degree tears: the evidence-based view"

(Oral presentation to the Birmingham Obstetric Sphincter meeting and to the Nuffield Visiting Society, 2000)

ADAMS E J

"Biomechanical properties of pelvic tissues: comparison of 5 sites in the pelvis"

(Oral presentation to the International Continence Society (UK), Manchester, 2001)

ADAMS E J.

Gynaecological problems in the older woman.

British Geriatric Society October 2003.

A WILLIAMS, E ADAMS, D RICHMOND, Z ALFEREVIC.

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International Urogynaecology Association, Buenos Aires 2003 (won first prize at IUGA and NOGS).

A WILLIAMS, E ADAMS, D RICHMOND, Z ALFEREVIC.

Risk scoring system in third degree tears.

International Urogynaecology Association, Buenos Aires 2003.

E ADAMS.

Urethral pressure profile: its role in Urodynamics.

Society of Italian Urogynaecology, Sorrento 2002 (in Italian).

A WILLIAMS, E ADAMS, D RICHMOND, Z ALFEREVIC.

Third degree tear audits over three years.

ICS UK, Sheffield 2002 and BMFS 2002.

A WILLIAMS, D TINCELLO, E ADAMS, D RICHMOND, Z ALFEREVIC.

Episiotomy in a large teaching hospital.

International Urogynaecology Association, Prague 2002.

Poster Presentations:

ADAMS E J, GREEN J A, CLARK A C, YOUNGSON J.

"p53, human papilloma virus and epidermal growth factor receptor: do they add prognostic information in cervical carcinoma?"

(Poster presentation to the 27th British Congress of Obstetrics & Gynaecology, Dublin, 1995)

ADAMS E J, RICHMOND D H, AVERY N, BAILEY A.

"Collagen composition in the supporting structures of the female pelvis"

(Poster presentation to the International Urogynaecological Association, Buenos Aires, 1998)

ADAMS E J, COLLIN P G, BOLDERSON J, RICHMOND D H.

"Audit of third degree tears using a new repair protocol and follow-up of patients"

(Poster presentation to the International Continence Society (UK), Edinburgh, 1999)

TINCELLO D G, ADAMS E J, BOOTH K, CORDING V, RICHMOND DH.

"Joint mobility score and incontinence in the first pregnancy"

(Poster presentation to the International Continence Society (UK), Belfast, 2000)

TINCELLO D G, ADAMS E J, BOOTH K, CORDING V, RICHMOND DH.

"Antenatal prediction of postpartum urinary incontinence in nulliparous women"

(Poster presentation to the International Urogynaecological Association, Rome, 2000)

A WILLIAMS, E ADAMS, D TINCELLO, D RICHMOND, Z ALFEREVIC.

'Randomised controlled trial of third degree tears: comparison of two techniques and suture materials'. (Presentation to International Urogynae Association, Buenos Aires October 2003)

References:

- > Dr Stuart Walker, CMO, UHBW, Trust HQ, Marlborough St, Bristol, BS1 3NU.
- Mrs Lizzie Paish, Transformational Coach, Cedar House, 40 Holloway Road, Duffield, DE56 4FE.
- > Dr Edward Ford, MD, c/o Minehead Medical Centre, Irnham Rd, TA24 5DL.
- Mrs Katheryn Antonelli, Practice Manager, Minehead Medical Centre, Irnham Rd, TA24 5DL
- > References Available Upon Request