

VIVEK MEHTA

Consultant in Pain Medicine
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Postgraduate Qualifications

May 1998	MD Anaesthesia
June 2002	FRCA
March 2008	FFPMRCA

Current Position:

Consultant in Pain Medicine, Barts and the London NHS Trust, West Smithfield, London EC1A 7BE, UK &

Deputy Director, Pain and Anaesthesia Research Centre, St Bartholomew's Hospital.

Since 1 April 2006

Section Editor of Journal of Observational Pain Medicine

Academic Activity

I am a Consultant in Pain Medicine with dedicated academic sessions in my job plan. My job plan reflects a significant component of Pain Medicine and research activity alongside supporting professional activity. I am currently the Deputy Director of the Pain & Anaesthesia Research Centre at St Bartholomew's Hospital and well versed with the Research Governance. The Pain & Anaesthesia Research Centre has been successful in obtaining > £ 350,000 as funding over the last 24 months. I have been involved both as principal and co-investigator in securing the high profile funding for these projects.

I am interested in evidenced based pain medicine and currently the co-ordinator for the feasibility of National Interventional Pain Medicine Research for low back pain under the British Pain Society Interventional Pain Medicine Specialist Interventional Group (IPM-SIG). This group has been entrusted with the task of developing and designing a coherent and achievable research strategy and academic grants for interventional pain medicine on the behalf of the British Pain Society.

Summary of Clinical Activity

I am a full time Pain Consultant. My clinical commitments includes out patient consultations, intervention sessions, ward rounds, referrals from palliative care, multidisciplinary pain meetings. The out patient work is based in both Tertiary premier institutions & primary care clinic in the heart of community. The in-patient intervention pain list involves weekly in-theatre 'pain intervention list' including per-operative management and postoperative follow-up. These lists routinely involve complex pain procedures including percutaneous spinal cord stimulators, intra disc interventions besides pulsed and traditional radiofrequency techniques.

I am involved in medicolegal work for personal injury claims particularly whip lash injury, road traffic accidents and conditions involving chronic pain.

Current On-going Investigator Initiated Trials

Principal Investigator

- A single centre, randomised, placebo controlled parallel study to investigate the effect of opioids on immunomarkers using gene expression profiling. (*Investigator Grant £257,000*)
- A sham controlled randomised trial to investigate the effects of radiofrequency neurotomy using Simplicity III^R on patients with sacro-iliac joint pain. (*Investigator Grant \$108,000*)
- A single centre study to investigate the CSF pharmacokinetics of intravenous administered paracetamol.
- Pulsed radiofrequency for the treatment of low back pain due to disc herniation – a prospective, parallel group, randomised, double blind, sham controlled pilot study.
- A prospective open label pilot study to investigate whether Quantitative Sensory Testing correlates with the effectiveness of Diagnostic Dorsal Root Ganglion Block in patients with lumbar radiculopathy.

Co-investigator

- A single centre study to investigate the CSF pharmacokinetics of intravenous administered diclofenac sodium. (*Investigator initiated grant >100000, Regulatory approvals obtained*)

Industry sponsored

Principal Investigator

- An evaluation of the effectiveness and tolerability of tapentadol hydrochloride prolonged release, and tapentadol hydrochloride immediate release on demand, in subjects with uncontrolled severe chronic nociceptive, mixed or neuropathic low back pain taking either WHO Step I or Step II analgesics or no regular analgesics.
- A study of the safety and effectiveness of sativex, for the relief of symptoms of spasticity in subjects with multiple sclerosis.
- A randomised, double blind, active-and placebo-controlled, parallel group, multi-centre study to evaluate the efficacy and safety of multiple doses of CG5503 immediate-release formulation in the treatment of acute pain from total hip replacement surgery followed by a voluntary open-label extension.
- An international, randomised, double blind, multicentre, active and placebo-controlled dose response trial to evaluate the efficacy and safety of SABER–Bupivacaine for postoperative pain control in patients undergoing primary, elective, open, abdominal hysterectomy

National & International Invited lectures including

- SACA meeting *Kathmandu February 2007*
- British Pain Society IPM SIG- *Manchester October 2007*
- World Congress of Anaesthesia- *Cape Town March 2008*
- Study Day Royal College of Physicians- *London October 2008*
- British Pain Society IPM SIG- *London December 2008*

- IAPCON- *New Delhi February 2009*
- Pain Symposium- *London June 2009*
- UCL Study Day: Pain in older patients with dementia. *London June 2010*
- Advances in Diabetic Neuropathic Pain, Indian Diabetic Society- *New Delhi July 2010*
- Current Issues in Chronic Pain: *London January 2011*
- British Pain Society IPM SIG- *London March 2011*
- 5th National conference of Current issues: Palliative Care- *London April 2011*
- Interventional Pain Management: Palliative Care *Manchester November 2011*

Professional Membership

- Anaesthetic Research Society
- RCOA & Faculty of Pain Medicine
- Association of Anaesthetist for Great Britain & Ireland
- American Pain Society
- International Spinal Injection Society

Last 5 Year Peer reviewed Publications (2006-2011)

Original articles

- **Mehta V**, Johnston A, Cheung R, Bello A, Langford RM. Intravenous parecoxib rapidly leads to COX-2 inhibitory concentration of valdecoxib in the central nervous system. *Clinical Pharmacology & Therapeutics*. 2008; 83:430-5
- Chang SH, Maney KM, **Mehta V**, Langford RM. Pain Assessment and Management in Medical Wards: an area of unmet need. *Postgrad Med J*. 2010 May; 86 (1015): 279-84
- Chang SH, Maney KM, Phillips JP, Langford RM, **Mehta V**. A prospective, randomised, double-blind, placebo-controlled investigation of the respiratory effects of oxycodone versus morphine in anaesthetised patients. 2010 65(10): 1007-1012

Review articles

- **Mehta V**, Langford RM. Acute pain management in opioid dependent patients. *Anaesthesia*. 2006; **61**: 269-76
- Langford R M. **Mehta V**. Selective cyclooxygenase inhibition: its role in pain and anaesthesia. *Biomedicine and Pharmacotherapy*. 2006; **7**: 323-328
- Chang SH, **Mehta V**, Langford RM. Acute and chronic pain following breast surgery *Acute Pain*. 2009; **11**: 1-14
- **Mehta V**, Langford RM. Acute pain management in opioid dependent patients. *Reviews in Pain* 2009; **3 (2)**: 10-14
- Kumar P, Nargund V, **Mehta V**. Chronic testicular pain management-a review. *Urol Int*. 2010; **84 (2)**:125-31
- Snidvongs S, **Mehta V**. Pulsed radiofrequency – a non-neurodestructive therapy in pain management. *Current Opinion in Palliative & Supportive Care*-2010; **4(2)**: 107-10
- Snidvongs S, **Mehta V**. Recent advances in opioid prescription for chronic non-cancer pain. *Postgrad Med J* 2011doi:10.1136/pgmj.2010.112045

- Shah S, **Mehta V**. Controversies and advances in non-steroidal anti-inflammatory drug analgesia in chronic pain management. *Postgrad Med J* 2011 doi. 10.1136/postgradmedj-2011-130291
- Randive S, **Mehta V**. Breakthrough pain- novel analgesics. *In press Current Pharmaceutical Analysis*

Editorial

- Langford R M, **Mehta V** Are COX-2 selective inhibitors safe for post-operative pain--Yes and No. *International Journal of Acute pain*. 2006; **8**: 95-
- **Mehta V**. Peripheral opioid antagonism. *Anaesthesia* 2009; **64**: 1279-83
- **Mehta V**, Shah S. Paracetamol- the forgotten drug. 2010 *Br J Hosp Med* **71** (11); 606-7

Web based module

- Acute and chronic pain management. 2007 www.doctors.net.uk

Chapter

- Anaesthesia & Pain Relief. Bailey & Love Short Practice of Surgery 25 Edition. Anaesthesia & Pain Management. Langford R M, **Mehta V**. 194-204
- **Mehta V**. Pulsed radiofrequency treatment in the management of chronic pain. *Freedom from Pain*. 2009. IK International 250-54
- **Mehta V, Siddhalingaiah V**. Clinical Examination and Evaluation Cervical Spine. Symptom Oriented Pain Management, 2011. Jaypee Brothers.
- **Mehta V**, Halder J, Langford R M, Anaesthesia & Pain Relief. Bailey & Love Short Practice of Surgery 26 Edition. Anaesthesia & Pain Management. In press

Published abstracts

- **Mehta V**, Phillips JP, Wantman AC, Ratcliffe SH, van Raders PA, Langford RM. Investigation of buprenorphine induced respiratory depression in anaesthetised patients and its reversibility. *British J Anaesthesia*. 2005; **94**: 399-400
- Nikoic S, **Mehta V**, Ratcliffe S, Phillips JP, Langford RM. Investigation of buprenorphine induced respiratory depression and its reversibility in anesthetised patients. *British J Anaesthesia*. 2007; **99**: 759P
- Chang SH, Maney KM, Phillips JP, Langford RM, **Mehta V**. A prospective randomised, double blind placebo controlled investigation of the respiratory effects of oxycodone vs morphine in anesthetised patients. *British J Anaesthesia*. 2008; **100**: 575P-576P
- **Mehta V**, Pandit A. Pulsed radiofrequency treatment in management of neuropathic cancer pain. *Pain Practice*. 2009; **9**(1): 71
- **Mehta V**, Alawad S, Kuravinakop S, Nikolic S, Taylor A. Effect of fixed dose opioid agonist/antagonist on constipation in patients on long term opioids for non cancer pain. *Accepted Journal of Pain*
- **Mehta V**, Sharma C, Long J, Shah S, Rahman J, Ayoub S, Perrett D, Langford RM. A Single Centre Prospective Randomised Study to Investigate the Cerebrospinal Fluid (CSF) Pharmacokinetics of Intravenous Paracetamol in Humans. *Accepted Journal of Pain*