

## **CURRICULUM VITAE**

**Dr Shanthi Paramothayan**

Consultant Physician  
Respiratory and General Medicine  
St. Helier University Hospital

Honorary Senior Lecturer  
St. George's University of London

Director of Medical Education  
St. Helier University Hospital

Expert Witness

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May 2012

Dr N. S. Paramothayan

**CURRENT POSITION:** Consultant in Respiratory and General Medicine  
St. Helier University Hospital  
Honorary Senior Lecturer St. George's University of London  
Director of Medical Education

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**GMC No:** 4024291

**NATIONALITY:** British

**QUALIFICATIONS:** BSc (Honours) in Medical Biochemistry

PhD, University of Cambridge

MBBS with *Distinction in Medicine*

FRCP (UK)

FCCP (USA)

Masters in Medical Education

Fellow of the Higher Education Academy (FHEA)

**Masters in Medical Law (LLM)**

**PRIZES AND AWARDS:** London Deanery Clinical Teacher Bursary

Arthritis and Rheumatism Council Prize in Rheumatology

George Burrows Prize in Pathology

Walsham Prize in Surgical Pathology

SERC Scholarship with CASE Award from May and Baker

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### **Medico-Legal Work:**

I have a Masters in Medical Law (Legal Aspects of Medical Practice) from the University of Cardiff. I have also attended seminars and workshops on how to be an Expert Witness and involved with scrutinising complaints within the Trust.

I am happy to be an Expert Witness on all Respiratory problems, including thromboembolic disease (pulmonary emboli and deep vein thrombosis), asthma, lung cancer, COPD, interstitial lung disease, sarcoidosis tuberculosis and obstructive sleep apnoea. I am also qualified to deal with general medical problems.

### **Educational Experience**

I have been an Educational Supervisor for all grades of junior doctors for several years and Foundation Training Programme Director (FY1) for the Trust since August 2010. I am now the Director of Medical Education. I have a genuine interest in the training, monitoring, support and welfare of junior doctors.

I am also involved with education outside the Trust. I have been a Royal College of Physicians PACES examiner since 2008, a member of the Specialty Question Writing Committee since 2007 and a member of the British Thoracic Society's Education and Training Committee since 2009.

I am extremely organised, focused and energetic and confident that I can successfully ensure high standards of training to meet the requirements of the LEP, the Deanery and the Specialist Colleges.

### **EDUCATIONAL QUALIFICATIONS**

Royal College of Physicians Educator (2006)  
Certificate in Medical Education (RCP/UCL, 2008)  
Diploma in Medical Education (RCP/UCL, 2009)  
Masters in Medical Education (RCP/UCL, 2010)  
Fellow of the Higher Education Academy (2009)

I received a London Deanery Clinical Teacher Bursary to study for my Diploma and Masters.

### **Undergraduate Teaching:**

I have been leading and managing change and improvement in undergraduate clinical education at St. Helier Hospital, offering excellent clinical teaching. I have been nominated by the St. George's medical students to give the final year Respiratory Revision Lectures and received an "Excellent Teacher" award in 2010. I have introduced innovative teaching material, including CDs of heart and lung sounds. I have been an expert for PBL and teach students on the wards and in outpatient clinics. I have been an interviewer and examiner for St. George's University of London for 8 years.

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### **Postgraduate Teaching:**

I regularly teach junior doctors on topics such as “Lung Cancer,” “Respiratory Emergencies” and “Oxygen Therapy” as well as practical sessions on insertion of chest drains and lumbar punctures and have supervised several doctors doing Audit projects. I have taught doctors taking the membership examination and on MRCP courses at Mayday and St. George’s Hospitals and on the MSc and Diploma courses in Respiratory Medicine at the Royal Brompton Hospital. I continue to teach PACES candidates at St. Helier Hospital,

### **Educational Research:**

I have completed several research projects in medical education which will be submitted for publication in the near future. My main area of interest is in the development of professionalism (the topic for my Masters project).

## **CLINICAL EXPERIENCE**

In my current post at St. Helier Hospital I am responsible for managing both inpatients and outpatients with a variety of respiratory and general medical problems. I enjoy this challenge and have had good feedback from patients and medical colleagues. I have a specialist interest in interstitial lung diseases, sarcoidosis, obstructive sleep apnoea, non-invasive ventilation and lung cancer. I work closely with the Royal Marsden Hospital, St. George’s Hospital and the Royal Brompton Hospital. I am fully trained in carrying out sleep studies and am an excellent bronchoscopist.

I have responsibility for the acute admission of patients and for their care on the ward, supervising the junior doctors in my team, undertaking ward rounds, post-take ward rounds, attending multidisciplinary meetings and seeing respiratory referrals.

As the COPD lead for the Trust I am introducing several innovations to improve the care of patients and reduce readmissions. I am currently leading the CQUIN on COPD and also supporting the EOL CQUIN. As the Oxygen champion for the Trust I am working towards training all healthcare workers to understand how to prescribe oxygen safely.

## **RESEARCH**

### **PhD Research at the Department of Pathology, University of Cambridge:**

My period of research entailed investigating the genesis of atherosclerosis. "Endothelial injury and healing in vitro": The aims of the study were to investigate the effects of denuding injury and hypercholesterolaemia on the interaction between endothelial cells and macrophages from rabbits using a newly developed organ culture system. The results of the study showed that injury to the endothelium and hypercholesterolaemia increase the adhesion of macrophages to the endothelium in vitro. The results may have important implications for the way in which atherosclerotic plaques originate. During my years in research I attended various national and international meetings and made regular presentations. I also worked briefly in the Pharmaceutical Industry, where I continued with the research I did for my PhD.

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### **Clinical Research:**

At the Royal Brompton Hospital, I initiated and conducted a prospective study to look at the effect of infection and inflammation on a variety of haematological parameters in patients with cystic fibrosis. Patients attending for annual review and patients admitted to the ward with an infective exacerbation were recruited into the study. A full clinical assessment was made and bloods taken to measure various haematological indices, including those reflecting iron deficiency, markers of inflammation and clotting. The results showed that inflammation may mask iron deficiency and alter several clotting factors.

We also conducted a retrospective study using the extensive database available to look at the incidence of epilepsy in cystic fibrosis. We concluded that epilepsy was four times commoner in patients with cystic fibrosis than in the general population.

### **Systematic Reviews:**

I am a reviewer for the Cochrane Airways Group and have completed three systematic reviews on the management of Pulmonary Sarcoidosis which have been peer reviewed and published in the Cochrane Library and international journals. This training has been useful, not only in increasing my knowledge of the subject matters of the review, but in my understanding of how to assess the quality of trials, in conducting trials and in evaluating published data more critically.

### **Current Research:**

I have received funding and Ethics approval for a major research project on Obstructive Sleep Apnoea in Pregnancy, looking at maternal and neonatal outcomes in women with Obstructive Sleep Apnoea. This research is being conducted jointly with the Department of Obstetrics.

## **PREVIOUS POSTS**

May 2003 – December 2003     Consultant in Respiratory and General Medicine  
Kingston Hospital

June 2001 – February 2003     Locum Consultant in Respiratory and General Medicine  
St. George's Hospital and Queen Mary's Hospital

## **HIGHER MEDICAL TRAINING (SPECIALIST REGISTRAR POSTS)**

I was on the South West Thames rotation in Respiratory and General (Internal) Medicine.

Oct 2000 - May 2001             Specialist Registrar in Respiratory and General Medicine  
St. Helier Hospital (Dr. N. T. Cooke, Dr. V. A. Varney)

Oct 1999 - Sep 2000             Specialist Registrar in Respiratory Medicine  
The Royal Brompton Hospital, Cystic Fibrosis, 4 months (Prof. M. E. Hodson, Prof. D. M. Geddes), Infection, 2 months (Prof. P. Cole, Dr. R. Wilson, Dr. J. Collins),

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Sleep and Ventilation, 3 months (Dr. A. Simonds, Dr. M. Polkey, Prof. T. Evans), Interstitial Lung Disease, 3 months (Dr. A. Wells, Prof. R. DuBois, Dr. D. Mitchell)

Oct 1998 - Sep 1999 Specialist Registrar in Respiratory and General Medicine  
Mayday University Hospital (Dr. R. Courtenay-Evans, Dr. A. C. Miller)

Aug 1996 – Sep 1998 Specialist Registrar in Respiratory and General Medicine  
St. George's Hospital (Prof. P.W. Jones, Dr. C. F. Rayner)

### **GENERAL MEDICAL TRAINING (SHO ROTATION ST.GEORGE'S HOSPITAL)**

Aug 1995 - Jul 1996 Senior House Officer in Respiratory Medicine/Gastroenterology  
St. Helier Hospital (Dr. N. T. Cooke, Dr. R. Orchard)

Feb 1995 - Jul 1995 Senior House Officer in the Department of Cardiology  
St. George's Hospital (Dr. C. Pumphrey, Prof. A. Camm)

Aug 1994 - Jan 1995 Senior House Officer in the Department of Haematology  
St. George's Hospital (Prof. E. Gordon-Smith, Dr. D. Bevan and Dr. J. Parker-Williams)

### **PRE-REGISTRATION APPOINTMENTS**

May 1994 - Jul 1994 House Physician to Dr. P. Kumar, Dr. J. Dacre  
General Medicine / Gastroenterology / Rheumatology  
Homerton Hospital

Feb 1994 - Apr 1994 House Physician to Prof. A. Raine, Dr. L. Baker  
Department of Nephrology, St. Bartholomew's Hospital

Nov 1993 - Jan 1994 House Surgeon to Prof. R. Wood, Mr. Chalstrey, Mr. Stoker  
Professorial Surgical Unit, St. Bartholomew's Hospital

Aug 1993 - Oct 1993 House Surgeon to Mr. Swanston  
Department of ENT, St. Bartholomew's Hospital

Nov 1987 - Mar 1988 Research Biochemist at May and Baker Ltd, Dagenham, Essex.

### **MEMBERSHIPS**

## Dr N. S. Paramothayan

Member of Association of Medical Educators (ASMEE)  
Member of the General Medical Council (GMC)  
Member of the British Thoracic Society (BTS)  
Member of British Medical Association (BMA)  
Member of the South Thames Respiratory Society  
Member of Medical Defence Union (MDU)

### **PRESENTATIONS**

Cochrane Airways Group International Symposium, Royal Society of Medicine, November 1999.

British Thoracic Society, Cardiff, June 2003: Corticosteroids in Pulmonary Sarcoidosis.

Cochrane Airways Group International Symposium, November 2003.

South Thames Thoracic Society Meeting in November 2004.

### **PUBLICATIONS**

Paramothayan NS. Endothelial Injury and Healing in Vitro. PhD at the Department of Pathology, University of Cambridge, 1984 – 1987.

Paramothayan NS and Jones PW. Corticosteroids for Pulmonary Sarcoidosis: A Systematic Review. Cochrane Database of Systematic Reviews, in: The Cochrane Library, Issue 4, 2000; Oxford: update software.

Paramothayan NS and Jones PW. Corticosteroid Therapy in Pulmonary Sarcoidosis: A Systematic Review. JAMA 2002, Vol 287, No 10, 1301-1307.

Paramothayan NS and Barron J. New criteria for differentiating between transudates and exudates. J Clin Pathol, 2002; 55: 69-71.

Paramothayan NS, Lasserson TJ, Wells AU and Walters EH. Prostacyclin for Pulmonary Hypertension: A Systematic Review. Cochrane Database of Systematic Reviews, in: The Cochrane Library, Issue 2, 2003. Oxford: update software.

Paramothayan NS, Lasserson TJ, and Walters EH. Immunosuppressive and cytotoxic therapy for pulmonary sarcoidosis (Cochrane Review). In: The Cochrane Library, Issue 3, 2003. Oxford: update software.

Paramothayan NS. Treatments for Pulmonary Sarcoidosis. Respiratory Medicine January (2008) 102, 1-9

Davidson, S. J., Paramothayan, N. S. and Hodson, M. E. Adult Cystic Fibrosis in patients with

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and without infective exacerbations and their Factor XII levels. Blood, Coagulation and Fibrinolysis, 2009, vol 20, No 00

Paramothayan N.S. Management of Type 2 Respiratory Failure, Accepted for publication by the Foundation Years Journal in October 2011

Paramothayan S. Management of Acute Type 2 Respiratory Failure. Patient Management. Foundation Years Journal, Volume 5, Issue 9: Respiratory (October 2011)

## **ABSTRACTS**

Paramothayan NS and Barron J. Differentiation between transudates and exudates using fluid and serum lactate dehydrogenase (LDH), cholesterol and total protein. American Thoracic Society, 1999.

Paramothayan NS and Jones PW. The effectiveness of corticosteroid therapy in the treatment of patients with pulmonary sarcoidosis: a systematic review. American Thoracic Society, 1999.

Hussain IR, Paramothayan NS and Hodson ME. Neurological complications in the adult Cystic Fibrosis population. American Thoracic Society, May 2001.

Paramothayan NS, Hussain IR and Hodson ME. Neurological complications in the adult Cystic Fibrosis population. The 24<sup>th</sup> European CF conference, Vienna, June 2001.

Paramothayan NS, Hodson ME, Burgess JCY, Burman JF, Kemp MW and Hooper RJL. Inflammation and anaemia in Cystic Fibrosis. 24<sup>th</sup> European CF Conference, Vienna, June 2001.

Davidson SJ, Paramothayan NS, Burman JF Kemp MW and Hodson ME. Cystic Fibrosis, Inflammation and Haemostasis. International Society for Thrombosis and Haemostasis, July 2001.

Paramothayan NS, Lasserson TJ, Wells AU and Walters EH. Prostacyclin for Pulmonary Hypertension: A Systematic Review. American Thoracic Society, May 2002.

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**REFEREES**

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