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Curriculum Vitae

Dr Robert C M Stephens

Consultant in Anaesthesia, UCL Hospitals

Personal Details

Name	Robert Charles Tarquin Sir Harold Jeremiah Jones Stephens
Date of Birth	28 th Jan 1909
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Education and Qualifications **Be consistent in formatting**

FFICM	Fellow of the Faculty of Intensive Care Medicine	2012
FRCA	Fellow of the Royal College of Anaesthetists	2000
MB BS	St Mary's Hospital, London University	1993
BA Honours	Magdalen College, Oxford University Physiological Sciences	1990

Grants and Prizes- **or Personal Statement**

UCL's 'David Jordan award' for Excellence in Enhancing Science in Medical Education	2018
Comprehensive Biomedical Research Centre	2009
Intensive Care Society Research Gold Medal Finalist	2006
International Endotoxin Society travel grant	2004, 2006

Most of you will have a Personal Statement here
- this will be your Unique Selling Points/highlights

Current Post-*I've included this only as examples of phrasing you might want to use*

Consultant in Anaesthesia, UCL Hospitals: 11th August 2008 - current

Clinical

Patients are always at the centre of my work. I deliver efficient, patient centred perioperative care, anaesthetising for major urological, thoracic and gynaecology surgery as well as other regular clinical sessions. This has allowed me to develop great team working relationships with my surgical, anaesthetic and scrub nursing colleagues.

When required by the department I have anaesthetised for other specialities (gastrointestinal and bariatric surgery, vascular interventional, paediatric and ophthalmic surgery) often involving a mixture of general anaesthesia or sedation and regional blockade.

I run the Cardiopulmonary Exercise Testing service (CPET) at UCLH.

Education

I lead UCL's MBBS Anaesthesia and Perioperative Medicine Teaching, delivering myself over 70 teaching sessions a year. I have won 'UCL teacher of the year for the last 5 years- nominated by students and in 2018 was awarded UCL's 'David Jordan award' for Excellence in Enhancing Science in Medical Education. I am on the UCL Perioperative Masters Faculty and am developing a UCL iBSc module with colleagues. I lead and organise an annual novel course for new starters in Anaesthesia and continue to educate myself in areas of anaesthesia I am less familiar with. I enjoy being an active member of the department, regularly teaching trainees, organising a pre-exam viva evening, mentoring the educational fellow and UCL undergraduates. The teaching *Youtube* sites I started have had over 200,000 views. I set and marked the All Ireland HH Stewart Medical Anaesthesia examination in 2017.

Research

My MD thesis examined 'the human response to Endotoxin'. I have a close working relationship with academic members in the department (Dr Ramani Moonesinghe and my mentor Professor Monty Mythen) as well as the Clinical Educationalist in Perioperative Medicine (Dr David Walker). With them I am an investigator in large portfolio randomised controlled trials investigating how and why patients have complications after major surgery, 'POM-O' (see www.ucl.ac.uk/anaesthesia/trials) along with other trials 'Optimize', 'EUSOS' 'ISOS' and 'Vision'. I run the centre for anaesthesia and perioperative medicine websites (www.ucl.ac.uk/anaesthesia).

Audits

I have performed + presented 2 audits whilst in this post leading to changes in practice. I was the site coordinator for the 2011 perioperative CEPOD report 'Knowing the Risk'.

Management

I manage the clinical Cardiopulmonary Exercise Testing service at UCLH. When 'Anaesthetist of the day' I manage problems in theatre and help in the smooth running of the anaesthetic department. I have introduced the World Health Organisation's 'safe surgery' checklist wherever appropriate in theatre.

Locum Consultant Post **new section = new page.** This part must be clear- when. I don't use lots of detail for the posts

UCL Hospitals NHS Trust 11 Months
11th August 2008- 1st July 2009

Specialist Registrar Training

The Royal Marsden NHS Trust 6 Months
7th February - 6th August 2008
Anaesthesia for Cancer Surgery including Paediatrics and Intensive Care

Barts and The London NHS Trust 3 Months
7th November 2007- 6th February 2008
Intensive Care including Trauma, Resuscitation and Neurosurgical Intensive Care

Moorfields Eye Hospital NHS Trust 3 Months
1st August 2007- 6th November 2007
Ophthalmic Anaesthesia including Paediatrics

UCL Hospitals NHS Trust 17 Months
6th March 2006- 31st July 2007
including General Anaesthesia, Paediatrics and Trauma
A period of 50-70% flexible training = 12^{1/5} months full time equivalent

Academy of Medical Sciences Research Training Fellow, UCL 45 Months
4th June 2002- 5th March 2006 *1 year counted towards Anaesthesia training*

National Hospital for Neurology and Neurosurgery 3 Months
2nd March 2002- 3rd June 2002
Neuroanaesthesia and Neurointensive Care

UCL Hospitals NHS Trust 3 Months
2nd December 2001- 1st March 2002
Cardiothoracic Anaesthesia and Intensive Care

UCL Hospitals NHS Trust 3 Months
1st September 2001- 1st December 2001
Intensive Care

UCL Research fellow in Anaesthesia and Intensive Care 3 Months
2nd June 2001 – 1st Sept 2001 *Out of programme experience*

Royal Free Hampstead NHS Trust 3 Months
5th March 2001 – 3rd June 2001
General Anaesthesia and High Dependency Unit

Royal Free Hampstead NHS Trust 3 Months
2nd December 2000 – 4th March 2001
Intensive Care

Whittington Hospital NHS Trust 9^{1/2} Months
15th February 2000 – 1st December 2000
General and Obstetric Anaesthesia

Senior House Officer and House Officer Training

Senior House Officer in Intensive Care UCL Hospitals NHS Trust 1 st February 1998 – 1 st February 1999	12 Months
Senior House Officer in Anaesthesia Kingston Hospital NHS Trust 1 st November 1995 – 1 st November 1996, 1 st May 1997 – 1 st February 1998	21 Months
Senior House Officer in Accident and Emergency Kingston Hospital NHS Trust 1 st February 1995 – 1 st August 1995	6 Months
Senior House Officer in Acute Medicine for the Elderly Royal Free Hampstead NHS Trust 1 st August 1994 – 31 st January 1995	6 Months
House Officer in Urology and Colorectal Surgery Northwick Park Hospital 1 st February 1994 – 31 st July 1994	6 Months
House Officer in Cardiology and Gastrointestinal Medicine Wexham Park Hospital 1 st August 1993 – 31 st January 1994	6 Months

Clinical Experience Summary- Tailored to job specification if applying to consultant jobs

Major Gynaecological Surgery

At the Royal Marsden and UCL Hospitals I anaesthetised patients for major gynecological surgery and have been fully trained in assessing, preparing and managing patients during and after high risk surgery. Aside from providing anaesthesia and analgesia this involved attending preassessment clinics, multidisciplinary team meetings and discussing options with patients and surgeons.

Orthopaedic Surgery

At UCL Hospitals, the Royal Free Hospital and the Whittington Hospital I have anaesthetised patients for lower limb (hip and knee) joint replacement as well as for ankle, shoulder, hand and foot surgery. I am confident providing anaesthesia for these procedures with general, regional (spinal or epidural), sedation or local anaesthetic techniques.

Other specialities

I have provided anaesthesia for Paediatric, Colorectal, Upper Gastrointestinal (including single lung ventilation), Vascular, Ophthalmic and Bariatric surgery. During my dedicated posts in critical care at UCL Hospitals, the Royal Free Hospital and the Royal London and whilst on call at the Heart Hospital and the National Hospital for Neurology and Neurosurgery I obtained a good broad knowledge of the pathology and management of intensive care patients.

Research Posts **if relevant only**

Academy of Medical Sciences/the Health Foundation Research Training Fellowship in Anaesthesia Institute of Child Health, UCL 3 rd June 2003 – 5 th March 2006 Supervisors: Prof M G Mythen, Dr H Baxendale and Dr G Dixon	33 months
Portex Research Fellow Institute of Child Health, UCL 3 rd June 2002 – 3 rd June 2003 Supervisor: Prof M G Mythen	12 months
Research Fellow in Anaesthesia and Intensive Care The Centre for Anaesthesia, UCL Hospitals NHS Trust 4 th Feb 1999 – 14 th Feb 2000 and 2 nd June 2001 – 3 rd Sept 2001 Supervisor: Prof M G Mythen	15 months

Summary of Research **if relevant only**

Many patients suffer complications following major surgery. My research work centred on the body's immune response to the stresses encountered during major surgery, how they contribute to postoperative outcome and whether they might be manipulated to the patients benefit.

During an initial research year (1999-2000) with Professor Mythen I received a good grounding in the practical aspects of a clinical trial, ethics and writing papers. I started to prepare for an Academy of Medical Sciences/The Health Foundation Research Training Fellowship, which I was awarded in 2002. I spent my second research year (2002-2003) finding an appropriate laboratory, getting a basic science supervisor, learning new scientific techniques and developing collaborative projects within UCL and outside in Edinburgh University and Columbia Presbyterian University, New York, USA.

During my Research Training Fellowship (2003-2006) years I attempted to answer some of the fundamental questions about the human antibody response to endotoxin, part of our natural 'gut bacteria'. In particular, I discovered that some people appear to have low levels of antibodies to a variety of natural substances, a novel finding. I also undertook a collaborative trial that involved injecting volunteers in the USA with very small doses of endotoxin to try and develop a new way of mimicking reactions to surgery. In a collaborative study I showed that critically injured children are more likely to have 'inflammation' if they have low endotoxin antibody levels. In the laboratory I isolated, grew and characterised the cells making endotoxin antibodies and measured the levels of these antibodies in mothers and their newborn children.

My research interests are relevant to the fields of cardiovascular disease, infectious disease, critical care and of course perioperative medicine. I am currently writing my MD thesis, and have several papers published from my time as a Research Training Fellow. I am now involved in planning a large study, led by Dr Gareth Ackland (Clinician Scientist in Anaesthesia) investigating how and why patients have complications after major surgery.

Publications if relevant - make sure formatting correct. Don't worry if you have none/few. Think of how you can write one eg a teaching article

DN Wijeyesundera, RM Pearce, MA Shulman, TEF Abbott, E Torres, A Ambosta, B L Croal, JT Granton, KE Thorpe, M P W Grocott, C Farrington, PS Myles, BH Cuthbertson, on behalf of the METS study investigators.

Assessment of functional capacity before major non-cardiac surgery: an international, prospective cohort study. *Lancet* 2018; 391: 2631–40

G.L. Ackland, T.E. F. Abbott, D Cain, MR Edwards, P Sultan, SN Karmali, AJ Fowler, NJ MacDonald, A Reyes, L Gallego Paredes, JR Whittle, RCM Stephens, S. Woldman, R.A. Archbold, A. Wragg, E. Kam, T. Ahmad, A.W. Khan, E.Niebrzegowska, A Gutierrez del Arroyo Del Arroyo, R. M. Pearce
Preoperative systemic inflammation and myocardial injury: prospective observational multicentre cohort study of patients undergoing non-cardiac surgery *Submitted 2018*

Smith A, Carey C, Sadler J, Smith H, Stephens R, Frith C. Undergraduate education in anaesthesia, intensive care, pain and perioperative medicine: the development of a national curriculum framework. *Medical Teacher* 2018 published online July 3

Smith A, Carey C, Sadler J, Smith H, Stephens R, Frith C. Undergraduate education in anaesthesia and related specialties: a compendium of current practice and resources for educators *Submitted 2018*

Frith C and Stephens R. Undergraduate teaching in Anaesthesia, Critical care, Pain and Perioperative medicine. *RCoA Bulletin* 2017, 106, 36-38

Abbott TEF, Ahmad T, Phull MK, Fowler AJ, Hewson R, Biccard BM, Chew MS, Gillies M and Pearce RM for the International Surgical Outcomes Study (ISOS) group. The surgical safety checklist and patient outcomes after surgery: a prospective observational cohort study, systematic review and meta-analysis. *British Journal of Anaesthesia*, 120(1): 146e155 (2018)

Ackland GL, Abbott TEF, Pearce RM, Karmali SN, Whittle J, Minto G, Lee AM, and POM-HR Study Investigators. Arterial pulse pressure and postoperative morbidity in high-risk surgical patients. *British Journal of Anaesthesia*, 120(1): 94e100 (2018).

Smith A, Carey C, Sadler J, Smith H, Stephens R and Frith C. Undergraduate education in anaesthesia, intensive care, pain and perioperative medicine: the development of a national curriculum framework. *Submitted to Medical Teacher* 2018

Stephens RCM Liver Function testing, In: *Data Interpretation in Anesthesia, A Clinical Guide*. Tilak DR ed., Springer, 151-153, 2017 ISBN: 978-3-319-55861-5

Nicholas S, Stephens R. Clinical update: Implications of consent on medical practice. *British Journal of Hospital Medicine*, June 2017, Vol 78, No 6

Abbott TEF, Minto G, Lee AM, Pearce RM and Ackland GL for the POM-HR, POMO-O and OPTIMISE study groups. Elevated preoperative heart rate is associated with cardiopulmonary and autonomic impairment in high-risk surgical patients. *British Journal*

Abstracts, Poster Presentations and Letters

I lump these together as it makes it more impressive/less 'bitty'

Dr Gautam Kumar and the Centre for Perioperative Medicine (CPOM). The Future of Perioperative Medicine as Described by Early Adopters. Presented by Robert Stephens at the ASA meeting, San Francisco 2018

May S, Karmali S, Reyes A, Gallego Paredes L, Martir G, Stephens R, Brealey D, Ackland G. Serial holter recordings in non-cardiac surgery patients reveal postoperative autonomic impairment within 48 hours. BJA Research Forum/ARS Winter Meeting November 2017

Frith C, Whiteman A, Stephens R. Our experience of an open-access online learning tool to support a new Undergraduate Perioperative Medicine week. Cost-effective, interactive, easy-to-use. Abstract 74. ASME medical conference, London, April, 2016

Orr JA, Stephens RS & Mitchell VM. Ultrasound-guided localisation of the trachea. Anaesthesia. 2007 Sep;62(9):972-3. Letter

RCM Stephens, J Lowry, S Cone, S Harris and D Walker. The educational concerns of trainees in Intensive Care. American Society of Anesthesiology Annual Meeting, San Francisco USA, November 2007

RS Agbeko, J Holloway, KJ Fidler, J Pappachan, P Wilson, R Stephens, N Klein and M J Peters. Genetic variation in endotoxin recognition and the development of the systemic inflammatory response syndrome in critically ill children. International congress of Paediatric Critical Care Geneva, Switzerland, June 2007

R Stephens, M Rashid, H Baxendale, G Dixon, J Saunders, H Montgomery, SE Humphries and M Mythen. Antibodies to endotoxin core, natural IgM and outcome after 1st time-Coronary Artery Bypass Graft surgery. International Endotoxin Society, San Antonio USA, November 2006

R Stephens, M Rashid, G Dixon, H Baxendale and M Mythen. How do levels of antibody against endotoxin core change with time? Vienna Shock Forum, European shock society January 2005

Frumento RJ, Stephens R, Mythen MG, O'Malley CMN and Bennett-Guerrero E. The administration of low dose LPS to healthy volunteers elicits variability in the inflammatory response. American Society of Anesthesiologists, Annual Meeting, October 2003 A389

Turner DM, Rashid M, Siva M, Stephens R, Casbard A, Brown C, Brown J, Mythen MG and Navarrete CV. Number of HLA-DRB genes influences levels of endotoxin core antibodies. Human Immunology 2003 Oct **64**: S19

E Burdett, R Stephens, J Eliahoo, A Ziyad, R Moulding, T Donnolly, M Siva, M Grocott, M Curtis and M Mythen. ABO blood group and outcome after cardiac surgery European Journal of Anaesthesiology 2003 **20**: (suppl. 30) A308

Teaching Experience ? how can you start your own course?/ help others?

I lead the UCL teaching on Anaesthesia /Periop Medicine for the MBBS curriculum, and teach some of the Cardiac Physiology to the year 1 MBBS students. Each week I teach anaesthetic trainees in theatre lists. I have taught on Intensive Care Nurse courses and Primary FRCA, Final FRCA, MB BS, MB PhD and 'A UCL Practical Introduction to Intensive Care' courses. I have lead the 'Introduction to Anaesthesia' course for junior trainees across specialities for the last 8 years. I speak on 'update in Anaesthesia' courses annually.

Management and Leadership Experience

You might have a Quality Improvement section

Clinical

I helped to implement the clinical introduction of 'Intralipid' (an antidote to Local Anaesthetic toxicity) and have been involved in part of the 'lean' Theatre and Theatre Pharmacy projects at UCLH.

Quality Improvement

Relevant now of course.

Colleagues

I organised (with Dr Viki Mitchell) the physical space for Academic Anaesthetic Fellows at the 'Centre for Anaesthesia', UCL. At the Royal London Hospital I coordinated the Registrar's rota. I am a mentor to one of the Physician Anaesthetic Assistants.

Organising

With 4 colleagues, I started, designed and organised the ongoing course 'A practical introduction to Intensive Care', teaching over 200 junior trainees a year. I organised the inaugural 'Marsden Management course for new consultants' 2008. These courses have raised profits that are fed back into more educational and research activities.

Recent Conferences, Meetings and Courses

good to break up into types of course I think. Avoid months = irrelevant!

?Tailor to job specification again?

Clinical Anaesthesia

ASA 2018, San Fransisco USA	2018
Evidence Based Perioperative Medicine, London	2015
American Society of Anesthesiology, San Fransisco, USA	2007
Regional Anaesthesia, San Fransisco, USA	2007

Emergency and Life Support

Advanced Trauma Life Support, Barts and The London <i>invited to be an instructor</i>	2008
Acute Cardiac resuscitation, UCLH (Advanced Life Support protocols)	2007
Childrens Acute Transport Service: an update	2006

Education

Society for Education in Anaesthesia, Autumn meeting, USA	2018
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Other Skills and Interests

Information Technology **important to have now- often get 'points' for it**

I am proficient in Microsoft Word, Excel, Powerpoint, SPSS ('Statistical package for Social Sciences') and Dreamweaver (website design). I designed, created and maintain the 'UCL Centre for Anaesthesia' website.

Societies

I am a member of the Royal College of Anaesthesia, the Association of Anaesthetists of Great Britain and Ireland, the MDDUS.

Music

I have grade 8 piano, grade 6 'cello and 'A' level music. When at medical school I organised and conducted 10 concerts including Handel's 'Messiah' and Faure's 'Requiem' with a full orchestra.

Travel and Art

My interest in Indian and Islamic Art and Architecture has led me to Eastern Turkey, Egypt, Israel and India. At university I was awarded the 'Laurence Binyon Travel Prize' for a trip to visit Islamic sites in Turkey and Egypt. I had a flat in Delhi, India for 2 months in 1998, from which I explored the region. In 2017 we hope to have a family holiday in Iran.

Sport

At Oxford I rowed in the college 1st VIII, and for the City of Oxford, including three appearances at Henley Royal Regatta. I used to run a 5 minute mile.

Food and Drink

I enjoy wine and love eating out, especially with my wife, Fi and our children Ruby, Emi and Mr Finn.

Other

I am an advisor on Anaesthesia for the Royal Society's Media Centre and edited a book 'Data interpretation in Anaesthesia' for Elsevier/the Lancet group with 3 colleagues.

Career Aims

My aim is to continue my NHS career in clinical anaesthesia and perioperative medicine combined with research and teaching. I would love to continue to deliver anaesthesia in a stimulating academic environment such as UCLH and enjoy the combination of improving service delivery, groundbreaking research and training junior doctors that exists there. **My one here is a bit un-aspirational- you might want do better!**