Mr. Kuntal Patel

D.C.M., MBBS, MS (Orthopaedics), MRCS
Diploma in Sports and Exercise Medicine (G.B. and Ireland)
MSc. in Science of Sports Injuries (Manchester Metropolitan University)
MSc. In Health Science and Practice (University of Central Lancashire)
FRCS (Trauma and Orthopaedics)

PERSONAL DETAILS

NAME: Mr. Kuntal Patel

DATE OF BIRTH: 1977

SEX: Male

ADDRESS: **United Kingdom**

PROFESSIONAL QUALIFICATIONS

FRCS (Trauma And Orthopaedics) November 2009

MSc. In Health Science and Practice: June 2007
University of Central Lancashire

MSc. in Science of Sports Injuries: May 2006
Manchester Metropolitan University

Diploma in Science Of Sports Injuries: May 2005
Manchester Metropolitan University

Diploma in Sports And Exercise Medicine: May 2005
Royal College of Surgeons, Edinburgh

MRCS: March 2005
Royal College of Surgeons, Edinburgh

MS (Orthopaedics): June 2003
University of Maharaja Sayajirao
Baroda, India

MBBS: January 1999
Baroda Medical College, Baroda, India

D.C.M: April 1995
Diploma in Computer Management, Datapro Inc. (USA)

PRESENT HOSPITAL APPOINTMENT

Consultant in Trauma and Orthopaedic Surgery
Hospital: University Hospitals of Morecambe NHS Trust
Duration: 08/08/2011 till date

PUBLICATIONS

Published in Peer Reviewed Scientific Journals

1. Patel K, Raut V. Patella in Total Knee Arthroplasty: To resurface or not to- A cohort study of staged bilateral total knee arthroplasty. International Orthopaedics. 2011; 35 (3): 349-353.
2. Samuel R, Sloan A, Patel K, Aglan M, Zubairy A. The efficacy of combined popliteal and ankle blocks in forefoot surgery. JBJS Am. 2008; 90: 1443-1446.
3. Yallapragada R, Patel K, Davuluri P, Sloan A, Marynissen H. Arthroscopy assisted fixation of glenoid fracture. International journal of shoulder surgery. July 2007; 1(3): 96-99.
4. Drane AJ, Patel KJ, Murali SR. Non-union of an olecranon fracture in a professional rugby player. Injury Extra. July 2007; 38 (7): 228-230.
5. Patel K, Oudit D, Ross G, Howcroft AJ, Nicholson C. Midface swelling in a child - A diagnostic dilemma. The Canadian Journal of Plastic Surgery. 2005; 13 (4): 207-208.
6. Zakir Shariff, Kuntal Patel, A. Elbo, I. Guisasola. Bilateral radial head fractures in a woman with trivial trauma. Medscape General Medicine. 2005; 7(3).
7. Amit Kapoor, P.P.Golwala, Kuntal J Patel, Deven V Desai, Sashidhar V. Yeluri. Giant Cell Tumor of First Metacarpal**.** The Internet Journal of Orthopaedic Surgery. 2004; 2 (1).
8. Patel K, Kapoor A, Daveshwar R, Golwala. Percutaneous Intramedullary Supracondylar Nailing for fractures of distal femur. Malaysian journal of medicine; May 2004; 59:206- 207.

Published in Non-Peer Reviewed Journals

9. Kuntal Patel. Postgraduate diploma in science of sports injuries. BMJ Career Focus, Oct 2005; 331: 183.
10. Kuntal Patel, Wee Leon Lam. Tips on: Research fellow interviews. BMJ Careers. 2005; 331:70-71.
11. Kuntal Patel. Review: 1000 EMQs for PLAB – based on current exams. BMJ Careers. 2005; 330:211.
12. Kuntal Patel. TIPS ON: Managing your emails**.** BMJ Career Focus, Feb 2005; 330: 76.
13. Kuntal Patel. Diploma in Sports and Exercise Medicine. BMJ Careers. 2005; 330:39.
14. Patel K. What's on the web – Orthopaedics. BMJ Careers; 329(7466): 110.
15. Patel K. Tips on passing PLAB 2**.** BMJ Careers; 328:261.
16. Amit Kapoor, Sameer Shah, Sashidhar V Yeluri, Kuntal J Patel. Closed fracture of Head of Fourth Metatarsal with Complete Rotation of the Articular Surface. Bombay Hospital Journal. April 2004; 46(2): 235-236.

Published Letter

17. Kuntal Patel. 'I am working as a registrar in orthopaedic surgery in Saudi Arabia. My total orthopaedic experience is 13 years. I would like to come to the UK as an orthopaedic SHO. How should I go about this?' BMJ Career Focus, Nov 2005; 331: 216.

Published book

18. Zakir Habib, Kuntal J Patel. A-Z of Plab Part 2. *Kalam Books*.2004.

Published Abstract

19. Patel K, Kapoor A, Golwala P, Daveshwar R. Long term results of percutaneous retrograde femur nailing for distal femoral fractures. Injury Extra. 2005; 36: 135-6.

Abstracts in Proceedings of Meetings

20. Patel K, Kapoor A, Golwala P, Daveshwar R. 'Long term results of distal femoral nailing' – proceedings of **14th Triennial Congress of Asia Pacific Orthopaedic Association**. 271. September 2004.
21. Patel Kuntal, Javed Arshad. Role of intraarticular steroids for osteoarthritis knee. Proceedings of **14th Triennial Congress of Asia Pacific Orthopaedic Association**. 62. September 2004.
22. Patel K, Kantawala A, Kapoor A, Naik R. Results of surgery in dorsal koch's spine with neurology. Proceedings of **14th Triennial Congress of Asia Pacific Orthopaedic Association**. 245. September 2004.
23. Patel K, Javed Arshad. Practice of use of intraarticular steroids for osteoarthritis knee. Proceedings of 68th Annual meeting Western Orthopaedic Association, U.S. 14. October 2004.

PRESENTATIONS

International

1. 'Morton's Neuroma. A Review of 186 patients.' Podium presentation by co-author at **European Foot and Ankle meeting**, Portugal, 16-18 October 2008, **Irish Foot and Ankle Annual Society Meeting**, Killenard, Ireland, 3-4 May 2008
2. 'Metacarpal fracture fixation: Comparison of Novel Technique (intramedullary interlock nailing) with Conventional Intramedullary K wiring'- podium presentation at **First ESTES Congress**, Budapest, 24-27 May 2008
3. 'Dislocation of radial three Carpo-metacarpal joints – a very rare case report and literature review' – poster presentation at **First ESTES Congress**, Budapest, 24-27 May 2008

4. ‘Short term results of hip resurfacing arthroplasty- experience of a district general hospital in U.K.’ – **7th Domestic meeting of European Hip Society**, Antalya, Turkey, June 21-24 2006
5. ‘Role of intraarticular steroids for mild osteoarthritis knee’ - **Western Orthopaedic Association’s 68th Annual Meeting,** San Francisco, California, October 2004, **14th Triennial Congress of Asia Pacific Orthopaedic Association**: Kuala Lumpur, September 2004
6. ‘Enders Nailing for Paediatric shaft femur fractures’ - **6th European Congress of Trauma and Emergency Surgery**: Holland, September 2004
7. ‘Retrograde Femur Nailing by Novel Technique’ – **6th European Congress of Trauma and Emergency Surgery**: Holland, September 2004
8. ‘Role of surgery in Dorsal Koch’s spine with neurology’ - **14th Triennial Congress of Asia Pacific Orthopaedic Association**: Kuala Lumpur, September 2004
9. ‘Long term results of distal femoral nailing’ - **14th Triennial Congress of Asia Pacific Orthopaedic Association**: Kuala Lumpur, September 2004
10. ‘Percutaneous Intramedullary supracondylar nailing for distal femoral fractures’ - **International Conference on Biomaterials and Tissue Engineering, Kuala Lumpur, Malaysia**, May 2004

PRESENTATIONS

National

1. ‘Wrightington Experience of uncemented REEF stem in complex revision hip arthroplasty’ – poster presentation, **British Hip Society**, Torquay, 2-4 March 2011
2. ‘Wrightington Experience of revision hip surgery for failed metal on metal resurfacing’ – poster presentation, **British Hip Society**, Torquay, 2-4 March 2011
3. ‘Metacarpal fracture fixation: Comparison of Novel Technique (intramedullary interlock nailing) with Conventional Intramedullary K wiring’ – podium presentation, **BSSH Spring meeting**, Leicester, 1-2 May 2008
4. ‘Payment by results (PbR): Implications for elective hand surgery and therapy’ – podium presentation, **BSSH Spring meeting**, Leicester, 1-2 May 2008
5. ‘Dislocation of radial three Carpo-metacarpal joints – a very rare case report and literature review’ – accepted as poster presentation, **BSSH Spring meeting**, Leicester, 1-2 May 2008
6. ‘Correlation of MRI with arthroscopy in diagnosing ankle pathology’ – **BOFAS Annual meeting**, Nov 2006
7. ‘Plantar fibromatosis - a benign condition’ – **BOFAS Annual meeting**, Crewe, Nov 2006.
8. ‘Efficacy of combined ankle and popliteal block compared to ankle block for post-operative analgesia in foot surgery – a prospective randomized

controlled trial' – **BOFAS Annual meeting**, Crewe, Nov 2006, **BOA Annual Congress**, Glasgow, 27-29 Sep 2006

9. 'Patella in Total knee replacement – to resurface or not to?' - **Indian Orthopaedic Society meeting**, London, 13-14 May 2006
10. 'Short term results of hip resurfacing arthroplasty- results from a district general hospital in U.K.' – Poster, **Indian Orthopaedic society meeting**, London, 13-14 May 2006
11. 'Long term results of enders nailing for fixation of paediatric shaft femur fractures' – Annual **meeting of BOSA**, Wrightington, 25 April 2006
12. 'Radiographic comparison of the positioning of implants in total knee replacement with and without the use of navigation system – a study of 80 patients' - Annual meeting of **British Orthopaedic Association**, Birmingham, September 2005
13. 'Long term results of percutaneous Intramedullary supracondylar nailing for fractures of distal femur' - Annual meeting of **British Trauma Society**: Leeds, October 2004
14. 'Flexible Intramedullary nailing technique for shaft femur fractures in children' - Annual meeting of **British Trauma Society**: Leeds, October 2004

PRESENTATIONS

Regional

1. 'Payment by results (PbR): Implications for elective hand surgery and therapy' – podium presentation, **NWOA research meeting**, Bolton, November 2008
2. 'Treatment of Morton's Neuroma – Results of injection versus surgical excision: a prospective cohort study': **NWOA meeting**, Bolton, 16 Nov 2007
3. 'Evaluation of change in capsular size of shoulder in prone shooting position': **NWOA meeting**, Bolton, 16 Nov 2007
4. 'Mobility and mortality after hip fractures in elderly – a prospective audit': **NWOA meeting**, Bolton Nov 2006
5. 'Efficacy of combined ankle and popliteal block compared to ankle block for post-operative analgesia in foot surgery – a prospective randomized controlled trial' – **NWOA meeting**, Bolton, Nov 2006
6. 'Short term results of Hip Resurfacing – results from a district general Hospital': **NWOA Spring meeting**, Blackburn, April 2006
7. 'Short term results of Oxford Unicompartmental Knee replacement': **NWOA Spring meeting**, Blackburn, April 2006
8. 'Aortocaval fistula: Case report and Literature review' – **M60 Vascular meeting**, Manchester, March 2005
9. 'Use of Intraarticular steroids for osteoarthritis knee' - **Blackpool Medical Research Symposium**: Blackpool, September 2004

Invited Lectures

1. 'Perthes Disease' – Castaways UK Twelfth Spring Conference, Blackpool. 4th May 2008.
2. 'Management of peri-prosthetic fractures' – Wrightington Hip Unit Study Evening, September 2010
3. 'Early Management of Trauma Patients' – MSc/MCh Course, University of Central Lancashire, Wrightington, November 2010

RESEARCH

- **Systematic review of non-operative treatment measures for ankle arthritis**
  Supervisors: Prof Maria Paola Dey, Prof James Selfe, Mr. A I Zubairy
  Results: This systematic review is still ongoing and is a part of my MD programme with University of Central Lancashire.

- **Medium term results of revision hip surgery for failed hip resurfacing**
  Supervising Consultant: Mr. M L Porter
  Results: 45 consecutive cases were reviewed with a mean follow up of 3.6 years. Indications for revision hip surgery included ALVAL, persistent pain, fracture of neck of femur and avascular necrosis. Radiographs revealed cup inclination of $>50^0$ in 15 cases. Histology results from intra-operative samples confirmed soft tissue reaction to metal debris in 36 cases. Mean Oxford Hip Score was 34 pre-operatively and was 16 at final follow up ($P<0.05$).

- **Short term results of uncemented trabecular metal sockets and augments in complex revision hip arthroplasty**
  Supervising Consultant: Mr. M L Porter
  Results: 36 consecutive cases were reviewed with a mean follow up of 20 months. Indications for revision hip surgery included aseptic loosening, bone loss, infection and recurrent instability. Revision surgery was performed in 2 cases for persistent deep infection and pseudoarthrosis was performed. Trabecular metal socket was noted to be well fixed. Oxford Hip Score improved from 40 pre-operatively to 22 at final follow up ($p<0.05$).

- **Medium term results of uncemented Reef stem in complex revision hip arthroplasty**
  Supervising Consultant: Mr. M L Porter
  Results: 45 consecutive cases were reviewed with a mean follow up of 3.5 years. Indications for revision hip surgery included aseptic loosening, proximal femoral osteolysis and periprosthetic fracture. Revision surgery was performed in 2 cases for deep infection and for recurrent dislocation in two cases. Oxford Hip Score improved from 42 pre-operatively to 26 at final follow up ($p<0.05$).

- **Evaluation of accuracy of digital templating for total hip replacement on PACS with or without the use of reference marker**
  Supervising Consultant: Mr. A T Helm

Results: In 90% cases, the templating was accurate i.e. Exact Size +/-1 size for both femoral and acetabular components. In the remainder 10% of the cases the templating was within 2 sizes.

- **Evaluation of efficacy of combined popliteal and ankle block for post-operative analgesia after forefoot surgery – a prospective randomized controlled trial**
  Supervising Consultant: Mr. A I Zubairy
  Results: A prospective RCT including 63 patients showed a significant improvement in pain at 6 and 24 hours post-op as compared to ankle block group and significant higher satisfaction grade in the combined block group

- **Donor finger morbidity in cross-finger flaps** for finger pulp injuries (September 2004 to February 2005) at Royal Preston Hospital, Preston
  Study type: Prospective study of 20 patients
  Supervising Consultant: Mr. P Patterson
  Results: We noted high incidence of cold intolerance and restricted motion of PIP joint of donor finger

- Evaluation of Outcome measures of **patella resurfacing in patients with bilateral knee replacement**
  Supervising Consultant: Mr. Videsh Raut
  Study type: Prospective cohort study involving 60 patients and 120 knees
  Results: A significantly higher anterior knee pain score was found in the non-resurfaced group as compared to resurfaced group.

- Evaluation of **shoulder laxity in British Elite shooters by MRI Scan**
  Role: As a Chief Investigator (Project for **MSc. in Science of Sports Injuries**)
  Supervisor: Islay McEwan, Senior Lecturer Manchester Metropolitan University, Dr. Christopher Morse, MMU, Dr. David Enion, Consultant Radiologist, Blackburn Royal Infirmary
  Study type: prospective case control study
  Results: There was a statistically significant increase in the length of posterior capsule in the shooting position as compared to anatomical position. The clinical significance remains to be proven.

- **Retrograde Intramedullary nailing for supracondylar and intercondylar fractures of femur** (May 2002 to May 2003) at SSG Hospital, Baroda, India
  Role: As a lead person (Thesis for **MS (Orthopaedics)**)
  Study Type: Prospective study of 25 patients
  Supervising Consultant: Dr. R N Daveshwar
  Results: Excellent results were noted in 88% patients, including closed and open fractures

AUDIT EXPERIENCE

- **Complaints within musculoskeletal division at Wrightington, Wigan and Leigh NHS Trust and lessons learnt**
  Supervising Consultant: Mr. M L Porter
  Results: 119 complaints were noted within 1 year, which were marginally higher than the complaints made in the previous year. Improvements were noted in certain areas, based on the recommendations from the previous audit. Further failings were identified from this audit, and lessons were learnt to avoid complaints and to improve the service. Recommendations were made from this audit and re-audit will be performed next year to complete the audit loop.

- **Incidence of readmission following total knee replacement**
  Supervising Consultant: Mr. M L Porter
  Results: 40 re-admissions were recorded following total knee replacement at Wrightington, Wigan and Leigh Hospitals NHS Trust over a 6 month period. 30 of these cases were inappropriately labeled as re-admission, and were actually transferred to the acute site for further investigations/treatment. Reasons for transfer included suspected PE or medical complications. Reasons for readmission in 10 cases included causes like DVT or superficial wound infection. Guidelines have been prepared so that transfers are not considered as readmission and plan is perform a re-audit to evaluate the compliance and effectiveness of these guidelines.

- **Metacarpal fracture fixation: comparison of a novel technique (intramedullary interlock nailing) versus conventional intramedullary K wiring**
  Supervising Consultant: Mr. S P Hodgson
  Study: A retrospective study of 32 consecutive patients undergoing surgical fixation for fracture of 5th metacarpal
  Results: Complication rate was higher in the IM nailing group (26%) as compared to the K wiring group (17%). All patients in the IM nailing group needed GA for removal of implant whereas only 4 patients in the K wiring group needed a GA for implant removal. Time to fracture union and return to work was comparable in both groups.

- **A prospective audit of Morton's Neuroma**
  Supervising Consultant: Mr. A I Zubairy
  Study: A prospective study of 73 consecutive cases of Morton's Neuroma treated either by injection or by surgical excision
  Results: Average pain relief after injection was for 2.5 weeks, whereas all patients undergoing surgery had complete pain relief at 3 months follow up.

- **A prospective audit of mobility and mortality after hip fractures in**

elderly
Supervising Consultant: Mr. R Mohan
Study: A prospective study of 50 patients with hip fractures treated by different surgical options and also by conservative treatment
Results: 40% overall mortality at 1 year follow up with average drop in mobility grade of 2.5. Guidelines were formed in order to communicate the potential drop in mobility with the patients and the family and re-audit was performed to close the audit loop.

- **Audit of Oxford Unicompartmental knee replacement – short term results**
  Supervising consultant: Mr. R Mohan
  Study: A prospective audit of 41 knees in 41 patients over a 3 year period
  Results: The average duration of follow up was 16 months (range: 6 months-4years). There was a statistically significant difference between the average pre-operative and post-operative oxford knee scores ($p<0.05$). The total survival rate was 97.6% with revision as an end point.

- **'Hip Resurfacing Arthroplasty – short term results and indications as per NICE Guidelines'**
  Supervising consultant: Mr. V B Shah, Mr. R Mohan
  Duration of study: August 2005 to January 2006
  Study: A prospective audit of 75 patients who underwent hip resurfacing arthroplasty. Indication for surgery, post-operative rehabilitation protocol, radiographic positioning, oxford hip score and complications were evaluated.
  Results: Mean age of patients was 50 years (range 27-66 years). Average duration of follow up was 1.4 years (range 6 months – 3 years). Average pre-op Oxford hip score was 50, whereas average post-op Oxford hip score was 13. There was a significant improvement of scores after the surgery ($p <0.05$). NICE guidelines were followed in all these patients.

- A retrospective audit of 100 patients on **use of intraarticular steroids (**Blackpool Victoria Hospital): Carried out during September-December **2003**. I was the principal auditor for the project. It revealed good relief of pain in patients with mild osteoarthritis knee and postponement of the need for knee replacement. We also noted that patient selection was not meeting the criteria of ARA. Subsequent to the audit, the hospital devised a policy for intraarticular steroid injection for osteoarthritis knees. We closed the loop of the Audit cycle by repeating the audit after implementation of the policy and it showed improved adherence to the guidelines of ARA.