

Curriculum Vitae

Of

Ioannis Virlos

Ptychion Iatrikes (MBBS equivalent)

MD(Man) MSc DIC

FRCSEd. FRCS (Gen Surg)

FEBS (EBSQ - Coloproctology)

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PERSONAL DETAILS

Surname	Virlos
First names	Ioannis Theodore
Date of Birth	10 August 1966
Marital Status	Married with 2 children
Address	22 Hrodotou Glyfada, Attika, Greece TK 16675
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GMC - Registration number	4232027 Full registration with licence to practice Specialist Register (26/10/2009)

UNIVERSITY AND POSTGRADUATE EDUCATION

October 1984 – December 1987:	Aristotle University of Thessaloniki, Thessaloniki Medical School, Greece.	
January 1988 – October 1990:	Democritos Thrace University, Medical School of Alexandroupolis, Greece.	
Degree:	Ptychion Iatrikes (M.B.B.S. equivalent) Alexandroupolis, Greece	1990
Postgraduate education:	Medical Doctorate (MD) by thesis University of Manchester, UK	2009
	Master (MSc) in Surgical Sciences & Diploma of Imperial College (DIC) Imperial College School of Medicine, University of London, UK	2000

QUALIFICATIONS

Accreditation in Colonoscopy JAG for Gastrointestinal Endoscopy		2013
EBSQ in Coloproctology European Board of Surgery		2011
CCT in General Surgery PMETB, UK		2009
FRCS (Gen Surg) Intercollegiate Specialty Board in General Surgery, UK		2008
FRCSEd. Royal College of Surgeons of Edinburgh		1998
ATLS Royal College of Surgeons of England		1998
ALS British Resuscitation Council		2000

PROFESSIONAL DEVELOPMENT

I. Reviewer for:

1. *“British Journal of Surgery”*
2. *“Colorectal Disease”*
3. *“Annals of Thoracic Medicine”*.
4. *“Pancreas”* (ad hoc).
5. *“Postgraduate Journal of Medicine”* (ad hoc).

II. Tutor at:

1. **The Royal College of Surgeons of England Basic Skill Course.**

Wolfson Centre, Manchester Royal Infirmary - 2001. TA Centre, Derriford Hospital, Plymouth - 2008.

III. Faculty member at:

Advanced laparoscopic skills course. Poole Hospital in association with ASIT

III. OSCE Examiner at:

Communication Proficiency Assessment.

Clinical Skills Centre of Barts and The London, University of London. 7th January 2013.

IV. Accredited Clinical Supervisor – London Deanery. June 2013 – June 2014.

PRIZES – AWARDS

GEM of GEMS 2017	Queen’s Hospital, Burton	2018
Best Oral Presentation	Annual meeting of the Royal Australasian College of Surgeons	2005
Poster at the excellent poster session	4th European Congress of IHPBA	2001
Best Poster Presentation	1st European Congress of IHPBA	1995

SCHOLARSHIPS – FELLOWSHIPS AWARDED

Fellowship in Advanced Laparoscopic Surgery

Heilig Hart Ziekenhuis, Department of Abdominal Surgery
Roeselare, Belgium

ALSGBI / ACPGBI – ETHICON 2009

Laparoscopic Colorectal Fellowship 2009
National Laparoscopic Colorectal Training Program.

ASIT – COVIDIEN 2009

Travelling Fellowship in Laparoscopic Colorectal Surgery 2009

ALSGBI – ETHICON 2009

Travelling Scholarship in memory of David Dunn 2009

Laparoscopic Colorectal training scholarship

Ethicon Endo-Surgery sponsored training for Dukes club trainees 2007

Fellow in Colorectal Surgery –

Sir Charles Gairdner Hospital, Perth 2006

Pancreatic Society of Great Britain and Ireland

Travelling Fellowship 2001

Royal College of Surgeons of Edinburgh

Ethicon Travelling Scholarship 2000

MEMBERSHIP OF SPECIALIST AND MEDICAL SOCIETIES

Fellow, Intercollegiate Specialty Board in General Surgery, UK

Fellow, Royal College of Surgeons of Edinburgh

Fellow, European Board of Surgery (Coloproctology)

Member, Association of Coloproctology of Great Britain and Ireland

Member, European Society of Coloproctology

Member, European Crohn's Colitis Organization

Member, British Medical Association - Registration number **7319247**

General Medical Council, UK - Registration number **4232027**

APPOINTMENTS HELD

Current Consultant appointment – UK

February 2016 to date: Queen's Hospital, Burton-on-Trent,
Department of General and Colorectal Surgery
**Derby and Burton University Hospitals
Foundation Trust**
Consultant General and Colorectal Surgeon

This is a substantive Consultant appointment based at Queen's Hospital, Burton on Trent, an acute district hospital providing a full range of acute and elective health services for a population of 250,000 people. Queen's Hospital is part of Derby and Burton University Hospitals Foundation Trust, which comprises of five hospitals. I am part of general and colorectal surgery team and a core member of the lower GI MDT and I fully support the delivery and development of the Colorectal Service with the other Consultant Surgeons by contributing to management within the Trust through the Directorate. There is a firm commitment to clinical governance including participation in continuing medical education and effective clinical audit, in line with national guidelines. The on call commitment is 1 in 8 during which all elective commitments are cancelled. My elective duties include ward rounds and daily care of my patients, outpatient clinics, endoscopy sessions and operating sessions, including day surgery. Outpatient clinics are offered on site and at Samuel Johnson Hospital, Litchfield. Endoscopic sessions are offered in a fully equipped Endoscopy Unit that has full JAG accreditation and at Sir Robert Peel Hospital, Tamworth. Elective operating sessions include a wide range of colorectal surgery, including laparoscopic surgery principally for cancer. Day case surgery sessions include proctology, hernia and gallbladder surgery. I participate in the training of junior and middle grade doctors providing teaching and support during their attachment at Queen's Hospital.

Consultant appointments - UK

August 2015 to February 2016: Northampton General Hospital, Northampton
Department of General and Colorectal Surgery
Consultant General and Colorectal Surgeon

This Consultant appointment was based at Northampton General Hospital, a large, 700-bed, district hospital providing a full range of acute and elective health services for a population of 370,000 people. I was part of team of five colorectal surgeons and I fully supported the delivery and development of the Colorectal Service with the other Consultant Surgeons by contributing to management within the Trust through the Directorate. The on call commitment was 1 in 7. My elective duties included ward rounds and daily care of my patients, outpatient clinics, endoscopy sessions and operating sessions, including day surgery. Outpatients' clinics were offered on site and at Daventry Hospital. Endoscopic sessions were offered in a fully equipped Endoscopy Unit that has full JAG accreditation. Elective operating sessions included a wide range of colorectal surgery, including laparoscopic surgery principally for cancer. Day case surgery sessions included proctology, hernia and gallbladder surgery. I participated in the training of junior and middle grade doctors and in all teaching programs for medical staff and medical students both Leicester and Oxford medical schools providing teaching and support during their attachment at Northampton General Hospital.

July 2013 to July 2015: Royal Hampshire County Hospital, Winchester
Department of General and Colorectal Surgery
Consultant General and Colorectal Surgeon

This 24-month Consultant appointment was based at the Department of General Surgery of the Royal Hampshire County Hospital, part of Hampshire Hospitals NHS Foundation Trust, offering acute and elective health services for a population of 500,000 people. The on call arrangements were two weeks out of every six weeks during which all elective commitments were cancelled with fixed sessions for emergency surgery and post take ward rounds. My elective duties included ward rounds and daily care of my patients, outpatient clinics, one-stop flexible sigmoidoscopy clinics, endoscopy sessions and operating sessions, including day surgery. In addition, I participated in the weekly lower GI MDT meeting and, as part of the organizational running of the surgical firm, in the weekly business and audit departmental meeting. I also participated in teaching of medical students and training of junior and middle grade doctors.

March 2013 to July 2013: Oxford University Hospitals, Oxford
Department of Colorectal Surgery
Consultant General and Colorectal Surgeon

Clinical: I have worked at the John Radcliffe, Churchill and Horton Hospital (Banbury) providing service for general and colorectal surgery and participating in the further development and provision of sub-specialty practice within Colorectal Surgery assuming a continuing responsibility for the care of patients under my charge and the proper functioning of the department. In addition, I contributed to the reduction of the Colorectal waiting list. I participated in 1:6 on call rota (on a week on call basis). My routine daily duties included ward rounds and daily care of inpatients, outpatients clinics, endoscopy lists and independent operating both in the elective and emergency setting.

Teaching/Research: I participated and regularly contributed in programmes for teaching clinical students, training junior doctors and in clinical examinations as an integral part of everyday clinical activity.

Clinical Governance: I have participated in all clinical governance activities, including clinical audit, clinical effectiveness, risk management, quality improvement activities as it was required by the Trust.

Management: I have worked within the Trust's management policies and procedures and undertaken the administrative duties associated with the care of my patients and the running of my clinical service under the direction of the lead clinician.

November 2012 to March 2013: Homerton University Hospital, London
Department of General and Colorectal Surgery
Consultant General and Colorectal Surgeon

This was a 5-month fixed term Locum appointment. I participated in 1:9 on call rota. My routine daily duties include ward rounds and daily care of my patients, outpatients clinics and independent operating both in the elective and emergency setting. In addition, I participated in the weekly colorectal firm clinical meeting and the weekly lower GI MDT meeting and once a month in the Inflammatory Bowel Disease MDT meeting. I was part of the pelvic floor group of the hospital and I worked closely with the pelvic floor Colorectal nurse specialist, providing biofeedback and PTNS service. In addition, I managed on regular basis patients with complex fistula-in-ano.

April to October 2012: Ealing Hospital, London
Department of General Surgery
Consultant General and Colorectal Surgeon

Ealing Hospital is a District General Hospital in West London area. It offers acute and elective health services, in a wide range of medical and surgical specialties, covering a population of 350,000 people. This was a 7-month Consultant appointment. I participated in 1:7 on call rota, following a system of consultant on call of the week. My routine daily duties included ward rounds and daily care of my patients, outpatients clinics, endoscopy sessions and operating both in the elective and emergency setting. In addition, I participated in the weekly lower GI MDT meeting, in the weekly consultants' meeting along with the manager of the surgical services and once monthly in the mortality and morbidity and surgical unit's audit meeting.

Private sector Consultant appointments – Greece

October 2011 to April 2012 Mitera General Hospital, Athens, Greece
Consultant General Surgeon

Mitera Hospital is the largest private general hospital in Athens and Greece, with 500 beds. It offers a range of services in almost all surgical specialties and is tertiary referral centre for cardiothoracic surgery, neurosurgery, head and neck surgery and HPB surgery. This was a service appointment - with admitting rights - in general surgery. My duties included operating of elective and emergency cases, ward rounds, and outpatients clinic being responsible for the daily care of my patients. At the same time I was ran a private office outpatients surgical clinic, including endoanal / endorectal ultrasound (3D) facilities and colonoscopy.

Consultant appointments - Greece

October 2009 – October 2011:

Sotiria General Hospital, Athens, Greece
Department of General Surgery

Consultant General Surgeon

Sotiria General Hospital where I was appointed as Consultant General Surgeon is one of Athens urban area General Hospitals and a referral centre for respiratory diseases. The Department of General Surgery offers service for upper and lower Gastrointestinal, Endocrine, Breast, and Laparoscopic surgery. 750 major operations are performed annually in this department in both elective and emergency setting. The department offers emergency service for Athens urban area every fourth day. During these acute service days, 3 major General Hospitals of Athens offer emergency surgical service for a population of 4 million people.

My duties included daily ward round, operating of elective and emergency cases, supervision and teaching of residents and outpatients' clinic once per week. I was responsible for the daily care of my patients and when I was on-call for the care of inpatients, emergency patients, decision-making and operating. I was on-call for Athens urban area emergency surgical service 2-4 days per month. In addition I was on-call another 6-8 days per month for the patients of the surgical department, surgical HDU and hospital, a high-risk population which could be subjected to major surgery during one of these on-calls.

Specialist Registrar (SpR) appointments (Type I post –PEN/021/008/N)

April - September 2009:	<u>Singleton Hospital, Swansea, UK.</u> Laparoscopic Fellow in Colorectal Surgery. National Laparoscopic Colorectal Training Program. (OOPE post) Mr Khot.
August 2008 - March 2009:	<u>Royal Devon and Exeter Hospital, Exeter, South West Deanery rotation, UK.</u> SpR in Colorectal Surgery. Mr Gee, Mr Daniels, Mrs Boorman.
April 2007 - August 2008:	<u>Derriford Hospital, Plymouth, South West Deanery rotation, UK.</u> SpR in Colorectal Surgery. Mr Oppong, Mr Douie.
January 2007 - April 2007:	<u>Southmead and Frenchay Hospitals, Bristol, South West Deanery rotation, UK.</u> SpR in Colorectal Surgery.
February 2006 - January 2007:	<u>Sir Charles Gairdner Hospital, Perth, Australia.</u> Fellow in Colorectal Surgery. (<i>Out of Program Experience – OOPE post</i>) Mr Aitken, Mr Clarke, Mr Chandraratna. Mr Roe, Mrs Pullyblank.
October 2005 - January 2006:	<u>Derriford Hospital, Plymouth, South West Deanery rotation, UK.</u> SpR in Colorectal Surgery. Mr Oppong.
April 2005 - October 2005:	<u>Torbay General Hospital, South West Deanery rotation, UK.</u> SpR in Vascular Surgery. Mr Currie, Mr McCarthy.
October 2004 - April 2005:	<u>Torbay General Hospital, South West Deanery rotation, UK.</u> SpR in Colorectal Surgery. Mr DeFriend, Mr Mitchell.
April 2004 - October 2004:	<u>Cheltenham General Hospital, South West Deanery rotation, UK.</u> SpR in Gastrointestinal Surgery. Mr Goodman, Mr Wheeler.
October 2003 - April 2004:	<u>Cheltenham General Hospital, South West Deanery rotation, UK.</u> SpR in Breast Surgery. Mr J Bristol, Mr C Chan.

Specialist Registrar (SpR) appointments (Locum Appointment for Training – LAT posts):

- October 2002 - September 2003:** Arrowe Park Hospital, Wirral, Mersey Deanery rotation, UK.
SpR in Breast and General Surgery
Mr DA Berstock, Mr F Swe.
- April 2002 - October 2002:** North Middlesex Hospital, London Deanery, NE Thames rotation, UK.
SpR in Colorectal Surgery.
Mr L Meleagros.

Research appointments

- October 2000 - April 2002:** Manchester Royal Infirmary, University of Manchester.
MD Research Fellow in Surgery.
Mr AK Siriwardena.
- October 1999 - September 2000:** Hammersmith Hospital, Imperial College School of Medicine, University of London.
MSc Research Fellow in Surgical Science.
Prof RCN Williamson and Dr RT Mathie.

Senior House Officer (SHO) appointments

- February 1998 - August 1999:** West Cumberland Hospital, Whitehaven, UK.
SHO in General Surgery.
Mr El-Rabaa
- August 1997 - February 1998:** Halton General Hospital, Runcorn, UK.
SHO in Urology.
Mr R Ewing.
- February 1997 - August 1997:** Freeman Hospital, Newcastle upon Tyne, UK.
SHO in Transplant Surgery.
Mr D Manas.
- December 1996 - February 1997:** Queen Elizabeth Hospital, Gateshead, UK.
SHO in General Surgery.
Mr J Higgs.

August 1996 – December 1996:

I was subjected to knee operation secondary to injury with subsequent postoperative physiotherapy and rehabilitation.

- August 1995 - August 1996:** Frenchay Hospital, Bristol, UK.
SHO in Thoracic Surgery.
Mr C Forrester-Wood, Mr Jeyasingham.
- November 1992 - August 1995:** Apostle Paul Hospital, Athens, Greece.
SHO in General Surgery.
Professor L Papastamatiou.

Compulsory Military Service

April 1992 - October 1992:

401 Army General Hospital, Athens, Greece.
Senior House Officer (SHO) in Orthopaedics.
Dr C Tsaparas.

June 1991 - April 1992:

Greek Army, Nafplio Military Camp, Greece.
Military General Practitioner.

March 1991 - May 1991:

Greek Army, Mesologi and Arta Recruitment
Military Camps, Greece.

August 1990 – March 1991 period:

Final examinations in Paediatrics (September 1990). Award of Medical Qualification (October 1990). University Graduation Ceremony (November 1990). Following an administrative process I joined the Greek Army (compulsory military service by law).

Pre-registration appointments

February 1990 - July 1990:

University Hospital, Alexandroupolis, Greece.
Rotation in General Medicine, Paediatrics and
Social Medicine.

August 1989 - January 1990:

University Hospital, Alexandroupolis, Greece.
Rotation in General Surgery, Obstetrics &
Gynaecology and Neurology.

August 1999 – September 1999:

In August 1999 my father passed away in Greece after terminal illness. Following bereavement, I started a full-time MSc in Surgical Sciences at the Imperial College, London, UK.

TEACHING EXPERIENCE

I am an accredited clinical and educational Supervisor for the East Midlands Deanery. I regularly supervise junior and middle grade doctors and teach medical students from Medical School of Leicester University.

In addition, I was accredited clinical supervisor for the London Deanery for the period 2013-2014, a tutor for The Royal College of Surgeons of England Basic Skill Course, a faculty member for the ASIT Advanced laparoscopic skills Course and OSCE Examiner, at the Communication Proficiency Assessment, London University.

I have performed clinical and bedside teaching and given a number of lectures and weekly tutorials for medical students and house officers from the Greece, UK and Australia. I have also participated in Mock Viva examination for 4th and 5th year medical students in the UK and Australia.

MANAGEMENT EXPERIENCE

My management experience dates back to 1991, when I was responsible for medical examination and administrative workout of the new soldiers joining the Greek Army in a 1200-men military recruitment camp in Greece. During my Fellowship in Australia in 2006 I had extended management duties and responsibilities in organising outpatients clinics and operative lists, dealing with new referrals and the follow up of cancer patients (there was not an established lower GI MDT meeting at the time). I have also prepared and organised the duty rota in various surgical departments in Greece and the UK and organised junior staff teaching program during the period 2009 – 2010 in Greece.

EXTRA CURRICULUM INTERESTS

I was an active member of Greek and British swimming and water polo clubs and participated in national swimming and water polo competitions, including Greek and British National Water Polo League from 1979 to 2003.

I keep fit by swimming and biking and I enjoy skiing. Recently I started playing golf. I also enjoy going to theatre, opera and cinema.

Apart from Greek and English I speak French.

APPENDIX

Peer review Publications

Published abstracts

Presentations to learned societies

Audits

CME - Courses attended

CME- Meetings attended

PEER REVIEW PUBLICATIONS IN SCIENTIFIC JOURNALS

- 1. Short-term outcomes with intrathecal *versus* epidural analgesia in laparoscopic colorectal surgery.** (Original paper)
I Virlos, D Clements, J Beynon, V Ratnalikar, U Khot.
Br J Surg 2010;97:1401-1406.
- 2. Hyperlipidaemia and outcome in acute pancreatitis.** (Original paper)
S Balachandra, **IT Virlos**, NK King, HP Siriwardana, MW France, AK Siriwardana.
Int J Clin Pract 2006;60:156-159.
- 3. Pathways of care for patients with suspected cancer of pancreas; tiered questionnaire based survey of medical personnel across a single United Kingdom Calman-Hine cancer network.** (Original paper)
I Virlos, HPP Siriwardana, Y Camal, AK Siriwardana.
Journal of the Pancreas 2005;6:13-25.
- 4. Calpain-1 inhibitor ameliorates the indices of disease severity in a murine model of cerulein-induced acute pancreatitis.** (Original paper)
I Virlos, E Mazzon, I Serraino, T Genovese, R Di Paola, C Thiernerman, A Siriwardana, S Cuzzocrea.
Intensive Care Medicine 2004;30:1645-1651.
- 5. Intravenous n-acetylcysteine, ascorbic acid and selenium-based anti-oxidant therapy in severe acute pancreatitis.** (Original paper)
IT Virlos, J Mason, D Schofield, RF McCloy, JM Eddleston, AK Siriwardana.
Scandinavian Journal of Gastroenterology 2003;38:1262-1267.
- 6. Pyrrolidine dithiocarbamate modulates the severity of cerulein induced murine acute pancreatitis.** (Original paper)
I Virlos, E Mazzon, I Serraino, R Di Paola, T Genovese, D Britti, C Thiernerman, AK Siriwardana, S Cuzzocrea.
Shock 2003 Dec;20:544-550.
- 7. Nitric oxide synthase expression in a rat model of hepatic ischaemia-reperfusion.** (Original paper)
F Serracino-Inglott, **I Virlos**, RCN Williamson, RT Mathie, N Habib.
American Journal of Surgery 2003; 185:589-595.
- 8. Differential expression of pulmonary nitric oxide synthase isoforms after intestinal ischaemia-reperfusion.** (Original paper)
I Virlos, F Serracino-Inglott, RT Mathie, RCN Williamson.
Hepato-Gastroenterology 2003;50:31-36.

9. **Adenosine preconditioning attenuates hepatic reperfusion injury in the rat by preventing the down-regulation of endothelial nitric oxide synthase.** (Original paper)
F Serracino-Inglott, I Virlos, NA Habib, RCN Williamson, RT Mathie.
BMC Gastroenterology 2002, 2:22.
10. **Acinar cell carcinoma of the pancreas with and without endocrine differentiation.** (Case report and review of the literature)
I Virlos, IM Papazachariou, RCN Williamson.
HPB 2002;4:87-90.
11. **Gastropleural fistula originating from the lesser curve: a recognised complication, an uncommon pathway of communication.** (Case report)
I Virlos, G Asimakopoulos, C Forrester-Wood.
The Thoracic and Cardiovascular Surgeon
2001;49:308-309.
12. **Parathyroid hormone related peptide in pancreatic neuroendocrine tumours associated with hypercalcaemia.** (Case report and review of the literature)
IM Papazachariou, I Virlos, RCN Williamson.
HPB 2001;3:221-225.
13. **Hypertonic saline attenuates end-organ damage in an experimental model of acute pancreatitis.** (Letter)
I Virlos, AK Siriwardena.
Br J Surg 2001;88:594.

PUBLISHED ABSTRACTS

1. R Chidambaranath, I Ali, M Zhen, **I Virlos**, P Thomas
Magnetic resonance imaging and Goodsall's rule for fistula in ano.
Colorectal Disease 2018;20 (Suppl 4): P611.
2. M Chand, **I Virlos**, TJ Moore, AJG Miles.
One-stop flexible sigmoidoscopy clinic represents a safe and cost-effective mode to manage "Urgent Suspected Bowel Cancer"
Colorectal Disease 2016;18 (Suppl 2): P034.
3. **I. Virlos**, M Chand, AJG Miles, TJ Moore.
A meta-analysis of continuous wound infusion versus epidural infusion for colorectal surgery
Colorectal Disease 2016;18 (Suppl 2): P078.
4. **IT Virlos**, D Clements, J Beynon, UP Khot.
Cohort study of intrathecal vs epidural analgesia in laparoscopic colorectal surgery. *Colorectal Disease* 2009;11 (Suppl 2): P113, p.40.
5. V Munikrishnan, RD Pullan, D DeFriend, **IT Virlos**.
Permacol: a new prosthetic material resistant to intra-abdominal sepsis.
ANZ Journal of Surgery 2006; 76 (Suppl): A20.
6. **I Virlos**, S Balachandra, E Mazzon, C Thiemermann, AK Siriwardena, S Cuzzocrea. **Specific targettable inflammation related pathways in experimental acute pancreatitis.** *Digestive Surgery* 2005; 22:334.
7. **I Virlos**, F Serracino Inglott, RT Mathie, RCN Williamson.
Nitric oxide role in intestinal ischaemia-reperfusion induced acute lung injury. *Colorectal Disease* 2005; Suppl:P208, pp.65.
8. **I Virlos**, V Munikrishnan, RD Pullan, D DeFriend.
Permacol: a new prosthetic material resistant to intra-abdominal sepsis.
Colorectal Disease 2005; Suppl:P209, pp.65.
9. **I Virlos**, S Balachandra, E Mazzon, C Thiemermann, AK Siriwardena, S Cuzzocrea. **Identification of specific targettable inflammation related pathways in murine experimental acute pancreatitis.** *ANZ Journal of Surgery* 2005; 75 (Suppl): A74.
10. **I Virlos**, F Serracino Inglott, RT Mathie, RCN Williamson.
Nitric oxide role in intestinal ischaemia-reperfusion induced acute lung injury. *ANZ Journal of Surgery* 2005; 75 (Suppl): A63.
11. **I Virlos**, AK Siriwardena, S Cuzzocrea.
Pyrrolidine dithiocarbamate modulates the severity of cerulein induced murine acute pancreatitis. *Digestive Surgery* 2004;21:17.

12. **I Virlos**, AK Siriwardena.
Intravenous N-acetylcysteine, Ascorbic acid and selenium-based anti-oxidant therapy in severe acute pancreatitis. *Digestive Surgery* 2004;21:17.
13. **I Virlos**, AK Siriwardena.
Case-control study of the outcome of selenium and N-acetylcysteine-based intravenous anti-oxidant therapy in severe acute pancreatitis. *Gastroenterology* 2003; Suppl.
14. HPP Siriwardana, **I Virlos**, AK Siriwardena.
Systematic appraisal of portal vein resection at pancreaticoduodenectomy. *Gastroenterology* 2003; Suppl.
15. **I Virlos**, AK Siriwardena, S Cuzzocrea.
Pyrrolidine dithiocarbamate modulates the severity of cerulein induced murine acute pancreatitis. *British Journal of Surgery* 2003;90:627-628.
16. **I Virlos**, AK Siriwardena.
Modulation of NF-kB expression in experimental acute pancreatitis by pyrrolidine dithiocarbamate. *Hellenic Journal of Surgery* 2002;74:217-8.
17. **I Virlos**, AK Siriwardena.
Patterns of referral for patients with pancreatic cancer. *Hellenic Journal of Surgery* 2002;74:64.
18. **I Virlos**, AK Siriwardena.
Effects of intravenous anti-oxidant therapy on outcome in severe acute pancreatitis. *Hellenic Journal of Surgery* 2002;74:175.
19. **I Virlos**, AK Siriwardena.
Intravenous high-dose n-acetylcysteine and selenium in severe acute pancreatitis. *Gut* 2002;51(Suppl III); A246.
20. HPP Siriwardana, **I Virlos**, W Boswell, AK Siriwardena.
Referral patterns for patients with suspected pancreatic cancer: primary care-specialist interface in contemporary practice. *Gut* 2002;51(Suppl III); A53.
21. **I Virlos**, W Boswell, HPP Siriwardana, RF McCloy, AK Siriwardena.
Pathways of care for patients with pancreatic cancer: the primary care-specialist interface in contemporary practice. *Pancreatology* 2002;2:303.
22. **I Virlos**, AK Siriwardena.
Effect of intravenous anti-oxidant therapy on outcome in severe acute pancreatitis. *Pancreatology* 2002;2:344-345.
23. **I Virlos**, W Boswell, HPP Siriwardana, AK Siriwardena.

- Pathways of care for patients with pancreatic cancer: the primary care-specialist interface in contemporary practice.** *Gastroenterology* 2002;123, Suppl. 1:40.
24. **I Virlos**, AK Siriwardena
Preliminary report of the feasibility of synchronous liver resection with contralateral lobe radiofrequency ablation for bi-lobar colorectal metastatic disease confined to the liver. *Gut* 2001;49 (Suppl III); abstract 1271.
 25. **I Virlos**, J Barnard, AK Siriwardena.
Variations in implementation of current national guidelines for the treatment of acute pancreatitis: implications for acute surgical service provision. *The Journal of the Royal College of Surgeons of Edinburgh* 2001;46:360.
 26. **I Virlos**, J Barnard, AK Siriwardena.
Identification of aspects of the treatment of acute pancreatitis where there is consistent divergence from current national guidelines. *HPB* 2001;3:145-6.
 27. **I Virlos**, GC Beattie, AK Siriwardena.
Long-term risk of recurrent pancreatitis in patients with acute biliary pancreatitis treated by endoscopic sphincterotomy alone. *HPB* 2001;3:145.
 28. **I Virlos**, GC Beattie, AK Siriwardena.
Long-term risk of recurrent pancreatitis in patients with acute biliary pancreatitis treated by endoscopic sphincterotomy alone. *Gastroenterology* 2001;Suppl.
 29. GC Beattie, R Saharia, **I Virlos**, AK Siriwardena
Evidence of wide variation in the surgical management of severe acute pancreatitis: final results of a pan-European survey. *Gastroenterology* 2001;Suppl.
 30. A Butnik, A Ives, M Adelekan, **I Virlos**, M Walker
Measuring satisfaction with varicose veins treatment: Comparative analysis of patients and surgeons assessment. *Quality of Life Research* 1999;8:594.
 31. G Kiratzis, L Papastamatiou, **I Virlos**, N Mourelatos.
Mortality and morbidity of liver trauma. Analysis of 588 cases. *HPB Surgery*,1995;9 (Suppl 1):59.
 32. G Kiratzis, **I Virlos**, L Lapidakis, L Papastamatiou.
Elective cholecystectomy for lithiasis. Operative findings vs preoperative consideration. *HPB Surgery*,1995;9(Suppl 1):119.

PRESENTATIONS TO LEARNED SOCIETIES

- 1. Magnetic resonance imaging and Goodsall's rule for fistula in ano.**
ESCP 2018 13th Scientific and Annual meeting, Acropolis Palais des Congres, Nice, France.
R Chidambaranath, I Ali, M Zhen, I Virlos, P Thomas.
Duration September 26-28 2018.
- 2. One-stop flexible sigmoidoscopy clinic represents a safe and cost-effective mode to manage "Urgent Suspected Bowel Cancer"**
ACPGBI 2016 Annual Meeting, EICC, Edinburgh, UK.
M Chand, I Virlos, TJ Moore, AJG Miles.
Duration July 4-6, 2016.
- 3. A meta-analysis of continuous wound infusion versus epidural infusion for colorectal surgery**
I Virlos, M Chand, AJG Miles, TJ Moore
ACPGBI 2016 Annual Meeting, EICC, Edinburgh, UK.
Duration July 4-6, 2016.
- 4. Continuous wound infusion versus epidural infusion for colorectal surgery – a meta-analysis.**
M Chand, MRS Siddiqui, L Devoto, TJ Moore, AJG Miles, IT Virlos
10th Scientific and Annual Meeting of the ESCP, Dublin, Ireland.
Duration September 23-26, 2015.
- 5. Short-term outcomes in patients over 85 undergoing curative resection for colorectal cancer.**
M Chand, K Kemal, L Devoto, TJ Moore, AGJ Miles, IT Virlos
10th Scientific and Annual Meeting of the ESCP, Dublin, Ireland.
Duration September 23-26, 2015.
- 6. One-stop flexible sigmoidoscopy clinics are a safe and cost-effective way to manage "Urgent Suspected Bowel Cancer"**
M Chand, D Cadeaux-Hudson, M Shata, TJ Moore, IT Virlos, AJG Miles
10th Scientific and Annual Meeting of the ESCP, Dublin, Ireland.
Duration September 23-26, 2015.
- 7. Right Hemicolectomy for cancer: complete mesocolic excision with laparoscopic approach is equally possible when compared with the open approach.**
I Virlos
4th Meeting of the Hellenic Society of Digestive Surgery, Athens.
Duration June 12, 2010.
*** Invited presentation**
- 8. Cohort study of complex pelvic surgery (poster).**
IT Virlos, G Gitau, AS Gee.
4th Annual meeting of ESCP, Prague, Czech Republic.
Duration September 23-26, 2009.

- 9. Cohort study of intrathecal vs epidural analgesia in laparoscopic colorectal surgery (poster).**
IT Virlos, D Clements, J Beynon, UP Khot.
 4th Annual meeting of ESCP, Prague, Czech Republic.
Duration September 23-26, 2009.
- 10. Permacol: a new prosthetic material resistant to intra-abdominal sepsis (poster).**
IT Virlos, V Munikrishnan, RD Pullan, D DeFriend.
 Royal Australasian College of Surgeons, Annual Scientific Congress, Sydney.
Duration May 15-19, 2006.
- 11. Permacol: a new prosthetic material resistant to intra-abdominal sepsis (poster).**
I Virlos, V Munikrishnan, RD Pullan, D DeFriend.
 2nd meeting of the Hellenic Society of Digestive Surgery, Athens, Greece.
Duration November 11-13, 2005.
- 12. Specific targettable inflammation related pathways in experimental acute pancreatitis.**
IT Virlos, S Balachandra, E Mazzon, C Thiemermann, AK Siriwardena, S Cuzzocrea.
 2nd meeting of the Hellenic Society of Digestive Surgery, Athens, Greece.
Duration November 11-13, 2005.
- 13. Nitric oxide role in intestinal ischaemia-reperfusion induced acute lung injury (poster).**
IT Virlos, F Serracino Ingloft, RT Mathie, RCN Williamson.
 2nd Annual meeting of EACP/ECCP, Bologna, Italy.
Duration September 15-17, 2005.
- 14. Permacol: a new prosthetic material resistant to intra-abdominal sepsis (poster).**
I Virlos, V Munikrishnan, RD Pullan, D DeFriend.
 2nd Annual meeting of EACP/ECCP, Bologna, Italy.
Duration September 15-17, 2005.
- 15. Identification of specific targettable inflammation related pathways in murine experimental acute pancreatitis.**
IT Virlos, S Balachandra, E Mazzon, C Thiemermann, AK Siriwardena, S Cuzzocrea.
 Royal Australasian College of Surgeons Annual Scientific Congress, Perth, WA, Australia.
Duration May 10, 2005.

** Awarded as the best oral presentation (Ethicon prize).*

- 16. Nitric oxide role in intestinal ischaemia-reperfusion induced acute lung injury (poster).**
IT Virlos, F Serracino Inglott, RT Mathie, RCN Williamson.
 Royal Australasian College of Surgeons Annual Scientific Congress, Perth, WA, Australia.
Duration May 9-13, 2005.
- 17. Hyperlipidaemia and outcome in acute pancreatitis.**
 Balachandra S, **Virlos IT**, King NKK, Siriwardana HPP, France MW, Siriwardana AK.
 26th European Pancreatic Club meeting Padova, Italy.
Duration June 23-26, 2004.
- 18. Selective inhibition of κ B by Calpain-1 inhibitor ameliorates the indices of murine cerulein-induced acute pancreatitis.**
Virlos IT, Serraino I, Mazzon E, Thiemermann C, Siriwardana AK, Cuzzocrea S.
 6th World Congress of the International Hepato-Pancreato-Biliary Association, Washington DC, USA.
Duration June 5, 2004.
- 19. Selective inhibition of κ B by Calpain-1 inhibitor ameliorates the indices of murine cerulein-induced acute pancreatitis.**
Virlos IT, Serraino I, Mazzon E, Thiemermann C, Siriwardana AK, Cuzzocrea S.
 Annual meeting of the American Gastroenterology Association, Digestive Disease Week, New Orleans, USA.
Duration May 17, 2004.
- 20. Intravenous N-acetylcysteine, Ascorbic acid and selenium-based anti-oxidant therapy in severe acute pancreatitis.**
I Virlos, AK Siriwardana.
 1st Meeting of the Hellenic Society of Digestive Surgery, Athens, Greece.
Duration November 20-23, 2003.
- 21. Pyrrolidine dithiocarbamate modulates the severity of cerulein induced murine acute pancreatitis.**
I Virlos, AK Siriwardana, S Cuzzocrea.
 1st Meeting of the Hellenic Society of Digestive Surgery, Athens, Greece.
Duration November 20-23, 2003.
- 22. Outcome of synchronous superior mesenteric vein/portal vein resection during pancreatic resection for cancer: a systematic review.**
 Siriwardana HPP, **Virlos IT**, Siriwardana AK.
 11th United European Gastroenterology Week, Madrid, Spain.
Duration November 4, 2003.

- 23. Cohort study of the outcome of selenium and n-acetylcysteine-based intravenous anti-oxidant therapy in severe acute pancreatitis.**
Virlos IT, Mason J, Schofield D, McCloy RF, Eddleston JM, Siriwardena AK.
 Manchester Science Week: The first Pan-Manchester R&D meeting, Manchester, UK.
Duration November 3, 2003.
- 24. NF-kB inhibition by pyrrolidine dithiocarbamate attenuates experimental acute pancreatitis (poster)**
IT Virlos, C Thiemermann, AK Siriwardena, S Cuzzocrea.
 Joint meeting of European Pancreatic Club and International Association of Pancreatology, Liverpool, UK.
Duration June 18-22, 2003.
- 25. Axillary vein thrombosis: an uncommon and innocuous presentation with potentially disastrous consequences.**
 I Bisbinas, **I Virlos**, A Koukakis, C Gouvas, T Karanassos.
 6th EFORT Congress, Helsinki, Finland.
Duration June 4-10, 2003.
- 26. Case-control study of the outcome of selenium and N-acetylcysteine-based intravenous anti-oxidant therapy in severe acute pancreatitis.**
I Virlos, AK Siriwardena.
 Annual Meeting of American Gastroenterological Association, Digestive Disease Week, Orlando, Florida, USA.
Duration May 18-21, 2003.
- 27. Systematic appraisal of portal vein resection at pancreaticoduodenectomy.**
 HPP Siriwardana, **I Virlos**, AK Siriwardena.
 Annual Meeting of American Gastroenterological Association, Digestive Disease Week, Orlando, Florida, USA.
Duration May 18-21, 2003.
- 28. Case-control study of the outcome of selenium and N-acetylcysteine-based intravenous anti-oxidant therapy in severe acute pancreatitis.**
I Virlos.
 Manchester Medical Society for the Astra / Zeneka Trainees' Prize. Manchester, UK.
Duration April 8, 2003.
- 29. Pyrrolidine dithiocarbamate modulates the severity of cerulein induced murine acute pancreatitis.**
I Virlos, AK Siriwardena, S Cuzzocrea.
 Annual Meeting of the Society of Academic and Research Surgery, Leeds, UK.
Duration January 8-9, 2003.

- 30. Modulation of NF-kB expression in experimental acute pancreatitis by pyrrolidine dithiocarbamate.**
I Virlos, AK Siriwardena.
 23rd Panhellenic Congress of Surgery, International Surgical Forum 2002, Athens, Greece.
Duration November 9-12, 2002.
- 31. Patterns of referral for patients with pancreatic cancer.**
I Virlos, AK Siriwardena.
 23rd Panhellenic Congress of Surgery, International Surgical Forum 2002, Athens, Greece.
Duration November 9-12, 2002.
- 32. Effects of intravenous anti-oxidant therapy on outcome in severe acute pancreatitis.**
I Virlos, AK Siriwardena.
 23rd Panhellenic Congress of Surgery, International Surgical Forum 2002, Athens, Greece.
Duration November 9-12, 2002.
- 33. Pyrrolidine dithiocarbamate modulates the severity of cerulein induced murine acute pancreatitis.**
I Virlos, AK Siriwardena, S Cuzzocrea.
 Annual Meeting of the Pancreatic Society of Great Britain and Ireland, Leeds, UK.
Duration November 7-8, 2002.
- 34. Intravenous high-dose n-acetylcysteine and selenium in severe acute pancreatitis.**
I Virlos, AK Siriwardena.
 10th UEGW Congress, Geneva, Switzerland.
Duration October 19-23, 2002.
- 35. Referral patterns for patients with suspected pancreatic cancer: primary care-specialist interface in contemporary practice.**
 P Siriwardana, **I Virlos**, W Boswell, AK Siriwardena.
 10th UEGW Congress, Geneva, Switzerland.
Duration October 19-23, 2002.
- 36. Pathways of care for patients with pancreatic cancer: the primary care- specialist interface in contemporary practice (poster).**
I Virlos, W Boswell, HPP Siriwardana, RF McCloy, AK Siriwardena.
 Joint meeting of European Pancreatic Club and International Association of Pancreatology, Heidelberg, Germany.
Duration June 19-22, 2002.

- 37. Effect of intravenous anti-oxidant therapy on outcome in severe acute pancreatitis.**
I Virlos, AK Siriwardena.
 Joint meeting of European Pancreatic Club and International Association of Pancreatology, Heidelberg, Germany.
Duration June 19-22, 2002.
- 38. Pathways of care for patients with pancreatic cancer: the primary care-specialist interface in contemporary practice (poster).**
I Virlos, W Boswell, HPP Siriwardana, AK Siriwardena.
 Annual Meeting of American Gastroenterological Association, Digestive Disease Week, San Francisco, USA.
Duration May 19-22, 2002.
- 39. Preliminary report of the feasibility of synchronous liver resection with contralateral lobe radiofrequency ablation for bi-lobar colorectal metastatic disease confined to the liver (poster).**
 AK Siriwardena, B Decadt, **I Virlos**, J Biggins.
 9th EUGW Congress, Amsterdam, Netherlands.
Duration October 6-10, 2001.
- 40. Identification of aspects of the treatment of acute pancreatitis where there is consistent divergence from current national guidelines (poster).**
I Virlos, J Barnard, AK Siriwardena.
 4th Congress of the IHPBA – European Chapter, Amsterdam, Netherlands.
Duration May 27-30, 2001.
- 41. Long-term risk of recurrent pancreatitis in patients with acute biliary pancreatitis treated by endoscopic sphincterotomy alone (poster*).**
I Virlos, GC Beattie, AK Siriwardena.
 4th Congress of the IHPBA – European Chapter, Amsterdam, Netherlands.
Duration May 27-30, 2001.
- * Presented as an oral presentation in the excellent poster session*
- 42. Long-term risk of recurrent pancreatitis in patients with acute biliary pancreatitis treated by endoscopic sphincterotomy alone (poster).**
I Virlos, GC Beattie, AK Siriwardena.
 Annual Meeting of American Gastroenterological Association, Digestive Disease Week, Atlanta, Georgia, USA.
Duration May 20-23, 2001.
- 43. Evidence of wide variation in the surgical management of severe acute pancreatitis: final results of a pan-European survey.**
 GC Beattie, R Saharia, **I Virlos**, AK Siriwardena
 Annual Meeting of American Gastroenterological Association, Digestive Disease Week, Atlanta, Georgia, USA.
Duration May 20-23, 2001.

- 44. Variations in implementation of current national guidelines for the treatment of acute pancreatitis: implications for acute surgical service provision.**
I Virlos, J Barnard, AK Siriwardena.
 Audit Symposium, The Royal College of Surgeons of Edinburgh, UK.
Duration March 9, 2001.
- 45. Intestinal ischaemia-reperfusion induced acute lung injury.**
I Virlos, F Seraccino-Inglott, RCN Williamson, RT Mathie.
 22th Greek Congress of Surgery, Athens, Greece.
Duration November 18-22, 2000.
- 46. Acinar cell carcinoma of the pancreas with and without endocrine differentiation.**
I Virlos, IM Papazachariou, RCN Williamson.
 22th Greek Congress of Surgery, Athens, Greece.
Duration November 18-22, 2000.
- 47. Measuring satisfaction with varicose veins treatment: Comparative analysis of patients and surgeons assessment.**
 I. Butnik, A. Ives, M. Adelekan, **I Virlos**, M. Walker.
 6th Annual Congress of International Society of Quality of Life, Barcelona, Spain.
Duration November 3-6, 1999.
- 48. Perforated peptic ulcer presenting as an empyema thoracis.**
I Virlos, C Forrester-Wood.
 South West Surgical meeting, Bristol, UK.
Duration May 1996.
- 49. Antimicrobial chemoprophylaxis in clean contaminated abdominal operations (poster).**
 L Papastamatiou, S Zografos, **I Virlos**, A Cordonis.
 2nd Greek Congress of Infections, Athens, Greece.
Duration January 28-29, 1995.
- 50. Mortality and morbidity of liver trauma. Analysis of 588 cases.**
 G Kiratzis, L Papastamatiou **I Virlos**, N Mourelatos.
 1st Congress of the IHPBA-European Chapter, Athens, Greece.
Duration May 25-28, 1995.
- 51. Elective cholecystectomy for lithiasis. Operative findings vs preoperative consideration (poster*).**
 G Kiratzis, **I Virlos**, L Lapidakis, L Papastamatiou.
 1st Congress of the IHPBA-European Chapter, Athens, Greece.
Duration May 25-28, 1995.

** Awarded as the best poster presentation.*

52. Abdominal disseminated hydatidosis.

G Kiratzis, **I Virlos**, G Tzagarakis, L Papastamatiou.

1st Congress of Hydatidosis, Athens, Greece.

Duration May 6-7, 1995.

53. Intra-abdominal sepsis as a cause of multiple organ failure syndrome.

V Scountzos, A Cordonis, **I Virlos**.

19th Greek Congress of Surgery, Thessaloniki, Greece.

Duration October 30- November 4, 1994.

54. The use of self-dissolved rings Valtrac in the anastomoses of the alimentary tract (poster).

L Papastamatiou, G Kiratzis, **I Virlos**.

19th Greek Congress of Surgery, Thessaloniki, Greece.

Duration October 30- November 4, 1994.

55. Retroperitoneal haematomas.

I Virlos, A Cordonis, A Caragianni.

1st Greek-Cypriot Congress, Limassol, Cyprus.

Duration October 28-31, 1993.

56. Non-traumatic dissection of the transverse ligament in the treatment of carpal tunnel syndrome by the endoscopic technique.

G Papadopoulos, E Stamatis, I Zagas, **I Virlos**.

Annual Congress of the Hellenic Association of Orthopaedic Surgery and Traumatology, Athens, Greece. **Duration** October 28-31, 1992.

AUDITS

1. **Haemorrhoidal artery ligation operation (HALO)**
Queen's Hospital Burton, UK. Completed June 2019
2. **Small Bowel Obstruction Audit**
Queen's Hospital Burton, UK. Completed April 2019
3. **Dukes C Audit - Queen's Hospital Burton, UK.**
Completed August 2017
4. **Intraoperative cholangiogram Audit (Re-Audit)**
Queen's Hospital Burton, UK. Completed May 2017
5. **Clinical lead of National Audit of Small Bowel Obstruction (NASBO)**
Queen's Hospital Burton, UK. Completed May 2017
6. **Personal data processing to National Emergency Laparotomy Audit (NELA) database as Consultant General Surgeon.**
December 2013 to date
7. **Personal data processing to NBCA database as Consultant Colorectal Surgeon.**
2013 to date
8. **Personal Audit of Mortality and Morbidity as Consultant Colorectal and General Surgeon.**
April 2012 – May 2014
9. **Bi-monthly / monthly Colorectal Unit Activity and Mortality & Morbidity meetings.**
Royal Hampshire County Hospital. July 2013 to July 2015.
Ealing Hospital – Homerton University Hospital. April 2012 – April 2013.
10. **Personal audit of Mortality and Morbidity.**
May – October 2008
11. **Annual Mortality and Morbidity Audit of Colorectal Unit.**
I Virlos, J Aitken. Sir Charles Gairdner Hospital – Perth, Western Australia
December 2006.
12. **Audit on anal physiology measurements in males.**
I Virlos, FC Oppong. Derriford Hospital, Plymouth, UK.
October – December 2005.

- 13. Variations in implementation of current national guidelines for the treatment of acute pancreatitis: implications for acute surgical service provision.**
I Virlos, J Barnard, AK Siriwardena. Audit Symposium, The Royal College of Surgeons of Edinburgh. March 9, 2001.
- 14. An audit for POSSUM Score. A score for prediction of mortality and morbidity.**
I Virlos, JE Pollet. Halton Hospital, Runcorn, Cheshire. January 1997.

CME - COURSES ATTENDED

1. **Robotic Colorectal Training course (Cadaveric)**
IRCAD, Strasbourg, France November 11, 2019
2. **Robotic Surgery course – Visit at the ICM Cancer Institute**
Institute Regional of Cancer, Montpellier, France June 25-28, 2019
3. **3rd International Colorectal Masterclass**
CHU de Bordeaux - Centre Médico-Chirurgical Magellan
Hôpital Haut-Lévêque, Bordeaux, France. March 18-22, 2019
4. **UHB Masterclass in Metastatic Colorectal Cancer**
The Beeches, Bourneville, Birmingham. November 21, 2018
5. **ICENI TaTME “hands-on” cadaveric course**
The Evelyn Cambridge Surgical Training Centre, Royston, Hertfordshire, UK.
June 25-26, 2018
6. **Workshop on rectal cancer**
Haut-Leveque University Hospital, Bordeaux, France. June 19-20, 2018
7. **4th Portsmouth TME Symposium – Robotic Basic Skills Workshop**
Queen Alexandra Hospital, Portsmouth, UK. March 8, 2018
8. **Haemorrhoid Artery Ligation and Recto Anal Repair HALO™
Trilogy Course**
Doncaster Royal Infirmary, UK. March 31, 2017
9. **Transanal TME training day with live operating**
Catholic University Hospital, Leuven, Belgium. October 27, 2016
10. **Immediate Life Support Course**
Queen’s Hospital, Burton upon Trent, UK. July 14, 2016
(Re-certification: January 19, 2018).
11. **SPECC /Significant Polyp and early Rectal Cancer Workshop**
The Hilton Hotel, East Midlands Airport, UK. July 13, 2016
12. **Training and Assessment in the Clinical Environment (TrACE) course.**
Royal College of Surgeons of England, Burton upon Trent, UK. May 19, 2016
13. **Pelvic MRI for the Colorectal MDT**
Royal Society of Medicine, London, UK. January 11-12, 2016
14. **Advanced Training in Colorectal Robotic Surgery.**
Aalborg University Hospital, Aalborg, Denmark. December 14-15, 2015
15. **Transanal Endoscopic Operations (TEO) course**
Welsh Institute for Minimal access Therapy (WIMAT), Cardiff. May 21, 2015

16. **9th International Symposium and Workshop. Advanced course in Colorectal Surgery**
Surgical Department, Universitätsklinikum, Erlangen, Germany.
May 7-8, 2015
17. **Significant Polyp or Early Rectal Cancer (SPERC) Treatment**
Pelican Cancer Foundation, Basingstoke. April 17, 2015
18. **Evolving concepts in complete response to Neoadjuvant Therapy for rectal cancer**
Pelican Cancer Foundation, Basingstoke. March 13, 2015
19. **Definite Surgical Trauma Skills course**
The Royal College of Surgeons of England, London. June 23-24, 2014
20. **Laparoscopic Inguinal Hernia (TEP) Preceptorship**
University Hospital Llandough, Wales. November 29, 2013
21. **Low rectal Cancer National Development Program
Laparoscopic management of low rectal cancer: Cadaveric workshop**
Vesalius Clinical Training Centre, Bristol. November 20, 2013
22. **JAG Advanced colonoscopy and polypectomy course**
Royal Gloucester Hospital, April 9, 2013
23. **Professional Development supervisors training workshop. Domains 1-6**
Education centre, Homerton Hospital, London.
January 24 & February 11, 2013
24. **THD Haemorrhoidal artery ligation course**
The Royal College of Surgeons of England, London. February 8 & 9, 2013
25. **Communication Proficiency Assessment course**
Clinical Skills Centre of Barts and The London, University of London.
January 7, 2013
26. **Transanal Minimally Invasive Surgery (TAMIS) workshop**
IMACS, Maidstone, UK. September 22, 2012.
27. **Transanal Endoscopic Microsurgery (TEM) practical training course**
PG Medical Institute, Chelmsford. September 13-14, 2012
28. **Consultant Interview Course. ISC Medical**
London, UK. July 21, 2012
29. **Urodynamics – Urinary incontinence – Neuro-urology**
Mitera Hospital, Athens, Greece. November 19 2011
30. **Basic Neuromodulation Training program**
Maastricht, The Netherlands. September 8-9, 2011

31. **6th International Symposium and Workshop. Advanced course in Colorectal Surgery**
Erlangen, Germany. May 23-24, 2011

32. **The place for biologic grafts in ventral hernia repair**
Cook Medical Live symposium. Vivantes Auguste-Viktoria-Klinikum and University Charité, Berlin, Germany. May 19-20, 2011

33. **Component separation for abdominal wall reconstruction**
Cook Medical Educational Lab at the Royal College of Surgeons of England, London, UK. April 1, 2011

34. **Gastric bypass course with live surgery**
Department of Gastrointestinal Surgery, UZ Gent, Belgium. March 15, 2011

35. **12th Postgraduate course on motility and sensitivity of gastrointestinal track. Colon and rectum**
Forum convention centre, Volos, Greece. January 14-16, 2011

36. **Advanced colorectal surgery and Clinical Immersion in Abdominoperineal resection course**
Surgical Department, Karolinska University Hospital, Stockholm, Sweden. November 1-5, 2010

37. **CME, TME and prone APER colorectal surgical training course**
Surgical Department, Universitätsklinikum, Erlangen, Germany.

38. **3rd Postgraduate course on surgical pathology of colon, rectum and the anus**
Rythimna Beach Hotel, Rethymnon, Greece. June 3 and 6, 2010

39. **5th International Symposium and Workshop. Advanced course in Colorectal Surgery**
Erlangen, Germany. May 10-11, 2010

40. **Morbid obesity. Before and after surgery.**
Athens Navy Hospital, Athens, Greece. February 19-20, 2010

41. **11th Postgraduate course on motility and sensitivity of gastrointestinal track. Stomach, Small intestine, Gallbladder**
Poseidon Resort Hotel, Loutraki, Greece. January 28-31, 2010

42. **Laparoscopic course in Single Port Surgery**
European Centre of Laparoscopic Surgery, Villa do Conte, Porto. January 15, 2010

43. **The 2009 ASIT Travelling Fellowship for Laparoscopic Colorectal Surgery**
Covidien European Training Centre, Elancourt, France. December 1-2, 2009
44. **Endoscopic and surgical therapeutic techniques of motility disorders of Gastroesophageal junction**
Athens Navy Hospital, Athens, Greece. November 27-28, 2009
45. **Understanding the NHS. Management course**
University of Cardiff, Wales, UK. September 2, 2009
46. **Endoanal Ultrasound training. Association of Coloproctology of Great Britain and Ireland Annual meeting**
Harrogate International Centre, Harrogate, UK. June 8, 2009
47. **Anal Cancer Multidisciplinary Teams Workshop**
SW Wales Cancer Network, Dylan Thomas Centre, Swansea. May 6, 2009
48. **Temporary Sacral Nerve stimulation Day, "Hands on course"**
Derriford Hospital, Plymouth, UK. April 14, 2009
49. **Safety and Leadership in skills for surgeons course**
ASIT Annual Conference, The Albert Hall, Nottingham. March 27, 2009
50. **Cadaveric laparoscopic colorectal surgery course**
SW Laparoscopic Consortium, Anatomy Department, University of Bristol, Bristol. January 7, 2009
51. **Cadaveric laparoscopic incisional hernia course**
Surgical Training Institute, Freeman Hospital, Newcastle. November 10, 2008
52. **Improving breaking bad news skills course**
Derriford Hospital, Plymouth, UK. April 29, 2008
53. **M62 Coloproctology course**
Ceddar Hotel, Huddersfield, UK. March 13-14, 2008
54. **Laparoscopic Hernia Day, "Hands on course"**
Derriford Hospital, Plymouth, UK. February 22, 2008
55. **Steps of Total Mesorectal Excision**
Pelican Cancer Foundation Centre, Basingstoke, UK. December 13, 2007
56. **Breast Surgery South West Region Surgical Specialist Registrar Education and Training Day**
ITCC Building, Tamar Science Park, Plymouth, UK. December 7, 2007
57. **Laparoscopic Colorectal Course**
European Surgical Institute, Ethicon Endo-Surgery European Headquarters, Hamburg, Germany. November 13-14, 2007

58. **Endoanal Ultrasound training.**
Association of Coloproctology of Great Britain and Ireland Annual meeting
 Scottish Exhibition and Conference Centre, Glasgow, UK. July 2, 2007
59. **The difficult Perineum. Colorectal Surgery South West Region Surgical Specialist Registrar Education and Training Day**
 Somerset Postgraduate Centre, Taunton Hospital, UK. March 9, 2007
60. **Masterclass Session. How I do it: Melanoma Surgery. With Professor John Thompson**
 Sir Charles Gairdner Hospital, Perth, Western Australia. August 3, 2006
61. **Hands-on-workshop – 2nd International Laparoscopic Colorectal Workshop and 4th Annual Incontinence and Pelvic floor Symposium**
 Epworth Medical Centre, Melbourne, Australia. July 28-31, 2006
62. **Advanced Mesh Techniques for Hernia Repair**
 PG Medical Centre, Derriford Hospital, Plymouth, UK. October 14, 2005
63. **Breast Surgery South West Region Surgical Specialist Registrar Education and Training Day**
 ITCC Building, Tamar Science Park, Plymouth, UK. October 7, 2005
64. **Basic Skills in Colonoscopy course (JAG approved)**
 Endoscopy Unit, Torbay Hospital, UK. June 22-24, 2005
65. **Advanced Laparoscopic Surgery week**
 University Clinics Gasthuisberg, Leuven, Belgium. March 21-24, 2005
66. **3rd Annual Laparoscopic Training Day and South West AUGIS Chapter meeting**
 Somerset Postgraduate Centre, Taunton Hospital, UK. February 25, 2005
67. **Advanced Suturing, Stapling and Laparoscopic skills course**
 Plymouth Medical Centre, Derriford Hospital, UK. October 28-29, 2004
68. **2nd Laparoscopic Colorectal Course**
 The John Radcliffe Hospital, Oxford, UK. October 1, 2004
69. **Key advances in clinical management: Breast Cancer**
 The Royal Society of Medicine - The Royal Devon and Exeter Postgraduate Medical Centre, UK. September 10, 2004
70. **Endoanal / Endorectal ultrasound seminar.**
Association of Coloproctology of Great Britain and Ireland
 Queen Elizabeth Hospital, Birmingham, UK. June 28, 2004
71. **M62 Coloproctology Course.**
 Cedar Court Hotel, Huddersfield, UK. April 1-2, 2004

72. **Postgraduate course on surgical procedures in Colorectal disease**
Hellenic Society of Digestive Surgery in collaboration with St' Mark's
Hospital. Hilton Hotel, Athens, Greece. November 20, 2003
73. **Care of the Critically Ill Course**
Alder Hay Hospital, Liverpool, UK. April 3-5, 2003
74. **M62 Coloproctology Course**
Cedar Court Hotel, Huddersfield, UK. March 20-21, 2003
75. **Mersey deanery HST Training Symposium**
MASTER Unit, Royal Liverpool Hospital, UK. February 7, 2003
76. **ALS course**
Hyperbaric Unit, Murrayfield BUPA Hospital, UK. November 1-3, 2000
77. **Medical statistics course**
Imperial College School of Medicine, London, UK. February 10-11, 2000
78. **Course in Hepato-Pancreato-Biliary surgery**
Imperial College School of Medicine, London, UK. November 1999
79. **I.C./P.A.T.S. New Licensee Training Course**
Imperial College School of Medicine, London, UK. September 22-24, 1999
80. **Specialist Registrar skills course**
Royal College of Surgeons of England, London, UK. February 23-26, 1999
81. **ATLS course**
Lister Hospital, Stevenage, UK. October 21-23, 1998
Re-verification March 3, 2003
82. **Workshop in stapling techniques in gastrointestinal surgery**
Halton General Hospital, Runcorn, Cheshire, UK. November 10, 1997
83. **Practical Course in laparoscopic surgery**
South Shields Hospital, Tyne and Wear, UK. July 3-4, 1997
84. **Course in applied basic sciences for surgeons**
Royal College of Surgeons, London, UK. February 12-March 1, 1996
85. **Anatomy course**
Department of Anatomy, University of Athens, Greece. 10/1994 – 01/1995

CME - MEETINGS ATTENDED

1. CReaTE Roadshow. Colorectal Research and Trial Engagement.
Joint East & West Midlands ACPGBI meeting
Mythe Barn, Sheepy Magna, Atherstone, UK.
Duration November 16, 2018.
2. 13th Scientific and Annual meeting of ESCP 2018
Acropolis Palais des Congres, Nice, France.
Duration September 26-28, 2018.
3. East Midlands Bi-annual Colorectal Expert Clinical Advisory Group (ECAG)
Kegworth Hotel and Conference Centre, Kegworth, UK.
Duration September 17, 2018.
4. 4th Portsmouth TME Symposium
IBM Portsmouth, UK.
Duration March 9-10, 2018.
5. 11th European Colorectal Congress.
St Gallen, Switzerland.
Duration December 4-7, 2017.
6. East Midlands Bi-annual Colorectal Expert Clinical Advisory Group (ECAG)
Kegworth Hotel and Conference Centre, Kegworth, UK.
Duration October 26, 2017.
7. 12th Annual meeting of European Society of Coloproctology.
Berlin, Germany.
Duration September 22, 2017.
8. Annual meeting of the Association of Coloproctology of Great Britain and
Ireland. Bournemouth, UK.
Duration July 3-5, 2016.
9. Summer Overseas meeting – Coloproctology Section Royal Society of
Medicine. Bordeaux, France.
Duration May 18-19, 2017.
10. 3rd International Colorectal Cancer Symposium – Colorectal Cancer
Multidisciplinary Research Group. Royal Society of Medicine, London, UK.
Duration May 3, 2017.
11. 12th Congress of ECCO – European Crohn’s and Colitis Organisation.
S-ECCO. Inflammatory Bowel Diseases 2016. Barcelona, Spain.
Duration February 16, 2017.
12. East Midlands Bi-annual Colorectal Expert Clinical Advisory Group (ECAG)
Kegworth Hotel and Conference Centre, Kegworth, UK.
Duration February 6, 2017.

13. European Colorectal Congress – Jubilee Congress – 10 years ECC.
St Gallen, Switzerland.
Duration November 29 – December 2, 2016.
14. Annual meeting of the Association of Coloproctology of Great Britain and Ireland. Edinburgh, UK.
Duration July 4-6, 2016.
15. 7th Symposium Colorectal Games.
Porto Palace Hotel, Thessaloniki, Greece
Duration June 10-12, 2016.
16. 11th Congress of ECCO – European Crohn’s and Colitis Organisation.
S-ECCO. Inflammatory Bowel Diseases 2016. Amsterdam, the Netherlands
Duration March 17, 2016.
17. Alpine Colorectal Meeting.
Villars, Switzerland.
Duration January 24-26, 2016.
18. European Colorectal Congress – Spotlight on the colon.
St. Gallen, Switzerland.
Duration December, 1-4, 2015.
19. Digestive Disorders Foundation meeting.
London, UK.
Duration June 22, 2015.
20. 9th Annual meeting of ESCP.
Barcelona, Spain.
Duration September 26-29, 2014.
21. Tripartite Colorectal Meeting 2014.
ICC, Birmingham, UK.
Duration July 2, 2014.
22. European Colorectal Congress – Complications in Colorectal Surgery.
St Gallen, Switzerland.
Duration December 2-5, 2013.
23. Annual meeting of the Association of Coloproctology of Great Britain and Ireland.
Liverpool, BT Convention Centre, UK.
Duration July 1-3, 2012
24. Ethicon National Hernia Symposium 2013.
ICC, Birmingham.
Duration March 6, 2013.

25. 14th International Colorectal Forum.
Verbier, Switzerland.
Duration January 27-29, 2013.
26. 7th Annual meeting of European Society of Coloproctology.
Vienna, Austria.
Duration September 26-29, 2012.
27. Annual meeting of the Association of Coloproctology of Great Britain and Ireland.
DCC, Dublin, Ireland.
Duration July 1-3, 2012
28. European Colorectal Congress – What’s new in rectal cancer?
St Gallen, Switzerland.
Duration November 29- December 2, 2011.
29. 5th Annual meeting of ESCP.
Sorrento, Italy.
Duration September 22-25, 2010.
30. 4th meeting of the Hellenic Society of Digestive Surgery.
Athens, Greece.
Duration June 12, 2010.
31. 4th International symposium – Colorectal Games. *Under the auspices of ESCP*
Rithymna Beach Hotel Auditorium, Rethymnon, Greece.
Duration June 4-5, 2010.
32. 4th Annual meeting of ESCP.
Prague, Czech Republic.
Duration September 23-26, 2009.
33. Annual meeting of the Association of Coloproctology of Great Britain and Ireland.
Harrogate International Centre, Harrogate, UK.
Duration June 8-11, 2009.
34. ASIT Annual Conference 2009.
Nottingham, UK.
Duration March 28-29, 2009.
35. 10th Alpine Colorectal meeting.
Verbier, Switzerland.
Duration January 25-27, 2009.
36. Symposium on training in laparoscopic colorectal surgery.
The Royal Society of Medicine, London, UK.
Duration February 27, 2008.

37. 2nd Annual meeting of ESCP.
Valetta, Malta.
Duration September 27-29, 2007.
38. Annual meeting of the Association of Coloproctology of Great Britain and Ireland.
Scottish Exhibition and Conference Centre, Glasgow, UK.
Duration July 2-5, 2007.
39. 75th Annual meeting of Royal Australasian College of Surgeons.
Sydney, Australia.
Duration May 15-19, 2006.
40. 2nd Meeting of the Hellenic Society of Digestive Surgery.
Athens, Greece.
Duration November 10-13, 2005.
41. 2nd Annual meeting of EACP/ECCP.
Bologna, Italy.
Duration September 15-17, 2005.
42. Tripartite Colorectal meeting.
Dublin, Ireland.
Duration July 5-7, 2005.
43. 74th Annual scientific meeting of Royal Australasian College of Surgeons.
Perth, Australia.
Duration May 9-14, 2005.
44. 6th Alpine Colorectal meeting.
Verbier, Switzerland.
Duration January 26-28, 2005.
45. 1st Annual meeting of EACP/ECCP.
Geneva, Switzerland.
Duration September 16-18, 2004.
46. Annual meeting of the Association of Coloproctology of Great Britain and Ireland.
Birmingham, UK.
Duration June 28 –July 01, 2004.
47. The Surgical Club of Southwest England.
Headland Hotel, Newquay, UK.
Duration March 19, 2004.
48. The John Farndon Memorial Symposium: Controversies in the management of Endocrine disease.
Bristol, UK.
Duration March 13, 2004.

49. 5th Alpine Colorectal meeting.
Verbier, Switzerland.
Duration January 26-28, 2004.
50. 1st Meeting of the Hellenic Society of Digestive Surgery.
Athens, Greece.
Duration November 20-23, 2003.
51. Joint meeting of European Pancreatic Club and International Association of Pancreatology.
Liverpool, UK.
Duration June 18-22, 2003.
52. Manchester Medical Society for the Astra / Zeneka Trainees' Prize.
Manchester, UK.
Duration April 8, 2003.
53. Annual Meeting of the Society of Academic and Research Surgery.
Leeds, UK.
Duration January 8-9, 2003.
54. 23rd Panhellenic Congress of Surgery, International Surgical Forum 2002,
Athens, Greece.
Duration November 9-12, 2002.
55. Annual Meeting of the Pancreatic Society of Great Britain and Ireland.
Leeds, UK.
Duration November 7-8, 2002.
56. Joint meeting of European Pancreatic Club and International Association of Pancreatology.
Heidelberg, Germany.
Duration June 19-22, 2002.
57. 9th EUGW Congress.
Amsterdam, Holland.
Duration October 6-10, 2001.
58. 4th Congress of the IHPBA – European Chapter.
Amsterdam, Holland.
Duration May 27-30, 2001.
59. Audit Symposium, the Royal College of Surgeons of Edinburgh.
Edinburgh, UK.
Duration March 9, 2001.
60. 22th Greek Congress of Surgery.
Athens, Greece.
Duration November 18-22, 2000.

61. 6th Annual Congress of International Society of Quality of Life.
Barcelona, Spain.
Duration November 3-6, 1999.
62. South West Surgical meeting.
Bristol, UK.
Duration May 1996.
63. 2nd Greek Congress of Infections.
Athens, Greece.
Duration January 28-29, 1995.
64. 1st Congress of the IHPBA-European Chapter.
Athens, Greece.
Duration May 25-28, 1995.
65. Congress of Hydatidosis.
Athens, Greece.
Duration May 6-7, 1995.
66. 19th Greek Congress of Surgery.
Thessaloniki, Greece.
Duration October 30- November 4, 1994.
67. 1st Greek-Cypriot Congress.
Limassol, Cyprus.
Duration October 28-31, 1993.
68. Annual Congress of the Hellenic Association of Orthopaedic Surgery and
Traumatology.
Athens, Greece.
Duration October 28-31, 1992.