

MR VISHAL PRASAD

BSc. MBChB

MRCS (Edin) FRCS

(Tr & Ortho)

Professional Development

Education: Mearns Castle High School 1984-1990

St. Andrews University 1990-1993

Manchester University 1993-1996

Qualifications: 6 Highers, 3 SYS 1989-1990

BSc. Medical Science 1993

MB.ChB. 1996

MRCS 2001 (Edin)

FRCS (Tr & Ortho) 2010 (Edin)

CCT July 3rd 2012

Present Post

1. Consultant Orthopaedic Spinal Surgeon Jan 2016 –
Ashford and St Peters NHS Trust
Surrey

Previous Posts

2. Consultant Orthopaedic Spinal Surgeon Jan 2014 – Dec 2015
Medway Maritime Hospital
Kent

3. Locum Consultant Spinal Surgeon Oct 2013 – Jan 2014
Frimley Park Hospital
Camberley

4. Locum Consultant Spinal Surgeon July 2012 – Oct 2013
Royal National Orthopaedic Hospital
Stanmore

5. Specialist Registrar Orthopaedics April 2012 – July 2012
Epsom and St Helier Hospital
Mr G Stafford

6. Fellow Spinal Deformity and Trauma April 2011 – April 2012
Royal National Orthopaedic Hospital
Mr S Tucker, Mr M Shaw

7. Specialist Registrar Orthopaedics Oct 2010-April 2011 St
Peters Hospital
Mr C Schofield

8. Specialist Registrar Orthopaedics Oct 2009 – Oct 2010 St
Georges Hospital
Mr J Bernard, Mr T Bishop, Mr M Rickman

9. Specialist Registrar Orthopaedics Oct 2008 – Oct 2009
Frimley Park Hospital
Mr M Thomas, Mr S Chatakondhu
Mr H Chissel, Mr A Perry

10. Specialist Registrar Orthopaedics Oct 2007 – Oct 2008
Mayday Hospital
Mr C Kinmont, Mr G Mars
 11. Specialist Registrar Orthopaedics Oct 2006 –
Oct 2007 Epsom General Hospital
Mr W Burgoyne, Mr S Chockalingham
 12. Specialist Registrar Orthopaedics Oct 2005 – Oct 2006
Worthing Hospital
Mr J Lewis, Mr A Jarvis
 13. Specialist Registrar Orthopaedics Jan 2005 – Oct 2005
East Surrey Hospital, Redhill
Mr T Selvan, Mr H Maurice, Mr A Campbell
 14. Locum Appointment for Training Jan 2004 – Oct 2004
St Richards Hospital, Chichester
Mrs N Kendall
 15. Locum Appointment for Service Oct 2003 – Jan 2004
Manchester Royal Infirmary
Mr P.Hirst, Mr D.Ellis
 16. Clinical Research Fellow in Orthopaedics Aug 2002 – Oct 2003
Manchester Royal Infirmary
Mr P.Hirst, Mr A.Kocialkowski
 17. Senior SHO Orthopaedic Surgery Feb 2002 – Aug 2002
Royal Preston/Chorley Hospital
Mr R.B.Smith
 18. SHO Orthopaedic Surgery Feb. 2001 - Feb. 2002
Warrington Hospital
Mr P.G.Sherry, Mr M.B.Jones,
 19. SHO Orthopaedic Surgery Aug. 2000 - Feb. 2001
Macclesfield District General Hospital
Mr K.Barnes
- Basic Surgical Training:**
20. SHO Plastic Surgery Aug. 1999 - Aug. 2000,
Royal Preston Hospital
Mr R.P.Jones, Mr N.R.Gaze,
Mr A.J.Howcroft, Mr J.K.G.Laitung
 21. SHO Neurosurgery Feb. 1999 - Aug. 1999
Royal Preston Hospital
Mr C.H.Davis, Mr N.T.Gurusinghe,
Prof. R.Lye, Mr A.J.Keogh
 22. SHO Vascular /General Surgery Aug. 1998 - Feb.1999
Royal Preston Hospital
Mr R.Hughs, Mr D. Stewart

23. SHO Accident and Emergency Feb.1998 - Aug.1998

Royal Preston Hospital

Mr M.R.James, Mr M.McColl,

Mrs J.M.Hanson, Mr J.D.Whittaker

24. SHO Orthopaedics Aug.1997 - Feb.1998

Royal Preston Hospital

Mr R.B.Smith, Mr R.S.Bale,

Mr B.Shaw, Mr J.C.Faux

25.HO Medicine/Surgery/Orthopaedics Aug.1996 – Aug.1997

Queens Park Hospital, Blackburn Infirmary

Dr A.Myers, Dr Grimes, Mr R.Paton, Mr Nicholson

Published Papers

Probing and Tapping; Are We Inserting Pedicle Screws Correctly?

V Prasad, A Mefisin, R Lee, J Reigryt, J Schmidt

Spine Deformity June 2016

An Unusual but Important cause of Lower Back and Groin Pain in a Patient with Previous Instrumented Spinal Fusion.

B Haddad, M Alam, V Prasad, W Khan, S

Tucker Journal of Family Practice March 2014

Favourable Outcomes for Coccygectomy for Refractory

Coccygodynia B Haddad, V Prasad, W Khan, M Alam, S Tucker

Annals of RCS England Jan 2014

The Posterior Epidural Ligaments: A Cadaveric and Histological Investigation into the Lumbar Region.

M Connor, S Nawaz, V Prasad, S Mahir, R Ratan, J Bernard, P

Adds ISRN Anatomy August 2013

Hamstring Anterior Cruciate Ligament Reconstruction in Patients over 40

Years. RM Khan, V Prasad, R Gangone, C Kinmont

Knee Surgery, Sports Trauma and Arthrosc. 2010 Jan;18(1):68-72. Epub 2009 Aug 12.

MRI Pre-operative Planning to Determine the Wiltse Approach

V Prasad, A Warren, M Thomas

Annals RCS Of England. 01/01/2010; 92(1):74-5

Thigh Compartment Syndrome as a Result of a False Aneurysm of the Profunda Femoris Artery Complicating Fixation of an Intertrochanteric Fracture.

C.D. Karkos, R.Hughs, V.Prasad, S.P.D`Souza.

The Journal of Trauma, 1999; Vol. 47, No. 2: 393 - 395.

False Aneurysm of the Popliteal Artery: A Rare Complication of Total Knee Replacement. C.D.Karkos, G.J.L.Thompson, S.P.D`Souza, V.Prasad.

Knee Surg, Sports Traumatology, Arthroscopy, 2000; 8: 53-55.

Rupture of the Abdominal Aorta in Patients with Ehlers-Danlos Syndrome.

C.D.Karkos, V.Prasad, U.Mukhopadhyay, G.J.L.Thompson, A.R.Hearn.

Annals of Vascular Surgery, 2000; 14: 274-277.

Published Abstracts

Good results of coccygectomy with minimum 2 year follow up
B Haddad, M Alam, V Prasad, S Tucker
BRIT Spine 2012

Dorsal Dural Lumbar Ligament
M Connor, V Prasad, P Adds, J
Bernard Clinical Anatomy
Hamstring Anterior Cruciate Ligament Reconstruction in Patients over 40
Years. RM Khan, V Prasad, R Gangone, C Kinmont
SW Orthopaedic Proceedings 2009

Experience of Balloon Kyphoplasty in Vertebral Body
Fracture. M Adebibe, C McClean, V Prasad, M Kotrba
Supplement for WCICS 2008

Intradiscal Electrothermal Therapy: A prospective study of 69 Patients with a mean follow-up of 22 months.
R Gangone, P Lakkireddi, V Prasad, M Kotrba, G Marsh
JBJS Supplement 2008

Intra-operative radiation exposure during fracture fixation.
V Prasad, MJ Fehily, S Lewis, K Barnes, JM Auchincloss
EFORT 2003 Handbook

Ulnar Nerve Compression at Guyon's Canal By Ulnar Nerve
Haemangioma.
V Prasad, S Sadiq, G Higgins, A Paul
EFORT 2003 Handbook

Aneurysmal Bone Cyst Of The Soft Tissue: A Case Report Involving The Elbow. V
Prasad, G Higgins, P Whatmough, A Paul
EFORT 2003 Handbook

Simple Cementing Technique For Hip Arthroplasty And Results Of A
Randomised Controlled Trial
R Vhadra, V Prasad, G Higgins, P Whatmough
EFORT 2003 Handbook

10. Eosinophilic Fasciitis Localised Lesion – A Case Report
G Higgins, S Sadiq, V Prasad, A Paul
EFORT 2003 Handbook

11. Hospital Policy on X-ray Imaging – A Case For Two Dimensional
Views.
G Higgins, V Prasad, R Vhadra, D Ellis
EFORT 2003 Handbook

12. Ten year experience of extra-desmoid abdominal tumours. P
Watmough, V Prasad, G Higgins, A Paul JBJS Supplement

Presentations

International

Dorsal Dural Lumbar Ligament

M Connor, V Prasad, P Adds, J Bernard

British Association of Clinical Anatomist, Italy 2012

Hamstring Anterior Cruciate Ligament Reconstruction in Patients over 40 Years. V

Prasad, RM Khan, R Gangone, C Kinmont

EFORT 2009

Experience of Balloon Kyphoplasty in Vertebral Body Fracture.

M Adebibe, C McClean, V Prasad, M Kotrba

WCICS Vienna Dec 2008

Intra-operative radiation exposure during fracture fixation.

V Prasad, MJ Fehily, S Lewis, K Barnes, JM Auchincloss

Presented EFORT 2003.

Ulnar Nerve Compression at Guyon's Canal By Ulnar Nerve
Haemangioma.

V Prasad, S Sadiq, G Higgins, A Paul

Presented at EFORT 2003.

Aneurysmal Bone Cyst Of The Soft Tissue: A Case Report Involving The Elbow. V

Prasad, G Higgins, P Whatmough, A Paul

Presented at EFORT 2003.

Simple Cementing Technique For Hip Arthroplasty And Results Of A
Randomised Controlled Trial

R Vhadra, V Prasad, G Higgins, P Whatmough

Presented at EFORT 2003.

Eosinophilic Fascitis Localised Lesion – A Case

Report G Higgins, S Sadiq, V Prasad, A Paul

Presented at EFORT 2003.

Hospital Policy on X-ray Imaging – A Case For Two
Dimensional Views.

G Higgins, V Prasad, R Vhadra, D

Ellis Presented at EFORT 2003.

National

Good results of coccygectomy with minimum 2 year follow
up B Haddad, M Alam, V Prasad, S Tucker

BRIT Spine 2012

Intradiscal Electrothermal Therapy: A prospective study of 69 Patients with a mean
followup of 22 months.

R Gangone, P Lakkireddi, V Prasad, M Kotrba, G

Marsh Presented at Britspine May 2008

Intra-operative radiation exposure during fracture
fixation. V Prasad, MJ Fehily, S Lewis, K Barnes, JM

Auchincloss Presented at BOA 2002

Aneurysmal Bone Cyst Of The Soft Tissue: A Case Report Involving The Elbow.

V Prasad, G Higgins, P Whatmough, A Paul Presented at BOOS 2003.

Eosinophilic Fasciitis Localised Lesion – A Case Report G Higgins, S Sadiq, V Prasad, A Paul Presented at BOOS 2003.

Ten year experience of extra-desmoid abdominal tumours. P Watmough, V Prasad, G Higgins, A Paul Presented at BOOS 2003.

Regional/Local

Review of Reverse Delta Shoulder prosthesis at East Surrey Hospital. V Prasad, T Selvan Presented at Sam Simmonds 2006

Back and Neck Pain in Children and Adolescents: A review of 350 cases. V Prasad, W Borgoyne Presented at Sam Simmonds 2007

Hamstring Anterior Cruciate Ligament Reconstruction in Patients over 40 Years. V Prasad, RM Khan, R Gangone, C Kinmont Presented at Raines Prize 2008 Presented at Fred Heatley 2009

Cadaveric study identifying dural adhesions at the L5 Lamina. V Prasad, M Connor, T Bishop, J Bernard, P Adds Presented Raine Prize 2010 BASS 2011

Current Research

The mechanical significance of the bone/screw interface.

The intent of this project is to quantify the mechanical strength of the bone/screw interface by testing under highly controlled conditions. Testing included;

Varying the probe/pilot hole diameter and then inserting a standard size screw, utilising one size pilot hole and varying the tap size to prepare the hole, and Analysing how toggling radically alters this interface.

Vish Prasad, Stanmore UK, Addisu Mesfin, U Rochester, Robert Lee, Stanmore, UK, Julie Reigrut, K2M

John Schmidt, K2M

Accepted for Special award IMAST and NASS 2014. I am a reviewer for Clinical Anatomy.

Audits

Assessment of neck injuries in A&E following RTA, Preston 1998.

Reviewing and establishing a protocol for management of neck injury in casualty. This prevented unnecessary irradiation in all patients who presented with neck pain. Tracheostomies performed by Basic Surgical Trainees, Preston 1999.

Reviewing the number of Tracheostomies performed by trainees in accordance to Royal College guidelines. This highlighted a deficiency in the training and exposure in tracheostomies required by the Royal College. Post-mortem rate in neurosurgery, Preston 1999.

Reviewing number of post-mortems requested compared to CEPOD guidelines. National guidelines state that a PM rate of 15% is required for all deaths in hospitals. Over a 12 month period our neurosurgical department had a rate of 2%.

Review of content and legibility of operation notes at Manchester Royal Infirmary. Good Medical Practice states that well documented notes should be maintained. Out of 50 notes, 20% were fully completed. I recommended that all notes should be dictated according to a specific pro-forma.

Review of the early discharge policy of arthroplasty patients. Current policy of total hip and knee patients is to discharge them at 8 weeks. I reviewed patients operated in 2002 to see the cost effectiveness of this policy. Out of 80 patients there was a re-referral rate of 5%. Comparison between industrial methylated spirit dressing with meopore in total knee replacement at Worthing. There were no incidences of blisters or superficial erythema in the IMS group. There were 4 cases of blistering and 2 of superficial cellulitis in the meopore group.

Neck of Femur management, Mayday.

My most rewarding clinical audit where we closed the audit loop and showed a significant difference in patient care was in the management of fracture neck of femur patients at Mayday Hospital. Working with the ortho-geriatricians we collated data on how these patients had been managed. The service was poor when compared to the national average. Patients were waiting for over 6 hours in A&E, poorly fluid managed which subsequently led to delays past the 36 hours recommendation for their surgery.

We instigated a protocol where patients had all their investigations in A&E and were fast tracked to the ward with fluids prescribed. They were also put on the next available trauma list. After 6 months we re-audited these figures and showed a significant improvement in their care with less cancellations and better post operative recovery. We feel this has significantly helped their clinical outcome.

Teaching Experience

During my surgical career I have been involved in teaching GEP medical students for both course work and exam preparation. Teaching students has also helped my presenting skills by gaining confidence when talking to a large group. I have also supervised trainees and taught both orthopaedics and general topics relating to their post.

I have also been involved in departmental presentations attended by all medical staff and also participated in teaching days for general practitioners and physiotherapists on the management of back pain.

I have been involved in the training of registrars and fellows during my recent appointment and have had a positive feedback. I regularly complete online assessments for their ARCP.

I have attended the TAIP course and plan to complete the QESP course in my consultant post.

I am on the teaching faculty on the Neuromonitoring UK Course and have participated on industry sponsored meetings.

Management Experience

During my fellowship at Stanmore I was part of the enhanced recovery team looking at the pre-operative, intra-operative and post-operative care of patients with adolescent idiopathic scoliosis. A successful protocol had recently been established for hip and knee arthroplasty and we were looking to implement the same principles for this group of patients in providing a structured pathway for their care and ultimately reducing in patient stay.

We underwent a process mapping session which was attended by all disciplines of staff involved in the care pathway from porters to consultant staff. We highlighted numerous areas with respect to admission of patients, post op HDU requirement, physio, brace measurement, bowel management, chest drain and post-op x-rays that could be improved.

I was responsible for organising the on-call Rota and allocating cover for the middle grades at Mayday Hospital.

I have attended the Oxford Management course.

Courses and Meetings

- 1.MRCS Step Course 1997 – 2000, R.C.S. Eng
- 2.Radiology Protection Course 1997, Birmingham
- 3.Advanced Cardiac Life Support 1997, Salford
- 4.Soft Tissue Course 1998, Bolton
- 5.Basic Surgical Skills Course 1998,Blackpool
- 6.Advanced Trauma Life Support 2000, Salford
- 7.Care for the Critically Ill Course 2000, Hope
- 8.AO Basic Fracture Course 2001, Leeds
- 9.MRCS Clinical and Viva Course 2001, NMDGH
10. Basic Knee Arthroplasty 2002, Bolton
11. Presidential Roadshow, RCS England 2002, Preston
12. Edinburgh Trauma Symposium 2002, Edinburgh
13. B.O.A. Annual Congress 2002, Cardiff
14. EFORT 2003 2003., Helsinki
15. British Orthopaedic Oncology Society 2003, Stratford
16. The SPR Interview Skills Course 2004, London
17. Wessex Foot and Ankle Course 2004, Southampton
18. Innovations in External Fixation 2005, Kings College
19. Anatomy and Surgical Exposure Course 2005, Oswestry
20. Chertsey Complicated Fracture Meeting 2005, St Peters
21. 1st Advanced Knee Course: 2006., Val D`Isere

22. Trauma Symposium: RSM 2006, London
23. DEPUY Shoulder Trauma Course: 2006, Sheffield
24. Finnsbury Biomechanic Course 2006, Ashtead
25. Chertesy Fracture Meeting 2006, St Peters
26. Trauma Symposium: RSM 2007, London
27. Depuy Lower Limb Trauma Course 2007, Sheffield
28. Wallis Meeting 2007, Croydon
29. Basic Science Course 2008, Stanmore
30. Upper Limb Trauma Course 2008, Sheffield
31. Depuy Total Hip Course 2008, Edinburgh
32. Oswestry Basic Science Course 2009, Oswestry
33. Spinal Skills Course 2009, Brighton
34. Wrightington Hand Course 2009, Wrightington
35. FRCS Intensive Revision Course 2009, Warwick
36. Passionate About spine 2011, Oxford
37. ATLS 2011, Croydon
38. Spinal Skills Academy 2011, Weybridge
39. Pedicle Screw Course 2011, St Georges
40. Oxford Management Course 2012, London
41. TAIP 2012, London
42. 2nd Deformity Symposium 2012, Zurich
43. BRIT Spine 2012, Newcastle
44. Neuromonitoring UK Course 2012, Edinburgh
45. Passionate About Spine 2012, Hertfordshire
46. Scoliosis Research Society 2012, Chicago
47. Meeting of Minds, K2M 2013, Rome
48. ISC Consultant Interview 2013, London
49. Passionate About Spine 2013, London
50. Phillip Zorab Meeting 2013, London
51. Hammersmith Interview 2013, London
52. Nuvasive Degenerative Course 2013, New York
53. K2M MIS Course 2013, Madrid
54. Eurospine 2013, Liverpool
55. Britspine 2014, Warwick
56. NASS 2014, San Francisco
57. BASS 2015, Bath
58. Britspine 2016, Nottingham

Personal Statement

Throughout my training I have had a strong interest in spinal surgery. I tailored my rotation towards spine and have worked with most of the spinal consultants in the region accumulating 3 years of valuable experience. With an excellent exposure to spinal surgery I developed my clinical skills to a high standard during my fellowship at Stanmore. Following my fellowship I was offered a locum consultant post allowing me to consolidate my training with independent and mentored operating lists. I have also visited centres in Europe and America. As a result of my focused training I have been involved in over 300 anterior and posterior scoliosis procedures, 165 lumbar decompressions and fusion, 130 lumbar decompression and 50 cervical procedures and 60 trauma and tumour cases.

I was appointed as a locum consultant to cover periods of leave and undertake work in sourced from other trusts. This flexibility has allowed the trust to address patients that were

about to breach and also the ability to undertake extra work at short notice without impacting on established waiting lists.

I attended the daily MDT meetings, discussed complex cases and ensured my theatre lists were covered by a senior consultant. This developed my confidence in operating independently but also allowed further training opportunities by mentored lists during quieter periods. I would also cover clinics and discuss all cases that I had listed for surgery with the responsible consultant. I feel this experience has been invaluable for the transition in taking up the responsibilities of a substantive consultant post.

Although the majority of my training has been in spinal deformity, I have had a wide exposure to degenerative, trauma and tumour cases. I feel I have the confidence and respect of my supervising consultants by allowing me to treat patients under their care. I use the British Spine Registry and plan to collate and present my results throughout my career.

Other Interests

Family skiing and activity holidays, possess Advanced PADI diving licence.

Travelled round most continents and planning to work abroad at some time in my career.