

REBECCA SPENSER NICHOLAS

MBBS, BSc, MSc, FRCS, EBHS

New York License No: 326261

GMC No: 7085049

Address: 10 W 15th St, Apt 605, NY 10011

Email: rebeccanicholas@ymail.com

Tel: +1 (646) 939 0206

JANUARY 2024

QUALIFICATIONS

2022	European Diploma in Hand Surgery , European Board of Hand Surgery, FESSH
2022	FRCS (Plastic Surgery) , Royal College of Surgeons of England
2019	MSc Medical Education , University of South Wales: Distinction
2012	MRCS , Membership of the Royal College of Surgeons, England
2010	MBBS , with Distinction in Clinical Practice
2007	BSc International Health and Development: 1st Class Honours

PRIZES, AWARDS & DISTINCTIONS

2021	Best Pediatric / Craniofacial Paper Award <i>Plastic and Reconstructive Surgery Journal, Presented for Outstanding Paper, 29th September 2021</i>
2020	WinS Prize Presentation at ASiT International Surgical Conference 2020, 7th March 2020
2020	ASiT Research Poster of Distinction Award at ASiT International Surgical Conference 2020, 7th March 2020
2019	RSM Section of Plastic Surgery UPRAS Prize (final author) <i>for presentation on "Management of hand trauma: a clinical audit" 30th November 2019.</i>
2019	Distinction in Medical Education MSc, University of South Wales. <i>Awarded for Professional Project in Cleft Surgery Simulation, October 2019.</i>
2015	Society of Academic & Research Surgery 2015: Poster of Distinction Oral Presentation <i>for "Treatment of Craniofacial Hyperhidrosis: A systematic Review", 7th January 2015.</i>
2014	Royal College of Surgeons of England Muse Society 2014: Joint 1st Prize <i>for best Case Presentation, 3rd February 2014.</i>
2013	ASiT Regional Meeting Award <i>for setting up and running The London Foundation Skills in Surgery Course for final year medical students and Foundation doctors across the UK on 14th September 2013.</i>
2012	M.Y. Plastic Surgery Course End of Course Prize, 2nd Place <i>for highest performing delegate on M.Y. Plastic Surgery Course (joint 1st place in end of course assessment, 2nd place decided at tie-breaker), 16th November 2012.</i>
2010	BAPRAS & The Healing Foundation Medical Student Elective Research Award 2010 <i>for research relevant to disfigurement and visible loss of function in the area of Plastic and Reconstructive Surgery, 22nd March – 23rd July 2010.</i>
2010	University of London Distinction in Clinical Practice , <i>awarded to the top 10% of Graduating Doctors.</i>
2010	Course Representative Contribution Award 2010 <i>for significant contribution to the Student-Staff Liaison Committee, Barts and The London School of Medicine.</i>

- 2009 **Joy and David Long Prize in Medicine 2009, 2nd Place.** *Annual essay prize at Barts and The London School of Medicine*
- 2008 **Perrin Prize for Outstanding Academic Achievement** *for the best Clinical Care and Communication Dissertation at Barts and The London School of Medicine.*

EDUCATION

- 2017 – 2019 University of South Wales: Diploma MSc Medical Education
- 2007 – 2010 University of London: Barts and The London School of Medicine (MBBS Yr 3-5)
- 2006 – 2007 University of Leeds: Nuffield Centre for International Health and Development (BSc)
- 2004 – 2006 University of Edinburgh: College of Medicine & Veterinary Medicine (MBChB Yr 1-2)

EMPLOYMENT

Honorary Attachment:

- Oct '22 – Current Research & Teaching Fellow (NTV)
Division of Hand Surgery, NYU Langone Health, New York, USA.
Chief of Service: Jacques Hacquebord, Associate Professor,
Department of Orthopedic Surgery & Hansjörg Wyss Department of Plastic Surgery

Specialist Surgical Training & Clinical Experience:

- Jun '22 – Aug 2022 Senior Specialist Hand Surgery Fellow (Post FRCS Boards & CCT)
Guy's & St Thomas' Hospital, London.
Supervisors: Matthew James, Lauren Uppal, Charles Bain, Javier Ibenez, Consultant Plastic Reconstructive & Hand Surgeons
- Apr '22 – Jun 2022 Specialist Registrar Surgeon: Plastic Reconstructive & Hand Surgery
Royal London Hospital, London.
Supervisors: Matthew Stodell, Graeme Moir, Simon Myers, Mohammed Shibu, Consultant Plastic Reconstructive & Hand Surgeons
- Oct '21 – Apr 2022 Specialist Registrar Surgeon: Plastic Reconstructive & Burns Surgery
Chelsea & Westminster Hospital, London.
Supervisors: Isabel Jones, Jorge Leon-Villapalos, Joanne Atkins, Declan Collins, Dominic Yue, Consultant Plastic & Burns Surgeons
- Apr '21 - Oct 2021 Specialist Registrar Surgeon: Paediatric Plastic Hand Surgery
Great Ormond Street Hospital, London.
Supervisors: Gill Smith, Bran Sivakumar, Colette Thomson, Consultant Paediatric Hand Surgeons.
- Oct '18 – Apr 2021 Specialist Registrar Surgeon: Plastic Reconstructive & Hand Surgery
Guy's & St Thomas' Hospital, London.
Supervisors by sub-specialty:
Paediatric Plastic Surgery: Norma Timoney, Consultant Paediatric Plastic Cleft & Hand Surgeon
Hand Surgery: Matthew James, Lauren Uppal, Charles Bain, Javier Ibenez, Consultant Plastic Reconstructive & Hand Surgeons

Breast Microsurgery: Mark Ho-Asjoe, Consultant Plastic Surgeon
Skin Cancer Reconstruction: Jenny Geh, Consultant Plastic & Skin
Cancer Reconstructive Surgeon, Ciaran Healy, Consultant Plastic &
Nasal Reconstructive Surgeon

Oct '16 - Oct 2018
Specialist Registrar Surgeon: Plastic Reconstructive & Hand Surgery
(NTN ST4, including maternity leave)
Plastic & Hand Surgery, Royal Free Hospital, London.
Supervisors: Neil Toft, Simon Withey, Norbert Kang, Mo Akhavani,
Consultant Plastic Reconstructive & Hand Surgeons.

Aug '16 - Oct 2016
Honorary Contract for Specialist Clinical Experience: Paediatric
Plastic Surgery, Cleft & Paediatric Hand Surgery,
Evelina Children's Hospital, London.
Supervisor: Norma Timoney, Consultant Paediatric Plastic Cleft & Hand
Surgeon

Oct '14 - Aug 2016
Specialist Registrar Surgeon: Plastic Reconstructive & Hand Surgery
(NTN ST3, including maternity leave)
Plastic & Hand Surgery, Royal Free Hospital, London.
Supervisors: Neil Toft, Consultant Plastic & Hand Surgeon,
Paul Cussons, Peter Butler, Consultant Plastic Surgeons.

Core Surgical Training:

Apr - Oct 2014
Senior House Officer Doctor: Core Surgical Trainee (CT2)
Vascular Surgery, Royal Free Hospital, London.
Supervisor: Fiona Myint, Consultant Vascular Surgeon

Oct '13 - Apr 2014
Senior House Officer Doctor: Core Surgical Trainee (CT2)
Plastic & Hand Surgery, Royal Free Hospital, London.
Supervisor: Barbara Jemec & Paul Cussons, Consultant Plastic,
Reconstructive & Hand Surgeons

June - Oct 2013
Senior House Officer Doctor: Core Surgical Trainee (CT1)
Head & Neck Surgery, Royal London Hospital, London.
Supervisor: Santdeep Paun, Head & Neck Surgeon

Feb - June 2013
Senior House Officer Doctor: Core Surgical Trainee (CT1)
General Surgery, Royal London Hospital, London.
Supervisor: Frances Hughes & Shafi Ahmed, Consultant General
Surgeons

Oct '12 - Feb 2013
Senior House Officer Doctor: Core Surgical Trainee (CT1)
Plastic & Hand Surgery, Royal London Hospital, London.
Supervisors: Simon Myers, Consultant Plastic Reconstructive Surgeon,
Mohammed Shibu & Raj Ragoowansi, Consultant Hand Surgeons

Honorary Attachment:

Aug - Oct 2012
Senior House Officer Doctor (SHO)
Plastic Surgery, John Radcliffe Hospital, Oxford.
Supervisor: Lucy Cogswell, Consultant Reconstructive & Hand Surgeon

Foundation Training:

Apr - Jul 2012
Fully Licenced Senior House Officer Doctor (FY2)
Plastic & Hand Surgery, John Radcliffe Hospital, Oxford.

Supervisors: Lucy Cogswell, Consultant Reconstructive & Hand Surgeon, Henk Giele, Andrew Pay, David Johnson, Matthew Potter, Consultant Plastic & Reconstructive Surgeons.

Dec '11 – Apr '12

Fully Licenced Senior House Officer Doctor (FY2)
General Practice, Oxfordshire Primary Care Trust.
Supervisor: Simon Bentley, Medical General Practitioner

Aug – Dec 2011

Fully Licenced Senior House Officer Doctor (FY2)
Trauma & Orthopaedics, John Radcliffe Hospital, Oxford.
Supervisors: Robert Handley, Gregoris Kambouroglou, John McMaster, Consultant Trauma & Orthopaedic Surgeons

Feb – Aug 2011

Provisionally Licenced Foundation Doctor (FY1)
Gastroenterology, Wycombe Hospital, Buckinghamshire.
Supervisor: David Gorard, Consultant Gastroenterologist

Nov '10 – Feb '11

Provisionally Licenced Foundation Doctor (FY1)
Urology, Wycombe Hospital, Buckinghamshire.
Supervisor: Neil Haldar, Consultant Urological Surgeon

Aug – Nov 2010

Provisionally Licenced Foundation Doctor (FY1)
Emergency General Surgery, Stoke Mandeville Hospital.
Supervisor: Marwarn Farouk, Consultant General Surgeon

Research:

Oct '22 - Oct '23

Research & Teaching Fellow, Division of Hand Surgery, NYU Langone Health, New York, USA.

Sep '18 – Aug '19

Cleft Palate Simulator Development & Testing, St Thomas' Hospital, London.

Mar – Aug 2010

Research Assistant, Blizard Institute of Cell & Molecular Science, London.

PEER-REVIEWED PUBLICATIONS

2024

Body Mass Index is Associated with Myocutaneous Free Flap Reliability: Overcoming the Obesity Obstacle with a Proposed Clinical Algorithm to Identify and Manage High-Risk Patients Undergoing Gracilis Free Flap with Skin Paddle Harvest. Annals of Plastic Surgery. Ann Plast Surg. Jan 2024;92(1):68-74. **PMID: 38117047.** Donnelly M, Azad A, **Nicholas R**, Reavy P, Dane B, Hacquebord JH.

2023

Effectiveness of nail bed repair in children with or without replacing the fingernail: NINJA multicentre randomized clinical trial. British Journal of Surgery. Apr 2023;110(4):432-438. **PMID: 36946338.** Jain A, Greig A, Jones A, Cooper C, Davies L, Greshon A, Fletcher H, Sierakowski A, Dritsaki M, Nguyen TTA, Png ME, Stokes JR, Dakin H, Cook JA, Beard DJ, Gardiner M, NINJA Collaborative (**Nicholas R**).

2023

International, prospective cohort study comparing non-absorbable versus absorbable sutures for skin surgery: CANVAS service evaluation. British Journal of Surgery. Feb 2023; online ahead of print, doi: 10.1093/bjs/znad008. **PMID: 36753053.** Lee A, Stanley G, Wade R, Berwick D, Vinicombe V, Salence B, Musbahi E, De Poli A, Savu M, Batchelor J, Abbott R, Gardiner M, Wernham A, Veitch D, CANVAS Collaborative (**Nicholas R**).

- 2022 *National audit of non-melanoma skin cancer excisions performed by plastic surgery in the UK.* British Journal of Surgery. Oct 2022;109(11):1040-1043. **PMID: 35891582.** Nolan G, Dunne J, Lee A, Wade R, Kiely A, Jones R, Gardiner M, NMSC: PlastUK Collaborative (**Nicholas R**), Jain A.
- 2022 *Educational Impact of a Novel Cleft Palate Surgical Simulator: Improvement in Surgical Trainees' Knowledge and Confidence.* Journal of Plastic, Reconstructive and Aesthetic Surgery. Oct 2022;75(10):3817-3825. **PMID: 36068135.** **Nicholas R**, Heinze Z, Papavasiliou T, Fiadeiro R, Atherton D, Timoney N, Echlin K.
- 2022 *An international clinician survey Comparing Nonabsorbable Vs. Absorbable sutures for Skin surgery: the CANVAS study.* British Journal of Dermatology. Sep 2022;187(3):445-447. **PMID: 35191028.** Lee A, Stanley G, Batchelor JM, Abbott RA, Gardiner MD, Wernham AGH, Veitch D, CANVAS Collaborative (**Nicholas R**).
- 2022 *Utilisation of a 3D printed ex vivo flexor tendon model to improve surgical training.* Journal of Plastic, Reconstructive & Aesthetic Surgery. Mar 2022;75(3):1255-1260. **PMID: 34896043.** Papavasiliou T, **Nicholas R**, Cooper L, Chan JCY, Ibanez J, Bain CJ, Uppal L.
- 2022 Supporting surgeons to have families: fertility, pregnancy, parental leave, and return to work. Gender Equity in the Medical Profession. **IGI Global Publishing**; 2020: 1-15. Harries RL, **Nicholas RS**, Mohan HM.
- 2021 *Policy and pregnancy: the impact of working families in the NHS.* Future Healthcare Journal. Nov 2021;8(3):e655-e659. **PMID: 34888460.** Al-Hadithy N, **Nicholas R**, Knight K, Penfold R, McLachlan G, Magee L.
- 2021 Management of a giant extraocular sebaceous carcinoma during the COVID-19 Pandemic: a case report. The British Journal of Surgery. Oct 2021;108(Suppl7). PMID: **PMC8574385.** Mentelakis A, **Nicholas R**, Geh J.
- 2021 *The Governance of Overseas Surgical Collaborations - BFIRST/BSSH.* JPRAS. Feb 2021; 74(2):396-400. **PMID 33051175.** Jemec B, Lam W, Hodgson SP, Jones JWM, Eckersley R, Nyamulani N, Riaz M, Fell M, **Nicholas R**, Bhopal R, Mendis K, Khan MRK, Sommerlad B.
- 2021 *The Oxford Finger Nail Appearance Score – a new scoring system for fingernail deformity following paediatric finger tip trauma.* Journal of Plastic, Reconstructive & Aesthetic Surgery. Jan 2021;74(1):94-100. **PMID: 32917568.** Jain A, Stokes J, Gardiner MD, Cook JA, Jones A, Cooper C, Shirkey B, Sierakowski A, Beard D, Greig AVH, Dupré S, Adami RZ, Baker B, Fleet M, Miles D, **Nicholas R**, Nicola A, Plonczak A, Sleiwah A, Williams G, On behalf of the NINJA Collaborative.
- 2020 *A Cadaveric Study of the Buccal Fat Pad: Implications for Closure of Palatal Fistulae and Donor-Site Morbidity.* Plastic and reconstructive surgery. Dec 2020; 146(6):1331-1339. **PMID: 33234964.** Echlin K, Whitehouse H, Schwaiger M, **Nicholas R**, Fallico N, Atherton DD.
- 2020 *Bullying and undermining behaviours in surgery: A qualitative study of surgical trainee experiences in the United Kingdom (UK) & Republic of Ireland (ROI).* International journal of surgery. Dec 2020; 84:219-225. **PMID: 32738542.** Clements JM, King M, **Nicholas R** et. al.
- 2020 *Plastic surgery training in the UK: Results from a national survey of trainee experiences.* JPRAS. Jun 2020; 25:72-82. **PMID: 3277559.** Fell M, Staruch R, Baker B, **Nicholas R**, Howes R.

- 2020 *Addressing an Unmet Need for Global Reconstructive Surgical Training: Introducing BFIRST Trainees.* Journal of Plastic, Reconstructive & Aesthetic Surgery. Nov 2020; 73(11):2082-2083. **PMID: 32933869.** Chin YR, Harrison C, Fell M, **Nicholas R.**
- 2020 *The Importance of Global Reconstructive Surgery Training for UK Plastic Surgical Trainees: Results of a National Survey.* BJS, 2020;107(S3):89–90. Ammari T, Jayasinghe R, Lewis H, Staruch R, **Nicholas R,** Fell M.
- 2020 *Global Surgery: Is there a role for UK Medical Student Involvement? Results of a National Survey.* BJS, 2020;107(S3):89. Dwyer-Hemmings L, Pasha T, Lumley E, Fell M, **Nicholas R.**
- 2020 *National Survey of Flexible Training in Surgery: What is the experience of UK Plastics Trainees?* BJS, 2020;107:184. Reuben M, Lewis H, Jayasinghe R, Al-Hadithy N, Howes R, Baker B, Hendrickson SA, Staruch R, Fell F, **Nicholas R.**
- 2020 *Parental Leave and Return to Surgical Training: Are Plastic Surgical Trainees Adequately Supported?* BJS, 2020;107(S3):12. Jayasinghe R, Lewis H, Al-Hadithy N, Howes R, Hendrickson SA, Staruch R, Baker B, Fell M, **Nicholas R.**
- 2020 *Is Support for Pregnant Surgical Trainees Adequate? Results of a National Survey of Plastic Surgical Trainees.* BJS, 2020;107(S3):234. Lewis H, Jayasinghe R, Al-Hadithy N, Howes R, Hendrickson SA, Baker B, Staruch R, Fell M, **Nicholas R.**
- 2020 *Are Medical Students Adequately Exposed to Plastic Surgery in the United Kingdom?* BJS, 2020;107:22. Pasha T, Lumley E, Dwyer-Hemmings L, **Nicholas RS,** Fell M.
- 2020 *A New Cleft Palate Surgical Simulator That Improves Trainees' Knowledge and Confidence.* BJS, 2020;107(S3):156-157. Man J, Heinze Z, Burke-Smith A, Fiadeiro R, Echlin K, **Nicholas R.**
- 2019 *The Caseload and Management of Hand Trauma in a Tertiary Referral Centre.* BJS, 2019;106:147. Jayasinghe R, Macneal P, Kim E, Mann J, **Nicholas R,** Bain C.
- 2019 *Educational Impact of a Novel Cleft Palate Surgical Simulator - Results of a Pilot Study.* BJS, 2019;106:119. **Nicholas R,** Fiadeiro R, Smith AB, Timoney N, Echlin K.
- 2019 *The Role of Prophylactic Antibiotics in Primary Cleft Surgery: Does Reducing Duration Increase Early Complications?* BJS, 2019;106:119. Burke-Smith A, **Nicholas R,** Williams J, Echlin K, Atherton D, Timoney N.
- 2019 *Simulation in surgical training: Prospective cohort study of access, attitudes and experiences of surgical trainees in the UK and Ireland.* International Journal of Surgery. Jul 2019, 67:94–100. **PMID: 30995522.** **Nicholas R,** Humm G, MacLeod KE, Bathla S, Horgan A, Nally DM, Glasbey J, Clements J, Fleming C, Mohan HM.
- 2018 *Bilateral cleft surgery: Pre-surgical orthopaedics may facilitate primary definitive lip repair without need for revision and bilateral vomerine flaps are safe.* International Journal of Surgery 2018; 55:S91. **R Nicholas,** L Giwa, S Chummun, N Timoney.
- 2018 *UK plastic surgery lymphadenectomy training survey: How do we address concerns in light of MSLT-II findings?* International Journal of Surgery 2018; 55:S96. Giwa L, **Nicholas R.**
- 2018 *Early years postgraduate surgical training programmes in the UK are failing to meet national quality standards: An analysis from the ASiT/BOTA Lost Tribe prospective cohort study of 2,569 surgical trainees.* Int J Surg. Apr 2018; 52:376-382. **PMID:**

- 29037970.** Writing group; Project steering group; ASiT/BOTA Lost Tribe Study Group. (**Nicholas R**).
- 2016 *Lower Limb Trauma and Reconstruction.* In: Kalaskar DM, Butler PE, Ghali S. Textbook of Plastic and Reconstructive Surgery, 1st ed. London: **UCL Press**; June 2016; pp.193-207. **Nicholas R**, Quddus A, Simmons J.
- 2016 *Topical glycopyrrolate reduces axillary hyperhidrosis to a similar extent as subcutaneous Botox injections.* International Journal of Surgery 2016; 1(36):S93-S94. Quddus A, **Nicholas R**, Baker D.
- 2015 *Treatment of Primary Craniofacial Hyperhidrosis: A Systematic Review.* Am J Clin Dermatol. Jun 2015. **PMID: 26055729.** **Nicholas R**, Quddus A, Baker DM.
- 2015 *Treatment of craniofacial hyperhidrosis.* British Journal of Surgery 2015; 102(S5):3-52. **Nicholas R**, Quddus A, Baker DM.
- 2015 *Evidence based management of craniofacial hyperhidrosis.* International Journal of Surgery, 2015; 23:S132. Quddus A, Robinson M, **Nicholas R**, Baker D.
- 2015 *Resection of a large carotid paraganglioma in Carney-Stratakis syndrome: a multidisciplinary feat.* BMJ Case Rep 2015; Apr16. **PMID: 25883251.** **Nicholas R**, Wuddus A, Topham C, Baker D.
- 2015 *Diabetes mellitus and burns. Part II-outcomes from burn injuries and future directions.* Int J Burns Trauma. 2015 Mar 20;5(1):13-21. eCollection 2015. **PMID: 26064798.** Goutos I, **Nicholas RS**, Pandya AA, Ghosh SJ.
- 2015 *Diabetes mellitus and burns. Part I-basic science and implications for management.* Int J Burns Trauma. 2015 Mar 20;5(1):1-12. eCollection 2015. **PMID: 26064797.** Goutos I, **Nicholas RS**, **Pandya AA**, Ghosh SJ.
- 2014 *Hand Trauma: A prospective study of its epidemiology, infection rates and functional outcomes with consideration of the role of early hand therapy and prophylactic antibiotics.* International Journal of Surgery 2014; S1743-9191(14)00583-4. **Nicholas R**, Bowes A, Begum R, Miamiliotis C, Stockwell B, Myers S.
- 2014 *Working towards safer post-operative care of patients following upper and lower limb trauma: IT solutions for operative documentation can improve the quality of multidisciplinary communication.* International Journal of Surgery 2014; DOI: S1743-9191(14)00291-X. **Nicholas R**, Brock R, Bennett R, McMaster J.
- 2014 *An important case of misdiagnosis: keloid scar or high-grade soft tissue sarcoma?* BMJ Case Rep 2014; Jun 4. **PMID: 24899002.** **Nicholas R**, Stodell M.
- 2014 *Research Priorities in Light of Current Trends in Microsurgery Training: Revalidation, Simulation, Cross-training, and Standardisation.* Arch Plastic Surgery 2014; 41(3):218-24. **PMID: 24883271.** **Nicholas R**, Madada-Nyakauru R, Irri R, Myers S, Ghanem AM.
- 2014 *Work-Based Assessments: Do Not Forget The Formative! Journal of Surgical Education.* J Surg Educ 2014; 71(3):281. **PMID: 24797840.** **Nicholas R**, Whitaker J.
- 2013 Diaphragmatic hernia following laparoscopically-assisted Ivor-Lewis oesophagectomy: experience from 206 consecutive oesophagectomies. British Journal of Surgery 2013; 100:5. **Nicholas R**, Guarino S, Qureshi Y, Hughes F.

- 2012 *Patient-Related Keloid Scar Assessment & Outcome Measures.* PRS 2012;129(3):648-656. **PMID: 22373972. Nicholas R,** Falvey H, Lemonas P, Damodaran G, Ghannem A, Selim F, Navsaria H, Myers S.
- 2012 *A man with radiating loin pain.* Student BMJ. 2012; 20:e2762. **Nicholas R,** Henderson J, Haldar, N.
- 2011 *Imaging for Acute Loin Pain Suggestive of Renal Colic: Are We Detecting More Clinically Significant Extra-Renal Findings Since the Emergence of CT KUB?* Urology. 2011; 78(3):S220.DOI: 10.1016/j.urology.2011.07.657.X. **Nicholas R,** Rees T, Bhatt J, Bdesha A, Misra R, Haldar H.
- 2011 *History of male circumcision in Africa: from ritual to lifesaver?* British Journal of Urology International 2011; 108:68. DOI: 10.1111/j.1464-410X.2011.10264.X Bhatt J, Hart K, **Nicholas R,** Rees T, Kelleher JP, Haldar N.
- 2010 *HIV Prevention for young women of Uganda must now address poverty and gender inequalities.* Journal of Health Organisation & Management 2010; 24(5):491-497. **PMID: 21033642. Nicholas R.**

Publications In Preparation:

Effect of Timing on Outcomes of Free Flap Reconstruction Following Traumatic Injury to the Extremity: Systematic Review and Meta-Analysis. Plastic Reconstructive Surgery: **Submitted.** Rocks M, Wu M, Yassin S, **Nicholas R,** Azad A, Hacquebord J.

The Unappreciated Morbidity of Brachial Plexus Injuries Following Low Energy Shoulder Trauma: Understanding the Incidence, Risk Factors and Natural History. Plastic Reconstructive Surgery: **Submitted.** Muller J, Rocks M, Adenuga P, Twi-Yeboah A, Price AE, Protopsaltis TS, **Nicholas R,** Hacquebord J.

Finite Element Analysis of Donor Site Fracture Risk After Medial Femoral Condyle Flap Harvest: Implications for Optimal Harvest Site and Flap Size. Hand: **Submitted.** Wang P, Izard P, Parody N, Rocks M, **Nicholas R,** Hacquebord J.

Impact of Timing on the Management of Open Distal Radius Fractures. Hand: **Under Revision.** Morrison KA, Rocks M, Desai K, **Nicholas R,** Azad A, Ayalon O, Hacquebord J.

Limb Necrosis in the setting of Vasopressor Usage. American Journal of Critical Care: **Submitted.** Derry K, Rocks M, Sommer P, **Nicholas R,** Hacquebord J.

Diagnostic Capability of Ultrasound for Injuries Involving the Brachial Plexus. Rocks M, Gonzales F, Sanchez-Navarro G, **Nicholas R,** Adler R, Hacquebord J. *Manuscript in preparation.*

Large Single Centre Case Series of Cleft Hand. **Nicholas R,** Jordan C, Rana S, Thomson C, Sivakumar B, Smith G. *Manuscript in preparation.*

Toe-To-Toe Microvascular Transfer in Tibial Dysplasia Ectrodactyly Syndrome. Rana S, **Nicholas R,** Smith G. *Manuscript in preparation.*

Ulnar-Sided Cleft Hands. Jordan C, **Nicholas R,** Sivakumar B, Smith G. *Manuscript in preparation.*

Innovation in surgical training – commissioned editorial by International Journal of Surgery. *Manuscript in preparation.*

Gold Medal Guide to Plastic Surgery – invited author for book chapter. *Manuscript under review.*

Topical glycopyrrolate reduces axillary hyperhidrosis to a similar extent as subcutaneous Botox injections. Baker DM, Quddus A, **Nicholas R.** *Manuscript under review.*

A single surgeon case series of 72 consecutive bilateral cleft patients. **Nicholas R,** Chummun S, Giwa L, Timoney N. *Manuscript in preparation.*

PRESENTATIONS

- 2024 **Nicholas R,** Comunale V, Gonzalez Garcia C, Izard P, Yassin S, Adler R, Hacquebord J. High Prevalence of Double Crush Syndrome Associated with Brachial Plexus Injury on Ultrasound Imaging. Oral presentation at ASPN Jan 13 2024: Nassau, Bahamas.
- 2024 **Nicholas R,** Sobba W, Comunale V, Rocks M, Roller R, Yassin S, Ayalon O, Azad A, Hacquebord H. Minimally Invasive Technique for Iliac Crest Bone Graft Harvest: Superior Patient-Reported Outcomes. Poster presentation at AAHS Jan 12-16 2024: Nassau, Bahamas.
- 2024 Donnelly M, Elias A, Sanchez-Navarro G, Stoner M, Campbell H, **Nicholas R,** Hacquebord J. Lower Socioeconomic Status is Correlated with Significant Delays in Pediatric Brachial Plexus Injury (pBPI) Surgery in the United States.. Poster Presentation at ASPN Jan 12-14 2024: Nassau, Bahamas.
- 2024 Donnelly M, Noh K, Silverman J, Donnelly J, Azad A, **Nicholas R,** Reavey P, Dane B, Hacquebord JH Gonzalez Garcia C, Izard P, Yassin S, Adler R, Hacquebord J. Body Mass Index Is Associated with Myocutaneous Free Flap Reliability: Overcoming the Obesity Obstacle with a Proposed Clinical Algorithm to Identify and Manage High-Risk Patients Undergoing Gracilis Free Flap with Skin Paddle Harvest. Oral presentation at ASRM Jan 14 2024: Nassau, Bahamas.
- 2023 **Nicholas R,** Roller R, Rocks M, Ayalon O, Azad A, Hacquebord J. Iliac Crest Bone Graft Harvest For Upper Limb Surgery: Improved Donor Site Morbidity With Minimally Invasive Technique. MOU ePoster Presentation at ASPS The Meeting 26-29 October 2023: Austin, Texas.
- 2023 **Nicholas R,** Gonzalez F, Lowe D, Gonzalez M, Price A, Hacquebord J. Supraclavicular Brachial Plexus Neurolysis. Educational Video Presentation at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.
- 2023 **Nicholas R,** Gonzalez F, Lowe D, Gonzalez M, Hacquebord J. Neurolysis of the Sciatic Nerve after Hamstring Repair Complicated by Infection & Revision. Educational Video Presentation at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.
- 2023 Wang P, Rocks M, Izard P, Parody N, **Nicholas R,** Hacquebord J. Finite Element Analysis of Donor Site Fracture Risk After Medial Femoral Condyle Flap Harvest: Implications for Optimal Harvest Site and Flap Size. Poster Presentation at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.

- 2023 **Nicholas R**, Gonzalez Garcia C, Barrientos A, Izard P, Yassin S, Adler R, Hacquebord J. High Prevalence of Double Crush Syndrome Detected Using Ultrasound in Brachial Plexus Injury Cases. Poster Presentation at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.
- 2023 Larsen C, **Nicholas R**, Ayalon O, Hacquebord J. Predictors of Visualization Difficulty During Endoscopic Carpal Tunnel Release. Poster Presentation at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.
- 2023 **Nicholas R**, Bhat A, Worku MA, Agarwal-Harding K, Katarincic J, Hacquebord J. 1. Global Hand Surgery: How Can We Collaborate Effectively & Avoid Pitfalls? 2. Partnerships to Build Capacity in Limited Resource Settings: Early Engagement & Appropriate Governance. ICL Oral Presentations at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.
- 2023 **Nicholas R**, Patterson M, Novak C, Mackinnon S, Hacquebord J. 1. How to Introduce Nerve Transfers into your Practice. 2. Starting out: Supercharge End-To-Side AIN-to-Ulnar Motor Transfer. ICL Oral Presentations at 78th Annual Meeting of the American Society for Surgery of the Hand, 5-7 October 2023: Toronto.
- 2023 **Nicholas R**, Jordan C, Rana S, Thomson C, Smith G. Large Single Centre Series of Cleft Hand. ePoster Presentation at 2023 World Symposium on Congenital Malformations of the Hand and Upper Limb, Minneapolis, 17-20 May.
- 2023 Taha R, Murphy R, Higgins G, **Nicholas R**, Gough A, Jones J. Attitudes of trainees to involvement in hand surgery in low resource settings: a national survey. Poster Presentation at FESSH-EFSHT 2023 Congress, 10-13 May 2023: Rimini, Italy.
- 2023 Rocks M, Roller R, **Nicholas R**, Ayalon O, Azad A, Hacquebord J. Donor Site Morbidity after Harvesting of Iliac Crest Bone Graft for Hand and Upper Extremity Procedures. Poster Presentation at NYSSH Resident and Fellows Meeting, 9 May 2023: New York.
- 2023 **Nicholas R**, Campbell H*, Gonzalez Garcia C, Izard P, Yassin S, Adler R, Hacquebord J. Double Crush Syndrome in Patients with Brachial Plexus Injury. Oral Presentation at NYSSH Resident and Fellows Meeting, 9 May 2023: New York.
- 2022 **Nicholas R**, Jordan C, Rana S, Thomson C, Sivakumar B, Smith G. *Large Single Centre Case Series of Cleft Hand*. Oral Presentation at IFSSH-IFSHT-FESSH Combined Congress London 2022, 6-10 June 2022: London.
- 2022 Rana S, **Nicholas R**, Smith G. *Toe-To-Toe Microvascular Transfer in Tibial Dysplasia Ectrodactyly Syndrome*. Oral Presentation at IFSSH-IFSHT-FESSH Combined Congress London 2022, 6-10 June 2022: London.
- 2022 Jordan C, **Nicholas R***, Sivakumar B, Smith G. *Ulnar-Sided Cleft Hands*. Oral Presentation at IFSSH-IFSHT-FESSH Combined Congress London 2022, 6-10 June 2022: London.
- 2021 **Nicholas R**. *Global Surgery: Engagement as a Trainee*. Oral Presentation in BFIRST Global Surgery Session at: BAPRAS Unlocked, 28-30 June 2021: Nottingham.
- 2021 Mantelakis A, **Nicholas R**, Geh J. Management of a giant extraocular sebaceous carcinoma during the COVID-19 Pandemic: a case report. Virtual Presentation at: ASGBI Virtual Congress 2021, 4-8 May 2021.

- 2021 Cooper L, Papavasiliou T, **Nicholas R***, Uppal L, Bain C. *Could mindfulness meditation be used to improve performance and wellbeing in hand surgery training? A feasibility study*. Virtual Research Presentation at: BSSH 2021 Virtual Spring Scientific Meeting, 14-15 April 2021.
- 2020 Jayesinghe R, Lewis H, Al-Hadithy N, Howes R, Hendrickson S, Staruch R, Baker B, Fell M, **Nicholas R**. *Parental Leave and Return to Surgical Training: Are Plastic Surgical Trainees Adequately Supported?* Oral **WinS Prize** Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Pasha T, Lumley E, Dwyer-Hemmings L, **Nicholas R**, Fell M. *Are Medical Students Adequately Exposed to Plastic Surgery in the UK?* Oral Presentation for Research Poster of **Distinction Prize** Session at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Man J, Heinze Z, Burke-Smith A, Fiadeiro R, Echlin K, **Nicholas R**. *A New Cleft Palate Surgical Simulator That Improves Trainees' Knowledge and Confidence*. Poster Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Reuben M, Lewis H, Jayesinghe R, Al-Hadithy N, Howes R, Baker B, Hendrickson S, Staruch R, Fell M, **Nicholas R**. *National Survey of Flexible Training in Surgery: What is the experience of UK Plastics Trainees?* Poster Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Chin YR, Harrison C, Bagirathan S, Abuhussein N, Fell M, **Nicholas R**. *Addressing an Unmet Need for Global Reconstructive Surgical Training: Introducing BFIRST Trainees*. Poster Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Ammari T, Jayesinghe R, Lewis H, Staruch R, **Nicholas R**, Fell M. *The Importance of Global Reconstructive Surgery Training for UK Plastic Surgical Trainees: Results of a National Survey*. Poster Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Dwyer-Hemmings L, Pasha T, Lumley E, Fell M, **Nicholas R**. *Global Surgery: Is there a role for UK Medical Student Involvement? Results of a National Survey*. Poster Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2020 Lewis H, Jayesinghe R, Al-Hadithy N, Howes R, Hendrickson S, Baker B, Staruch R, Fell M, **Nicholas R**. *Is Support for Pregnant Surgical Trainees Adequate? Results of a National Survey of Plastic Surgical Trainees*. Poster Presentation at: ASiT International Surgical Conference 2020, 7th March 2020: Birmingham.
- 2019 Echlin K, Fiadeiro R, **Nicholas R**, Schwaiger M, Burke-Smith A, Timoney N. *Development and initial testing of a novel cleft palate surgical simulator*. Oral presentation at: CFSGBI Annual Scientific Conference 2018, 5th April 2019: London.
- 2019 Jayesinghe R, Macneal P, Kim E, Mann, J, **Nicholas R**. *The management of hand trauma within a Tertiary Referral Centre: a clinical audit*. **RSM Plastic Surgery Section Prize** Presentation at: RSM UPRAS 2019 Conference. 30th November 2019: London.
- 2019 **Nicholas R**. *Preparing for a Career in Surgery: Plastic Surgical Training*. Oral presentation at: RCS / ASiT P4CS National Conference. November 2019: London.
- 2019 **Nicholas R**. *Preparing for a Career in Surgery: Flexible Training in Surgery*. Oral presentation at: RCS / ASiT P4CS National Conference: November 2019: London.

- 2019 **Nicholas R**, Fell M, Harrison C. *Effective Teaching Across Cultures in Global Surgery: Getting involved as a Trainee*. Oral Presentation at: BSSH BFIRST Overseas Conference, 13th September 2019: Edinburgh.
- 2019 **Nicholas R**. *Experience from running the first BSSH Hand Trauma Course in Uganda: Effective Teaching Across Cultures in Global Surgery*. Oral Presentation at: BSSH BFIRST Overseas Conference, 13th September 2019: Edinburgh.
- 2019 **Nicholas R**, Fiadeiro R, Burke-Smith A, Heinze Z, Atherton D, Timoney N, Echlin K. *Educational impact and development of a novel cleft palate surgical simulator: results of initial testing demonstrate acceptability and improvement in surgical trainees' knowledge and confidence*. Oral Podium Presentation at: ECPCA 2019 International Conference, 12th June 2019: Utrecht.
- 2019 Echlin K, Whitehouse H, Schwaiger M, **Nicholas R**, Fallico N, Atherton D*. *A cadaveric anatomical study of the buccal fat pad flap and implications for cleft surgery*. Oral Podium Presentation (Atherton D) at: ECPCA 2019 International Conference, 12th June 2019: Utrecht.
- 2019 **Nicholas R**, Giwa L, Chummun S, Timoney N. *Large bilateral cleft series demonstrates the utility of pre-surgical orthopaedics in minimising revision of primary definitive lip repair & the safety of bilateral vomerine flaps at primary surgery*. Poster Presentation at: ECPCA 2019 International Conference, 12th June 2019: Utrecht.
- 2019 Burke-Smith A, **Nicholas R**, Echlin K, Atherton D, Timoney N. *The role of prophylactic antibiotics in primary cleft surgery: reducing the duration does not increase early complications*. Poster Presentation at: ECPCA 2019 International Conference, 12th June 2019: Utrecht.
- 2019 **Nicholas R**. *So you want to be a Plastic Surgeon?* Oral Presentation at: ASIT International Surgical Conference 2019, 23rd March 2019: Belfast.
- 2019 Jayesinghe R, Macneal P, Kim E, Mann, J, **Nicholas R**, Bain C. *Caseload and Management of Hand Trauma in a Tertiary Referral Centre: A Clinical Audit*. Poster Presentation at: ASIT International Surgical Conference 2019, 23rd March 2019: Belfast.
- 2019 **Nicholas R**, Humm G, MacLeod K, Bathla S, Horgan A, Nally DM, Glasbey J, Clements J, Fleming C, Mohan H. *Simulation in Surgical Training: Prospective Cohort Study*. Poster Presentation at: ASIT International Surgical Conference 2019, 23rd March 2019: Belfast.
- 2018 **Nicholas R**, Tucker S, Cubison T. *Retaining a Healthy & Diverse Workforce in Plastic Surgery: Introducing The Juggling Club*. Oral Podium Presentation & Session Convener at: BAPRAS Winter Scientific Meeting 2018. 30th November 2018: London.
- 2018 Giwa L, **Nicholas R**. *UK Plastic Surgery Lymphadenectomy Training Survey: How do we address concerns in light of MSLT-II findings?* Poster Presentation at: ASiT International Surgical Conference 2018, 7th April 2018: Edinburgh.
- 2018 **Nicholas R**, Giwa L, Timoney N. *Bilateral Cleft Surgery: Pre-surgical orthopaedics may facilitate primary definitive lip repair without need for revision*. Poster Presentation at: ASiT International Surgical Conference 2018, 7th April 2018: Edinburgh.

- 2018 Fell M, Pasha T, **Nicholas R**. The Governance of Overseas Collaborations: Roles and Responsibilities of the Surgical Trainee. Oral Presentation at: BSSH BFIRST Overseas Conference, 13th April 2018: Manchester.
- 2017 **Nicholas R**, Chummun S, Giwa L, Timoney N. A single surgeon case series of 72 consecutive bilateral cleft patients. Oral Podium Presentation at: Craniofacial Society of Great Britain and Ireland (CFSGBI) Annual Scientific Conference 2017. 5th April 2017: Newcastle.
- 2016 Lam W, **Nicholas R**. *British Foundation of International Reconstructive Surgery & Training Update*. Oral Podium Presentation at: BAPRAS Winter Scientific Meeting 2016. 23rd November 2016: London.
- 2016 **Nicholas R**. *From Medical Student to Plastic Surgeon*. Oral Podium Presentation at: BAPRAS 15th Undergraduate Day. 7th May 2016: London.
- 2016 **Nicholas R**. *Priorities for the Plastic Surgical Trainee: Maximising educational opportunities & surgical experience alongside personal commitments*. Oral Podium Presentation at: Women in Surgery Conference. 16th April 2016: Cambridge.
- 2016 Quddus A, **Nicholas R**, Baker DM. *Topical Glycopyrrolate reduces axillary hyperhidrosis to a similar extent as subcutaneous Botox injections*. Poster Presentation at: ASiT International Surgical Conference 2016. 18-20th March 2016: Liverpool.
- 2015 **Nicholas R**. *How to make the most of surgical training*. Oral Podium Presentation at: BAPRAS 14th Undergraduate Day. 24th October 2015: London.
- 2015 **Nicholas R**, Quddus A, Baker DM. *Treatment of Primary Craniofacial Hyperhidrosis: A systematic Review*. Oral Podium Presentation at: SARS Annual Conference. 7th January 2015: Durham.
- 2015 Robinson M, **Nicholas R**, Quddus A, Baker D. *A Systematic Review of the Clinical Management of Facial Hyperhidrosis*. Poster Presentation at: International Surgical Congress of the Association of Surgeons of Great Britain and Ireland. 22nd April 2015: Manchester.
- 2014 **Nicholas R**, Gardiner S, Mosahebi A. *Does preoperative CT Angiography for perforator mapping help or hinder DIEP breast reconstruction?* Study Proposal for Reconstructive Surgery Trials Network. Oral Podium Presentation at: BAPRAS Winter Meeting. 26th November 2014: London.
- 2014 **Nicholas R**, Ramadhan M. *First Response to Surgical, Trauma & Burns Emergencies*. Oral Podium Presentation at: Recognising the deteriorating patient; avoiding catastrophe. Royal College of Psychiatrists Physical Health Conference. 13th November 2014: London.
- 2014 **Nicholas R**, Madada-Nyakauru R, Ghanem A, Myers S. Cross-training, transferrable skills & revalidation: timely research priorities for microsurgery education and simulation. e-Poster with Oral Presentation at: ESPRAS 2014 Congress, 09/07/2014: Edinburgh.
- 2014 **Nicholas R**, Begum R, Bowes A, Myers S. *A prospective study of hand trauma & infection rates: A priority for resource planning and allocation*. e-Poster with Oral Presentation at: ESPRAS 2014 Congress, 09/07/2014: Edinburgh.
- 2014 **Nicholas R**, Phoenix G, Stodell M, Myers S. *Dermatofibrosarcoma protuberans-derived fibrosarcoma: an important differential diagnosis of keloid*

- disease. e-Poster with Oral Presentation at: ESPRAS 2014 Congress, 09/07/2014: Edinburgh.
- 2014 **Nicholas R**, Jones S, Lau A, Patel H. Limb-threatening chemical burns following topical application of medicinal plants. e-Poster with Oral Presentation at: ESPRAS 2014 Congress, 09/07/2014: Edinburgh.
- 2014 **Nicholas R**, Buick T. Motivation in microsurgery performance. Oral Podium Presentation at: IMSS International Microsurgery Simulation Society Scientific Meeting 2014. 24/05/2014: Naples.
- 2014 **Nicholas R**, Lau A, Pandya A, Myers S. *Severe Chemical Burns from a Medicinal Plant: Case Report and Review of The Literature*. Poster presentation at: British Burn Association Annual Meeting 2014. 07/04/2014: Chelmsford.
- 2014 **Nicholas R**, Bowes A, Miamiliotis C, Stockwell B, Myers S. *Hand Trauma: A prospective study of its epidemiology, infection rates and functional outcomes with consideration of the role of early hand therapy and prophylactic antibiotics*. Poster Presentation at: The ASiT International Surgical Conference 2014. 28/03/2014: Belfast.
- 2014 **Nicholas R**, Brock R, Bennett R, McMaster J. *Working towards safer post-operative care of patients following upper and lower limb trauma: IT solutions for operative documentation can improve the quality of multidisciplinary communication*. Poster Presentation at: The ASiT International Surgical Conference 2014. 28/03/2014: Belfast.
- 2014 **Nicholas R**. *An Important Case of Misdiagnosis: Keloid Scar or Fibrosarcoma?* Oral presentation at: The Royal College of Surgeons of England Muse Society Meeting. 03/02/2014: London.
- 2013 **Nicholas R**, Guarino S, Qureshi Y, Hughes F. *Diaphragmatic Hernia following Laparoscopically-assisted Ivor-Lewis Oesophagectomy: Experience from 206 Consecutive Oesophagectomies*. Oral Podium Presentation at: AUGIS 17th Annual Scientific Meeting. 20th September 2013: Newcastle.
- 2011 **Nicholas R**, Falvey H, Lemonas P, Damodaran G, Ghannem A, Selim F, Navsaria H, Myers S. *Keloid Disease: Incorporating the Patient Experience into Clinical Assessment*. Electronic Poster & Oral Discussion at: BAPRAS Winter Scientific Meeting 2011. 1st December 2011: Royal College of Surgeons of England.
- 2011 **Nicholas R**, Rees T, Bhatt J, Bdesha A, Misra R, Haldar N. *Imaging for Acute Loin Pain Suggestive of Renal Colic: Are We Detecting More Clinically Significant Extra-Renal Findings Since the Emergence of CT KUB?* Poster Presentation at: 31st Congress of the Societe Internationale D'Urologie. 17th October 2011: Berlin, Germany.
- 2011 Lemonas P, **Nicholas R**, Falvey H, Damodaran G, Ghanem A, Selim F, Myers S, Navsaria H. *Patient-Related Keloid Scar Assessment & Outcome Measures*. Oral Presentation at: Tissue Engineering and Regenerative Medicine International Society Asia Pacific Meeting 2011. 4th August 2011: Singapore.
- 2011 Bhatt JR, Hart K, **Nicholas RS**, Rees T, Kelleher JP, Haldar NA. *History of male circumcision in Africa: from ritual to lifesaver?* Poster Presentation at: BAUS Annual Meeting. 21-22nd June 2011: Liverpool.
- 2011 **Nicholas R**. *Patient-Related Keloid Scar Assessment & Outcome Measures*. Oral Presentation and Discussion at: Healing Foundation Research Council Meeting. 2nd March 2011: Ministry of Defence, Whitehall, London.

- 2010 **Nicholas R**, Manson J, Grier G: *Does FAST aid trauma management?* Poster Presentation at: Undergraduate Surgical Conference 2010, Royal College of Physicians & Surgeons Glasgow; 13th November 2010: Glasgow.
- 2010 **Nicholas R**, Myers S, Falvey H. *Patient-related keloid scar assessment*. Poster Presentation at: Undergraduate Surgical Conference 2010, Royal College of Physicians & Surgeons Glasgow; 13th November 2010: Glasgow.
- 2010 **Nicholas R**, Ghorbanian S, Manson J, Grier G. *Does FAST Scanning Aid Management?* Poster Presentation at: Trauma 2010, 5th National Conference on Trauma Medicine. 31st October 2010: London.
- 2010 **Nicholas R**, Deayton J. *Challenges to HIV/AIDS Prevention among Young Ugandan Women from Impoverished Communities*. Poster Presentation at: The 25th International Union against Sexually Transmitted Infections Europe Conference. September 2010: Tbilisi, Georgia.
- 2010 **Nicholas R**, Magee H, Feather A: “*WASHES - We Assess(ed) Student Hand hygiene in Examinations Study*” – *Revisiting hand cleaning behaviour in major summative OSCE Examinations*. Poster presentation at: ASME Annual Scientific Meeting 2010: Medical Education: Innovation in a Traditional World. 21-23rd July 2010: Cambridge, UK.
- 2010 Magee H, **Nicholas R**, Feather A: “*Did you clean your hands?*” – *Revisiting hand cleaning behaviour in major summative OSCE Examinations*. Poster Presentation at: 14th Ottawa Conference: Assessment of Competence in Medical and the Healthcare Professions. 15-19th May 2010: Miami.

TEACHING

- 2023 Organised & Faculty on **Phalangeal Fracture Fixation & Hemi Hamate Arthroplasty Cadaveric Lab**, Bellevue Hospital Clinical Skills Centre & Cadaveric Laboratory, New York.
- 2023 Faculty on 3rd **Annual Upper Extremity Flap and Brachial Plexus Course**, Plastic Surgery Human Tissue Lab, NYU Tisch Hospital, New York.
- 2022 Faculty on **Peripheral Nerve & Brachial Plexus Cadaver Course**, (Supraclavicular plexus exposure, Infraclavicular plexus exposure, Double fascicular exposure), Plastic Surgery Human Tissue Lab, NYU Tisch Hospital, New York.
- 2021 Organised & Faculty on **BSSH / PLASTA Flexor Tendon Course 2021**, Online Interactive Flexor Tendon Repair Simulation Workshop, March 2021.
- 2020 Faculty on **PLASTA/ASiT Plastic Surgery Course 2020**, Birmingham.
- 2019 Organised & Faculty on **BSSH Hand Trauma Course**, Kiziizi Hospital, Uganda.
- 2019 Organised & Faculty on **PLASTA/ASiT Plastic Surgery: Local Flaps Course**.
- 2019 Faculty on **Medicate ST3 Plastic Surgery Interview Preparation Course**, London
- 2015 Organiser & Faculty on **Surgical Skills for Foundation Doctors**, Royal Free.
- 2014 Organiser & Faculty on **ASiT Foundation Skills in Surgery Course**, London.

- 2014 Lead Organiser & Faculty on **Surgical Skills for Respiratory Registrars**, Pan-London Deanery Training Day for Respiratory SpRs: Royal Free Hospital.
- 2014 Associate Faculty on **EMSB Course** (10.05.14)
- 2013 Associate Faculty on **M.Y. Plastic Surgery Course** (15/11/13)
- 2013 Lead Organiser & Faculty on **ASiT London Foundation Skills in Surgery Course**, London Deanery: Royal London Hospital.
- 2013 Faculty on **RCS Basic Surgical Skills Course**, Royal London Hospital.
- 2013 Co-Organiser & Faculty on **Surgical Skills for Medical Students**, BLSM.
- 2012 Surgical Skills Tutor, **OPS Course**, John Radcliffe Hospital.
- 2012 Organising committee for **Microsurgery Reconstructive Skills Day** at Blizard Institute of Cell & Molecular Science, London.
- 2011-12 Invited faculty member and speaker on **ALERT Courses** Buckinghamshire.
- 2011-12 **Anatomy** Demonstrator, University of Oxford.
- 2011 Organiser & Teacher on **Preparation for OSCEs Course** (Wycombe Hospital).
- 2010 Teacher & Examiner at **Oxford OSCE Coaching Weekend** (John Radcliffe).
- 2010 **Surgery & Acute Care Curriculum Design**, Barts & The London School of Medicine.
- 2009 **Clinical Skills Revision** for Undergraduates, Barts & The London Medical School.
- 2004 **English Teacher**, Methodist School for Street Children Kolkata, India & **Primary School Teacher**, "Impact" Primary School Mbale, Uganda.

COURSES

- 2023 **Skeletal Dynamics Comprehensive Surgeon Summit**, Park City (July 14-15 2023)
- 2023 **Snowmass Upper Extremity Course** (18th Annual), Snowmass (Feb 12-16 2023)
- 2022 **BAPRAS Cadaveric Training Day - Facial Flaps**, Nottingham (Nov 29 2022)
- 2022 **The Complete Hand Surgeon: Flaps You Should Know After Fellowship Cadaveric Lab** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)
- 2022 **Total Wrist Arthroplasty Cadaveric Lab** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)
- 2022 **Distal Radius and Ulna Fractures** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)
- 2022 **Tendon Transfers and Nerve Transfers Cadaveric Course** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)

2022 **Trauma and Arthroplasty Solutions from Shoulder to Fingertip Reconstruction Cadaveric Lab** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)

2022 **Not Just a Small Hand: Pediatric Hand Surgery from Simple to Complex** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)

2022 **Hand & Wrist Arthroscopy Cadaveric Lab, Arthrex** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)

2022 **Collagenase Clostridium Histolyticum Training & Certification** at: 77th ASSH Annual Meeting 2022, Boston (Sep 27-Oct 1 2022)

2022 **FOT Upper Extremity Course Cadaveric Lab**, Philadelphia (Sep 16 2022)

2022 **The Advanced Cadaveric Wrist Course**, Medartis, Keele (4-5 May 2022)

2021 **West Midlands Advanced Plastic Surgery Course** (10-14 May 2021)

2020 **BSSH/BFIRST Congenital Hand Surgery Symposium** (05 Sept 20)

2020 **Hand Fracture Fixation Course**, St Thomas' Hospital. London (08 Aug 2020)

2019 **European Course in Plastic Surgery**, Oxford (25-27 Sept 2019)

2019 **BSSH/BFIRST Overseas Symposium**, Edinburgh (13 Sept 19)

2019 **European Cleft Palate Craniofacial Association Congress**, Utrecht (13 Jun 19)

2018 **Good Clinical Practice Certification** (27 Oct 2018)

2018 **PLASTA Trainee Day & Winter BAPRAS** (27 & 28-30 Nov 18)

2018 **BSSH Trainees' Day**, London (24 Oct 18)

2018 **RCS Women in Surgery**, London (19 Oct 18)

2018 **BAPRAS Strategy Day**, Manchester (22 Sept 18)

2017-19 **MSc Medical Education**, University of South Wales (Sept 2017 - Aug 2019)

2015 **St Thomas' Cadaveric Hand Trauma Course** (21-22 Sept 15)

2015 **Canniesburn Flap Course** (14-18 Sept 15)

2015 **Train the Trainer Course**: ISC Medical (19-20 Sept 15)

2015 **Facial Reanimation: Consensus and Controversies in Facial Reanimation: An MDT approach** (12 May 15)

2014 **IRMER: Ionising Radiation (Medical Exposure) Regulation Course** (25 Feb 14)

2013 **EMSB: Emergency Management of Severe Burns Course** (10 May 13) *
* *Selected as Coordinator with Instructor Potential*

2013 **CCrISP: Care of the Critically Ill Surgical Patient Course** (Dec 2013)

2013 **Royal College of Surgeons Introduction to Ear, Nose & Throat Surgery** (Jul 13)

- 2013 **London Deanery Laparoscopic Skills Training** (19 Mar, 16 Apr, 28 Jun, 26 Jul '13)
- 2013 **ASiT / SARS / BJS Research Skills Course** (05 Apr 13)
- 2012 **Basic Course in Microsurgery** (10 Dec 12)
- 2012 **Mid Yorkshire Plastic Surgery Course** (16 Nov 12) * ***Selected as future faculty***
- 2012 **St Thomas' Hand Trauma Course** (13 Sept 12)
- 2011 **ATLS: Advanced Trauma Life Support Course** (28 Sept11)
- 2011 **ALS: Advanced Life Support Course** (22 Sept 11)
- 2011 **BSS: Basic Surgical Skills Course** (05 Sept 11)
- 2011 **ALERT: Acute Life-Threatening Events: Recognition & Treatment Course**
- 2010 **Medical Emergencies Simulation Day**
- 2010 **Breaking Bad News Communication Course**
- 2009 **ASME Medical Education Clinical Teaching Course**
- 2009 **DATE (Doctors as Teachers & Educators)**
- 2009 **WiNS Basic Surgical Skills Course**
- 2009 **WiNS Career Development Course**

AUDIT

- 2022-3 **CANVAS** National Service Evaluation Collaborator. A Comparison of non-absorbable sutures versus absorbable sutures for skin surgery. Sufficient audit data collected to qualify as PubMed cited RSTN collaborator.
- 2022 **National audit of non-melanoma skin cancer excisions performed by plastic surgery in the UK.** British Journal of Surgery. Oct 2022;109(11):1040-1043. **PMID: 35891582.** Nolan G, Dunne J, Lee A, Wade R, Kiely A, Jones R, Gardiner M, NMSC: PlastUK Collaborative (**Nicholas R**), Jain A.
- 2020-1 **WIRE National Service Evaluation** Collaborator. Should Kirchner wires be buried or left exposed after hand fracture fixation in adults? Sufficient audit data collected to qualify as PubMed cited RSTN collaborator.
- 2019 **Audit of the use of prophylactic antibiotics in primary cleft surgery and evaluation of whether the reduction in duration leads to increased early complications.** Closed loop audit demonstrated that reducing duration of antibiotics post op for primary cleft repair did not increase early complications. In light of findings, change in departmental policy regarding prophylactic antibiotic use.
- 2019 Jayesinghe R, Macneal P, Kim E, Mann, J, **Nicholas R**, Bain C. **The Management of Hand Trauma in a Tertiary Referral Centre: Clinical Audit of BOAST and BSSH Standards for hand fracture management.** Trust-wide audit of Clinical

Practice. Presented locally, Nationally and Internationally at ASIT Conference April 2019, Belfast (first cycle), & RSM UPRAS 2019 Conference, London (re-audit).

- 2016 **R. Nicholas, N. Timoney. Cleft Service Patient Satisfaction with Speech & Language Therapy.** Departmental audit of patient satisfaction audit. South Thames Cleft Service, Evelina London Children's Hospital. September 2016.
- 2015 **R. Nicholas, B. Varma, D. Patel, M. Smith. Hand Trauma Theatre Utility Audit.** Department of Plastic Surgery, Royal Free Hospital. Departmental audit of Clinical Practice. Presentation: Regionally at Trust Audit Day Sept 2015.
- 2015 **R. Nicholas, D. Reiss, A. Mosahebi. Does Preoperative CT Angiography for Perforator Mapping Help or Hinder DIEP Breast Reconstruction?** Department of Plastic Surgery, Royal Free Hospital. Departmental audit of Clinical Practice. Presentation: Nationally at Winter BAPRAS & Regionally at Trust Audit Day Sept 15.
- 2014 **R. Nicholas, A. Bowes, S. Myers. Hand Trauma Service Audit.** Department of Plastic Surgery, Royal London Hospital. Complete audit cycle including reaudit. Results presented to department reported back to the Surgery Clinical Academic Group (CAG): Barts Health NHS Trust.
- 2013 **R. Nicholas, F Hughes. Audit of Oesophagectomy post op complication rates: Diaphragmatic Hernia.** Data collected as part of the ongoing National Oesophago-Gastric Cancer Audit. Presentation: Locally at BLT Trust Audit Day Meeting September 2013 & National Oral Presentation at AUGIS 17th Annual Scientific Meeting: Newcastle.
- 2013 **R. Nicholas, F Hughes. Audit of Patient Satisfaction with North East London Cancer Network Upper GI Service.** Survey of patient satisfaction and concerns as part of ongoing annual service audit. Report published as part of London Cancer Services bid June 2013.
- 2012-13 **R. Nicholas, B. Shatta, S. Myers. Plastic Surgery Operative Note Audit,** Department of Plastic Surgery, Royal London Hospital. Complete audit cycle including reaudit. Presented to department and Trust Audit Day Meetings 2013: Barts Health NHS Trust.
- 2012-13 **R. Nicholas, R. Brock, J. McMaster. Upper & Lower Limb Trauma Post-operative Instructions Audit.** Complete audit cycle including reaudit. Presented to department and Clinical Governance Meetings 2012 & 2013: Oxford Radcliffe Hospitals.
- 2010-13 **R. Nicholas, S. Ghorbanian. Trauma FAST Scan Audit.** Complete audit cycle including reaudit. Presented to department and Regional London Trauma Network Meetings 2010 & 2013: Barts Health NHS Trust.
- 2012 **R. Nicholas, L. Cogswell. Audit of Paediatric Cases presenting to Trauma Clinic and waiting times for Definitive Surgery.** (1st Cycle): Data presented by Ms Cogswell at departmental Resource Planning Meeting 2012, Department of Plastic Surgery: John Radcliffe Hospital.
- 2011 **R. Nicholas, T. Rees, K. Misra, J. Bhatt, N. Haldar. Audit of CT KUB for the Diagnosis of Urolithiasis,** Urology Department 2011: Wycombe Hospital.
- 2010-11 **R. Nicholas, T. Rees. Informed Consent Audit.** Complete audit cycle including reaudit. Presented to department of Urology Governance Meeting and reported to Trust Clinical Audit Department 2010 & 2011: Wycombe Hospital.

LEADERSHIP & MANAGEMENT

- 2020-2021 **BSSH Overseas Trainees Committee:** Chair. British Society for Surgery of the Hand.
- 2020-2021 **BFRIST Trainees: President.** British Foundation of International Reconstructive Surgery & Training.
- 2019-2021 **BSSH Overseas Committee: Plastics Trainee Representative:** British Society for Surgery of the Hand.
- 2018-2019 **PLASTA Committee: ASiT Representative.** Plastic Surgery Trainees' Association & Association of Surgeons in Training.
- 2017-2019 **BFIRST Trainees: Vice President:** British Foundation of International Reconstructive Surgery & Training.
- 2016-2017 **BFIRST Trainees Co-founder and Head of Membership & Mobilisation:** British Foundation of International Reconstructive Surgery & Training.
- 2015 **BFIRST Committee Invited Attendee:** British Foundation of International Reconstructive Surgery & Training, Royal College of Surgeons.
- 2013-2018 **ASiT Council Member:** Elected member of national committee as Regional Representative for NE London, The Association of Surgeons in Training.
- 2013-2019 **Music Leader & Co-ordinator:** Inspire London Church, London.
- 2014-2017 **Clinical Governance Committee Trainee Representative,** Royal Free NHS Foundation Trust.
- 2013 **Chair of Organising Committee of ASiT Foundation Skills in Surgery Courses,** Royal London Hospital.
- 2013 Contribution to **Bid for London Cancer Services** to keep North East London Cancer Network Upper GI Service open, June 2013.
- 2012-2013 **Patient Safety Committee** trainee representative, Barts Health NHS Trust.
- 2012 Designed, led, negotiated and implemented new system for the provision of timely Discharge Documentation in Oxford Trauma Unit.
- 2004-2020 **Trustee & Co-founder of *Wake Up! Ministries, Uganda (No.1138744)***
Wake Up! Ministries is a registered UK Charity and Ugandan NGO supporting orphans & vulnerable adults through education, community development & health care provision in Eastern Uganda.
Some of our achievements include:
- Construction of Kikobero Village Health Centre, provision of health education, provision of mosquito nets and disaster relief in the region.
- Construction of Kikobero Village Pre-School in 2009, now educating over 140 pre-school and primary school children.
- Education sponsorship of 40 children in full-time primary & secondary education.
- Cleft Lip Medical Missions in 2010 and 2012.
Regular responsibilities: Chairing trustees meetings, communicating with UK donors, liaising with the Ugandan committee, fundraising, report writing, designing charity logo and providing photography for publications.

- 2010 **Student-Staff Liaison Committee:** Elected student representative. Helped design the new surgical curriculum, Barts & The London School of Medicine & Dentistry.
- 2001-2008 **Youth Group Leader & Teacher,** Fleet Camps for youth and children.
- 2006 **Patient Relations** Assistant, PALS, Whittington Hospital, London.

MEDICAL WORK ABROAD

- 2020-*postponed* Organised 2020 BSSH Hand Trauma Course, Uganda. *Postponed due to COVID-19*
- 2019 Organised and Taught on first BSSH Overseas Committee Hand Trauma Course, Uganda. Lead Consultant Supervisor: Mr Jonathan Jones.
- 2012 Clinical Observer and Assistant co-ordinator for “Changing Children’s Lives” Cleft & Plastic Surgical Medical Training Mission at Mbale Hospital, Uganda. Lead Consultant Supervisor: Dr Mark Weinstein, Founder & Director of Changing Children’s Lives, Inc. Clinical Professor of Plastic and Reconstructive Surgery at Yale University School of Medicine.
- 2010 Supervised Junior Doctor (post-finals) during Medical Elective at Mseleni Hospital, Northern KwaZulu Natal, South Africa. Consultant Supervisor: Dr Victor Fredlund.
- 2005 Work experience shadowing a Consultant Vascular & General Surgeon (including assisting in theatre) at Kisiizi Hospital, Uganda.
- 2004 Carer at *Prem Dan* (“Home for the Chronically Ill”) & *Kalighat* (“Home for the Dying & Destitute”), Mother Teresa’s Missionaries of Charity in Kolkata, India.

PERSONAL INTERESTS

ART & DESIGN:

- Ongoing Artist: Life Drawing, Oil Painting, Drawing with Pastels & Charcoal, Ceramics
- 2004 A-Level Art (highest scoring candidate)

MUSIC:

- 2020-22 Jazz Vespers Jazz Choir Vocalist, London
- 2009-10 Barts & The London Orchestra
- 2007 Leeds University Orchestra
- 2004-5 Origin Scotland Orchestra & Edinburgh University Symphonia Orchestra
- 2003 Violin Grade 8

SPORT:

- Ongoing Skier (Bronze, Silver & Gold Awards)
- 2011& ‘09 London Virgin Marathon

OTHER INTERESTS:

- 2013-17 Inspire London Church, Old Street: Founding Member

CAREER AIMS & PERSONAL STATEMENT

Having passed my UK Plastic Surgery Boards to become a Fellow of the Royal College of Surgeons (Plast), I went on to complete the European Board in Hand Surgery (EBHS). With a background of International Health & Development (BSc), and a Masters degree in Medical Education, following my

Hand Surgery Fellowship at St Thomas' Hospital in London and additional experience at Great Ormond Street Hospital in Paediatric Hand Surgery, I am pursuing a career as a Paediatric and Adult Hand & Reconstructive Surgeon, with an additional focus on teaching and international development within surgery.

Surgical Experience

For my stage of career I have extensive operative experience with over 3000 procedures in my surgical logbook to date, 2800 of which I have performed as primary surgeon or performed with supervision (see footnote for more detail).¹ Alongside my surgical skills, formal written feedback has specifically commended my rapport with colleagues and patients, support of other staff and particularly juniors, approachability, clarity of communication, and ability to work well under pressure.

Leadership and Management

I have developed and demonstrated leadership and management in several National Committee roles, in addition to co-founding and continuing to serve on the board of trustees for an international charity (Wake Up Ministries):

- Chair of BSSH Overseas Trainees Committee 2020-21
- President of BFRIST Trainees 2020-21
- BSSH Overseas Committee: Plastics Trainee Representative 2019-21
- PLASTA Committee: ASiT Representative 2018-19
- Council Member: Association of Surgeons in Training 2013-18
- Clinical Governance Committee Trainee Representative, Royal Free Hospital 2014-17
- Patient Safety Committee, Barts Health 2012-13

Research & Publications

I have undertaken 4 periods of dedicated research work, including working at New York University (NYU) Langone Health as a Research Fellow while awaiting NY medical licensure, a Research Elective funded by the Healing Foundation & the British Association of Plastic Reconstructive and Aesthetic Surgeons (BAPRAS), a research-based Intercalated BSc in International Health & Development, and a research-based year of my Medical Education MSc. All of these periods of work have resulted in presentation and publications, in addition to a number of awards and prizes.

To date I have completed over 70 national and international presentations at scientific meetings and have 50 peer-reviewed publications.

Teaching

My Masters in Medical Education equipped me with a range of teaching methods, curriculum design and planning, programme evaluation, and assessment methods, including supervision and appraisal training. I have organised and taught as a faculty member for multiple surgical courses including 4 international courses, and 6 national ones. I was also an anatomy demonstrator and OSCE coaching course teacher and examiner at Oxford University and Barts and the London School of Medicine. Currently I am involved in teaching Residents and Fellows surgical techniques through cadaveric courses at NYU Langone Health.

Other Interests

Well-developed organisation and time-management enable me to maintain a work-life balance. Alongside my work commitments, I enjoy spending time with my husband and children (8 & 6), family and friends, play the violin (completed all ABRSM -Associated Board of the Royal Schools of Music - examination grades), serve at church as a music leader, paint & sculpt pottery, have run two marathons, and continue with significant leadership and management responsibilities. The skills I maintain through these activities are undoubtedly relevant and transferable to my career in surgery and are a great way to prevent and relieve stress!

¹ Surgical experience specifically includes the following: Upper limb surgery (1175 operations), including bone and joint procedures (300), tendon surgery (230), nerve procedures (170), other soft tissue procedures such as Dupuytren's and vascular malformations (350), and congenital hand (65); Lower limb reconstruction (100); Free flap reconstruction (56); Skin cancer surgery (650); Lymph node surgery (68); Burns surgery (200), Breast surgery (153), Head & Neck Surgery, including: Cleft lip & palate surgery (45), Head & neck cancer reconstruction (78), Craniofacial surgery (22) and Auricular reconstruction (67); alongside general wound and scar reconstruction (296).