

CURRICULUM VITAE

Mr FIRAS R S YOUNIS

FRCSI (Gen). MCh. LRCP&SI (NUI)

Laparoscopic Colorectal and General Surgeon

PERSONAL DETAILS

Name: Firas Rakan Sabir Younis.

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E-mail : younis.firas@gmail.com

Nationality: Irish

Current Position: Consultant Laparoscopic General & Colorectal Surgeon
Enhanced Recovery programme Lead

Work Address: Department of General Surgery
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Foundation Trust NHS
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England UK

Telephone: +44 (0)7701027203

Registered with: GMC 6024566- Specialist Registration

Med Council of New Zealand General Scope 50481

MEDICAL EDUCATION

Royal College of Surgeons in Ireland (RCSI) , Dublin, Irish Republic

1988-1994 Licentiate of the Royal College of Surgeons in Ireland

LRCP&SI, MB, BCh, BAO (National University of Ireland).

ACADEMIC PRIZES

Dr. P. Fitzpatrick Pathology Medal 1994 Best Pathology research project

Delaney Prize (Co-researcher) 2001 Best Anaesthetic Scientific Presentation

POST-GRADUATE EDUCATION

FRCSI Fellowship in General Surgery 1998

MCh Royal College of Surgeons in Ireland 2004

CCT Certificate of Completion of Training in General & Colorectal Surgery 2009

FRCSI (Gen) Intercollegiate 2009

CAREER INTERESTS

I am a consultant general surgeon with interest in laparoscopic and open colorectal surgery. I have interests in colorectal oncology, inflammatory bowel disease, and Endometriosis. I have a certificate of completion of training in general and colorectal surgery from East Anglia/ Cambridgeshire UK. I have been awarded the Intercollegiate Fellowship (FRCSI) in general surgery.

I have completed post CCT fellowship in laparoscopic and open colorectal surgery in North Shore Hospital, Auckland, New Zealand for 14 months. I am a trainer and Clinical supervisor for The East Anglian Specialist Registrar Rotation and Educational supervisor for final Year Medical students.

PROFESSIONAL EXPERIENCE

Post CCT Fellowship in Colorectal & General Surgery 2010-2011

Laparoscopic and open surgery

North Shore Hospital, Waitemata District Health Board, North Shore City, Auckland, New Zealand.

Waitemata District health board has a catchments' area of over half a million people. The surgical Unit has eleven general surgeons. Five of them are colorectal surgeons with one colorectal fellow. The Hospital deals with up to 300 Colorectal cancers per year making it the busiest centre in the whole of

New Zealand. North Shore Hospital is a teaching centre and one of the main training hospitals in the general surgical rotation scheme. The Fellow post is equivalent to junior consultant Surgeon under senior supervision. I undertook full clinical responsibilities for the patients under my care and have admitting rights. I had two elective operating lists a week with the supervising consultant surgeons.

I had one upper GI and lower GI endoscopy session per week with training in endoscopic dilatation, stenting, and EMR. I covered Emergency and Acute Theatre as acting consultant once or twice a week dealing with various surgical emergencies (including laparoscopic cholecystectomy, appendicectomy, adhesionolysis and colorectal emergencies).

I was on the consultant oncall roster with senior backup if needed (one in eleven). I did 26 consultant oncall days. I took responsibility in teaching and training the SpRs in the acute and elective operating lists.

I worked with two consultant Laparoscopic colorectal surgeons, John Jarvis and Mike Hulme-Moir as a firm and we had on average 30 - 50 patients at a time. The average hospital acute surgical admissions are 20 patients a night. The firm takes tertiary referrals for recurrent and advanced pelvic malignancies, including those needing sacrectomy. The Post has become accredited by the Colorectal Surgical Society of New Zealand and Australia Fellowship Training Board for next term. I gained excellent laparoscopic and open surgical training for both benign and neoplastic colorectal conditions. There is very good exposure to pelvic floor, pouch surgery, and major/complex resections for advanced and recurrent cancers. The post also offers a wide variety of general surgical experience on elective and emergency basis. I am the main operator in all the cases with consultant supervision.

Laparoscopic colorectal resections 60
Open colorectal resections 72, TME 30
Sphincter repairs 4
Rectocoele repairs 3
Abdominal Anterior Rectopexy 5
Laparoscopic Pouch Surgery 5
Total operations 342
Colonoscopies 120

Specialist Registrar Training Scheme in General and Colorectal Surgery in East Anglia Rotation, England

Addenbrookes, Cambridge University Hospital NHS	2008-2009
Norfolk & Norwich University Hospital NHS	2007-2008
Hinchingbrook HCT NHS	2006-2007
Queen Elizabeth Hospital King's Lynn NHS	2005- 2006
Bedford Hospital NHS	2004-2005

General and Upper GI Registrar Experience

University Hospital Aintree, Liverpool, England	2003- 2004
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General and Vascular Registrar Experience

St Vincent's University Hospital, Dublin, Ireland	2002- 2003
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Teaching Responsibilities- Royal College of Surgeons in Ireland

Tutor in Surgery-Waterford Regional Hospital	2001-2002
Assistant Lecturer in Surgery- Beaumont Hospital	2000-2001

MCh. THESIS

The Role of Stress Protein in Cellular Injury

MCh thesis in the field of Pre-conditioning, ischaemia-reperfusion, and Wound Healing. Two years Laboratory based research.

RCSI Supervisor: Prof. David Bouchier-Hayes
Educational and Research Centre, Beaumont Hospital, Dublin 9

UCD Nominating Professor: Prof. John Fitzpatrick
Dept. of Surgery, The Mater Hospital, Dublin7

Conferred June 2004

Narrative of Registrar Surgical Training

I have over 10 years of general surgical training, including 3 years of Vascular surgery, with the last three years being in Specialist colorectal posts. I have worked in numerous places during my training, starting in the republic of Ireland where I graduated. I moved to the UK in 2003 and started my higher surgical training in East Anglia. I worked in Auckland, New Zealand as a colorectal fellow. I was working as a surgeon under training which is equivalent to a first year consultant post in the NHS. I provided clinical leadership, management, and took full responsibility for patients under my care. I had full collegial support and advice available in the unit. I ran elective and emergency operating sessions, providing laparoscopic and open surgical service with enhanced recovery. I also provided advice and help to other colleagues from other specialties in general surgery, gynaecology, and urology. I had on many occasions taken over colorectal cases that needed urgent intervention from other specialties. I had in some occasions taken the gynaecology registrars through perineal repairs for third and fourth degree tears. During my higher surgical training; I had supervised endoscopic training almost every year. For the last year I have concentrated on consolidating my endoscopic skills and became proficient in performing polypectomy and other interventional procedures including, tattooing, dye spray, and mucosal lifts. I have JAG accreditation.

House Jobs

Junior Registrar- Beaumont Hospital, Dublin, Ireland	1998 -2000
Senior House Officer – Beaumont Hospital	1997-1998
Senior House Officer – Waterford Regional Hospital	1995-1996
Medical Internship - Beaumont Hospital	1994-1995
Surgical Internship - Waterford Regional Hospital	

RESEARCH EXPERIENCE

PUBLISHED PAPERS

The Value of Metastatic Screening in Primary Breast Cancer.

MC Barry. F Thornton. M Murphy. **F Younis**. RGK Watson.
Irish Journal of Medical Science 1999; 168:248-250.

PUBLISHED ABSTRACTS

- 1. Immunohistochemical detection of C-erb2 and p53 expression in cervical intraepithelium neoplasia.**
F Younis, CB Walsh.
J Pathology 1993, 169 (Suppl); 137a
- 2. Role of magnetic resonance imaging in diagnosis of spinal metastasis in breast cancer.**
F Younis, D Bouchier-Hayes, TN Walsh.
Irish Journal of Medical Science 1998; 167 (Suppl 10)
- 3. Sub optimal nutrition occurs in two-thirds of vascular patients**
F Younis, M Eng, D Bouchier-Hayes, CJ Kelly.
Irish Journal of Medical Science 2000; 169(3) (Suppl 2)
- 4. Pharmacological preconditioning attenuates Ischaemia-reperfusion diaphragmatic dysfunction.**
F Younis, E M Connolly, R McLaughlin, C J Kelly, D Bouchier-Hayes.
Irish Journal of Medical Science 2001; 170(1) (Suppl 1)
- 5. Thermal preconditioning attenuates post-operative intra-peritoneal Adhesion formation.**
F Younis, R McLaughlin, E Kay, C J Kelly, A Leahy,
D Bouchier-Hayes
Irish Journal of Medical Science 2001; 170(3) (Suppl 1)
- 6. Endovascular repair of AAA in a vascular Unit.**
F Younis, CJ Kelly, A. Leahy, D. Bouchier-Hayes, F McGrath.
Irish Journal of Medical Science 2001; 170(3) (Suppl 1)
- 7. Pharmacological preconditioning attenuates lower torso ischaemia-reperfusion induced diaphragmatic dysfunction.**
F. Younis, E M Connolly, C Gang, C J Kelly, D Bouchier-Hayes.
BJS;2002, 89(5):645,

8. **Peritoneal adhesion formation attenuated by thermal preconditioning, whilst maintaining laparotomy wound and GIT anastomosis integrity.**
F Younis, R McLaughlin, C J Kelly, D Bouchier-Hayes.
BJS.2002;89(5): 654-655

9. **Aortoenteric fistula: a rare but life-threatening source of gastrointestinal haemorrhage.**
D Kavanagh, J Dowdall, F Younis, MC Barry, S Sheehan, D Mehigan.
BJS 2003; 90(6) Suppl 1.

10. **Resection margins and intramural spread in cancer at the gastro-oesophageal junction.**
Mr Firas Younis, Dr S. Chawla, Dr A. Matthews, Dr W. Taylor,
Mr P. McCulloch
EJSO 2004; 30: 1005-1021

Audit

The Rate of Anastomotic Leakage for Anterior Resection 2005

Firas Younis, Julia Philips, David Skipper
Department of Surgery, Bedford Hospital

Nurse led clinic in the management of chronic anal fissure 2006

Firas Younis, M. Stewart, Paul Cullen
Department of Surgery, King's Lynn

Colonic Polyps follow up colonoscopy intervals 2007

Firas Younis, LJ. Smith, R. Anwar, B Bekdash
Department of Surgery, Hinchingbrooke HCT

Intensive Radiological Follow up of Resected CRC. 2009

200 patients included with 2 years average follow up with 6 monthly CT scans accepted as poster presentation in associations of coloproctology.

PRESENTATIONS TO LEARNED SOCIETIES

- Oct 1993** **Immunohistochemical Detection of C-erb2 and p53 Expression in Cervical Intraepithelium Neoplasia.**
F Younis, CB Walsh. *Annual RCSI Research Day - Biological Society Research Meeting (Royal College of Surgeons in Ireland)*
- Sept 1995** **The Value of Metastatic Screening in Primary Breast Cancer.**
MC Barry. F Thornton. M Murphy. **F Younis.**
RGK Watson. *Sir Peter Freyer Surgical Symposium (University College Hospital Galway)*
- Sept 1996** **Management of Inguinal Hernias, A Need for Change?**
FL Murphy, **F Younis**, RGK Watson. *Sir Peter Freyer Surgical Symposium (University College Hospital Galway)*
- Oct 1998** **Role of Magnetic Resonance Imaging in Diagnosis of Spinal Metastasis in Breast Cancer.**
F Younis, D Bouchier-Hayes, TN Walsh.
Waterford Surgical October Club (Waterford Regional Hospital)
- Mar 2000** **COX-1 Inhibition Reduces Intimal Hyperplasia *In-Vivo*.**
F Younis, EM Connolly, D Bouchier-Hayes, CJ Kelly, A Leahy. *Sylvester O'Halloran Surgical Scientific Meeting*
- Mar 2000** **The Effects of Pharmacological Attenuation of Haemodynamic Responses to Experimental Aortic Cross Clamping on the Splanchnic Circulation.**
C O'Malley, **F Younis**, D Bouchier-Hayes, A Cunningham Delaney *Scientific Anaesthetic Meeting – RCSI*
- Sept 2000** **Sub optimal Nutrition Occurs in Two-thirds of Vascular Patients.**
F Younis, M Eng, D Bouchier-Hayes, CJ Kelly. *Sir Peter Freyer Surgical Symposium (University College Hospital Galway)*

- Sept 2000 Thermal preconditioning attenuates post-operative intra-peritoneal Adhesion formation.**
- F Younis**, R McLaughlin, C J Kelly, D Bouchier-Hayes. *Sir Peter Freyer Surgical Symposium (University College Hospital Galway)*
- Nov 2000 Sub optimal Nutrition Occurs in Two-thirds of Vascular Patients.**
- F Younis**, M Eng, D Bouchier-Hayes, CJ Kelly. Irish Angiology Society Inaugural Meeting, - Poster presentation
- Sept 2001 Endovascular Repair of AAA in a Vascular Unit.**
- F Younis**, CJ Kelly, A. Leahy, D. Bouchier-Hayes, F McGrath. *Sir Peter Freyer Surgical Symposium (University College Hospital Galway)*
- Jan 2002 Pharmacological Preconditioning Attenuates Lower Torso Ischaemia-Reperfusion Induced Diaphragmatic Dysfunction.**
- F. Younis**, E M Connolly, C Gang, C J Kelly, D Bouchier-Hayes. Society of Academic & Research Surgery
- Patey Prize Section**
- Jan 2002 Peritoneal Adhesion Formation Attenuated by Thermal Preconditioning Whilst Maintaining Laparotomy Wound and GIT Anastomosis Integrity.**
- F Younis**. R McLaughlin. C J Kelly. D Bouchier-Hayes. *society of Academic & Research Surgery*
- Mar 2003 Aortoenteric fistula: a rare but potentially fatal cause of gastrointestinal haemorrhage.**
- D Kavanagh, J Dowdall, **F Younis**, MC Barry, S Sheehan, D Mehigan
- Sylvester O'Halloran Surgical Scientific Meeting.*
- May 2003 Aortoenteric fistula: a rare but potentially fatal cause of gastrointestinal haemorrhage.**
- D Kavanagh, J Dowdall, **F Younis**, MC Barry, S Sheehan, D Mehigan. *society of Academic & Research Surgery*

- Nov2003** **Improved Management of High-Risk Patients For Elective Abdominal Aortic Aneurysm Repair by Provision of a High Dependency Step-Down Unit.**
M Cleary, R A Cahill, **F Younis**, S J Sheehan D Mehigan, M C Barry. Irish Angiology Society Inaugural Meeting
- Nov 2004** **Resection margins and intramural spread in cancer at the gastro-oesophageal junction.**
Mr Firas Younis, Dr S. Chawla, Dr A. Matthews, Dr W. Taylor, Mr P. McCulloch
The Association for Cancer Surgery Annual Scientific Conference
- May 2007** ***Specialist Nurse Clinic in the management of chronic anal fissure.***

Mr Firas Younis, Marion Stewart, Mr. Paul Cullen
The East Anglian Chapter of the Association of Coloproctology
- May 2008** ***Does Pre-operative decision making underlie the increased rate of positive circumferential resection margins following abdominoperineal excision.***

Mr. James Hernon, Jane McCulloch, Firas Younis, K Sargen, R Wharton, S Kapur, C Speakman, WSL Stebbings.
East Anglian Surgical Club Registrar Prize
- May 2009** ***Early Detection of Metastases in Colorectal Cancer with an Intensive Radiological Follow-up.***

F Younis, DR McGrath, T Nasir, O Stone, K Sargen, RQ Wharton, S Kapur, WSL Stebbings, CTM Speakman
The East Anglian Chapter of the Association of Coloproctology
- Oct 2009** ***Fellowship training in a specialist inflammatory bowel disease unit: is it worth it.***
Firas younis, Andrew Stabler, Edward Courtney, R Justin Davies. East Anglian Digestive Diseases Day

POST-GRADUATE COURSES ATTENDED.

Basic Surgical Skills Course	RCSI	Oct	1995
Primary FRCSI Course	RCSI	May	1996
Final FRCSI Course	RCSI	May	1997
Radiation Protection	Mater Hospital	Dec	1998
ATLS	RCSI	May	1999
Total Nutritional Therapy,	Dublin	Oct	2000
Crisis Management	RCSI	Oct	2000
Statistics for Clinicians	Sheffield University	Mar	2002
Colonoscopy Course	Bedford Hospital	Feb	2005
ATLS	Bedford Hospital	Mar	2005
ATLS Instructor Course	RCSE	Nov	2005
Principles & Practice of Colorectal Surgery I	RCSE	Mar	2006
Multilevel Colonoscopy JAG Course	Gloucestershire	Sept	2006
M62 Coloproctology Course	Hull	March	2007
Laparoscopic Lower GI Course University of Dundee	Cuscheri Centre	Oct	2008
Hadrian Intercollegiate Exit Exam Course	Edinburgh	Jan	2009
National Pelvic floor Disorders	Auckland University	Oct	2010
Covidien Laparoscopic Lower GI Course New Zealand		Oct	2010
Oxford Medical Management and Leadership Course		Dec	2010

Clinical Supervisor's training day	April 2013
Training the Colonoscopy Trainers	Jan 2014
Ethicon TAPP Perceptorship	Oct 2014

TEACHING COURSES

Instructor Basic Surgical Skills Course	RCSI	Laparoscopic Module
ATLS Instructor		
Ipswich Hospital NHS Trust		Jan 2006
Bedford Hospital NHS Trust		Mar 2006
Advanced Laparoscopic Course		
Luton and Dunstable Hospital		June 2013

MEMBERSHIP

New Zealand Association of Salaried Medical Specialists

Medical protection Society

The Association of Coloproctology of Great Britain and Ireland

REFEREES:

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Details of Current Post

I am working as a consultant surgeon in general and colorectal surgery since April 2011. I have broad general surgical experience in elective and emergency settings.

The colorectal unit has 6 full time consultant surgeons, 2 colorectal specialist nurses, and 2 stoma therapy specialist nurses. The Unit offers specialist colorectal service for both cancer and benign conditions, including inflammatory bowel disease. Approximately 190 new colorectal cancer patients are treated in the unit.

Luton and Dunstable University Hospital NHS Foundation Trust (L&D) is a medium sized general hospital serving a population of approximately 300,000 people in Luton, Bedfordshire, Hertfordshire, and parts of Buckinghamshire. It has become a university hospital as an associate teaching hospital of the University college London. Final medical year students are attached to the hospital prior to their final examinations. It forms part of East Anglia and North East London training rotations for medical and surgical training.

The L&D is part of the Mount Vernon Cancer Network which provides services to a population of 2 million people.

I have been selected by my colleagues as the clinical lead for colorectal surgery, Enhanced recovery programme. I have also been selected as the colorectal lead for Complex endometriosis surgery which is performed jointly with specialist Gynaecologists. I am the surgical lead for sunshine Grand round teaching session for the final medical students.

I take part in Specialist meetings which include Colorectal cancer and lower GI MDT, Pelvic floor MDT, and Endometriosis MDT. Also Clinical governance and general surgical meetings.

