

This is to certify that:

George Garas

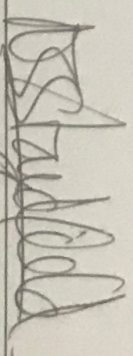
successfully completed the full London Deanery

## CORE SURGICAL TRAINING PROGRAMME

on

4 October 2011

(issued in conjunction with an authorised ARCP Outcome 1 form)

A handwritten signature in black ink, appearing to read 'N Standfield', written over a horizontal line.

Professor Nigel Standfield

Head of Postgraduate School of Surgery





## Purple Form - Surgical Training Record

Assessment period: From 07/10/2009 To 04/10/2011

This is an official School of Surgery document for training programmes managed by the London Deanery. A form is to be completed at the end of each placement by the trainee and trainer, and then **signed by at least 3 departmental consultants**. Signed & completed forms are to be presented by the trainee to the ARCP panel.

### General Information

This form should be completed by the trainee before handing to trainer for completion.

Name of Trainee	Mr. George Garas	Form completed by (Name of Trainer):	Mr. Neil Tolley
Training number	09/CST/C0028/LN	ST Year Please circle	ST 1 (2) SpR n/a
Current year of training:	1 (2) 3 4 5 6	Expected CCT date: Where applicable	05/10/2017
Current Post and Hospital (Please indicate % of time if not 100%)	CT2 ENT	Duration of absence due to sick leave / maternity leave during assessment period:	0
Educational Supervisor:	Mr. Neil Tolley	Training Programme Director:	Ms. Fiona Myint
Other training consultants on firm:			

Training to date	Grade	Unit	% Time if not 100%	Months equiv	Total months
	CT2	St. Mary's		6	24
	CT2	Charing Cross		6	
	CT1	Northwick Park		4	
	CT1	Queens Square		4	
	CT1	Northwick Park		4	
Time off/ not counted					
Time left	6 year training = 72 months, 4.5 year training = 54 months				

**Trainee:** Please detail below your typical weekly activities including your on-call commitments and the consultants you work with:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	ENT Clinic/Theatre	On-call	Theatre	Tracheostomy MDT ward round	Paediatric ENT Clinic
PM	Thyroid Clinic	Research	Theatre	Theatre	ENT Clinic/Theatre
AM	Mr. Tolley	All Consultants	Mr. Tolley	Professor Narula	Professor Narula
PM	Mr. Tolley	Mr. Tolley	Mr. Tolley	Professor Narula	Mr. Tolley

Consultant 1 signature (Educational Supervisor):		Date:	5/9/11
Consultant 2 signature (Clinical Supervisor):		Date:	5/9/11
Consultant 3 signature:		Date:	5/9/11
Consultant 4 signature:		Date:	6/09/11
Trainee signature:		Date:	6/19/11



# Assessment

To be completed by trainer:

Criteria		Please indicate specific areas where this trainee is deficient, where targeted training or repeat training may be required, or where the trainee excels. Where grading is C or U, an explanation must be given. <b>Please include a detailed letter to STC if there are several areas of concern.</b>	Grading: E=Excellent A=Acceptable C=Cause for concern U=Unacceptable
Knowledge	Scientific		A
	Clinical		E
Clinical competence	History Taking		A
	Physical Examinations		A
	Investigation		A
	Diagnosis		A
	Management		A
	Judgement		A
Surgical & Practical Skills	Planning		E
	Dexterity		A
	Technical Ability		A
Working methods	Prioritisation of work		E
	Organisational ability		E
	Insight to seek help		E
Communication skills	Team working		E
	Relationship with patients		E
	Relationship with colleagues		E
	Relationship with other staff		E
	Informed consent		A
	Breaking bad news / Bereavement		/
Attitude	Commitment / Motivation		E
	Leadership		E
	Take responsibility		E
	Flexibility		E
	Cope under Pressure		E



Reliability

E

**Markers of Achievement (for this assessment period only)**

Trainee: Please detail below the postgraduate activities you have taken part in during this placement / period of assessment (Please extend to an attached sheet (signed) if necessary).

Presentations / Posters / Abstracts	Titles & authors	Date
International	"Robotic-assisted parathyroidectomy: a prospective case control study" Arora A, <b>Garas G</b> , Budge J, Palazzo F, Dhawan R, Cox J, Darzi A, Tolley N	28/06/2011
	"Assessment of obstruction level and selection of patients for OSA surgery: an evidence-based approach" Georgalas C, <b>Garas G</b> , Hadjihannas E, Oostra A	05/05/2011
	"Robotic Assisted Parathyroidectomy" Tolley N, <b>Garas G</b> , Dhawan R, Cox J, Palazzo F	28/09/2010
National	"Robotic-assisted Parathyroidectomy: a Prospective Case Control Study" Arora A, <b>Garas G</b> , Budge J, Palazzo F, Dhawan R, Cox J, Darzi A, Tolley N	20/06/2011
	"Robotic-assisted Parathyroidectomy: A Feasibility Study" Tolley N, Arora A, Palazzo F, <b>Garas G</b> , Dhawan R, Cox J, Darzi A	22/10/2010
	"Prospective audit on the outpatient management of peritonsillar abscess" <b>Garas G</b> , Ifeacho S, Arora A, Tolley N	20/07/2010

Published Work	Journal Title Full Citation inc Pub Med number	Date
Peer Review Papers	"Robotic-assisted parathyroidectomy: A feasibility study" Tolley N, Arora A, Palazzo F, <b>Garas G</b> , Dhawan R, Cox J, Darzi A <i>Otolaryngology – Head and Neck Surgery</i> 2011 Jun;11(6):859-66. PMID: 21546590	June 2011
Peer Review Papers	"Prospective audit on the outpatient management of patients with a peritonsillar abscess: Closing the loop" <b>Garas G</b> , Ifeacho S, Cetto R, Arora A, Tolley N <i>Clinical Otolaryngology</i> 2011 Apr;36(2):174-99. PMID:21518279	April 2011
Peer Review Papers	"Assessment of obstruction level and selection of patients for OSA surgery: an evidence-based approach" Georgalas C, <b>Garas G</b> , Hadjihannas E, Oostra A <i>The Journal of Laryngology and Otology</i> 2010 Jan;124(1):1-9. PMID: 19664318	Jan 2010
Case Report	"Extramedullary plasmacytoma of the tongue base" <b>Garas G</b> , Choudhury N, Prasad N, Tatla T <i>Journal of The Royal Society of Medicine Short Reports</i> 2010 Dec 6;1(7):60. PMID: 21234132	Dec 2010
Case Report	"Invasive fatal rhino-orbito-cerebral mucormycosis in diabetic ketoacidosis" <b>Garas G</b> , Choudhury N, Farrell R <i>Journal of The Royal Society of Medicine Short Reports</i> 2010 Dec 1;1(7):57. PMID: 21234129	Dec 2010
Case Report	"Meliodosis and the vacuum-assisted closure device: a rare cause of a discharging neck wound, and a new approach to management" <b>Garas G</b> , Ifeacho S, Millard R, Tolley N <i>The Journal of Laryngology and Otology</i> 2010 Sep;124(9):1021-4. PMID: 20219147	Sept 2010
Book Chapter		

Higher Degrees Obtained / Examinations Taken	Full name of institution	Pass Credit / Merit Distinction	Date
DOHNS	The Royal College of Surgeons of England	Pass (83%)	Feb 2011
MRCS	The Royal College of Surgeons of England	Pass (81%)	May 2010



teaching methods.	Internationally
College School of Medicine Final Year MBBS Tutor	Regional

<b>Quality Improvement during this Placement</b> Please indicate if your audit findings led to changes that have improved the quality of patient care.	Within the department Within the Trust Nationally Internationally
My 3-cycle prospective audit on the outpatient management of patients with a peritonsillar abscess (which I conducted under the supervision of my Consultant & Supervisor Mr. Neil Tolley) led to a change in Trust guidelines regarding the management of patients presenting with a peritonsillar abscess in the A&E department as well as a regular practical lecture given to all new A&E and ENT SHOs on their induction. The audit was selected among the best 4 audits on a national level for 2010 by the Royal Society of Medicine (RSM) and I presented it to the RSM as part of the final stage of The John Glyn Prize Trainees' Committee.	Imperial College Healthcare NHS Trust: -St. Mary's Hospital -Charing Cross Hospital -Hammersmith Hospital

<b>Other Markers of Achievement during this Placement</b> (eg Grants / Fellowships awarded – National / International)	Value of award
Best Paper Prize 2010 Review Article Category – Journal of Laryngology and Otology "Assessment of obstruction level and selection of patients for OSA surgery: an evidence-based approach" The Royal Society of Medicine	£3,000

## Summary Conclusion

To be completed by trainer:

Outcome	Clinical	Academic
<b>Progress to next phase of training</b> Expected rate of progression and development of competencies achieved for level of training	Yes	Yes
<b>Targeted training required - no additional time</b> Need to achieve specific objectives to attain required standard for year of training		
<b>Additional time required</b> Inadequate progress made by trainee. Specific objectives needed to attain required standard for year of training		
Incomplete evidence		

Strengths	Plans for further development
Very enthusiastic and committed to ENT	Continue in present way.
Areas for improvement	Action plan
None	



Personal comments from trainer (please extend to an attached sheet (signed) if necessary)

George is a superb trainee and  
expect him to have a successful career  
in ENT

Comments from other departmental consultants

(Consultants with additional or dissenting opinions should attach a letter with full explanation)

To be completed by trainee:

Trainee's comments (please extend to an attached sheet (signed) if necessary)

Very happy with the training I received over the 2 years (2009-2011) of Core Surgical Training in North Thames, London Deanery at St. Mary's, Charing Cross, the National Hospital of Neurology & Neurosurgery, Queen Square and Northwick Park. I feel ready to start my ST3 in Otorhinolaryngology – Head & Neck Surgery in Nottingham, East Midlands Deanery. I am most grateful to all my trainers who took the time and effort to teach and supervise me but I owe a special big thanks to my mentor, Mr. Neil Tolley. Thank you all and goodbye!