



# FPS UK NEWS

FPS UK Newsletter - Issue 2, December 2015

## Contents

President’s Introduction .....	2
EAFPS President Abel-Jan Tasman Interview.....	3
AOT Representative's Introduction.....	5
The Cosmetic Surgery Interspecialty Committee: An Update .....	5
An Interview with Mr. Raj Bhalla: Manchester Advanced Rhinology and Nasal Plastic Surgery Fellowship.....	6
Rhinology Fellowship at Guy’s and St Thomas’ .....	9
EAFPS Fellowships.....	11
Facial Plastics for Trainees: Navigating through e-lefENT .....	12
Save the Date .....	14
Facial plastics: The nose, face and eyelids .....	15

# President's Introduction



Tim Woolford,  
President of FPS UK

Welcome to our second FPS UK Newsletter. I am very grateful to the Editor, Sadie Khwaja, and her team Daniela Bondin and Bilal Anwar for all their hard work in publishing this Newsletter.

After some three years in post, I will be stepping down as FPS UK President at our annual meeting in February next year. As I reflect, I feel that FPS as a sub-specialty continues to gain ground, with increasing interest amongst trainees and generally a higher profile in ENT.

A number of events have contributed to this. We had our first national FPS UK meeting earlier this year; a high quality meeting with a very encouraging turnout. I can also state with confidence that the FPS programme at BACO this year was the strongest ever, with more sessions and a number of excellent International speakers on the faculty. The European Academy of Facial Plastic Surgery annual meeting is coming to London next year, with FPS UK Council members Santdeep Paun and Alwyn D'Souza acting as local organisers. Congratulations to FPS UK Council member Hesham Saleh, the first Facial Plastic Surgeon to be elected President of the RSM Section of Laryngology & Rhinology for many a year.

Congratulations also to Sarah Little, appointed as our new Society Secretary. Sarah will be liaising with an ever increasing Society membership now well over 300. If you are not a member, and have an interest in rhinoplasty and facial plastic surgery I would encourage you to join FPS UK (free to ENT UK members). Please contact [Sarah](#) or [Lyndy Pullen](#) at ENT UK.

Finally I am very pleased to announce that Alwyn D'Souza will be taking over as Society President when I demit after our annual meeting. I am completely confident that under Alwyn's leadership our society will continue to flourish.

I hope you will enjoy this newsletter which aims to update FPS UK members about the society and national FPS issues. Do contact me directly if you have thoughts, comments or concerns.

I look forward to seeing many of you at the [annual meeting on February 4th 2016](#) at the Royal College of Surgeons of England, London.

May I be one of the first to wish you a very happy Christmas!

Tim Woolford

President of FPS UK The ENT UK Facial Plastic Surgery Society.

[tim.woolford@cmft.nhs.uk](mailto:tim.woolford@cmft.nhs.uk)

# EAFPS President Abel-Jan Tasman Interview



Can you tell our readers some information; your full name, qualifications and background?

**Academic degrees:**

Privatdozent Dr. med.

Board certification in ORL HNS (Germany) and Facial Plastic Surgery (European Board for Certification in Facial Plastic Surgery; EBCFPRS).

PD Dr.med. Abel-Jan  
Tasman

**Background:** Born in Grenoble France, primary and secondary school in Karlsruhe, Germany. Study of Medicine in Heidelberg and Hamburg with elective periods a.o. in Boston and Seattle. Thesis for Dr. med. at the Maxillofacial Department University of Hamburg (Facial Burns). Thesis for Privatdozent at Heidelberg University (sonographic measurement of induced perfusion changes of the nasal mucosa). Residency in ENT at Heidelberg University. Current affiliation: Head Rhinology and Facial Plastic Surgery at the ENT Department, Cantonal Hospital St. Gallen, Switzerland

**When and how did you become involved with EAFPS?**

I was invited to create a newsletter for the Academy. The first newsletter was published in 2004. Fascinated by Facial Plastic Surgery and the role of the Academy, I found opportunities beyond the newsletter to contribute to Academy activities and support the General Secretary Pietro Palma. I was elected as General Secretary in 2009, Vice President in 2014 and President in 2015.



**What do you hope to achieve during your term as President of EAFPS?**

The Academy has seen substantial growth in membership over the years, with mostly two-digit annual growth rates, to now count more than 1000 members. This reflects both a growing interest in facial plastic surgery and the appeal of the Academy.

I wish to bow to the founders of our Academy, my dear friend Claus Walter and Tony Bull and also honour the contributions of the successive presidents, Gilbert Nolst Trenité and Pietro Palma. Without these leaders and their highly motivated entourage the Academy would not be what represents today, Europe's largest association of physicians devoted to facial plastic surgery.

To serve the highly motivated and skilled leadership team consisting of the next executive board, the standing committees and the focus groups is a most exciting prospect for the upcoming president. I look forward to

guiding the Academy through the changes that will come with the new governance structure. It will be in the best interest of the Academy.

Being given a 2 year term, I will focus on 2 major objectives that sprout from what is detailed in §2 of our articles of association: The object of the association is the promotion of science and research as well as further vocational training in the field of the public health service. This will be put into effect by means of scientific events with lectures (courses, congresses, informational trips), the carrying out of research projects, the awarding of research assignments and scholarships, the issuing of periodicals and brochures as well as the provision of information in the internet. Continuing to structure and increase the attractiveness of our training and teaching activities will include improving the appeal of our annual conferences and refining our fellowship program.

### **Why would you recommend more trainees and consultant otolaryngologists join EAFPS?**

Facial plastic surgery forms an integral part of ENT and OMFS, but also General Plastic Surgery, and Ophthalmic surgery. FPS is a challenging and fascinating field that is at arm's reach for ENT surgeons. FPS does not receive the attention it deserves in academic settings and I wish to see FPS better rooted in academia. The annual conferences continue to be highlights, organized in pleasant settings and vibrant with a spirit of comradery and professional exchange. For the novice, an EAFPS membership facilitates making contacts and visiting senior surgeons across the globe, arguably the best way to gain inspiration. A membership also gives access to the EAFPS Fellowship programme in Europe and overseas. For all other benefits, please visit ([eafps.org](http://eafps.org)).

## AOT Representative's Introduction



Anna Slovick  
FPS AOT rep  
ENT North Thames  
SpR

I am delighted to have been voted in as the FPS AOT representative. As the AOT representative, I am keen to ensure that trainees have the best opportunities to receive facial plastic surgical training, so that ENT continues to develop a strong presence in the field of facial plastic surgery. I will work with the FPS committee helping to ensure that trainees are catered for in forthcoming FPS UK and EAFPS courses and keep the AOT informed of upcoming courses, fellowships and qualifications. I will keep trainees up-to-date with changes in FPS, for example the forthcoming compulsory RCS certification in plastic surgery. I am also keen to survey regional training opportunities in FPS, following regional commissioning cuts, to ensure there are adequate training opportunities across the UK particularly in light of the forthcoming certification.

## The Cosmetic Surgery Interspecialty Committee: An Update

**Tim Woolford**



Tim Woolford,  
President of FPS UK

The recommendations of this Committee have now been published, and many of you will hopefully have already seen emails from FPS UK relating to this.

The key recommendations are set out below.

- Developing standardised patient information;
- Identifying clinical outcome measures;
- Setting standards for training and practice (particularly on ethical issues);
- Establishing a system of certification.

Certification will be introduced next spring. It will not be compulsory, however in reality it will be difficult for a new Consultant to gain admitting rights to a private hospital if they are not certified. In time obtaining indemnity will not be possible for new or established Consultants if they are not certified in the procedures they

are performing.

The key requirements for certification are:

- Performed a minimum number of surgical procedures in the area of certification
- Indemnity insurance which covers cosmetic practice in the UK;
- Consultants to undergo successful revalidation including at least one appraisal that has taken into account cosmetic practice;
- Attended an accredited masterclass on professional skills in cosmetic surgery

The issue of certification in Cosmetic Surgery will be discussed at our annual meeting in February. Simon Withey, Consultant Plastic Surgeon and Chair of the Standards Sub-group of the CSIC will give a presentation & update. My view is that these proposals are fair and entirely reasonable. If adopted they will raise the standard of cosmetic surgery the UK, and achieve their primary objective; to protect patients.

Tim Woolford

## An Interview with Mr. Raj Bhalla: Manchester Advanced Rhinology and Nasal Plastic Surgery Fellowship

Interviewed by: Miss Daniela Bondin and Mr Bilal Anwar



Raj Bhalla, Consultant Rhinologist  
and Endoscopic Skull Base  
surgeon

### 1. Can you tell me about your current NHS practice?

I am a consultant Rhinologist and endoscopic skull base surgeon. My NHS practice is divided between two academic institutions: a tertiary academic practice at Central Manchester University Teaching Hospitals and I also have a joint practice with my neurosurgical colleagues at Salford Royal Hospital. I also oversee the Manchester Surgical Skills and Simulation Centre, which is a postgraduate cadaveric training facility at the University of Manchester. I have

been a consultant for just over seven years and my work is solely rhinology based. My work is divided across three main domains: approximately 60% of my work is sinus related, 30% involves rhinoplastic surgery, and 10% is skull base procedures.

**2. Can you tell me what key features of your fellowship the trainees can expect to experience should they be successful?**

The fellowship is run between Mr Tim Woolford and myself over 12 months, and focuses on advanced rhinology. Mr Woolford's practice is primarily rhinoplastic and reconstructive surgery, including nasal reconstruction. Fellows, therefore, will have the advantage of receiving a comprehensive exposure to all aspects of rhinology, medical and surgical, including sinus disease, anterior skull base disease, rhinoplastic and reconstructive surgery. This produces a rhinologist that is omnipotent in any aspect of rhinology, who can subsequently complement any department anywhere in the UK, Europe or across the world. Previous Fellows have been from the UK, Denmark, Israel, and Australia. The next Fellow is from New Zealand.

**3. What level of ENT trainee can apply for the fellowship?**

This is a post-CCT fellowship (however we will consider trainees that are within 6 months of their CCT) as the level of work we perform is more complicated and involves tertiary practice and care. Furthermore, I take the education of my Specialty Trainees very seriously and if our Fellows were inexperienced, pre-CCT, there could potentially be an educational and training conflict. With senior post-CCT Fellows, this has not been the case and will continue to be the model we adhere to. All applicants, both from the UK and overseas, are considered equally and fairly.

**4. When are the posts advertised?**

The fellowship is advertised through NHS jobs and is usually advertised 6 months prior to the date of starting the post, which is towards the end of September/early October. However I recommend applicants do their groundwork 2 to 3 years before applying for the post, working to strengthen their curriculum vitae in the relevant clinical and academic areas.

**5. What key features would you expect trainees to have on their CVs to be successful for a fellowship post in Manchester?**

There are essential and desirable attributes when considering which applicants are suitable for the fellowship. Essential attributes include the completion of the FRCS, the date of the applicant's CCT, and the paperwork to support that the Fellow can work in the UK if applicable. The desirable attributes include evidence that the applicant has a good work ethic and is a strong educator. They must demonstrate a broad experience in managing ENT emergencies due to on-call commitment, as well as a definite interest in rhinology (such as rhinology-based courses, seminars, meetings, publications or presentations)

## 6. What is the funding status of the fellowship?

This is a fully funded fellowship and requires the fellow to perform an approximate one-in-five on-call. Funding is available to attend CPD courses and meetings.

## 7. Why would you recommend your fellowship?

There are many advantages to this fellowship. The key points are:

- The fellow is timetabled to do 6 operating lists and 3 clinics. Two of the clinics are supernumerary and all operating sessions are supernumerary ensuring maximum training opportunities
- There are frequent academic opportunities including submitting publications, e-learning modules and book chapters
- Fellows will help run the fresh frozen cadaver courses that run in Manchester ([www.nose-manchester.co.uk](http://www.nose-manchester.co.uk) and [www.sinus.uk.com](http://www.sinus.uk.com))
- Fellows follow the Consultants across their different hospital bases, NHS and private and therefore, get a flavour for the different aspects of rhinology giving a more comprehensive fellowship experience
- Fellows lead the regional Rhinology MDT
- The fellowship can be tailored to the individual. By establishing what the Fellow's interests are, the timetable can be altered to suit the Fellow's interests to allow them to have more exposure in a particular area of rhinology should they wish to do so.

# Rhinology Fellowship at Guy's and St Thomas'

## Claire Hopkins



**Claire Hopkins,**  
Consultant  
Otolaryngologist

Miss Claire Hopkins is a Consultant Otolaryngologist practicing at Guy's and St Thomas' for the last 5 years. She specialises in rhinology including sinus surgery, facial plastics and anterior skull base surgery. The majority of her work involves complex rhinological cases and much of her work is through tertiary referrals.

The fellowship run at Guy's and St Thomas's NHS Foundation Trust and led by Claire Hopkins has been successful amongst national and international trainees year on end. The fellowship is comprehensive in that the fellow will cover all aspects of rhinology. This includes endoscopic surgery for inflammatory disease, benign and malignant tumours, csf leak repair and other extended applications, and reconstructive nasal surgery for deformity and obstruction. The fellow will also have pure rhinology clinical experience with both Miss Claire Hopikins and Mr David Roberts.

Trainees interested in applying must be at a Post CCT level and applications are usually advertised in the month of March to start in the following October. This is a fully funded fellowship for one year and fellows will be on call at the registrar level.

The key features that are sought to be successful for this fellowship include a good understanding of functional endoscopic sinus surgery and basic septorhinoplasty. This is essential as the fellowship deals with fairly advanced and complex rhinological cases. Interested candidates must also demonstrate commitment to rhinology as a sub-speciality and evidence of research publications in this field.

## Archana Soni-Jaiswal (MBCHB MRCS FRCS DOHNS MPHIL)



**Archana Soni-Jaiswal**  
(MBCHB MRCS FRCS  
DOHNS MPHIL)

Archana Soni-Jaiswal is currently working as a senior Rhinology fellow at Guy's and St Thomas' Hospital, London. She successfully gained her CCT in August 2015, having been an otolaryngology trainee in the HE North West deanery. She plans to complete her fellowship in London and then move on to Edmonton, Canada to pursue a further fellowship at the Alberta Sinus Centre under fellowship director Erin Wright, in Rhinology and Anterior Skull Base surgery.

In this interview, she discusses her reasons for applying for these fellowships, her personal experience of the process and advice for trainees embarking on a similar route.

I have always been interested in a career in Rhinology and a Fellowship to further my skills seemed the right choice. I felt that it would allow me to consolidate the excellent Rhinology training received as a registrar, whilst exposing me to more complex surgical procedures. These clinical skills could then be brought back for the benefit of the patients being treated within my department.

Here in the Northwest, we are no longer allowed to partake in pre-CCT Fellowships and hence I could only apply for post-CCT Fellowships with start dates after my CCT. International Fellowships, primarily Canada, Australia and New Zealand, start in early July each year.

I researched Fellowships early in my training and was already corresponding with departments I was interested in visiting and applying to whilst an ST5/ST6 trainee. Speaking to senior trainees and consultant colleagues who have undertaken these fellowships is a great starting point and societies such as the Association of Otolaryngologists in training (AOT) are invaluable. British Fellowships are advertised in the BMJ Careers and the NHS Jobs advertisement portal [www.jobs.nhs.uk](http://www.jobs.nhs.uk). Australasian Fellowships are advertised on the Australian Society for Otolaryngology and Head and Neck Surgery website, [www.asohns.org.au](http://www.asohns.org.au), whilst Canadian and North American Fellowships are advertised on the American Rhinology Society's website, [www.american-rhinologic.org](http://www.american-rhinologic.org). Detailed descriptions of each fellowship and the application process can be obtained by emailing the program leads. Overseas Fellowships tend to be either in sinus surgery and skull base or facial plastics. It is rare for the two to co-exist. British fellowships are unique and offer fellows the opportunity for both sub-specialist areas to be explored in tandem.

The European Academy of Facial Plastics (EAFPS) offers European Fellowship opportunities in Facial plastics, with details on their website, [www.eafps.org](http://www.eafps.org), whilst shorter British facial plastics fellowships are available to British ORL pre-CCT trainees through the Severn Deaneries website, [www.severn deanery.nhs.uk](http://www.severn deanery.nhs.uk).

Overseas fellowships interview between 12 and 24 months in advance of the job start date. I was fortunate enough to arrange observerships in the units where I was interested in their fellowship programs. Visiting them was a great way to not only introduce yourself, but to see if the department offered the skill set that was right for you and if you would be a good fit in their unit.

Visiting the unit also provided the opportunity to speak to the incumbent fellow. A better impression of information regarding the work entailed, learning experiences and research opportunity at the unit was sought.

It is worth mentioning that observerships are expensive and use most of your annual leave or study leave, depending on the leniency of the unit in which you work. When planning them, it is best to visit the unit in which you are most interested.

Funding can also play an important role in the selection of fellowships. Some are unpaid, with minimal wages drawn from private assisting fees. I have a young family and my husband was taking a year's sabbatical from work, and hence I only applied for fellowships with an established funding stream. There are of course grants available, which may assist with relocation costs, such as the BRS fellowship grant.

Whilst going through the application process I realised the benefits of having developed a rounded CV. The fellowship directors looked for how candidates had shown interest in the sub-speciality and their enthusiasm. This was primarily through publications, presentations and a higher degree.

Most fellowship programs will not shortlist you without your FRCS exam and hence it is important to sit this at the earliest opportunity. Many jobs will also prefer CCT holders.

# EAFPS Fellowships

## Miss Daniela Bondin and Mr Bilal Anwar



Miss Daniela Bondin and Mr Bilal Anwar

Develop your sub-speciality interest early on. Participate in collaborative research if your unit does not have a Rhinology based program or participate in research where you will learn transferrable skills.

You can get a very good Consultant post without the need for a Fellowship and it is certainly not a compulsory requirement. The period of time away, either in another city or overseas, also carries both a personal and financial commitment. However, for those trainees interested in further developing a sub-specialist skill, a period of time in Fellowship training is invaluable.

The European Academy of Facial Plastic Surgery offers 12 month fellowship programmes including 3 funded and a number of unfunded fellowships each year. The fellowships take place in a number of EAFPS fellowship training centres including Germany, Italy, Netherlands, Switzerland, United Kingdom and Turkey.

Those interested in applying for a fellowship through EAFPS must have completed their specialist surgical training within a European centre. The applicant must also have been a member of the EAFPS for at least 24 months prior to application. The application is found on the EAFPS website and is sent electronically. The closing date to apply is at the end of December each year.

(EAFPS\_Fellowship\_requirements%20\_application\_11\_2012.pdf)

The following are desirable features needed to be successful for a fellowship with EAFPS:

1. Facial plastic surgery publications written by the candidate
2. Facial plastics audits and research
3. Visits to facial plastic surgery centres
4. Attended facial plastic surgery courses
5. Attended facial plastic meetings
6. An operative logbook of facial plastic surgery procedures performed by candidate

Those wishing more information about EAFPS fellowships, please follow the link below:

<https://www.eafps.org/education/articles/fellowship.html>

# Facial Plastics for Trainees: Navigating through e-lefENT

## Miss Daniela Bondin and Mr Bilal Anwar



Miss Daniela Bondin and Mr Bilal Anwar

Providing evidence and progression through self directed learning is an essential component of our higher surgical training. A fantastic resource to aid learning is the e-lefENT, the free accredited resource provided by ENT UK for all of its members. This short article will look into how to navigate through this learning resource and what facial plastic topics are available.

Trainees can directly access the website using the link <http://www.e-lefent.org.uk/> or via the ENT UK website. On accessing the home page a bar indicating various learning resources are available. Each category provides a different form of learning tool, catering for different types of learning styles.

How can each section help develop my knowledge and skills in facial Plastics?

### 1. Knowledge Bank

The knowledge bank is further subdivided into three domains

- **ENTpaedia:** This contains short articles with the latest Up-to-date information on the topic. Facial plastic Topics include:
  - Assessment and analysis of septorhinoplasty
  - Fundamentals of Facial Plastics and Reconstructive surgery
  - Informed consent and complications of septorhinoplasty
- **Management and Position paper:** This contains position papers, up-to-date consensus papers, and publications. Facial plastic topics include:
  - Incisionless Otoplasty
- **Best Practice:** (no Facial plastic topics available at present)

## 2. ENT image bank

The ENT image bank contains radiological, clinical and audiological images. All pictures come with a question. The trainees are asked to fill in the box provided and click on the answer tab to get the correct answer. Currently, images related to facial plastics include:

- 'My baby's ear looks different'

## 3. The learning Zone

Personally I found this section an extremely helpful tool to aid my learning. This segment of e-lefENT is further subdivided into subspecialties. Each sub-speciality has a number of different topics with well defined learning objectives. A step by step approach is utilized including pictures and diagrams and requires the learner to engage in the material. The following is a list of key facial plastic topics:

- [Assessment and Analysis for Septorhinoplasty](#)
- [Secondary Rhinoplasty Operations: General Considerations and Difficulties](#)
- [Surgery Options For Secondary Rhinoplasty Deformities](#)
- [Informed Consent and Complications of Septorhinoplasty](#)
- [Fundamentals for Facial Plastics and Reconstructive Surgery](#)
- [Techniques for Open Septorhinoplasty](#)
- [Open Modification of the Nasal Tip](#)
- [Grafts in Facial Plastic and Reconstructive Surgery](#)
- [Skin Flaps for Facial Reconstruction in Skin Cancer](#)



#### 4. Exam zone

The exam zone contains a mixture of clinical image challenges, cases and short answer questions (SAQs). The topics are variable however currently only one SAQ relates to facial plastics.

In summary, the e-lefENT is a user friendly up-to-date resource with variable learning tools covering a number of ENT topics including facial plastics. We recommend that trainees utilize this resource to support training and to contribute interesting cases to help develop this platform of teaching further.

## Save the Date



The Facial Plastic Surgery Annual Meeting 2016

Date: 4th February 2016

Venue: The Royal College of Surgeons of England, London

[Please click here for more information](#)



The ROYAL  
SOCIETY of  
MEDICINE

Facial plastics: The nose, face and eyelids

Date: 5th February 2016

Venue: The Royal Society of Medicine, London

[Please click here for more information](#)



**Annual Meeting of the European Academy of facial Plastic Surgery (EAFPS)**

**Date:** 23rd - 25th September 2016

**Venue:** Grand Connaught Rooms, London

[Please click here for more information](#)