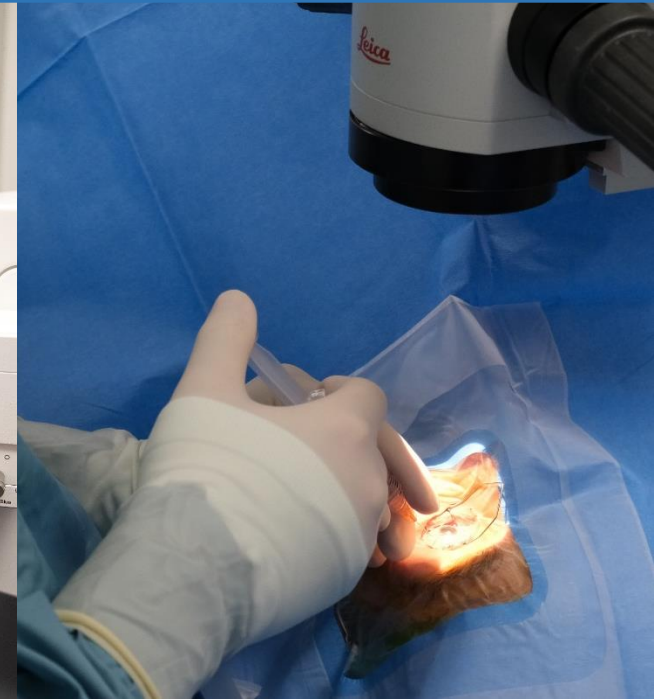
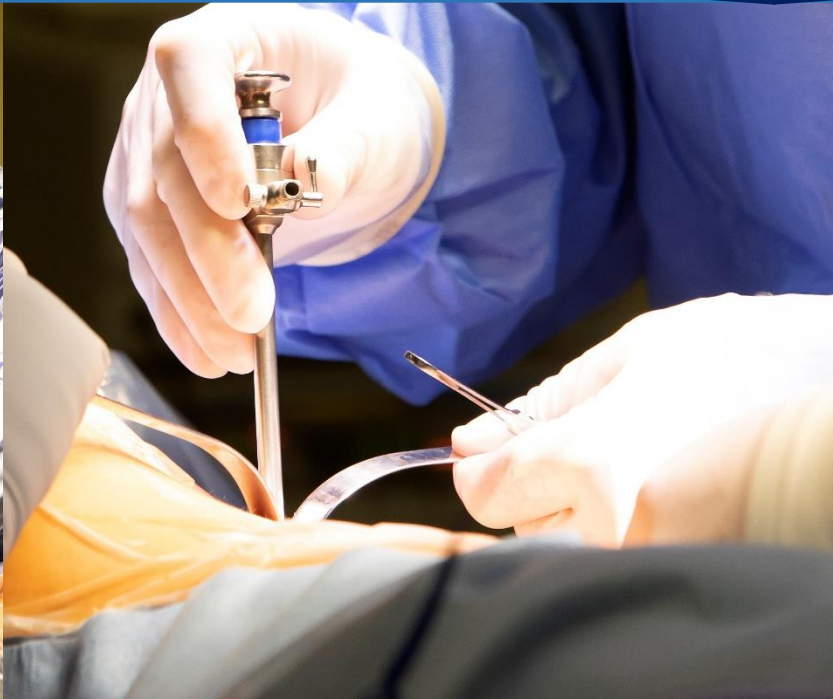


# The ICENI Centre International Fellowship Programme



## THE ICENI CENTRE INTERNATIONAL FELLOWSHIP PROGRAMME

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“The ICENI Centre has been at the forefront of minimal access training for more than 30 years. During that time our consultants have lectured and demonstrated laparoscopic surgery all over the world and received fellows for training from every continent. Our purpose-built Centre opened in 2011 and has expanded its training to a wide range of courses in many specialties, which are described in the following pages.

We look forward to welcoming you.”

**Emeritus Professor Roger Motson**

President, ICENI Centre, ESNEFT

# WELCOME

The ICENI Centre would like to welcome any international fellow who wishes to train in the NHS at Colchester and Ipswich Hospitals. Our NHS Trust is one of the largest Trusts in the East of England offering a wide range of training opportunities and clinical exposure across the surgical and medical specialties.

Our programme provides personalized support from clinical and educational supervisors and easy access to ICENI Centre courses and virtual reality simulators. The fellowship programme also supports your welfare, family set up in England and social events during your stay.



**Mr. Adam Howard** FRCS, BSc, MD

Consultant Vascular Surgeon, ICENI Centre Clinical Director, and Fellowship Lead, East Suffolk and North Essex NHS Foundation Trust



# THE TRUST

## EAST SUFFOLK & NORTH ESSEX NHS FOUNDATION TRUST

### ACUTE HOSPITALS



#### Acute services

- Outpatient medicine and surgery
- Emergency medicine and surgery
- Obstetrics, maternity and paediatrics
- Elective medicine and surgery (incl cancer)
- Diagnostics and oncology
- Specialist services

### COMMUNITY SERVICES



#### Community services

- Elderly medicine
- Rehabilitation
- Outpatient services
- Rapid response admission avoidance
- Social care and primary care liaison

## WHERE WE WORK

10,000 staff working across the region in hospitals, clinics, the community and the home



We are one of the **largest** Trusts in the **East of England**



The Trust is responsible for the healthcare of a **community** of over **1 million**



**Outpatient** attendance per year is approximately **1.26 million**



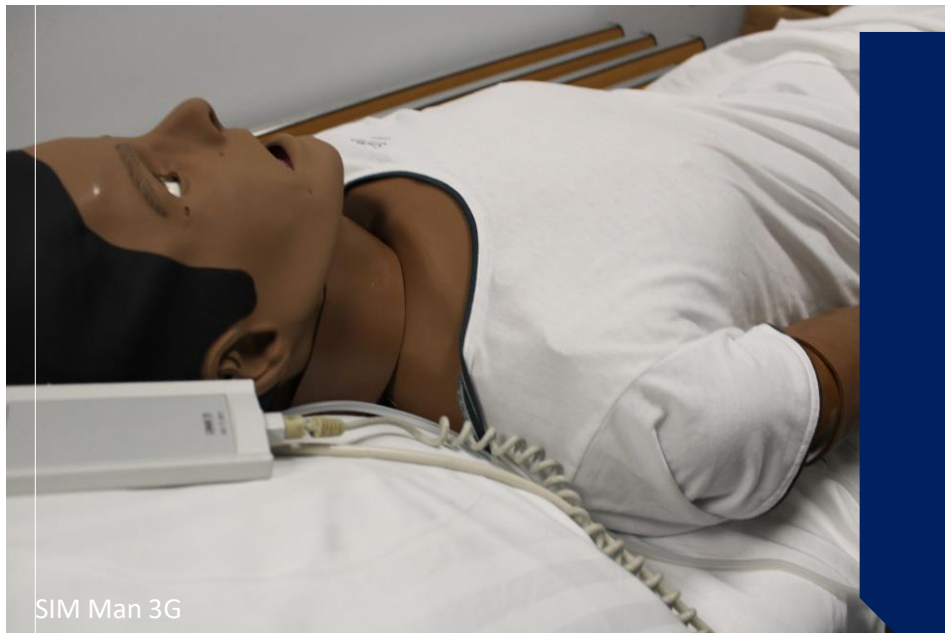
**Inpatient** spells per year are approximately **200,000**



**A&E** attendance per year is approximately **224,000**

# TRAINING FACILITIES

The ICENI Centre is a purpose-built medical education and training centre based at Colchester Hospital. The Centre delivers training both on-site and remotely using state of the art augmented and virtual reality simulation equipment in robotic surgery, laparoscopy, hysteroscopy, endovascular, cardiovascular, ophthalmology and endoscopy. Our educational portfolio also includes courses using cadaveric and animal tissue, live surgery and online events for thousands of learners. The East Anglian Simulation and Training Centre based at Ipswich Hospital has a suite of simulation rooms providing multidisciplinary healthcare education using high fidelity patient manikins and a clinical skills lab for wet tissue courses.

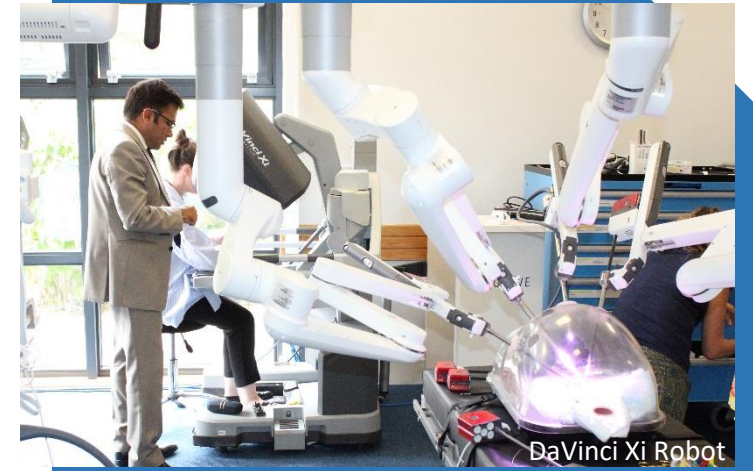


Working as a dedicated International Fellowship and Training Officer, my role is to support the running of the fellowship programme. This starts with your application and continues throughout your 1-2 year's training and beyond!

I can assist you and your family with welfare support during your stay in the UK.

The ICENI Centre aims to ensure your experience settling into work and life in a new country is as smooth and enjoyable as possible.

**Amy Sinclair**  
ICENI Centre International Fellowship  
& Training Officer



## EACH FELLOW WILL RECEIVE:

- Attendance on ICENI Centre course(s) of your choosing, worth up to £500\*.
- Regular and free access to the ICENI Centre Skills Lab and VR Simulation Equipment.
- Complimentary place on Patient Safety Workshop
- An invite to be faculty on ICENI Centre Courses (dependent on level of experience).
- An opportunity to represent the ICENI Centre and deliver presentations locally and internationally.
- An opportunity to take part in supervised audits and research projects.
- Monthly meetings with ICENI Clinical Director and Fellowship Lead Mr. Adam Howard.
- An ICENI Centre International Fellowship Certificate.

\*Cadaveric Courses may be available on request

# BREAST SURGERY

The department offers a comprehensive portfolio of breast services for the assessment and management of breast diseases. Across the Trust approximately 750 breast cancers are diagnosed annually via the symptomatic and dedicated NHSBSP screening services with a collaborative multi-disciplinary team approach to cancer management. The family history services are supported by close links with Great Ormond Street and Addenbrookes Genetics teams and the innovative regional risk management MDT feed into the high-risk screening programme.



Breast Surgery Department



**Mr. Hussein Tuffaha**

Mr. Tuffaha is an associate member of the Faculty of Surgical Trainees in the Royal College of Edinburgh. He covers all aspects of breast benign and malignant diseases, with an extensive repertoire of oncoplastic and reconstructive breast procedures. His areas of interest and expertise focus on achieving safe cancer outcomes while obtaining the best cosmetic result for the patient.



**Miss. Sunita Saha**

Miss Saha is an Educational Supervisor for breast services and a regular trainer for regional and RCSEng courses. In addition to her surgical qualifications, she has a PGCertMedEd from the University of Dundee as well as MS in oncoplastic breast surgery from the University of East Anglia.

## Sub-specialties include:

- Radiology, including digital mammography, breast tomosynthesis, vacuum biopsy and breast MRI
- Oncology, including a full range of neoadjuvant and adjuvant systemic therapy and radiotherapy services.
- Oncoplastic breast surgery, including therapeutic mammoplasty, skin/nipple sparing mastectomy and sub-pectoral and pre-pectoral implant reconstruction, and local chest-wall perforator flaps as well as mastopexy, augmentation and lipofilling for symmetrisation.

## Education and training opportunities include:

- Participate in rapid diagnostic clinics, wound care, multidisciplinary work and advanced breast surgery.
- An extensive range of breast surgery training, excluding free-flap surgery.
- Autologous tissue-based reconstruction in conjunction with the plastic surgeons from the St Andrews Unit in Chelmsford via joint clinics and lists.
- Actively involved in a number of local and national research trials.

# CARDIOLOGY



Cardiac Imaging

Clinical Lead  
**Dr Rohin Francis**

Educational Supervisor  
**Mr. Mark Scoote** *MBBS, BSc, PhD, FRCP*

A Consultant Cardiologist based in Colchester he has experience of managing patients across the whole range of cardiology practice and provides specialist input into cardiac imaging modalities such as CT Coronary Angiography and Echocardiography and holds National Society Accreditations.

**Sub-specialties include:**

- Cardiac Imaging
- Pacing
- Coronary Artery Disease
- Heart Failure

**Education and training opportunities include:**

- Exposure to a wide range of cardiological conditions with opportunities to manage ischaemic heart disease, heart failure and arrhythmia within inpatient and outpatient settings.
- Exposure to diagnostic coronary angiography, pacemaker and loop recorder implantation, as well as transoesophageal echocardiography in the catheter lab.
- Attendance at echocardiography sessions, clinics and cardiology ward rounds. Potential to complete enough echocardiography studies to complete the British Society of Echocardiography accreditation.
- Opportunities for coronary intervention or specialist device exposure in later years, if here for 3 years.

The department has excellent cardiac imaging services with an advanced CT scanner that can acquire images of coronary arteries in a single heartbeat. The Trust has recently upgraded the myocardial perfusion scanner and has just started cardiac MRI. Our echo services regularly use 3D and strain imaging. A brand new cardiac catheter lab opened in 2021 and the Trust ranks highly in national audits.

# GENERAL SURGERY

The department consists of 21 Consultants. The Colchester Unit is a national laparoscopic training unit, undertaking around 200 laparoscopic colorectal resections per year. This work has been facilitated by the installation of two elective main theatres and one emergency state of the art, integrated, high definition, 3D ready laparoscopic theatre. The Ipswich Unit has subspecialist interest in IBD/pouch surgery, pelvic floor surgery, colorectal cancer surgery including laparoscopic complete mesocolic resections, laparoscopic TME surgery for rectal cancers, TaTME and TAMIS.



Miss Gupta in Theatre



Surgical Instruments ready to use



**Mr. Arshad Malik**

Mr. Malik provides 'personalized cancer care' services for colonic and rectal cancer and laparoscopic management of IBD/UC/Crohn's disease including pouch surgery. He holds specialist clinics in management of pelvic floor disorders as well as providing laparoscopic management of abdominal wall hernias and gallbladder problems. He is an accredited (JAG) colonoscopy trainer.



**Mr. Abhilash Paily**

Mr. Paily is a General Surgery Consultant with subspecialty interest in colorectal surgery. His practice includes laparoscopic colorectal cancer surgery, proctology (surgery for haemorrhoids, anal fissures and anal fistulae) and pelvic floor diseases as well as general surgical conditions such as laparoscopic cholecystectomies, hernia repairs, emergency surgery and colonoscopy.

**Sub-specialties include:**

- Laparoscopic Emergency Surgery
- Robotic Surgery
- IBD
- Pelvic Floor Disorders

**Education and training opportunities include:**

- Access to dedicated colonoscopy training lists recognized under JAG training programme.
- The opportunity to be involved in cytoreductive surgery with gynae-oncology colleagues in complex gynaecological pelvic malignancies.
- Perform up to 20 laparoscopic tight colonic resections and up to 20 laparoscopic anterior resections.
- Undergo dedicated laparoscopic modular training in colorectal surgery with the aim to perform independent resections at the end of training.
- Train in modular laparoscopic colorectal surgery including CME, TME, TaTME and TAMIS with access to other lists for training in IBD and pelvic floor disorders.
- Perform advanced laparoscopic procedures including bile duct exploration, splenectomy, TAPP, TEPP and incisional hernia repair including assisting gynaecologists in the treatment of endometriosis.
- Guidance and mentorship to sit FRCS/EBSQ examinations if undertaken.
- The opportunity to publish research and complete audits.

# GENERAL SURGERY/ROBOTICS



Mr. Vasudevan on the DaVinci Robot



**Mr. Subash Vasudevan**

Mr. Vasudevan is Clinical Lead for Innovation and Associate Medical Director for Clinical Integration. In 2022 he became proctor in the use of the DaVinci Xi Surgical Robot in colorectal surgery and is now teaching complex robotic surgery including minimally-invasive colon and bowel cancer operations. He has presented his research in several national and international meetings



**Mr. Matthew Tutton**

Mr. Tutton is the Divisional Clinical Director for Surgery, Gastro & Anaesthetics. His practice includes laparoscopic and robotic colorectal cancer surgery, transanal endoscopic microsurgery, hernia surgery, gallbladder surgery, emergency general surgery and endoscopy. He has published and presented internationally on topics including laparoscopic hernia repair and laparoscopic gallstone surgery.

Since being introduced to the Trust in 2020 more than 1,600 patients have benefitted from robotic surgery. The department has an increasing number of surgeons who currently offer robotic colorectal surgery led by Mr. Vasudevan and Mr. Tutton. The team also have a junior trainee who you will be expected to work with and also help train for general and colorectal surgery. The surgical unit includes 6 colorectal surgeons, 4 general surgeons and 2 upper GI surgeons.

**Education and training opportunities include:**

- Good exposure to robotic colorectal surgery.
- The aim is to perform independently right sided colon resections with intra-corporeal anastomosis and sigmoid colectomies/high anterior resections.
- Access to transanal endoscopic microsurgery (TEMS) and pelvic floor surgery.
- Access to weekly endoscopic lists.
- The opportunity to publish research and complete audits.
- Be involved in running a variety of courses through the ICENI Centre.
- An introduction to NHS systems which includes stress on communication and interpersonal skills with on-call system.
- Opportunity to acquire JAG accreditation with support.
- The opportunity to be part of the general surgical registrar on-call rota (1:10 covering week days, weekends, and nights, as per rota).

# OPHTHALMOLOGY



Mr. Dimitriou in Theatre



**Mr. Chrys Dimitriou**  
*MBChB (Hons), FRCOphth, FEBOphth, FEBOS (Glaucoma), PGCertMedEd*  
Mr. Dimitriou is the Glaucoma Lead at the CECE and an active RCOphth College Tutor with a keen interest in education. He specializes in all aspects of modern glaucoma surgery and lasers, with particular interest in MiGS devices, aqueous shunts, trabeculectomy and complex cataract surgery. In 2019 he received the Level 2 Clinical Excellence Award for services in Ophthalmology by the Trust.



**Mr. Anthimos Vlavianos**  
*MD, MSc, FEBOphth*  
Mr. Vlavianos has been Glaucoma Lead at Ipswich Hospital since 2019. He completed his fellowship training in glaucoma at Moorfields Eye Hospital | London and his ophthalmic specialty training in Greece.

The Glaucoma Fellowship is to be based at The Colchester Eye Centre of Excellence (CECE). The Centre has developed a particular sub-specialty interest with a strong portfolio in minimally invasive and advanced glaucoma surgery, ophthalmic lasers (refractive and femtosecond lasers) and high volume cataract surgery. There is an annual conference on MiGS surgery and Leica Proveo 8 surgical microscopes and Ngenuity 3D systems are used in Theatres.

The Retinal Fellowship programme is based at Ipswich Hospital and focuses on medical and surgical retina, depending on the candidate's interest and prior experience. Cataract surgical experience will also be available and can focus on complex cataract surgery for the experienced trainee. Support will be given to those with an interest in research.

## Sub-specialties include:

- Glaucoma
- Retinal Diseases

## Education and training opportunities include:

- A wide exposure to modern MiGS/Glaucoma Surgery/Lasers.
- The opportunity for involvement in glaucoma research MC-RCT (i.e. XPLORE/TRITON).
- Regular ESNEFT Audits (Trabs/Tubes/MiGS).
- Teaching medical students (UEA, Cambridge, Anglia Ruskin).
- Participation in a 1-in-7 on-call rotation (EWTD compliant).
- Generous support from Consultant Educational Supervisors.
- Publications in peer-reviewed journals.

The Trust offers a highly equipped tertiary level service with Victus & Teneo femtosecond and excimer laser for cornea and cataract, Ngenuity 3D heads-up operating microscope, diagnostics including anterior OCT topography, UBM, wavefront and 3D imaging.

# TRAUMA & ORTHOPAEDICS

There are currently 30 Trauma and Orthopaedic Consultants across both Colchester and Ipswich Hospitals offering the full range of management of all trauma and orthopaedic problems. This includes upper limb, paediatric, foot and ankle surgery, hip and knee surgery. We offer specialist knee surgery in the form of complex revision arthroplasty, custom made implants, patient specific osteotomy and multi-ligament knee reconstruction. ESNEFT recently became the first NHS Hospital Trust to fully acquire Smith & Nephew Navio robotic-assisted surgical system.



Mr. Alam & Mr. Parratt

Therefore, we also offer robotic assisted unicompartmental knee replacement, total knee replacement, patella-femoral joint replacement and revision total knee replacement.

In 2024, we opened Europe's largest elective orthopaedic centre (Essex and Suffolk Elective Orthopaedic Centre) at Colchester Hospital offering state-of-the-art care to patients from across our community and beyond. ESNEFT will be at the forefront of technology using the CORI robotic device for knee surgery, looking ahead to install more devices, including those for hip surgery.

**Sub-specialties include:**

- Upper Limb
- Hip & knee
- Foot/Ankle Surgery
- Paediatric

**Education and training opportunities include:**

- The opportunity to be trained in and perform primary hip and knee replacement as well as robotic-assisted surgery, depending on levels of expertise.
- The potential to perform more complex procedures such as revision total knee replacement and soft tissue knee procedures.
- The opportunity to complete audits and a research paper.

**Mr. Tim Parratt**  
Consultant T&O  
Surgeon and Clinical  
Lead: Knee revision/  
robotic-assisted knee  
surgery.  
Specialist interest in  
Knee/Hip Arthroplasty

**Mr. Mabs Alam**  
Consultant T&O  
Surgeon (Colchester  
Education Lead)  
Specialist interest in  
knee arthroplasty,  
osteotomy and soft  
tissue reconstruction.

**Mr. Ryan Wood**  
Consultant T&O  
Surgeon  
Specialist interest in all  
knee surgery, complex  
osteotomies, revision  
and ACL research

**Mr. Tim Parratt**  
Consultant T&O  
Surgeon  
Specialist interest in  
Knee Surgery

**Mr. Mark Loeffler**  
Consultant T&O  
Surgeon  
Specialist interest in  
Knee/Hip Surgery

**Mr. Mark Bowditch**  
Consultant T&O  
Surgeon and Head of  
School of Surgery,  
Health Education  
England.  
Specialist interest in all  
aspects of knee  
surgery.

# VASCULAR



Mr. Howard in Theatre



**Mr. Adam Howard** *FRCS, BSc, MD*  
Mr. Howard is an ICENI Director and is Clinical Director of Vascular Surgery. He enjoys all areas of vascular surgery and specializes in laparoscopic aortic surgery, EVAR, first-rib resection, diabetic foot distal bypass and leg ulcers. He regularly presents at the VS GBI and Charring Cross Symposium and is involved with leg ulcer and endoleak research.



**Mr. Sohail Choksy** *BSc, MBBS, MD, FRCS*  
Mr. Choksy has expertise in open and endovascular aneurysm surgery. He is Clinical Lead in the Local Aneurysm Screening Service and Associate Lead for regional training. He has vast experience in carotid endarterectomy, distal bypass, FEVAR, and complex renal access surgery.

### Sub-specialties include:

- Specialist laparoscopic tertiary referral care for complex endoleaks
- Endurance athletes' iliac endofibrosis
- Median arcuate ligament syndrome

### Education and training opportunities include:

- The opportunity to perform open and endovascular surgery in hybrid theatre.
- Teaching on interventional radiology lists.
- Teaching on laparoscopic vascular surgery.
- Access to the Mentice G7+ endovascular simulator in the ICENI Centre
- The opportunity to become a member of the vascular on-call team and access to emergency vascular and trauma surgery.
- Weekly MDT, governance and educational meetings.
- Research and audit projects with CV building.

The Five Rivers Colchester and Ipswich Regional Vascular Unit covers a population of approximately one million across north Essex and East Suffolk. There are 7 Vascular Consultant Surgeons, 5 Interventional Radiology Consultants, 7 Registrars, 6 Specialist Vascular Nurses and a large team of Junior Doctors and Nurses that treat our patients across our network of hospitals for emergency and elective vascular conditions.

The Trust offers complex elective open vascular surgery for aortic aneurysms, thoracic outlet syndrome rib resection, distal bypass and renal access. The department has a mature endovascular programme providing FEVAR, CHEVAR, EVAR, EVRF and lower limb revascularization.

# WHAT OUR FELLOWS SAY



“I had a great experience and was very well supported by my Supervising Consultants. Each step of my training was well organized and the ICENI Team made the fellowship process easier, which allowed me to focus on training.”

**Galia Ali A Jadkarim**

Former ICENI Breast Fellow



“Thank you ICENI for this wonderful opportunity in learning basic and advanced laparoscopic skills. The one year fellowship has given me an insight into the various techniques of laparoscopy in managing difficult and emergency cases..”

**Reshmi Raju**

Former ICENI Laparoscopic Fellow



“As a result of the opportunities provided on the ICENI International Fellowship, I will become the first female consultant colorectal surgeon in my home country of Bahrain..”

**Esra Salman**

Former ICENI Minimally Invasive Colorectal & General Surgery Fellow



“My stay at Colchester Hospital has been a wonderful experience altogether. I participated in the middle grade rota, on-calls as a senior fellow and towards the end of my fellowship, also did consultant on-call to further consolidate my decision making and skills as an independent practitioner. I received excellent support from the ICENI staff, who helped me to use the simulation console, laparoscopic, as well as endoscopic equipment.”

**Muhammad Aakif**

Former ICENI Robotic Fellow on the Intuitive DaVinci Xi Console

# OUR COMMUNITY & THE SURROUNDING AREA

Colchester is the oldest recorded Roman City in Britain, and is situated approximately 50 miles north-east of London with direct rail links to London Liverpool Street. The City is also 20 miles from the coast.

Ipswich is approximately 60 miles from the historical town of Cambridge and on the edge of 'Constable Country' – a designated area of outstanding natural beauty within the Dedham Vale.



## *Useful information during your stay in the UK*

Includes accommodation and local schools for ages 3-18 years:

[Click here](#)

Includes local, regional and national visitor destinations:

[Click here](#)

*Colchester Castle / Wivenhoe, Essex / Ipswich waterfront, Suffolk Flatford Mill, Dedham, Essex / Mersea Island, Essex*

# WHAT TO DO NEXT

## 1. Send a CV & Covering Letter

Email the specialty you are interested in, alongside your CV and covering letter to:

[Amy.Sinclair@esneft.nhs.uk](mailto:Amy.Sinclair@esneft.nhs.uk)

For a salaried post you will be sent a link to apply via the Trust's TRAC recruitment website when a post becomes available.

## 2. Gain IELTS/OET Certification

The ICENI Centre recommends that you sit this exam as soon as possible. Without a Pass Certification, the process of applying for GMC registration to work in the NHS cannot proceed.

For more information on the IELTS or OET:

<https://ielts.org>

<https://oet.com>

## 3. Attend Interview

If successful, you will be invited to attend an interview with your specialist department and a Medical Staffing representative. This can be carried out virtually.

The successful applicant will be offered a 1-2 year fellowship post.

## 4. Route to GMC Registration

ST5-Post CCT Level

The ICENI Centre International Fellowship Officer will help support your GMC registration through the Trust's GMC Sponsorship Scheme.

The Trust will support your Tier 2 visa sponsorship application if required.

In parallel with the above routes the Trust Medical Staffing employment checks will commence.

## 5. Receive Sponsorship Registration Certificate (SRC)

For Salaried Posts:

The ICENI Centre will issue a Sponsorship Registration Certificate (SRC) to support your GMC registration. The Trust will support your Tier 2 visa application.

## 6. Agree Start Date

On completion of all the paperwork (start to finish approximately 4-6 months) a start date will be agreed between yourself and the department and Medical Staffing.

The GMC will send an invitation to an ID check or you can complete the identity check digitally. This must be completed within 3 months from your approval of application.

Your GMC registration number will be provided at the ID check or emailed within 10 working days if using the app.



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