

Mr STAVROS CONSTANTINOU MBChB, BSc(Hons), FRCS (SN)

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I. Qualifications

- Sep. 2003 – Jul. 2009** **MBChB degree**
Leicester Medical School, University of Leicester
- Aug. 2006 – Jul. 2007** **Intercalated BSc in Neuroscience (First Class Honors)**
University of Leicester

II. Professional Memberships

- Oct. 2021** **GMC Specialist Register (Neurosurgery)**
- Oct. 2021** **Certification of Completion of Neurosurgical Training (CCT) UK**
- Nov. 2020** **FRCS (SN) (Eng)**
Royal College of Surgeons of England
- Oct. 2012** **MRCS (Eng)**
Royal College of Surgeons of England

III. Clinical Experience

- Aug. 21 – Present** **Research Fellow for Skull Base and Microneurosurgery**
Weill Cornell Neurosurgery, New York Presbyterian Hospital
Specialist training in the care of patients with pathologies of the skull base region through development and practice of complex microneurosurgical and endoscopic procedures under Professor Antonio Bernardo
- Aug. 2013 – Aug. 2021** **Neurosurgical Trainee – Specialty Registrar in Neurosurgery**
Northern Ireland Deanery, Royal Victoria Hospital
Gained extensive experience in all aspects of acute neurosurgical practice and performed large number of emergency operations such as trauma craniotomies, decompressive craniectomies, VP shunt insertion and revisions, EVDs and ICPs. I have a subspecialty interest in skull base surgery and throughout my training I have gone to great lengths to gain significant experience in the field performing complex operations such as transsphenoidal approaches for anterior skull base tumours microneurosurgery approaches to every aspect of lateral and posterior skull base lesions.

- Aug. 2012 – Aug. 2013** **Core Surgical Trainee – CT2 ENT**
Oxford deanery, Wexham Park Hospital
Rotating in ENT surgery at Heatherwood and Wexham Park Hospitals where I am involved in the referral process, admission and management of ENT emergency admissions. The majority of my clinical time is devoted in assisting, performing under supervision and unassisted ENT surgical procedures such as FESS, tonsillectomies, nasal septoplasties and neck dissections.
- Feb. 2012 – Aug. 2012** **Core Surgical Trainee – CT1 Upper GI Surgery**
Oxford deanery, Royal Berkshire Hospital
Management of acute surgical admissions, management of post-operative surgical patients and involvement in emergency and elective surgical lists. Perform open and laparoscopic procedures such as appendectomies and cholecystectomies.
- Aug. 2011 – Feb. 2012** **Core Surgical Trainee – CT1 Urology**
Oxford deanery, Royal Berkshire Hospital
Involved in the referral process, admission and management of urological patients. I was also on the SpR on call rota for urology where I was responsible for admissions overnight and decision making in emergency urological admissions. Experience in a variety of general and urological surgical procedures such as testicular explorations, hydrocele repairs, rigid and flexible cystoscopies. I also used to run my own Transrectal US biopsy of the prostate list and I frequently attended outpatient clinics on a daily basis.
- Apr. 2011 – Aug. 2011** **Foundation Doctor – FY2 Oral and Maxillofacial Surgery**
Southampton University Hospitals Trust
The post involved assisting in major craniofacial surgery operations as well as skull base surgery. I was also running my own clinic for resection of head and neck lesions under local anaesthesia and received excellent feedback from supervising surgeons.
- Dec. 2010 – Apr. 2011** **Foundation Doctor – FY2 Neurosurgery**
Southampton University Hospitals Trust
Involved in the admission, assessment and management of neurosurgical emergency patients. Frequently assisting neurosurgeons within the unit during complicated neurosurgical procedures. The rotation provided me with hands-on neurosurgical experience as well as experience in managing the acutely unwell neurosurgical patient. I was also involved in a clinical research project supervised by a senior neurosurgeon in the unit.
- Aug. 2010 - Dec. 2010** **Foundation Doctor – FY2 Cardiology**
Southampton University Hospitals Trust
Admission, management and care of acute cardiology admissions including involvement in the management of the Cardiothoracic High Dependency Unit.

- Feb. 2010 - Aug. 2010** **Foundation Doctor – FY1 General Medicine**
Southampton University Hospitals Trust
 Involved in the management of acute general medical admissions. Experience in procedures such as lumbar punctures and central venous line insertions.
- Aug. 2009 - Feb. 2009** **Foundation Doctor – FY1 General Medicine**
Southampton University Hospitals Trust
 Involved in the management of critically ill surgical patients. Assisted in a variety of surgical operations including laparoscopic and open liver resections and pancreaticoduodenectomies. As an orthopaedic House Officer I was also involved in clerking and prioritising acute orthopaedic and spinal trauma injuries.

IV. Research Experience

- Jun. 2016 - Present** **PhD in CSF flow dynamics**
Queen's University Belfast H&SC Trust
 Currently in the fourth year of a part-time PhD in CSF flow dynamics at the Aerospace Engineering Department in Queen's University Belfast. The title of my thesis is : **G-Forces, microgravity and Intracranial Pressure. Using Mathematical Modelling to extend our understanding.**
- Jun. 2012 –Jul 2013** **Research in trigeminal neuralgia**
Southampton General Hospital
 Leading retrospective study comparing radiological evidence of neurovascular conflict on the contralateral side in patients diagnosed with unilateral trigeminal neuralgia.
- Aug. 2012 – Dec. 2012** **Analysis of hypocalcaemia following total thyroidectomy**
Wexham Park Hospital
 Designed and led project investigating differences in hypocalcaemia levels following thyroidectomies for thyrotoxicosis and goitre. Found that thyrotoxicosis group experienced higher levels of hypocalcaemia and changed practice.
- Dec. 2010 – Aug. 2012** **Endoscopic removal of 3rd ventricle colloid cysts**
Southampton General Hospital
 Designed and led project of analysis of outcomes from endoscopic removal of colloid cysts from the 3rd ventricle. Results were presented internationally.
- Apr. 2011 – Aug. 2011** **Research in Temporomandibular Joint (TMJ) Dysfunction**
Southampton General Hospital
 Undertook research study of physiotherapy as first line treatment for TMJ dysfunction. As a result the department's practice was changed to offer physiotherapy s first line treatment for the condition.
- Apr. 2009 – Jun 2009** **Retrospective analysis of outcomes in neurointerventional radiology**
John Hopkins Hospital
 Involved in data collection and analysis for a retrospective study of clinical

outcomes following endovascular treatment of intracranial aneurysms.

Apr. 2007 – Jun 2007

Electron Microscopy Analysis

Leicester Medical School

Use of Electron Microscopy to assess ultrastructural changes of white matter following traumatic and ischaemic injury

2006 – 2007

Laboratory Research in Neurophysiology

Leicester Medical School

I have an excellent track record of laboratory research after setting up and running neurophysiology laboratory experiments for approximately 14 months. I have expert skills in neurophysiology experiments including generation and recording of compound action potentials and neural tissue action potential recordings. I have particular experience and studied closely the effects of neurotransmitters within the CNS and their potential cytotoxic effects on microglia. I have experience in publishing my work which has been accepted as first author to a major neuroscience journal (*Glia*, Impact factor: 5.2)

2006

Appraisal of research literature

Leicester Medical School

Review of research literature on the subject of ‘Neurotransmitter release during traumatic and ischaemic brain injury’.

V. Academic Honours/ Achievements

Jan. 2021

Special Research Scholarship – Belfast Trust Dorothy Gardiner: Research Scholarship to continue with my PhD research at the department of Mechanical and Aerospace Engineering, Queen’s University Belfast with title: ‘**G-Forces, microgravity and Intracranial Pressure. Using Mathematical Modelling to extend our understanding.**’

Nov.2020

Passed full FRCS (Eng.) at first seating

Sept. 2018

Lead Organiser of the “**1st Brain and Spine Conference and Cadaveric Course**” **Belfast 2018.**

Feb. 2013

Acquired NTN number in neurosurgery from Aug. 2013

Oct. 2012

Passed full MRCS (Eng.) at first seating

Apr. 2009

Accepted for observanship at John Hopkins hospital in Baltimore USA (awarded top hospital in the USA 2008-2009) at the department of neurointerventional radiology.

Oct. 2008

Runner up award for presentation at the neurology/neurosurgery sessions at the 19th European Student Conference held in Charite hospital in Berlin, Germany (awarded by the vice-dean for education of John Hopkins Medical School, Dr David G. Nichols).

- Jul. 2007** Awarded First Class Honors for my research based intercalated BSc in neurosciences
- 2006** Awarded overall merit during the pre-clinical phase of my medical degree.
- 2005** Awarded overall merit in the special study modules of Clinical Applied Anatomy and Cell Signaling and Brain Disorders that were undertaken during the pre-clinical phase of my medical degree.
- 2004** Scholarship for academic excellence to study for MBChB in the Faculty of Medicine.

VI. Undergraduate Clinical Electives and Attachments

- Apr. 2009 - Jun. 2009** **Elective in Vascular and Neurointerventional Radiology**
John Hopkins Hospital, Baltimore, United States of America
The observanship gave me insight to recent advances in neurointerventional radiology and vascular neurosurgery, hands-on experience on many of the procedures, as well as receiving excellent recommendations by Dr Georgiades, Assistant Professor and Director of the Vascular & Interventional Radiology training at John Hopkins hospital, Baltimore, USA.
- Jul. 2008 - Aug. 2008** **Student Selected Component in Neurosurgery**
Queens Medical Centre, Department of Neurosurgery
Shadowing and assisting in a variety of neurosurgical operations and procedures such as muscle biopsies. Experience in emergency neurosurgical procedures.
- Jun. 2008 - Jul. 2008** **Student Selected Component in ENT Surgery**
Northampton General Hospital, Department of ENT Surgery
Shadowing and assisting in a variety of head neck surgery, including laryngectomies, neck dissections, removal of lymph nodes, tumour excision and thyroid surgery. Attended cancer ENT outpatient clinics, clerking new patients and presenting to my supervisor consultant.
- Mar. 2008 - Apr. 2008** **Student Selected Component in General Surgery**
Leicester Royal Infirmary, Department of General Surgery
Shadowing and assisting during emergency and elective operations, including a range of vascular surgery, GI operations and plastic surgery. Clerking of patients before operation. Assessment of patients in the Surgical Assessment Unit. Attended outpatient surgical clinics where I had the chance to clerk patients and present them to my clinical supervisor that provided me with valuable feedback.

VII. Courses

- Oct. 2020** **SBNS 2020**

Jan. 2019	British Skull Base Society Meeting Glasgow 2019
Feb. 2018	Completed EANS Training Course
Feb. 2017	EANS Training Course (Head Injury and Functional)
Feb. 2017	Cranial Neurosurgery Simulation
Feb. 2016	EANS Training Course (Tumour)
Jan. 2015	EANS Training Course (Vascular)
Dec. 2014	Quality, Safety and Professionalism Workshop
Jun. 2014	Approaches in Neurovascular Surgery
Jun. 2014	Cambridge Lectures in Neurosurgical Anatomy
Nov. 2012	Acute Life-Threatening Events Recognition and Treatment(ALERT)
Jun. 2012	Care of the Critically Ill Surgical Patient (CCrISP) Course
Jun. 2011	Cambridge lectures in neurosurgical anatomy
May. 2011	Basic Surgical Anatomy of Head and Neck Course
Nov. 2011	So you want to be a neurosurgeon? A career in neurosurgery
Mar. 2011	Foundations of Acute Care Course
Sep. 2010	Advanced Trauma Life Support (ATLS) Course
Jul. 2010	An introduction to Neurosurgery Course
May. 2010	Basic Surgical Skills (BSS) Course
May.2010	Advanced Life Support (ALS) Course
Nov. 2009	Opportunities in Academic Medicine Conference
Jul. 2009	Southampton Management of the Acutely Ill Patient (SMART)
Nov. 2010	Consent Training Course
Nov. 2010	Medical Records Keeping Course

VIII. Publications

2021	Constantinou S, Cheng PH, Holmes D, McGarrity P, Abouharb A, Simms HN. Prevention of Hyponatraemia with Prophylactic Oral Sodium Chloride in Good Grade Aneurysmal Subarachnoid Haemorrhage. Interdisciplinary Neurosurgery: Advanced Techniques and Management. 2021 Sep; Vol 25; 101140
2009	Constantinou S and Fern R. Conduction block and glial injury induced in developing central white matter by glycine, GABA, noradrenalin, or nicotine, studied in isolated neonatal rat optic nerve. Glia. 2009 Aug 15; 57(11):1168-77 (Cited in Medline)
2012	Constantinou S, Dimitriadis PA. Audit of the quality of consent form completion and improvement of practice. Clinical Audit. 2012;4:21-23 Peer reviewed journal publication (Open Access journal) described as

‘Well received’ and awarded ‘Favourite Author Benefits’ due to the high number of views (681 views 12 weeks after publication)

- 2014** **Constantinou S, Dimitriadis PA, Dunford AJ, Sparrow OC, Morgan M. Endoscopic Management of third ventricular colloid cysts. International Journal of Surgery. Nov 2014; 12: Suppl.3, S53-S54 (Abstract)**
- 2013** **Constantinou S, Evgeniou E, Dimitriadis PA. Consenting in upper gastrointestinal surgery: an audit. British Journal of Surgery 2013; 100 (S4): 56 (Abstract)**
- 2008** **Constantinou S and Fern R. Conduction block and glial injury induced by glycine, GABA, noradrenaline or nicotine in neonatal rat optic nerve. Eur J Med Res ; 13(1) :88 (Abstract)**

IX. Presentations

- Dec. 2020** **Prophylactic oral sodium chloride reduces incidence and severity of hyponatraemia in good-grade aneurysmal subarachnoid haemorrhage. WFNS Foundation ACNS Cambodia, Myanmar, Thailand and Uzbekistan. Joint Web Seminar 2020. 19th -20th of Dec 2020.**
- Jan. 2019** **G-Forces, microgravity and Intracranial Pressure. Using Mathematical Model to extend our understanding. Bioengineering in Ireland 2019. Limerick 2019**
- Oct. 2018** **Microgravity and Intracranial Pressure. Using Mathematical Model to extend our understanding. Irish Institute of Clinical Neuroscience, Registrar’s Prize for original Research. Dublin 2018.**
- Sep. 2016** **Hyponatraemia in SAH. Oral Presentation at the SBNS 2016 Stoke.**
- Mar. 2014** **Endoscopic Management of third Ventricular Colloid Cysts Poster Presentation at the ASiT Conference, Belfast, March 2014**
- Jan. 2013** **Consenting in Upper Gastrointestinal Surgery: An audit. Poster presentation at the SARS/RSM meeting.**
- Sep. 2011** **Orbital roof adhesions following anterior cranial fossa fracture – An unusual case of persistent diplopia. Presentation at the regional Wessex Foundation Conference.**
- Oct. 2008** **Conduction block and glial injury induced by glycine, GABA, noradrenalin or nicotine in neonatal rat optic nerve. Oral Presentation at the 19th European Students' Conference held in Charite hospital Berlin.**

Feb. 2007 **Neurotransmitters effects on developing action potentials.**
Poster presentation given at the 2007 BSc meeting held in Robert Kilpatrick Clinical Sciences Building at the Leicester Royal Infirmary.

Nov. 2005 **Spinal Shock.**
Presentation given during my special study module Cell Signaling and Brain Disorders at the Maurice Shock Medical Sciences Building, University of Leicester.

X. Audits

2018 – 2019 **Audit in radiological fusion rates following ACDF.**
Completed audit.

2017 – 2018 **Audit in Repairs of encephalocoeles in neonatal population.**
Completed audit.

2016-2017 **Audit in Hyponatraemia in SAH.**
Completed audit/reaudit cycle. Presented at SBNS.

2014-2015 **Audit of surgical outcomes in medulloblastoma patients.**

2013-2014 **Audit in use of Intraoperative US in Brain Surgery.**
Audit identified good usage of intraoperative US in brain surgery for tumours but suboptimal usage in vascular surgery.

2012 **Audit in quality of consent form completion.**
I led, implemented changes and re-audited this full cycle of audit.

2010 **Audit of infection rates in trauma craniotomies and decompressive craniectomies.**
Audit confirmed low rates of infections for decompressive craniectomies but identified higher than reported rates of infection in trauma craniotomies. Suggestions on changing the antibiotics protocol were made.

2009 **Audit in record keeping: Assessment of quality of record keeping in acute medical admissions.**
The audit aims to identify crucial areas of incorrect record keeping and come up with recommendations for accurate and safe record keeping.

2006 **Audit: Immediate CT-Head scanning in patients over 65 years old admitted in A&E after head injury and episode of loss of consciousness or amnesia since injury.**
Audit identified deviation to NICE guidelines and suggested changes to Head Injury Clerking proforma.

XI. Management/ Leadership Skills

Mar. 2021	Leadership and Management for Healthcare Professionals
Jan. 2020	Middle Grade Neurosurgical Rota coordinator. Royal Victoria Hospital, Belfast
Feb. 2018	Organizer of the international Neurosurgical Course “1st Belfast Brain and Spine Conference and Cadaveric Course” Belfast
Aug. 2013	Neurosurgical SHO rota manager and in charge of F2 neurosurgical Teaching Royal Victoria Hospital, Belfast.
Aug. 2012 – Aug.2013	ENT SHO rota co-ordinator <i>Wexham Park Hospital.</i>
Jul. 2011	Organised the 2011 summer ball for the Southampton General Hospital Mess on behalf of the doctors’ mess. <i>Southampton</i>
Sep. 2005 – Sep. 2007	Elected chairman of the Hellenic – Cypriot Society for two consecutive for two consecutive years, the second largest society of University of Leicester. <i>University of Leicester</i>
Jul. 2001- Aug. 2003	Served for two years in the special forces of the Cyprus army with the rank of sergeant where I was in charge of a platoon consisting of 50 soldiers. <i>Cyprus</i>
2002	Captain of the 2002 infantry sniper team that received third place at the national shooting competition. <i>Cyprus</i>

XII. Teaching

Mar. 2021	Teach the Teacher and Training the Trainer course
Feb. 2021	Aberdeen FCRS Viva Preparation Faculty
Mar. 2019	Teacher/demonstrator at basic neurosurgical skills course at ASiT 2019.
Oct. 2014	Teacher in regional Lumbar puncture course. Belfast Health and Social Care Trust

- Sept. 2013- Jan. 2014** **Surgical tutor for final year medical students at Queen's University Belfast**
Queen's University Belfast
- Dec. 2012** **Organised and taught at local course: 'Basic Surgical Skills in Plastic Surgery'.**
Wexham Park Hospital
- 2011 – Present** **Oxford Medical School Clinical anatomy demonstrator.**
Oxford Medical School
- 2011 – 2012** **Oxford Surgical Course tutor.**
Oxford Medical School
- 2010** **Co-organised and taught at formal revision course for medical students. Taught neurology and gastrointestinal examination.**
Southampton General Hospital
- 2001-2003** **Survival skills instructor in the Special Forces.**
Cyprus
- 2009 – Present** **I am passionate in teaching medical students and junior doctors both at bedside and in small groups.**

XIII. Personal Interests

- 1995 -2001** **Member of the under 21 Cyprus National Basketball Team for 2 and professional basketball player in a first division team for 3 years.**
Cyprus
- Running at Charity events and local Marathons.**
- Keen chess player and member of local chess club.**
- I enjoy pigeon clay shooting as a form of relaxation and clearing my mind.**

XIV. Referees

- A. Name** : Mr Nikolay Peev
Position : Consultant Neurosurgeon
Address : Royal Victoria Hospital
Belfast
- Email** : Nikolay.Peev@belfasttrust.hscni.net
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- B. Name** : Mr Ashraf Abouharb
Position : Consultant Neurosurgeon
Address : Royal Victoria Hospital
Belfast
- Email** : ashraf.abouharb@belfasttrust.hscni.net