



Trauma and orthopaedics ST3 interview course



Date: 7 February 2025

Venue: 1 America Square, London

Programme

Friday 7 February 2025

08:30	Registration and refreshments
08:45	Welcome, introduction and exam technique Miss Anouska Ayub, Consultant Paediatric Trauma and Orthopaedic Surgeon, The Royal London Hospital
09:00	Trauma and orthopaedic interview preparation Ms Aditi Aggarwal, ST3, Pott Rotation and; Mr Kabir Matwala, ST3, Royal London Hospital Rotation
09:30	Commitment to specialty Mr Branavan Rudran, ST5 Trauma and Orthopaedic Registrar, NW Thames
10:00	Refreshments
10:20	Prioritisation Mr Yaser Ghani, Consultant Orthopaedic Foot & Ankle Surgeon, Homerton Hospital NHS Trust
10:50	Clinical Mr Rishi Dhir, Consultant Upper Limb Surgeon, Princess Alexandra Hospital
11:20	Communication Mr Gareth Chan, Trauma and Orthopaedic Registrar, University Hospitals Sussex NHS Foundation Trust
11:50	Lunch
	Interview circuits
12:30	Circuit 1- Commitment to specialty, prioritisation, clinical and communication
14:30	Refreshments
14:50	Circuit 1- Commitment to specialty, prioritisation, clinical and communication
16:50	Top tips to obtain an ST3 post Mr Zuhair Nawaz, Orthopaedic Surgeon, Frimley Health NHS Trust and; Miss Anouska Ayub, Consultant Paediatric Trauma and Orthopaedic Surgeon, The Royal London Hospital
17:20	Close of course

Interview faculty:

Mr Rishi Dhir, Mr Ahmad Faraz, Mr Abhijit Bajracharya, Mr Kabir Matwala, Mr Zuhair Nawaz, Mr Tamer Kamal, Mr Marios Ghobrial, Mr Aman Jain, Mr Mohamed Youssef, Ms Aditi Aggarwal, Mr Ahmed Mehmood, Mr Michael Field, Mr Yaser Ghani, Ms Sara Gargent, Mr Simon Federer, Mr Branavan Rudran, Ms Sarah Bolton, Mr Will Groom, Ms Catherine Malik

Faculty biographies (where supplied)

[Aditi Aggarwal, ST3 Pott Rotation](#)

Having grown up in Manchester, she graduated from the University of Oxford in 2020. She completed her foundation training in the South Thames deanery, prior to completing Core Surgical Training in North Central and East London. With an interest in medical education and innovation, she is a keen educator and actively participates in research.

[Ahmed Mehmood, ST6 Orthopaedic Registrar, Royal National Orthopaedic Hospital](#)

Mr. Ahmed Mehmood MBBS, BSC(Hons.), asc.FHEA, MRCS, is a st6 orthopaedic registrar on the Royal National Orthopaedic Hospital Stanmore rotation. Alongside his clinical work, he has a strong commitment to teaching, having gained a diploma in medical education and teaching awards at the school of clinical medicine, Cambridge University. Mr. Mehmood has previously contributed to ST3 interview preparation courses, helping candidates develop the skills and confidence needed to succeed in securing orthopaedic training positions.

[Mr Rishi Dhir, Consultant Upper Limb Surgeon, Princess Alexandra Hospital](#)

Rishi trained for six years at Edinburgh medical school, achieving first class honours in an intercalated BSc in neurosciences and his primary medical degree. He subsequently trained in London from 2006 specialising in trauma and orthopaedics on the prestigious Royal London rotation, completing his training in September 2017. He has subsequently completed upper limb elective and trauma fellowships in Melbourne, Australia; Edinburgh and Wroughtington.

[Mr Michael Field, Consultant Trauma and Orthopaedic, Ipswich Hospital](#)

Michael is a substantive T&O consultant at Ipswich Hospital and the Essex and Suffolk Elective Orthopaedic Centre (ESEOC), specialising in primary and revision hip replacement. Michael qualified from Imperial College in 2012, undertook his foundation training in North West Thames, his core surgical training in the Oxford School of Surgery and his registrar training in Kent, Surrey and Sussex. Michael undertook two post

Faculty biographies (where supplied)

CCT fellowships; the Frimley Hip fellowship and the Ottawa Adult Reconstruction and Periprosthetic Joint Infection fellowship. 2025 will be Michael's 6th year as faculty on the ORUK ST3 interview course

[Mr Zuhair Nawaz, Consultant Trauma and Orthopaedic, Frimley Health NHS Foundation Trust](#)

Zuhair was educated at St Paul's school, London and graduated from Imperial College with a Medical Degree and Bachelor of Science. Zu completed his orthopaedic training through the London training rotation with an additional year's experience in plastic surgery. Fellowship level training was at the internationally renowned Royal National Orthopaedic Hospital, Stanmore, with extensive experience in joint reconstruction. Subsequently he can confidently manage any problem involving the hip or knee – from sports injuries to joint replacement to complex redo surgery.

Zu's training also included extensive trauma training with experience in complex limb reconstruction with fellowship level training in specialist centres such as St Peter's/Rowley Bristow Unit and the Foothills Medical Centre in Calgary, Canada, a level 1 trauma centre. He is currently the Frimley Park Orthopaedic Trauma Lead for the South London and Surrey Trauma Network. Following completion of his fellowship training, he was appointed as a substantive Consultant at Frimley Park Hospital. Zu's training has allowed his practice to be very specialised in treating any condition around the hip or knee.

Zu has maintained a keen interest in academia and education and has published research in all aspects of hip, knee and trauma surgery including seminal papers on topics such as cartilage reconstructive procedures. He has lectured nationally and internationally and presented on several occasions at the American International Congress. Zu has a prominent role in local, national and international training for up coming orthopaedic surgeons as well as a commitment as lead faculty member for several national and international level educational courses. Zu offers expert, sensible and reliable options on any injuries or conditions relating to the hip or knee, striving for the highest quality outcomes in patient care. His use of innovative techniques and technologies, excellent training background and experience, ensures he possesses the surgical skills to deal with any problems if required.

Faculty biographies (where supplied)

Simon Federer, ST5 in Trauma & Orthopaedics in the Kent, Surrey and Sussex deanery, based in Brighton. PhD student – University of Chichester

Kabir Matwala, ST3, Royal London Hospital Rotation

Mohamed Youssef, ST3, North Yorkshire Deanery