

Dr Samy Sadek

MBBS BSc MCEM FRCEM

Expert Medical Witness

Curriculum Vitae

PERSONAL INFORMATION

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PERSONAL SUMMARY

I have worked in the field of Accident and Emergency Medicine since 2004 and I gained CCST in Emergency Medicine in August 2011, working as a Consultant in Emergency Medicine at **The Royal London Hospital**, a busy tertiary teaching hospital and the UK's largest major trauma centre, since then. Currently my roles there include teaching the consultant team and leading the 'Institutional Memory Project' which aims to help the entire department learn from errors and misdiagnosis, as well as notably good practice, in order to continuously improve our standards and outcomes. Both of these roles are core to the departments clinical governance system.

I have worked in the field of pre-hospital care since 2009 and have worked across the Southeast with four Air Ambulance Trusts since then: Kent, Surrey and Sussex Air Ambulance Trust (**KSSAAT**), Essex and Herts Air Ambulance Trust (**EHAAT**), East Anglian Air Ambulance Trust (**EAAA**) and London's Air Ambulance (**LAA**). Over the years, I have become increasingly involved in training, safety, clinical governance and research. I spent 5 years working as Clinical Governance Lead Consultant at Essex and Hertfordshire Air Ambulance Trust from 2013, where my role was to ensure we regularly reviewed and maintained the highest standards and safety of our practice. Since 2011, I have worked with London's Air Ambulance, one of the busiest air ambulances in Europe, with regards to major trauma, serving the 10 million people of London. and since 2014 I have worked as a Consultant at London's Air Ambulance. As well as being part of the team there who lead the clinical governance, regular review of cases and maintenance of high standards, I lead our workstreams in extreme haemorrhage, endovascular resuscitation and innovation.

My medical expertise lies in the following fields:

- Emergency Medicine
- Pre-Hospital Care
- Minor Injuries
- Major Trauma
- Medical Emergencies
- Emergency Ultrasound
- Medical Training and Education

Within these fields I personally practise to the highest standards and I am responsible for reviewing and ensuring the highest standards of others through training, audit and leadership of Clinical Governance frameworks.

I am therefore well placed to provide expert opinion on these fields, have been formally trained in the provision of expert witness reports (with Bond Solon Training Ltd) and am registered on the Medical Defence Union and General Medical Council's expert databases. I have appeared numerous times as a witness and expert witness in court hearings, including high profile coroners inquests into the Westminster and London Bridge terror attacks.

I work on cases relating to medical negligence, personal injury, survivability and cause of death. I also work regularly with Police Forces across the country, writing reports in answer to questions of injury causation, correlations with allegations, their prognoses and their impact on the victims. As such I have built a significant body of experience in forensic medicine.

POST GRADUATE QUALIFICATIONS

Fellowship of the College of Emergency Medicine

Sat and passed FCEM in Spring 2011

- *Awarded the Alison Gourdie Medal for best performance in the 2010/11 FCEM exam.*

Membership of the College of Emergency Medicine

Parts A, B and C of the MCEM exam sat and passed June 2006 - January 2007

MBBS

1996-2002

Imperial College School of Medicine, London

- *Awarded St Mary's Hospital Medical School BSc Scholarship*

BSc

June 1999
at Imperial College.

I undertook an intercalated Neuroscience BSc
Qualification attained, 2:1.

EMPLOYMENT

Since qualifying in 2002 I have worked in a wide variety of medical, surgical and critical care specialities culminating in a career in Emergency Medicine and Pre-hospital Care. In these roles I treat the full spectrum of acute presentations including minor and major medical, obstetric, paediatric illnesses and both minor and major injuries. I take a particular interest in Major Trauma, Endovascular Resuscitation, Teaching and Training and Clinical Governance and Safety systems.

I began specialising in Emergency Medicine in 2007 and gained my certificate of completion of training in 2011, becoming a consultant in Emergency Medicine.

I began working in Pre-Hospital Care in 2009 and have remained in this field ever since, working in Kent, Surrey and Sussex (KSS), East Anglia (EAAA), Essex and Hertfordshire (EHAAT), where I led the clinical governance system for 5 years, and London (LAA) where I started in 2011, taking up an emeritus role in 2012 developing to an honorary consultant role which was secured as a substantive consultant post in 2017.

Current employment:

Sept 2012 – Ongoing The Royal London Hospital, London

Consultant in Emergency Medicine

Dr Adam Woodgate, Clinical Lead

April 2012 – Ongoing London's Air Ambulance

Consultant in Pre-hospital Care

Dr Anna Dobbie, Clinical Lead

RESEARCH

I am leading and actively involved in a number of research projects and proposals within the Royal London Hospital, London's Air Ambulance, Queen Mary University London and The Pan London Aortic Dissection group. Notable recent research projects are listed here, in addition to the publications below:

I was the Principle Investigator at the Royal London Hospital for the UK REBOA trial, between 2017 and 2023, a national multi-centre randomised controlled trial investigating the effects of REBOA in catastrophic traumatic haemorrhage. I co-authored the publication of the paper and am currently writing a follow up article examining the same intervention performed by our team pre-hospitally, a world first.

I also led and delivered the training program for consultants in Emergency Medicine, Trauma Surgery, Anaesthetics and Intensive Care performing the intervention for the trial. These teams were all senior experience clinicians based across the fifteen UK major trauma centres enrolling in the trial.

PUBLICATIONS

In addition to the most recent publications listed below, I have published numerous posters and journal papers on major trauma, minor injuries, regional anaesthesia, endovascular resuscitation, aortic dissection, the RLH institutional memory project and design collaborations with designers and engineers at QMUL and in the independent sector.

Emergency Department Resuscitative Endovascular Balloon Occlusion of the Aorta in Trauma Patients With Exsanguinating Haemorrhage: The UK-REBOA Randomized Clinical Trial. Jansen et al (6th of 29 authors). PMID: 37824132 PMCID: PMC10570916 (available on 2024-04-12) DOI: 10.1001/jama.2023.20850

Resuscitative endovascular balloon occlusion of the aorta (REBOA) in the pre-hospital setting: An additional resuscitation option for uncontrolled catastrophic haemorrhage. Samy Sadek, David J. Lockey, Robbie A. Lendrum, Zane Perkins, Jonathan Price, Gareth Edward Davies. *Resuscitation* 107 (2016) 135–138

Pre-hospital Resuscitative Endovascular Balloon Occlusion of the Aorta (REBOA) for exsanguinating pelvic haemorrhage. Robbie Lendrum a,b,c,* , Zane Perkins a,b,d, Manik Chana e, Max Marsden d,f, Ross Davenport a,d, Gareth Grier a,b,e, Samy Sadek a,b, Gareth Davies a,b,d. *Resuscitation* December 2018

PEER REVIEW

I am actively involved in peer review and formally peer review articles for the following medical journals:

- Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine.

- The Journal of Endovascular Trauma Management.
- Plos One Journal.

Audit and Clinical Governance

I am involved in a multitude of stand alone and ongoing clinical audits within the Emergency Department at the Royal London Hospital, London's Air Ambulance and some Pan-London collaborative groups. These audits occur on an annual basis as a minimum, with some spanning many years and others a regular part of my daily roles. In particular I have long worked as a lead in the clinical governance structure within my teams, notably The Royal London Hospital, London's Air Ambulance and Essex and Hertfordshire Air Ambulance.

PRESENTATIONS: National and International

I regularly present at national and international conferences, symposiums and workshops on the topics of pre-hospital care, major incident management, major trauma and exsanguination, endovascular resuscitation, clinical governance and safety systems and design and innovation in emergency medicine.

These presentations sit alongside podcasts and regional and national guidelines to which I have contributed on the above subjects.

I have written (as lead author) and contributed to a number of posters presented at national and international conferences on the above topics.

I have joined a pan London collaborative group aiming to improve outcomes from acute aortic dissection, in collaboration with two charitable trusts, as part of our trusts Institutional Memory Project. We aim to extend our pilot project undertaken at Barts Health to a pan London project with a view to identifying features associated with missed diagnoses, delays in care and improving outcomes from the condition.

PUBLIC & MEDIA PRESENTATIONS

Pride of Britain Awards. ITV. October 2016

An hour to save your life series 2. BBC2. 2015

An hour to save your life series 3. BBC2. 2016

Trauma Doctors. Channel 5. 2016

PRIZES

St Mary's Hospital Medical School BSc Scholarship - Awarded for top performance in MBBS exams 1996 and 1997.

The Alison Gourdie FCEM Prize - Awarded for best performance in the 2010 and 2011 FCEM examination.

NAPP Pharmaceuticals Achievement in Pain Practice Award – Awarded for innovation in pain management. Second Prize: £5000 to invest in the Nurse-led femoral nerve block service service at Poole Hospital

East Of England Chief Officer's Commendation - Awarded for outstanding contribution in Pre-hospital Care. November 2014

Association of Air Ambulances Awards – Nominated for Special Incident Award (first case of Pre-Hospital REBOA). November 2014

Pride of Britain Awards – Awarded the Pride of Britain Award, together with four other clinicians who treated a critically injured cyclist suffering catastrophic pelvic haemorrhage with interventions including REBOA. October 2016

CLINICAL SKILLS

During my specialist training I have taken the opportunity to perform and become confident in the following:

Practical procedures:

I practise the full range of emergency medicine and the procedures which come with this territory, including manipulation of fractures and dislocations, suturing and wound repair, lumbar puncture, resuscitation and management of acute arrhythmias etc. Some of the more specialised procedures I am proficient in are listed below:

- Adult and Paediatric procedural sedation and Rapid Sequence Induction of anaesthesia.
- Airway management and endotracheal intubation.
- Emergency Resuscitative Thoracotomy.
- REBOA (Resuscitative Endovascular Balloon Occlusion of the Aorta)
- Central venous, arterial and PIC line insertion.
- Regional anaesthesia, including spinal anaesthesia, epidural anaesthesia and numerous upper and lower limb nerve block techniques.
- Emergency Ultrasound: Focussed Assessment Sonography in Trauma, Aortic Scanning, vascular access, musculoskeletal ultrasound, peripheral vascular scanning, ultrasound guided regional anaesthesia and emergency cardiovascular scanning in cardiac arrest and shock.
- ECMO (Extracorporeal Membrane Oxygenation) I am currently involved in a training program to be one of the first wave of LAA HEMS consultants to deliver this form of heart and lung bypass out of hospital, at the roadside, in order to improve outcomes after cardiac arrest. This a first in the UK and we are one of the first centres in the world to do so.

Major Incident Management: I have attended a MIMMS course, acted as Medical Incident Commander in the pre-hospital environment and have taken part in live Major Incident exercises held at the Royal London Hospital.

In 2013 and 2015 we organised live Pre-hospital MI exercises at EHAAT in conjunction with multiple East of England emergency services.

PERSONAL SKILLS – Teaching

I love teaching and have listed below some examples of why and in what context I teach and train.

Doctors

I lead the organisation and delivery of the Consultant teaching program in the Emergency Department at the Royal London Hospital.

I am responsible for clinical teaching, “sign-off” and regular training of HEMS Doctors at the Air Ambulance Services with whom I work, currently London’s Air Ambulance. This involves the training of senior, often extremely experienced clinicians, mostly consultants in their fields in adapting their knowledge and skills to fit the prehospital environment and to learn a new deeper knowledge and understanding of the true pathophysiology of major trauma and critical illness which is often not experienced by those who do are not exposed to patients in the immediate phase of their illness (i.e. the first few critical minutes). It poses many challenges with regards to training senior colleagues, challenging their concepts, maintaining a humble approach (as we learn from each other) and adapting a teaching style tailored to each individual, in particular to those with an already extensive bank of knowledge and experience, but is a challenge which I relish and thoroughly enjoy.

I lead the training and sign off program for pre-hospital REBOA at London’s Air Ambulance and have led the organisation and delivery of our PEER (Pre-hospital and Emergency department Endovascular Resuscitation) course at the Institute of Pre-hospital care and Bart’s Health. I am also leading the teaching program for the UK REBOA trial across all enrolling UK major trauma centres, again all candidates on these training programs are usually consultant level. I also teach at the EVTMM course (Endo-Vascular Trauma Management) at Orebro university hospital, Sweden, which has a similar but international audience.

I have taught the delivery of Pre-hospital and Emergency Department Thoracotomy in London at the Royal College of Surgeons PERT Course and in Pori, Finland on behalf of the Institute of Pre-hospital Care and London’s Air Ambulance.

I instruct candidates on London’s Air Ambulance HEMS Crew Course (HCC) and the APLS course and have been invited as an instructor on the ATLS and ALS courses.

I regularly taught on the MCEM part A, B and C exam preparation courses held at the Princess Royal University Hospital, Orpington.

I have led and remain heavily involved in the induction and teaching programs for junior doctors in my Emergency Department, a role which brings very different but equally satisfying rewards and a palpable impact on both job satisfaction and patient safety.

Students

I mentor Medical Students during their BSc in Pre-Hospital Care with the Institute of Pre-Hospital Care at QMUL, London.

Nurses

I have written a formal teaching program for the administration of femoral nerve blocks by Poole hospital’s Acute Pain Team nurses to patients with a fractured neck of femur. The nurse-led regional anaesthesia service was the first of its kind in the UK and won multiple awards.

At the RSCH I taught and mentored Emergency Nurse Practitioners in clinical assessment for their Advanced Nurse Practitioner MSc.

Paramedics

I am heavily involved with the teaching and training of HEMS paramedics at EHAAT and on the London Air Ambulance HEMS Crew Course.

Patients

I have been involved in focussed patient education programs based in hospitals and in the community.

PERSONAL SKILLS – Organisation and Management

REBOA. I am the lead on training and delivery of the intervention at the Royal London Hospital ED and at London's Air Ambulance, lead the organisation and delivery of the PEER course at Barts Health and the IOPHC and sit on the Bart's Health Trust and Pan-London REBOA working groups.

Institutional Memory Project. I am leading a project to develop the "institutional memory" of our department and our trust. The idea came from the recognition of recurrent errors, incidents and events through delivery of the doctors teaching program, feedback and reported incidents. We aim to strengthen the existing safety nets, build on the memory which lies in the institution and build the most important lessons learned into the wider team and the system both actively and subliminally. ^[T T T T]_[S E P S E P] The initiative has been recognised by the trust as an exemplar of its new values and has been built into our department's safety and governance structure. This project has developed further to include a collaborative project between medics, designers and engineers in such a way that we learn from one another and develop new and innovative ways to learn and change practice in emergency medicine.

Clinical Leadership. I lead all aspects of Clinical Governance and provide a leadership role at London's Air Ambulance (and did so during my 5 years as clinical governance lead at Essex and Herts Air Ambulance Trust).

Rotas. During my posts as an SHO, SpR and Consultant I have led the design and organisation of rotas. As part of these roles my focus has often been to re-write the rotas and shift patterns to improve shop floor cover, doctor's work life balance and their ability to attend departmental teaching.

Junior Lead. I have led organisation of the ED junior doctors induction, teaching program and rota during a number of years in my ED Consultant post.

Educational Courses. I have set up and organised courses in Level 1 and Level 2 Emergency Ultrasound, adult and paediatric resuscitation, major incident management, endovascular resuscitation and major haemorrhage.

PERSONAL SKILLS – Innovation

One of my greatest passions lies in innovation, both of equipment and design as well as knowledge and clinical principles. I am keen to push forward in the field of collaborative innovation and have taken some small but important first steps in this direction, which have gone from concept to realisation in recent years.

I have embarked on a group of collaborative projects bringing experts in the design and engineering industry together with clinicians and scientists with the aim of design and innovation in emergency medicine.

The project, which is now well established, sees students in medicine, design and bioengineering at QMUL, London, working together with international students such as masters students at Umea Institute of Design, Sweden, the world's leading design school. They work closely with clinicians at The Royal London Emergency Department and London's Air Ambulance, and with senior lecturers in design and professors of robotics and bioengineering. Their projects may centre around any innovation in emergency medicine and include devices such as those used in endovascular resuscitation techniques and emergency surgery, teaching and training tools/concepts, simulation and set up and delivery of clinical governance structures such as the institutional memory project (mentioned above).

We have presented our work to Professor Tony Young, NHS lead for innovation and have been invited to mentor on the NHS England entrepreneurial scheme.

A potential next step in this collaborative cross-discipline project is the involvement of the sports industry with interest from some large corporate companies and Olympic athletes. Still in the early stages, it has potential to generate some big change. We already have designs which are in use for endo-vascular resuscitation and simulation manikins together with prototype devices, simulators and tools relating to training, team dynamics and clinical governance and safety systems.

This venture excites me and serves as a new avenue for my energy and my passion for innovation. It should also raise awareness of our charity in many corporate circles and serve as a platform for clinicians to learn design, entrepreneurial and management skills.

PERSONAL INTERESTS

Sport:

Mountain biking: Of all the sports that I enjoy, my greatest passion lies in mountain biking, both downhill and bicycle supercross.

I compete in regional, national and international race series'. In 2003 and again in 2010 I competed in the Megavalanche Cup in the French Alps, the world's largest international downhill race with a 1200 person mass start at 3300 metres altitude. I somehow survived both races.

Snowboarding: Further compounding my love of the mountains and at risk of driving a wedge between me and my bike. So far I have travelled to snowboard in The Alps, Chile, Argentina, New Zealand, Canada and Japan.

Martial Arts: I enjoy Shou Lin Kung Fu, and hold a Black belt in Shotokan Karate.

Fishing: A hobby which I have held since childhood, I enjoy both sea and fly-fishing for the escape, the tranquillity and the barbeque afterwards.

Music:

I am a keen percussionist, playing the drums and bongos.

Art:

Another of my passions lies in painting and photography. I have displayed and sold some of my work through local art exhibitions and published photographs in national magazines.

REFERENCES

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