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To our parents: Kishwer, Aslam, Sheela, Sudipta, Pezouna and Antonios, for inspiring us and giving us the opportunity to achieve
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Contributors

Abosede Ajayi
Medicine, Chelsea and Westminster Hospital, London, UK

Emma J. Alexander MBBS MRCP FRCR
Specialist Registrar in Clinical Oncology, Charing Cross Hospital, London, UK

Ziad Alyan
Department of Emergency Medicine, Chelsea and Westminster Hospital, London, UK

Ann Anstee
St Mary’s Hospital, Imperial Healthcare NHS Trust, London, UK

James Arbuckle
Endocrine Surgery Unit, Hammersmith Hospital, London, UK

Ben Ardehali MSc MRCS
Specialist Registrar in Plastic Surgery, Pan Thames Rotation, London, UK

Thanos Athanasiou
Senior Lecturer and Consultant of Cardiothoracic Surgery, Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK

Omer Aziz
Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK

Priya Bhangoo
Specialist Registrar in Emergency Medicine, St Thomas’ Hospital, London, UK

Robert Brightwell
Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK

Tim Brown MRCS
Specialist Registrar in Surgery and Honorary Clinical Fellow, St Mark’s Hospital, London, UK

Peter Butler
Consultant Plastic Surgeon, Royal Free Hospital, London, UK

Tess Cann
Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK
## List of contributors

<table>
<thead>
<tr>
<th>Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avril Chang</td>
<td>General Surgery, King’s College Hospital, London, UK</td>
</tr>
<tr>
<td>Nicholas Cheshire</td>
<td>Professor of Vascular Surgery, St Mary’s Hospital Campus, Imperial College Healthcare NHS Trust, London, UK</td>
</tr>
<tr>
<td>Andre Chow</td>
<td>Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Susan Cleator</td>
<td>Consultant in Clinical Oncology and Radiology, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Elaine Cronin</td>
<td>Stoma Care Department, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Ara Darzi</td>
<td>Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Andreas Demetriades</td>
<td>The National Hospital for Neurology and Neurosurgery, London, UK</td>
</tr>
<tr>
<td>Johann Emmanuel</td>
<td>Anaesthetic Specialist Registrar, Central London School of Anaesthesia Rotation, London, UK</td>
</tr>
<tr>
<td>Veni Ezhil</td>
<td>Specialist Registrar, Department of Oncology, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Bill Fleming</td>
<td>Consultant Endocrine Surgeon, Hammersmith Hospital, London, UK</td>
</tr>
<tr>
<td>David Floyd</td>
<td>Consultant Plastic Surgeon, Royal Free Hospital, London, UK</td>
</tr>
<tr>
<td>Piers A. C. Gatenby</td>
<td>Specialist Registrar in General Surgery, Academic Surgical Unit, Imperial College NHS Trust, London, UK</td>
</tr>
<tr>
<td>Richard Gibbs</td>
<td>Consultant Vascular Surgeon, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Joan Grieve</td>
<td>Consultant Neurosurgeon, The National Hospital for Neurology and Neurosurgery, London, UK</td>
</tr>
<tr>
<td>Munther Haddad</td>
<td>Consultant Paediatric Surgeon, Chelsea and Westminster and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Imran Hamid</td>
<td>Specialist Trainee, Trauma and Orthopaedic Surgery, Chelsea and Westminster Hospital, London, UK</td>
</tr>
<tr>
<td>George Hanna</td>
<td>Department of Bio Surgery and Surgical Technology, Faculty of</td>
</tr>
<tr>
<td>Name</td>
<td>Position and Details</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Andrew Hartle</td>
<td>Consultant Anaesthetist, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Andrew J. Healey</td>
<td>Department of Surgical Oncology and Technology, Hammersmith Hospital, London, UK</td>
</tr>
<tr>
<td>Michele Hendricks</td>
<td>Specialist Registrar, Imperial School of Anaesthesia, London, UK</td>
</tr>
<tr>
<td>Alexander G. Heriot</td>
<td>Consultant Colorectal Surgeon, Peter MacCallum Cancer Centre and St Vincent’s Hospital, Melbourne, Australia</td>
</tr>
<tr>
<td>Jonathan Hoare</td>
<td>Consultant Gastroenterologist, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Ros Jacklin</td>
<td>Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>David James</td>
<td>Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Matt Jarrett</td>
<td>Locum Consultant Anaesthetist, Basingstoke Hospital, Hants, UK</td>
</tr>
<tr>
<td>Michael Jenkins</td>
<td>Consultant Vascular Surgeon, Regional Vascular Unit, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Long R. Jiao</td>
<td>Department of Surgical Oncology and Technology, Hammersmith Hospital, London, UK</td>
</tr>
<tr>
<td>Ravul Jindal</td>
<td>Senior Registrar, Regional Vascular Unit, St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Shahid A. Khan</td>
<td>Clinical Senior Lecturer and Consultant Physician, Department of Hepatology and Gastroenterology, St Mary’s Hospital and Hammersmith Hospital, Imperial College London, London, UK</td>
</tr>
<tr>
<td>Umraz Khan</td>
<td>Consultant Plastic and Reconstructive Surgeon, Charing Cross Hospital, London, UK</td>
</tr>
<tr>
<td>James Kinross</td>
<td>Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>George Krasopoulos</td>
<td>Specialist Registrar in Cardiothoracic Surgery, London Chest Hospital, London, UK</td>
</tr>
</tbody>
</table>
List of contributors

Alex C. H. Lee  
Department of Paediatric Surgery,  
Leeds Teaching Hospitals NHS Trust,  
Leeds, UK

Daniel Leff  
Department of Bio Surgery and  
Surgical Technology, Faculty of  
Medicine, Imperial College and  
St Mary’s Hospital, London, UK

Richard Leonard  
Consultant in Critical Care and ICU  
Director, St Mary’s Hospital, London, UK

David Lomax  
Consultant Anaesthetist, St Mary’s  
Hospital, London, UK

Richard Lovegrove  
Department of Bio Surgery and  
Surgical Technology, Faculty of  
Medicine, Imperial College and  
St Mary’s Hospital, London, UK

Helen Mandefield  
Organ Donation Service Manager,  
South Thames Transplant Coordination  
Service, London, UK

Sharleet Mahal  
Specialist Trainee, Imperial College  
NHS Trust, London, UK

Rachel Massey  
Department of Bio Surgery and  
Surgical Technology, Faculty of  
Medicine, Imperial College and  
St Mary’s Hospital, London, UK

Pawan Mathur  
Consultant General and Colorectal  
Surgeon, Department of  
Gastrointestinal Surgery, Barnet  
Hospital, Barnet, UK

Erik Mayer  
Specialist Registrar, Department of  
Urology, St Mary’s Hospital Campus,  
Imperial College Healthcare NHS Trust,  
London and Department of Bio Surgery  
and Surgical Technology, Imperial  
College London, London, UK

Reza Mirnezami  
King’s College London, London, UK

Rupert Negus  
Consultant Physician and  
Gastroenterologist, St Mary’s Hospital,  
London, UK

Marios Nicolaou  
Department of Bio Surgery and  
Surgical Technology, Faculty of  
Medicine, Imperial College and  
St Mary’s Hospital, London, UK

Mei Nortley  
St Mary’s Hospital, London, UK

Sukhmeet S. Panesar  
Department of Bio Surgery and  
Surgical Technology, Faculty of  
Medicine, Imperial College and  
St Mary’s Hospital, London, UK

Paraskevas Paraskeva  
Department of Bio Surgery and  
Surgical Technology, Faculty of
List of contributors

Medicine, Imperial College and St Mary’s Hospital, London, UK
Anurag Patel
Specialist Trainee, King’s College Hospital, London, UK
Marc Pelling
Consultant Radiologist, St Mary’s Hospital, London, UK
Mike Platt
Consultant Anaesthetist, St Mary’s Hospital, London, UK
Danielle Power
Consultant Oncologist, Imperial College and St Mary’s Hospital, London, UK
Sanjay Purkayastha
Specialist Registrar, Academic Surgical Unit, St Mary’s Hospital, London, UK
Sudipta Purkayastha
Consultant Orthopaedic Surgeon, Medway Maritime Hospital, Gillingham, Kent, and Visiting Professor, Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK
Mohammed Shamim Rahman
Specialist Trainee, Imperial College NHS Trust, London, UK
Steven Reid
Consultant in Liaison Psychiatry, Department of Liaison Psychiatry, St Mary’s Hospital, London, UK
Jai Relwani
Shoulder Fellow, Reading Shoulder Unit, Reading, UK
Caroline D. Rodd
Consultant Vascular Surgeon, Gloucestershire Hospitals NHS Foundation Trust, Gloucester, UK
Mathew Rollin
Endocrine Surgery Unit, Hammersmith Hospital, London, UK
Ed Rowe
Department of Urology, Southmead Hospital, Bristol, UK
Angharad Ruttley
Specialist Registrar in Psychiatry, Department of Psychological Medicine, St Bartholomew’s Hospital, London, UK
Ravi Sastry
Emergency Medicine, Kent and Sussex Hospital, Tunbridge Wells, UK
Serene Shashaa
Fellow, Pulmonary and Critical Care Medicine, Rush University Medical Center, Chicago, Illinois, USA
Abdul Shlebak
Imperial College Healthcare NHS Trust, St Mary’s Hospital, London, UK
List of contributors

Nakul Talwar
Specialist Registrar, Department of Forensic Psychiatry, Langdon Hospital, Dawlish, Devon, UK

Anisha Tanna
Specialist Registrar in Renal Medicine, Hillingdon Hospital NHS trust, Uxbridge, UK

Julian Teare
Consultant Gastroenterologist, St Mary’s Hospital, London, UK

Paris Tekkis
Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK

Teo Teo
Consultant Obstetrician, St Mary’s Hospital, London, UK

Huw J. W. Thomas
Consultant Gastroenterologist and Professor of Intestinal Genetics, St Mary’s Hospital and Imperial College, London, UK

Mark Thursz
Department of Hepatology and Gastroenterology, Imperial College and St Mary’s Hospital, London, UK

Henry Tillney
Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK

Neil S. Tolley
Consultant ENT-Thyroid Surgeon, St Mary’s Hospital, London, UK

Lai Pun Tong
General Surgery, Central Middlesex Hospital, London, UK

James Uprichard
Faculty of Medicine, Imperial College London, London, UK

Justin Vale MS FRCS (Urol)
Consultant Urological Surgeon, Department of Urology, St Mary’s Hospital Campus, Imperial College Healthcare NHS Trust, London, UK

David Walker
Specialist Registrar in Gastroenterology, Department of Gastroenterology, St Mary’s Hospital, London, UK

Neil Walker
Specialist Registrar in Endocrinology, Oxford Centre for Diabetes, Endocrinology and Metabolism, Churchill Hospital, Oxford, UK

Susanna Walker
Specialist Registrar, Imperial School of Anaesthesia, London, UK

Patricia Ward
Consultant in Emergency Medicine, St Mary’s Hospital, London, UK
<table>
<thead>
<tr>
<th>Contributor</th>
<th>Position and Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stephen Ward</td>
<td>General Surgical Registrar, Department of Surgery, St Helier Hospital, Carshalton, Surrey, UK</td>
</tr>
<tr>
<td>Greg Williams</td>
<td>Consultant Burns, Plastic and Reconstructive Surgeon, Chelsea and Westminster Hospital, London, UK</td>
</tr>
<tr>
<td>Danny Yakoub</td>
<td>Clinical Research Fellow and Honorary Surgical Registrar, Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
<tr>
<td>Paul Ziprin</td>
<td>Senior Lecturer and Consultant Surgeon, Department of Bio Surgery and Surgical Technology, Faculty of Medicine, Imperial College and St Mary’s Hospital, London, UK</td>
</tr>
</tbody>
</table>
Foreword

Surgical practice has witnessed some dramatic changes over the past decade. The advent of new imaging technologies has revolutionized the way that surgical disease is diagnosed, managed and followed up. Minimally invasive surgery and goal-directed recovery have tangibly improved the quality of postoperative care and reduced hospital stay. Advances in fields such as bioengineering and nanotechnology now offer the prospect of further huge leaps. What this has meant is that surgery has evolved into a truly multidisciplinary specialty, relying heavily on the input of a host of healthcare professionals. Throughout this there remains a real need for core knowledge of surgical management to be put into a modern perspective, particularly for the junior doctor who needs this information at his or her fingertips.

In parallel to technological advances, Western World healthcare systems have also been going through major restructuring programmes in order to cope with the increasing demands of modern medicine. In the UK, medical training has changed through the Modernising Medical Careers (MMC) programme and surgical teaching has had to cope with the changes to both medical school and postgraduate exams. Medical students and junior doctors being produced by these new systems have the same duty of care towards their patients as those of years gone by. This has to be provided to the highest standard.

There is now a real responsibility to provide easily accessible and up-to-date knowledge of surgical management to those who need it the most. Hospital Surgery is a text that can be used by medical students and junior doctors alike to hone their knowledge of surgery for both the clinical and exam setting. Those involved in composing this text are truly enthused by the specialty and have devoted large portions of their
personal time to teaching the subject. In this book, their aim has been to combine traditional approaches with a modern viewpoint, making Hospital Surgery an invaluable asset in the armoury of any individual involved in surgical practice.

Professor the Lord Ara Darzi of Denham KBE HonFREng FMedSci
Preface

Knowing is not enough; we must apply. Willing is not enough; we must do

Johann Wolfgang von Goethe

Our journey to acquire knowledge towards a surgical career began at St. Mary’s Hospital Medical School. The first time we all met, two of us (Omer Aziz and Sanjay Purkayastha) were medical students being taught by a senior house officer called ‘Barry’ (Paraskevas Paraskeva). His teaching was clear to follow, enthusiastically delivered, and extremely practical. It instilled in us all a responsibility towards our patients, and pride in the way that we managed them. A close friendship and collaboration subsequently ensued, and has lead to us teaching and examining hundreds of medical students together every year in the UK.

The three of us have been fortunate to have been influenced by some excellent texts and inspiring clinicians during our training, which has been a key part of us developing and forming our surgical judgement. In recent times however, we have felt the increasing need to combine key surgical principles with modern practical knowledge, for the medical student or junior doctor to use on a daily basis on the wards. Hospital Surgery aims to provide this up-to-date knowledge in a clear and concise format. We hope that this handbook provides those who are learning to manage surgical patients with the strong foundation they need.