

SYNTHETIC FORM FOR A BOARD CERTIFIED TRAINING UNIT

UNIT NAME: "Midland Centre for Spinal Injuries" (MCSI)

ADDRESS: Robert Jones & Agnes Hunt Orthopaedic & District Hospital NHS Foundation Trust,
Gobowen, Oswestry, Shropshire SY10 7AG.

NAME OF THE UNIT RESPONSIBLE: Mr Aheed Osman, FRCS, M Med Sci, MBChB

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- Main clinical activities of the unit:

MCSI is a well-established Regional Centre for the comprehensive management of patients with spinal cord injury (SCI) for life. It is located on the site of a large NHS hospital for Bone and Joint Disease.

The Spinal Injuries Centre is approved for UK training for 10 trainees in Spinal Cord Injury and Rehabilitation Medicine in association with the Other Specialised Rehabilitation Training Centres in the West Midland Region.

The hospital has a total of 250 inpatient beds - 44 for the SCI service. The catchment population is 8.5 million. About 400 inpatients are treated each year including over 120 new SCI patients per year. 1800 to 1900 outpatient consultations are carried out each year. 39 - 49 cases are treated as a day case each year.

The MCSI is a supraregional Centre and takes patients from a wide geographical area. It is a referral Centre for spinal injuries from 3 regional Major Trauma Centres and about 25 other acute hospitals

MCSI provides acute and lifelong care including follow up in our outpatient department. MCSI is a comprehensive Rehabilitation Centre which includes: Physiotherapy department, Wheelchair / seating department, 3 D Gait analysis laboratory, Occupational therapy department, Electrotherapy

facilities, Isokinetics laboratory, Gymnasium, Exercise testing, Hydrotherapy, Urodynamic suite, Orthotic workshop, Neurophysiology department, Prosthetic workshop, Vocational rehabilitation assessment centre.

- Specific research interests of the unit:

Research interests are based on;

- **Spinal Cord Injury**
- **Metabolic Bone Disease**
- **Rheumatology/Orthopaedic Bone and Joint Disease**
- **Orthotics/3D Gait analysis**
- **Tissue Engineering**

MCSI is involved in the following research projects;

- Reduction of bacteriuria in spinal cord injured patients practising intermittent catheterisation-
- COSAQ - A prospective, randomised-controlled trial of auto-titrating Continuous Positive Airway Pressure (CPAP) treatment for obstructive sleep apnoea after acute quadriplegia.
- An International Age- and Gender-Controlled Model for the Spinal Cord Injury Ability Realization Measurement Index
- A randomised, controlled study evaluating return of bacteriuria after antibiotic treatment in spinal cord injured patients practising intermittent catheterisation- Sponsor
- Development of a new Spinal Immobiliser
- Blood Biomarkers for Spinal cord injury
- ECLISP – (Efficacy of consuming LCS (lactobacillus casei shirrita) in spinal cord injury patients)
- Translation Research for SCI: current and future perspective - Patient Questionnaire study
- Transcranial magnetic field therapy for treatment spasticity
- FES study- safety, benefit (Bone health) and quality of life for SCI
- Osteoporosis in chronic SCI
- Autonomic dysfunction and physical activity in SCI
- Adult Stem Cells in Spinal Cord Injury and Repair

- List five publications from the last five years which most represent the unit's research programme:

1. Spinal cord injury complicating a thoracolumbar selective nerve root block in a deformed spine: neurological and functional outcome.
N Kumar
Spinal Cord. 2015; 53(S1): S3-S5
2. To cystoscope or not to cystoscope patients with traumatic spinal cord injuries managed with indwelling urethral or suprapubic catheters? That is the question!
WS El Masri, S Patil, KV Prasanna and JR Chowdhury.
Spinal Cord (2014) 52, 49–53;doi:10.1038/sc.2013.119
3. An International Age- and Gender-Controlled Model for the Spinal Cord Injury Ability Realization Measurement Index (SCI-ARMI)
Giorgio Scivoletto, et al,
Neurorehabilitation and Neural Repair 2015, Vol. 29(1) 25– 32
4. Traumatic spinal cord injuries
El Masri WS, Kumar N
Lancet. 2011 Mar 19; 377(9770):972-4.
RJAH “Star Staff Publication” for 2010- 11, 9 May 2011.
5. Traumatic Spinal Cord Injuries: Value of Prognostic indicators of recovery in assessing neurological outcomes of interventions on the spine”
El Masri WS, Kumar N, JR Chowdhury AE Osman
Journal of Medicine and Life, 2011, Vol-4,66-68
6. Traumatic central cord syndrome: neurological and functional outcome, an experience from a regional Spinal Injuries Centre
S Budithi & N Kumar
Eur Spine J (2014) 23 (Suppl 1):p98
7. Trends and characteristics of Spinal Cord Injury due to fall, Data 2003 – 2011
P Ramamurthy, I Zobina, N Kumar
Dutch Journal of Physical and Rehabilitation Medicine, p 151, July 2013
8. Epidemiology and long term outcome of concomitant traumatic brain injury (TBI) and spinal cord injury (SCI)
P Ramamurthy, N Kumar, S Patil
Dutch Journal of Physical and Rehabilitation Medicine, p 152, July 2013
9. Audit of acute traumatic spinal cord injury (TSCI) referrals

N Kumar, S Patil, S Bandi

European Spine Journal, March 2013, Volume 22, Issue 1 Supplement, pp 56-78 (S58)

10. Indications and outcomes of surgical management of acute traumatic spinal cord injury (TSCI)
S Patil, M Mynt, N Kumar

European Spine Journal

March 2013, Volume 22, Issue 1 Supplement, pp 56-78 (S58)

11. Post traumatic syringomyelia (PTS) after spinal cord injury (SCI)

S Patil, WS El Masri, S Bandi, N Kumar, JR Chowdhury, AE Osman, G Flint

European Spine Journal, March 2013, Volume 22, Issue 1 Supplement, pp 56-78 (S71)

- Please identify if necessary the conditions and means of exchange for trainee specialist (the number permissible, the person to contact, etc.):

Interested Doctors to contact Mrs Heather Edwards, Business Co ordinator, Midland Centre for Spinal Injuries (MCSI), Email: Heather.Edwards@rjah.nhs.uk, Direct line: +44 1691 404363. Exchange subject to registration by General Medical Council (GMC) and availability of funds.

Authorisation to publish over Internet **YES**

Signature: ***Mr Aheed Osman***