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Δρ. Χριστόφορος Νικολάου

Σύμβουλος Ακτινολόγος

Προσωπικά Στοιχεία

- Υπηκοότητα: Κυπριακή
- Ημερομηνία Γεννήσεως: 10 Δεκεμβρίου 1975
- Ηλικία: 45
- Τόπος Γεννήσεως: Λευκωσία, Κύπρος
- Marital status: Married
- **Cyprus Medical Association number:** 3167
- **General Medical Council number:** 6039897

Membership of Societies

- Royal College of Radiologists (UK)
- Royal College of Surgeons of England
- British Medical Association
- Medical Protection Society
- Radiological Society of North America (RSNA)
- Cyprus Medical Association
- Cyprus Radiological Society
- British MENSA Society

Εξετάσεις

- **MBBS (London)**, Ιανουάριος, 2002
- **MRCS (London)**, awarded the **MRCS diploma** on 16/3/06
- **FRCR 1**: passed in December 2006
- **FRCR 2A**: passed all 6 modules by September 2008
- **FRCR 2B**: passed April 2010 and awarded **FRCR diploma**

Γενική Εκπαίδευση

Σεπτέμβριος 1987 – Ιούνιος 1994:

The English School, Nicosia, Cyprus

Graduated from High School with the following qualifications:

- 10 O-Levels: Grade A in 8, Grade B in 2
- 4 A-Levels: Grade A in 3, Grade B in 1

Medical Education

September 1996 – January 2002:

University College London Medical School

- Graduated from Medical School in January 2002, with the qualification of **MBBS (London)**.

Prizes

Anatomy and Embryology (June 1996)

Medical School Elective

January – February 2001

Four weeks in Trinidad and four weeks in Cyprus. During my elective, I carried out a project comparing the attitudes to thalassaemia in Trinidad and Cyprus, both countries with a high incidence of the condition.

Pre-Radiology clinical posts

February 2002 - August 2002:

House Officer (Medicine), Wycombe General Hospital, Gastroenterology and Geriatrics firms (Dr Gorard, Dr Hillawi).

- Developed clinical and practical skills, such as paracentesis, pleural aspiration and lumbar puncture.
- Assisted with PEG insertions and endoscopic procedures.

August 2002 – February 2003

House Officer (Surgery), *Hemel Hempstead General Hospital*, Orthopaedics and Vascular Surgery firms (Mr Beacon, Mr Ormiston).

- Assisted in elective and emergency procedures, such as hip replacements and internal fixation of fractures.

BASIC SURGICAL TRAINING

SHO Surgical Rotation (BST)

ENT: February 2003 – August 2003

Senior House Officer in ENT, *Wexham Park Hospital* (Mr Jefferies, Mr Aldren, Mr Bleach, Mr Wood).

- In charge of daily minor outpatients lists, carrying out ENT procedures, such as flexible nasendoscopy and ear syringing.
- Carried out minor operations, such as tonsillectomies, adenoidectomies and grommet insertions.

Plastic Surgery: August 2003 – February 2004

Senior House Officer in Plastic Surgery, *Wexham Park Hospital* (Mr Khoo, Mr Dickinson, Mr Crawford, Mr Armstrong).

- Carried out minor plastic surgical procedures, such as skin grafting and excision of skin lesions.

Urology: February 2004 – August 2004

Senior House Officer in Urology, *Wexham Park Hospital* (Mr Hudd, Mr Karim, Mr Motiwala, Mr Laniado).

- Carried out weekly list of urological endoscopic procedures.
- Involved in outpatients clinics.

General Surgery: August 2004 – February 2005

Senior House Officer in Lower GI Surgery and Breast Surgery, *Wycombe General Hospital* (Mr Gatzen, Mr Cunnick).

- Carried out appendicectomies, hernia repairs, and other minor operations.
- On calls involved covering the Urology ward/admissions.

A&E: February 2005 – August 2005

Senior House Officer in A&E, *Wycombe General Hospital* (Mr Potts, Mr Thirumamanivannan, Dr Smith).

- Dealing with medical and surgical emergencies on a daily basis.

Orthopaedics: August 2005 – February 2006

Senior House Officer in Trauma & Orthopaedics, *Wycombe General Hospital* (Mr Appleton).

- Gained experience of major orthopaedic procedures and in charge of trauma calls when on call.

Urology: August 2005 – August 2006

Clinical Fellow in Urology, *Wexham Park Hospital* (Mr Hudd, Mr Karim, Mr Motiwala, Mr Laniado).

- Gained more experience with endoscopic procedures, including TURP/TURBT.

Radiology Posts Specialist Registrar in Radiology, West Midlands (Birmingham) training scheme, Sep 2006-Aug 2011

Sep 06 – Mar 07: Alexandra Hospital, Redditch (General)

Apr 07 – Sep 07: Heartlands Hospital (General)

Oct 07 – Mar 08: City Hospital (CT/MRI)

Apr 08 – Sep 08: Sandwell Hospital (Nuclear Medicine/Breast)

Oct 08 – Dec 08: Royal Orthopaedic Hospital (MSK)
Jan 09 – Mar 09: Birmingham Children's Hospital (Paeds)
Apr 09 – Aug 09: Sellyoak Hospital (USS)
Sep 09 – Nov 09: Queen Elizabeth Hospital (Neuroradiology)
Dec 09 – Feb 10: Queen Elizabeth Hospital (Oncology)
Mar 10 – Aug 10: City Hospital (Intervention)
Sep 10 – Feb 11: Royal Orthopaedic Hospital (MSK)
Mar 11 – Jun 11: City Hospital (MSK/General)

During my 5-year training as a Specialist Registrar in Radiology, I particularly enjoyed **teaching Medical Students** from the University of Birmingham, as well as **junior Radiologist SpRs**. In my final year of training I was in charge of organising all teaching for the students, as well as all Radiology SpRs preparing for the final part of the FRCR exam.

Radiology Fellowship

**July 2011 – January 2012: McGill University Hospitals,
Montreal, Canada**

6 months Fellowship in Musculoskeletal and Spine Radiology, at Montreal General Hospital and Royal Victoria Hospital.

Duties and responsibilities included:

- Reporting 20-30 Musculoskeletal and Spine MRIs / day
- Reporting all daytime CT scans, as well as verifying the on call Radiology Resident's reports of out of hours scans
- 3 MSK USS lists / week, which included diagnostic scans, as well as US-guided procedures such as biopsies of soft tissue lesions, steroid injections for bursitis / Baker's cysts / tenosynovitis / etc, shoulder lavage for calcific tendinosis
- Carrying out 3 fluoroscopy lists / week. These included arthrograms of all joints (from shoulder to subtalar), capsular distention/steroid injection for frozen shoulder, various joint aspirations, injection of Synvisc to hip joints
- Performing CT-guided biopsies of bone and soft tissue lesions

- Reporting of all Musculoskeletal/Spine XRs (reported a total of around 8000 films)
- Supervising radiographers to adequately protocol MRI scans
- On calls were at consultant level, and involved advising Radiology Residents on call as needed, as well as reporting urgent, out of hours MRI scans
- Daily teaching of Radiology Residents during their Musculoskeletal attachment, as well as checking their XR/CT/MRI reports and training them in fluoroscopic procedures

Current Post

Since Feb 2012: **Consultant Radiologist, Aretaieion Private Hospital, Nicosia, Cyprus**

I am one of the shareholders at this 80-bed private hospital and the Director of the XR Department. Duties and responsibilities include:

- Reporting all MRI scans (25/day), including neurological, musculoskeletal, abdominal/MRCP, gynaecological and breast
- Reporting any on call CT scans
- Performing arthrogram injections (under fluoroscopy) of all joints, mainly hip, shoulder, wrist and subtalar joints, and subsequently reporting all MRI Arthrograms
- Carrying out all musculoskeletal US scans, as well as any other on call scans
- Reporting all plain films and DEXA scans during working hours and when on call
- Non-resident on calls on alternate days, weekends and bank holidays
- Teaching medical students from University of Nicosia Medical School, affiliated with St. George's Medical School, London (appointed on 24/7/14 as Senior Lecturer at the University of Nicosia Medical School)

Other current work

Teleradiology

- Reporting remotely all MRI scans, X-rays and DEXA scans of Dikteon Medical Centre in Nicosia.
- Reporting remotely all MRI scans of Apolloneion Hospital, Nicosia.
- Reporting remotely all MRI and CT scans of Ayios Efrem Diagnostic Centre in Limassol.
- Reporting remotely all MRI scans of Lefkothea Diagnostic Centre in Nicosia.

Courses / Meetings

- **Advanced Life Support:** 6-8/9/02, North Middlesex Hospital, London (refresher's course 6/9/06)
- **Basic Surgical Skills:** 25-27/2/03, Wexham Park Hospital, Slough.
- **Advanced Trauma Life Support:** 18-20/6/03, St Mary's Hospital, London (refresher's course 4/5/08)
- **MRCS course:** 8-19/11/04, Royal College of Surgeons
- **AXR course:** 29/3/07, City Hospital, Birmingham
- **CXR course:** 30/3/07, City Hospital, Birmingham
- **UK Radiological Conference:** June 2008, Birmingham
- **UK Radiological Conference:** June 2010, Birmingham
- **RSNA Conference:** November 2011, Chicago, USA
- **RSNA Conference:** November 2012, Chicago, USA
- **RSNA Conference:** December 2013, Chicago, USA
- **Liver Imaging Course:** April 2015, Istanbul
- **RSNA Conference:** November 2015, Chicago, USA
- **Breast course:** June 2016, Athens, Greece

- **RSNA Conference:** November 2016, Chicago, USA
- **ERASMUS course on Breast and Female Imaging:** May 2017, Athens, Greece
- **RSNA Conference:** November 2017, Chicago, USA
- **ERASMUS course on MRI of the Central Nervous System (Brain):** June 2018, Dresden, Germany
- **RSNA Conference:** November 2018, Chicago, USA
- **ERASMUS course on Musculoskeletal MRI (Joints):** April 2019, Krakow, Poland
- **RSNA Conference:** November 2019, Chicago, USA

Presentations

Clinical Conference, Wycombe Hospital, February 2002

- Hepatorenal failure

Hemel Hempstead Hospital Grand Round, September 2002

- Small bowel obstruction

Orthopaedics Conference, Hempstead Hospital, January 2003

- Fat embolism syndrome

Wexham Park Hospital Grand Round, April 2003

- Thyroglossal duct carcinoma

Clinical Conference, Wycombe Hospital, September 2004

- Idiopathic megacolon

Clinical Conference, Wycombe Hospital, December 2004

- Diagnosis and management of acute pancreatitis.

Heartlands Hospital Grand Round, Birmingham, April 2007

- Benefits of CT Colonography vs colonoscopy.

UKRC, Birmingham, June 2008

- Percutaneous Vertebroplasty: feasibility of a new “bare to the bones” approach

Queen Elizabeth Hospital, Birmingham, December 2009

- Imaging appearances of carotid artery dissection.

Montreal General Hospital, July-December 2011

- Prepared the cases and presented the weekly Sarcoma Tumour Board and Sports Medicine Conference, for 6 months
- Lecture on “MRI of the elbow”, given to Radiology Residents on 14/9/11.
- Monthly teaching of Radiology Residents on Musculoskeletal imaging, as preparation for their final board exams.

Poster presentations

BAUS Meeting, Manchester, June 2006

The relationship between intraprostatic inflammation and BPH

ESPR Meeting, Istanbul, June 2009

Imaging of early and late complications in paediatric orthotopic liver transplantation: a pictorial review

UK Radiological Conference, Birmingham, June 2010

Unusual benign breast presentations (ultrasound pictorial review)

Publications

- **“Does intraprostatic inflammation have a role in the pathogenesis and progression of benign prostatic hyperplasia?”**

British Journal of Urology (International)

Published 25/1/07

- **“A complicated pneumothorax” (Langerhan’s cell histiocytosis)**

Case of the month, Royal College of Radiologists website

Published 27/3/08

- **“Stener Lesion”**

Case Report 10656, at Eurorad (Radiological case database)

Published 29/4/14

- **“Implications of extreme serum neurofilament light chain levels for the management of patients with relapsing multiple sclerosis”**

Therapeutic Advances in Neurological Disorders

To be published April 2021

General Audits

July 2002: Meningococcal Infection-Presentation in A&E

- Meningococcal infection in Wycombe General in the last 5 years.
- Focused on the presenting symptoms and signs of patients with the infection, and the results of initial investigations performed in A&E. The audit also looked at the management of these patients, as well as patient outcome.

January 2004: Value of U/S in hypospadias patients

- Assessing the value of U/S of renal tract in hypospadias patients, to detect other co-existing renal tract abnormalities.

June 2005: Acute renal colic in A&E

- Assessing whether the management of patients presenting with acute renal colic follows the Hospital Trust’s guidelines.

Radiology Audits

October 2006 – October 2007: Hip joint injection

- To assess whether injection of the hip joint with steroids provides satisfactory relief from hip joint pain.

June – September 2007: Water as an oral contrast for CT abdomen and pelvis

- To assess whether water, administered as a fluid challenge over 45 minutes, is adequate and satisfactory as a negative oral contrast agent in CT.

May – June 2008: US-guided versus “blind” breast biopsy

- To assess whether there is a place for breast biopsy based on clinical examination alone, without the use of USS.

January – February 2009: Bowel opacification in CT scanning

- To determine whether the current hospital protocol leads to adequate opacification of the GI tract in abdominal CT scanning

February – March 2009: Bowel opacification in MRI scanning

- To determine whether the current hospital protocol leads to adequate bowel opacification in the assessment of IBD

June – August 2009: USS for abnormal LFTs

- To determine whether abdominal USS for investigating raised LFTs in acutely unwell ITU patients is appropriately requested, and whether it affects their subsequent management

September – November 2009: Efficiency of in-patient scan reporting

- To assess whether CT and MRI scans for Neuroradiology in-patients are reported in a timely manner, and whether any delays have affected patient management.

June 2010: Incidental finding of PE on CT chest

- To determine to what extent PEs are missed on routine CT

chest.

February 2011: Review of bone tumour scanning

- To assess how initial diagnosis of bone tumours on MRI correlates with actual histopathology.

Interests and Activities

- ***Classical music:*** passed the following exams of ***The Royal Schools of Music***

Grade 8 on the piano (1993)

Grade 7 with distinction on the flute (1994)

Grade 5 with merit in Theory of Music (1989)

- ***Travelling:*** Visited more than 200 countries, mainly in the developing world, and have regularly carried medical supplies to Africa and the Pacific islands, and visited local hospitals and charities. My latest such trip was to Afghanistan and Pakistan (Kabul, Mazar-i-Sharif and Lahore).
- ***Languages:*** Fluent in Greek and English, basic knowledge of French and Turkish.