

Dr Simon Smale, FRCP

Professional details

GMC NO. 3669215
CCST DATE 1ST October 2004
FRCP 2009
MRCP (UK) 1996
MPS MEMBERSHIP NO. 202395
BMA MEMBERSHIP NO. 7680580

Medical Education and Training

EDUCATION: Nottingham University Medical School. 1987 – 1992.

EXAMINATIONS: 1996 MRCP
Degrees
BM BS, University of Nottingham. 1992
B Med Sci 2.1, University of Nottingham. 1990.
Third year project - “The DNA sequencing of Rat Caeruloplasmin.”

Current Posts

Consultant Physician and Gastroenterologist
York Hospital, York Hospitals NHS Foundation Trust
1/1/2005 –

Consultant Gastroenterologist Nuffield Hospital,
York

Partner, Clinical Opinions LLP

Deputy Training Program Director
Continuing Medical Trainees – Humber and
Yorkshire Deanery
1/10/15 -

Higher Specialist Training

- Year 1 Specialist Registrar (SpR) Gastroenterology & General Medicine
Oct 1996 – Sep 1997
King's College Hospital
Supervisor – Dr I Forgacs
- Year 2 SpR Hepatology
Oct 1997 – Sep 1998
King's College Hospital
Supervisor – Dr J Wendon
- Year 3 SpR Gastroenterology & General Medicine
Oct 1998 – Sep 1999
Maidstone Hospital
Supervisor – Dr G. Bird

Out of Program Experience (OOPE)

- Honorary Lecturer and SpR Gastroenterology
Oct 1999 – Sep 2003
King's College Hospital
Supervisor – Prof. I. Bjarnason
- Year 4 SpR Gastroenterology & General Medicine
Oct 2002 – Sep 2003
William Harvey Hospital, Ashford
Supervisor – Dr. P Wheeler
- Year 5 SpR Gastroenterology & General Medicine
Oct 2003 – Sep 2004
Royal Sussex County Hospital
Supervisor – Drs. A. Ireland, S. Cairns & J Tibble

SPECIALIST TRAINING IN GASTROENTEROLOGY

Functional Gastro-intestinal disease (FGID)

I enjoy helping patients with this challenging group of conditions, including irritable bowel syndrome and non-cardiac chest pain. I have had specialist training in the use of psychological assessment, gastro-intestinal physiology

studies and functional magnetic resonance imaging in the assessment of patients with functional disease, whilst collaborating with Institute of Psychiatry and Dr Q. Aziz. I was a specialist panel member for the NICE Rapid Update IBS Guidance (2014).

Gastro-oesophageal disease

I initiated the development of oesophageal pH and manometry testing in York, having developed experience of this during the course of my higher specialist training.. I lead the service for patients with oesophageal disorders (dysmotility and reflux) and treat patients with achalasia with both Botulinum toxin and balloon dilation as indicated. I keep the database in respect of these patients and initiated the development of the local Barrett's database. I was local principal investigator for the BOSS study.

I was very fortunate to have the opportunity to gain sub-specialist experience in the management of the oesophageal complications of rheumatological disease whilst working with Dame Prof C. Black PRCP (Aug-Oct 1996).

Endoscopy

I was lead clinician for endoscopy between 2010 and 2015, during which time we were re-accredited by JAG (governing body for National Endoscopy Services). During this time a new de-contamination unit (£2.2 million) was built and we obtained approval for the building of a new endoscopy unit (increasing unit size from 3 to 7 endoscopy rooms). I have attended a number of advanced endoscopy courses and am happy to undertake polypectomy and endoscopic mucosal resection (EMR) when this is appropriate.

Clostridium difficile associated Diarrhoea (CDAD)

I was the Trust Clinical Lead for CDAD. I held this position between 2008 to 2011 and at the end of my tenure the organization was the best performing acute Trust in England in respect of CDAD infection. Previously I have been local principal investigator for a number of studies relating to novel therapies in CDAD and this is reflect in several related publications. As part of my role as CDAD lead I have led the introduction of probiotics as a concomitant therapy for patients at risk of CDAD and been a key member of the antimicrobial stewardship team.

Pancreatic Disease

I am an advocate for the promotion of early diagnosis and treatment for patients with chronic pancreatic disease. I was privileged to attend Prof Dominguez Munoz's unit in Santiago with a select group of physicians with an

interest in pancreatic disease in 2013. I believe chronic pancreatic insufficiency is an under-diagnosed disease, which potentially has a significant impact on the wider well being of patients than currently appreciated. I am an advocate of wider testing and treatment of this condition. I also have experience of treating acute and malign pancreatic disease.

Gastro-intestinal oncology

I have been an active member of the York Upper GI MDT (2005-2013). Between 2007- 2009 I was clinical lead for UGI cancer and oversaw the transfer of surgical services from York to Leeds. I have ongoing responsibility for the care of in and outpatients patients with both upper and lower GI cancer. During my training I was an active participant in MDTs in 4 cancer centres but also worked in the sub-specialist neuroendocrine tumour clinic in King's College Hospital (led by Dr Ramage)

Inflammatory Bowel disease (IBD)

I collaborate with an excellent team of specialist nurses I care for in and outpatients patients with IBD. I use a range of therapies including ciclosporin and an array of biologicals. I am actively involved in the support and supervision of our IBD specialist nurses.

Small Bowel Disease

I have extensive experience in the assessment of small bowel structure and function including the use of faecal markers and biochemical tests in the assessment of digestion and absorption, largely gained whilst working with Prof I Bjarnason who is a world authority in this field. I have been involved in the development of the recent National Guidance in this regard and have spoken on the use of faecal markers at national and international meetings. I am skilled in the management of gastroenteropathies, particularly that associated with NSAIDs.

Nutrition

I am confident in the dietary management of Irritable bowel syndrome (IBS), IBD, coeliac disease, pancreatitis, liver disease and the severely unwell. As such I am familiar with the roles and risks of Enteral support, gastrostomy (PEG), jejunostomy (PEJ), peripheral and central TPN and Home TPN, as mechanisms for nutritional support.

Coeliac Disease

Through my regular exposure to patients with coeliac disease in general GI clinics and exposure to complicated and resistant coeliac disease in the specialist coeliac clinic at Kings I have gained confidence in the diagnosis and management of coeliac disease and its ensuing complications. I use this experience and the current National guidance to inform my practice. Whilst at King's I initiated the instigation of a database of coeliac patients.

Hepatology

I have ongoing for the care of patients with liver disease within in and outpatient setting. I regularly discuss more complex hepatology cases with Dr Milson, consultant hepatologist. During my placement on the Liver unit at King's I developed my skills in the management of the acutely ill liver patient along with my knowledge of pre and post transplant management of liver disease. I am confident in the management of hepatological disease and recognize the role of Specialist centres in ongoing care, when this is required.

Hepatobiliary disease

Since my appointment in York in 2005 I no longer undertake ERCP, nevertheless I am confident in assessment and clinical management of inflammatory, neoplastic and stone related hepato-biliary disease.