

DR. ROSS MARTIN

M.B., Ch.B, MRCGP, DRCOG GMC No: 2427940

Greenwood Medical Centre, 249 Sneinton Dale, Sneinton, Nottingham, NG3 7DQ

Telephone: 0115 9484 999

Email: rossmartin@talk21.com

OVERVIEW OF CURRENT ROLES

I currently hold roles in general practice, aesthetics, consultancy and medico legal services. I have been a senior partner at my GP practice since 1987 and since 2009 have been a GP Trainer for the Nottingham Vocational Training Scheme for General Practice.

I undertake the writing of expert witness reports in the area of dermatological lasers, aesthetics and general practice. I act as an Expert Witness in Civil and GMC cases both in the United Kingdom and Ireland in the spheres of General Practice and Aesthetic Medicine / Lasers.

I am recognised as an Expert Medical Practitioner in IPL and Lasers for the purposes of the Clinical Care Standards Act and I produce Protocols for the safe use of IPLs / Lasers. I have examined Doctors for competency in injecting Fillers and Botox for the BACD (British Association of Cosmetic Doctors).

I currently perform aesthetic treatments from my own practice and those in London.

QUALIFICATIONS AND LEARNED SOCIETIES

M.B., Ch. B (Sheffield University) 1978, F. P. Cert 1983,

DRCOG 1984, MRCGP 1986,

Member of British medical laser association (BMLA)

Member of British association of cosmetic doctors (BACD)

Member of Association of Laser Protection and Healthcare Advisors (ALPHA)

Primary Care Dermatology Society (PCDS)

CURRENT POSITION HELD

OCT 87 → Now

General Practitioner. Principal and trainer in inner City Practice in Nottingham.

*Greenwood Medical Centre, 249 Sneinton Dale, Nottingham, NG3 7DQ
U.K.*

CAREER PATH OF A PORTFOLIO DOCTOR

General

I did not set out to be a portfolio doctor. Indeed there was not really any concept of such a thing when I embarked on a medical career and the term has only been used for perhaps the last decade. Many of the branches of my portfolio career have rather found me.

Early years

I initially embarked on a career in general surgery. At registrar level I was performing major abdominal surgery as well as all the usual staples of general surgery or indeed any other concession to minimally invasive practice.

I then moved to ENT in which I worked for 18 months allowing for locums that I undertook. Eventually deciding that I did not want to make my career there I trained for general practice.

As part of the Nottingham VTS scheme I did 6 months of acute medicine and 6 months of O&G during which I made sure that I was taught operative delivery, as by that time I had decided that I wanted to work abroad for a short time before looking for a practice.

Australia

1984 - 1986

I was originally looking to spend some time working in Africa but when I saw an advert for a position in a country town in Western Australia, I applied, got the job and lived there for the following 18 months.

This was a mix of general practice and hospital medicine which matched my experience well. We served a population of around 20 000, had a 120 bed regional hospital from which we managed all of our acute medical and surgical emergencies including laparotomies and operative deliveries. I also performed full general anaesthetics of which I had gained some experience as a medical student.

A typical week would be a ward round in the morning and evening with a full day of GP consulting in between apart from two mornings a week when we had an operating list. I was employed to take the place of the incumbent surgeon who was away having his hips replaced for much of the time I was there.

General Practice

1987 → Now

After initially working at a practice in Leeds I moved back to Nottingham and went into partnership in a practice that was in dire need of modernising. Always prepared for a challenge I set about turning the practice around. The practice was later combined with an adjoining one and all the features of modern general practice currently taken as the norm were introduced. As a modernising practice we were constantly examining the way we did things with a view to improving the service to our patients and we were often ahead of our contemporaries in this respect.

We then built a state of the art building, since improved and expanded. A minor surgery service was set up on a "see and treat" basis that many of our Nottingham colleagues used. We guaranteed to see and treat in 2 weeks and this ran for several years.

For some years I ran lists in operative plastic surgery and later ENT. I also held a position where I looked after the physical health of a forensic psychiatry ward.

We became a training practice in 2003 and I became a trainer in 2009. We can support as many as 5 registrars at any one time and also take foundation year doctors and registrars in need of remedial support. There are currently three trainers in the practice. The practice population is very multicultural and offers excellent experience.

Cosmetic Lasers and Medicine

1993 → Now

I began treating thread veins on the legs with cosmetic sclerotherapy in the early 90s. I later joined a group who were planning to start undertaking laser tattoo removal, which at the time was very new technology. I then became one of the first UK doctors to offer laser tattoo removal. I later became interested in other cosmetic treatments, in particular laser cosmetic treatments.

I was a member of a partnership of three professionals who were amongst only a handful throughout the country offering the first available laser hair removal treatments. We also set up a system whereby interested parties could hire the equipment necessary from ourselves which we then transported around the country from clinic to clinic.

After visiting the USA to research techniques and equipment I began to offer laser facial resurfacing for lines and wrinkles well before it hit the UK as a mainstream treatment. I was an early adopter of many minimally invasive aesthetic procedures such as botulinum toxin injections and facial threading techniques to name but a few.

I was a partner in the first Nottingham-based cosmetic laser clinic which is now one of the larger providers of treatments and training in the country. I went on from there to be a co-owner of cosmetic laser clinics in Sheffield and Hull before selling out eventually to the well-known Courthouse clinic chain.

For many years I have worked as a laser and aesthetic doctor in clinics around the country from the south coast to Liverpool and Leeds. During this time I helped to set up the Franklin cosmetic laser Centre in Haywards Heath, working one day a week there until the business was eventually sold to Courthouse.

I co-developed a training package to facilitate the safe use of hair removal lasers by trained RGN nurses and certificated electrologists.

I have provided consultancy services to major providers of aesthetic services in UK, notably the Harley Medical group, Laser Aesthetics and more recently Destination Skin. I introduced cosmetic injectable treatments to the latter company and worked for them as a medical adviser for five years.

In my medical advisory roles I have had much to do with the management of adverse events and the subsequent conflict resolution which this entails. I have often seen my role in these situations as that of a mediator and have incorporated skills which I have learnt as a medical educator and those which I have learned through my medicolegal work into the process.

Minor Surgery/Vasectomy provider

1989 → Now

I have been a provider of local anaesthetic vasectomy services to the Nottingham community for the last 25 years and have performed thousands of cases. I currently participate in this activity with other doctors as part of a very well audited set up.

Throughout my time in general practice I have continued to provide extensive local anaesthetic skin surgery services to our own patients and those of some other practices. I also offer these services to patients on a private basis who are unable to get treatment through the NHS.

Before the commencement of the current two-week wait system for skin cancers, I performed many procedures for basal cell carcinomas; including complex facial flap and grafting techniques. On occasion I still provide this service to some of our elderly patients who do not wish to be treated in the hospital service.

Medico legal work

1998 → Now

I started medico legal work in the late 90's when I went to several courses to learn the necessary skills. In the last 15 years I have prepared hundreds of reports in civil cases not only in the fields of lasers and

aesthetics but also increasingly in the field of general practice. The preponderance of cases have been civil claimant cases however in the last couple of years I have received notable instructions from defence organisations and would estimate that my recent output has been approximately 75% claimant 25% defendant.

I have received a wide range of cases. I have worked on several cases in the Irish Republic and have recently been instructed by a defence litigant in person who was a laser operator in a case which went to court and was successfully defended.

I have attended the High Court in Dublin on one occasion but in the end was not called to give evidence the case being settled by negotiation.

I have been a defence expert at the General Medical Council in two notable cases involving cosmetic Lasers where I was cross examined.

Mediation

2013 → Now

I have recently become an accredited mediator and my years of work in the medicolegal fields have provided the experience and skills needed to fulfil this position. I believe that the latest amendments to the civil procedure rules for clinical negligence will create many opportunities in this area and I look forward to taking on work as a mediator in the field of medical disputes.

Clinical Trials

1988 → Now

I have undertaken over 400 clinical trials since 1988. These have been mostly at phase 3 level but also some phase 2 studies. Our practice took on some of the work formerly carried out in hospitals and reassigned to primary care by pharmaceutical companies.

The studies in which I carried out the most work were in the fields of psychiatry, respiratory medicine and cardiovascular medicine. Many other areas were included in the list and a full database is available to interested parties. I have also recently participated in a cosmetic study of fat dissolving injections which was extremely successful.

CLINICAL ARTICLES / PUBLICATIONS CONTRIBUTED TO

- A comparison of absorbable and non-absorbable drugs in the management of patients with primary hyperlipidaemia Br J Clin Res 1995: 6: 121-134.
- A one-year comparison of Pravastatin and fibrate in almost 2500 patients with complicated primary hyperlipidaema. Br J Clin Res 1995: 6: 135-149
- Theophylline in the management of chronic obstructive airways disease: a double blind comparison with Amoxycillin and placebo. Br J clin res 1995: 6: 151 – 161.
- A comparison of once daily budesonide via Turbohaler and twice daily fluticasone propionate via disc-inhaler. Br J Clin Res 1996: 7: 15-3
- Poster presentations given by Leo Pharmaceuticals including British Association of Dermatologists meeting in 1997 (Psoriasis; the burden of disease, before, during and after

treatment with Dovonex Ointment or Dithrocream) and in 1998 (Economic impact of psoriasis on the National Health Service and the patient), and at the American Academy of Dermatology meeting in 1998 (Quality of Life assessment in patients with chronic plaque psoriasis, before, during and after treatment with calcipotriol).

- Publication study 94406: prophylactic effect of citalopram in unipolar, recurrent depression. Placebo-controlled study of maintenance therapy. British Journal of Psychiatry (178: 304-310, 2001) by B. Hochstrasser et al.,
- Cefdinir versus Amoxicillin/Clavulanic Acid in the Treatment of Suppurative Acute Otitis Media in Children. Eur. J Clin Microbiol. Infect. Dis. 1997, 16: 214-219
- Is the oldest laser still the best laser for tattoo removal? Article in Aesculap Trade Magazine 1998.
- Efficacy and Tolerability of Beclomethasone Dipropionate Delivered by a Novel Multidosc Dry Powder Inhaler (Clickhaler) Versus a Metered-Dose Inhaler in Children with Asthma. Graham D R Martin MB.
- PETITE Clinical Study – Once-daily Budesonide: 400 µg once daily is as effective as 200 µg twice daily in controlling childhood asthma. International Journal of Clinical Practice, June 1998, Vol 52 No.4
- Cardiovascular morbidity and mortality in the Losartan Intervention For Endpoint reduction in hypertension study (LIFE): a randomised trial against atenolol. The Lancet: Vol.359 No.9311 pages 995 – 1003.
- Clement M, Kiernan M, Ross Martin GD, Town, G. ‘Preliminary Clinical Outcomes Using iPulse™ Intense Flash Lamp Technology and the Relevance of Constant Spectral Output with Large Spot Size on Tissue’. Australasian Journal of Cosmetic Surgery 2006;1:54-59.
- Pending publication: Comparison of Side Effects of Three Diode Hair Removal Lasers.
- Town G, Ross Martin GD. “Intense Pulsed Light – The Relevance of Constant Spectral Output with Large Spot Size on Tissue” Published online in: Touch Briefings, European Dermatology Review 2007 Issue 1.

RESEARCH / PUBLICATIONS

As well as successfully using the technology developed by others, I recognised the need to contribute to the current state of scientific knowledge. I have instigated a number of original clinical studies in the field of Laser Medicine including:

1. The use of the carbon dioxide laser in local anaesthetic vasectomy.
2. As a member of the Medical Advisory Board of a laser manufacturer, I had research interests

- in two areas of which were original ideas of mine.
3. Innovative research in the application of the diode laser to the treatment of leg veins and the removal of hair.
 4. Article in Aesculp trade magazine on the use of lasers in tattoo treatment.
 5. Article in Skinlaser Today on laser tattoo removal.
 6. A comparative study comparing the Side Effects of Three Diode Hair Removal Lasers.

PAST AND ON-GOING EDUCATION

In the field of aesthetics, attitudes and pre-accepted norms of treatment can alter rapidly. I therefore attend regular update sessions. The following is a selection of the courses I have attended and lectures that I have given in some of my specialist areas. The list is not exhaustive and of course does not include the work required to maintain ones general practice accreditation.

- | | |
|----------------------|---|
| August 1995 | Symposium and clinical demonstration of the use of scanning carbon dioxide laser in facial resurfacing given by Dr. Richard Fitzpatrick, San Diego, and Stockholm. |
| November 1995 | Two-day weekend symposium and clinical demonstration of the use of pulsed carbon dioxide laser for facial resurfacing given by a variety of speakers from the UK and America. |
| Nov/Dec 1995 | Ten-day visit to Canada and the USA for detailed training on the use of scanning carbon dioxide laser for facial resurfacing taking place in Toronto, Little Rock and Miami. All sessions were given by doctors who were amongst the first people to undertake the procedure in the USA. |
| January 1996 | A visit to Northwick Park Hospital, London, for instruction on the pulsed tuneable dye laser and its use in vascular lesions of the body. Also received instruction on other laser techniques from consultant plastic surgeon David Gault. |
| March 1996 | Visit to Aarhus, Denmark to receive instruction from Professor Peter Bjerring on the use of the pulsed tuneable dye laser for the treatment of vascular lesions together with new information and advice about the use of the ruby laser for permanent hair removal. |
| April 1996 | Attended the American Society of Laser Medicine in Surgery meeting where all current aspects of laser treatments were discussed. At this event there was a particular emphasis on facial resurfacing using the carbon dioxide laser with the presentation of many papers and a practical demonstration. |
| July 1996 | One week lecture / demonstration tour of South Africa – visited leading cosmetic surgeons in Johannesburg and Cape Town to demonstrate the scanning carbon dioxide laser for facial resurfacing on their patients. |

	Gave talks and lecturers on the use of this modality.
April 1997	Attended the 1997 meeting of the American Society of Laser Medicine and Surgery to catch up on all the latest trends in laser medicine.
June 1997	Gave two lecturers – one to interested beauty therapists on the use of the ruby laser for long-term hair removal and one to an audience of doctors in London on the use of modern cosmetic laser systems with special reference to the ruby laser for long-term hair removal.
January 1998	Invited to give lecturer / demonstration on the use of the Long pulse ruby in laser hair removal to Spanish Laser meeting in Andorra.
April 1998	Attended 1998 ASLMS meeting, San Diego. Courses on advanced facial resurfacing and laser treatment of leg veins completed. Presented paper on the use of the 810nm Diode laser to the Aesthetic Laser Technology Forum.
April 1998	Lectured at Tutlingen Germany on the use of the Ruby laser in hair removal.
May 1998	Invited to give two lecturers to groups of Dermatologists in South Africa on the use of Ruby laser for hair removal and the Eribuim Yag laser for facial resurfacing. Johannesburg and Cape Town.
June 1998	Lecture / demonstration to Italian Doctors on the use of the Ruby Laser in hair removal and the Erbium Yag Laser in facial resurfacing.
August 1998	Lecture demonstration of 810 diode laser, CO ₂ and Erbium lasers to doctors in Johannesburg, Durban and Cape Town.
November 1998	Principal speaker on laser tattoo removal and hair removal 4 th International Aesculapium – symposium “Lasers in Dermatology”.
November 1998	Article published in ‘LaserPost’ entitled “Is the oldest laser still the best laser for tattoo removal?”
November 1998	Lecture Leeds Royal Infirmary “is the oldest laser still the best laser for tattoo removal?”
May 1999	Speaker at Laser Seminar ‘lasers in Dermatology & Cosmetic Surgery’ Haywards Heath.
July 1999	Two-day lecture demonstration on Copper Halide Laser to dermatologist and plastic surgeons in Ankara Turkey.
September 1999	One-day lecture demonstration to Portuguese doctors on Copper Halide laser.

February 2000	Principal lecturer at major symposium on laser medicine. Ghent Belgium. Lecture / demonstration to 150 dermatologists.
September 2000	Lecture to dermatologists and plastic surgeons in Holland on the Erbium laser.
January 2001	Lecture to plastic surgeons in Athens on the use of the Copper Bromide and Erbium lasers.
February 2002	Lecture / demonstration of five lasers to doctors in Dubai.
March 2003	Attended UK Cosmetic Doctors Association meeting in Dublin.
June 2003	Gave lecture on the use of IPL and lasers, 'A Medics View'.
September 2003	Joint International Laser Conference in Edinburgh
March 2004	BACD Educational & Scientific Meeting in Manchester
April 2004	Isolagen Training in London
September 2004	Training in Restylane Sub Q at Royal College of Physician in London
October 2004	EVL Training – Hiedelburg Germany
October 2004	BACD Autumn meeting in London (I gave a lecture on facial resurfacing).
November 2004	2 Day Course on Mesotherapy and Lipostabil at the Royal College Physicians, London
January 2005	Isolagen revisited (I was a speaker)At the Royal College of Physicians, London
March 2005	BACD Spring Meeting – Fillers. MCQ 80%
May 2005	2 Day Course in London re. ContourThreads
August 2005	Practical Training – Restylane Vital, in Cheshire
August 2005	Practical Training – Restylane Sub Q. Nottingham
September 2005	BACD Autumn Meeting – Monte Carlo
November 2005	British Medical Laser Association
January 2006	EVTL Training – Stoke, England

March 2006	BACD Spring Meeting - London
March 2007	BACD Spring Meeting
March 2007	BACD Spring Meeting
October 2008	BACD Autumn Meeting – Scotland
February 2009	Training to become a GP Trainer
May 2009	Presented a paper at The British Medical Laser Association Summer Meeting.
July 2009	Appointed as a Trainer to the Nottingham Vocational Training Scheme for GP's
August 2009	Ruby Laser Training
September 2009	Sclerotherapy Training in Birmingham
May 2010	Medical Expert Witness Seminar in Leeds
Oct 2010	Annual BACD meeting
April 2011	Sculptura and cannula training
May 2011	2 day British Medical Laser Association meeting
May 2011	One day Training on Treatment of BCCs in Community
May 2011	Observed accredited assesment of skin surgery competencies
March 2012	Symposium at Royal College Physicians on Lip Augmentation.
Nov 2012	Annual Bond Salon Expert Witness conference.
July 2012	Skin lesion recognition training Hounslow.