

Curriculum Vitae

Personal Details

Sofia Theodoropoulou

Nationality: Greek

GMC: 7176193

E-mail: sofia.theodoropoulou@nhs.net

Degrees - Qualifications

- Fellow of **Royal College of Ophthalmologists (UK)**
FRCOphth (2018)
- **Harvard Medical School, Boston, USA**
Fellowship in Ophthalmology (2011)
- **National and Capodistrian University of Athens**
PhD in Ophthalmology, *Honours* (2014); MD (Medical Degree), *Honours* (2008)

Licensure and Professional Societies

General Medical Council (GMC)

Royal College of Ophthalmologists

Association for Research in Vision and Ophthalmology (ARVO)

Medical Employment

Appointments:

- **Associate Professor (Senior Lecturer-Hon) in Ophthalmology, Bristol Medical School, University of Bristol**

- **Consultant in Ophthalmology, Special Interest: Medical Retina, Uveitis and Cataract Surgery, Gloucestershire NHS**

- **Academic Clinical Lecturer in Ophthalmology, Translational Healthy Sciences - Bristol Medical School, University of Bristol**

- **Senior Clinical and Surgical Fellow in Medical Retina and Uveitis (Feb 2016 - Nov 2019)**
Department of Ophthalmology, University of Bristol
Bristol Eye Hospital, Severn Deanery

Training Appointments:

- **Fellowship (ASTO) in Uveitis and Medical Retina** Aug 2017- Aug 2019
Bristol Eye Hospital, Severn Deanery

- **Specialty Trainee (with national training number) in Ophthalmology** Aug 2013- Aug 2017
Bristol Eye Hospital, Severn Deanery

- **Ophthalmology Academic Clinical Fellow/Specialty Trainee ST3-ST5** Aug 2013- Feb 2016
Severn Deanery, University of Bristol
Bristol Eye Hospital, Royal United Hospital Bath & Gloucestershire Hospitals NHS Foundation Trust

- **Ophthalmology Specialty Trainee** Aug 2012-July 2013
East of England Deanery (Addenbrooke's and Ipswich Hospital)

- Ophthalmology ST Aug 2011-July 2012
South East Scotland Deanery (Princess Alexandra Eye Pavilion & Queen Margaret Hospital)
- **Fellow in Ophthalmology** **Nov 2008-June 2011**
Massachusetts Eye and Ear Infirmary
Harvard Medical School

Prizes and Distinctions

- **Global Ophthalmology Award 2017 from Bayer** (for my contribution in the Retinal Diseases and the project “Immunotherapy for Age-related Macular Degeneration”)
- **Academy of Medical Sciences Starter Grant for Clinical Lecturers 2017**
- **Poster competition runner up prize at the Spring Meeting for Clinician Scientists nTraining, The Academy of Medical Sciences 2016** for the poster “Role of interleukin 33 in neovascular age-related macular degeneration”
- **Severn PGME School of Ophthalmology 2017 ARCP Award for the best Paper-Publication of the year**
- **Severn PGME School of Ophthalmology 2015 & 2016 ARCP Award for Teaching** for organizing the Regional Ophthalmology Teaching (preparation for FRCOphth exams) for the specialty trainees in Ophthalmology
- **Founder’s Cup Oxford Ophthalmological Congress 2016** (for best laboratory research) for the oral presentation: “Interleukin-33 attenuates experimental choroidal neovascularization as a potential therapy for wet age-related macular degeneration”
- **Bayer Educational Grant Award 2015**, for the poster presentation in ARVO 2015 “Interleukin 33/ST2 signaling regulates inflammatory response in choroidal stroma: implications for age-related macular degeneration”
- **Travel Award Scottish Ophthalmological Club 2012**, for the research project: “Differentiation of Papilledema From Optic Nerve Head Drusen With Spectral-Domain Optical Coherence Tomography”
- **ARVO Foundation for Eye Research/Retina Research Foundation/Joseph M. and Eula C. Lawrence Travel Scholarship** for the paper "Retinoblastoma cells are inhibited by AICAR partially through activation of AMP-dependent kinase" May **2010**
- **First prize in the annual New England Ophthalmology Society** poster competition for the poster "Retinoblastoma cells are inhibited by AICAR partially through activation of AMP-dependent kinase" June **2010**
- Ioannis S. Latsis Foundation **PhD Scholarship**
- Ioannis S. Latsis Foundation Scholarship (1st-class scholar) for medical studies
- State Scholar Foundation Scholarship of Greece for excellence in medical school (I.K.Y.) (top 5 students)
- Second Best entrance score (19.75/20) for Medical School among 10,000 candidates
- 2002 Fifth place in Pan-Hellenic Competition in Chemistry - Selected to be member of Greek national team in International Chemistry Olympiad (Groningen, Netherlands)
- 2000 Bronze Medal in Balkan Mathematical Olympiad (Ohrid, Republic of Macedonia)
- 2000 Gold Medal in Greek National Olympiad in Mathematics “Archimedes”

Recent Investigator Research Grants

- **Member of the Advisory Board of the Royal College of Ophthalmologists for the NationalAMD Audit (2020)**
- **Global Ophthalmology Research Award 2016 from Bayer (\$50,000)**
- **Academy of Medical Sciences Starter Grant for Clinical Lecturers 2017** (Principal Investigator for the project: The role of mast cells in the pathophysiology of age-related macular degeneration, £29,992)
- **Co-author in NIHR Cataract Research Program:** “Cataract Surgery: Measuring and predicting patient level vision related health benefits and harms”, under the supervision of Prof Sparrow; my personal contribution was adding value to the program, analyzing and publishing the population over >90 years old
- **Macula Society PhD studentship grant, 2016:** The contribution of changing cellular bio-energetics stimulating IL-33/ST2 axis in the pathogenesis of age-related macular degeneration, Co-Investigator with Prof Dick, £100,000
- **National Eye Research Centre, 2014:** The contribution of changing cellular bio-energetics stimulating IL-33/ST2 axis in the immune-mediated pathogenesis of age-related macular degeneration, Co-Investigator with Prof Dick, £50,719

I also hold a patent with University of Bristol (Patent issuer and number gb 2015778.0 & 2015780.6)
Patent description Field of Invention: Novel therapy for use in the treatment, prevention and management of age-related macular degeneration (AMD).

1. Clare AJ, Copland DA, Nicholson LB, Liu J, Neal CR, Moss S, Dick AD, **Theodoropoulou S (corr auth)**. Treatment with interleukin-33 is non-toxic and protects retinal pigment epithelium in an ageing model of outer retinal degeneration. *J Cell Mol Med*. 2020 Nov;24(22):13546-13550.
2. Scott L, Vincent E, Hudson N, Neal C, Lavelle E, Campbell M, Halestrap AP, Dick AD, **Theodoropoulou S (corr auth)**. Interleukin-33 regulates metabolic reprogramming of the retinal pigment epithelium in response to immune stressors. **JCI**, *J Cell Mol Med*. 2020 Nov;24(22):13546-13550.
3. Hudson N, Celkova L, Hopkins A, Greene C, Storti F, Ozaki E, Fahey E, **Theodoropoulou S**, Kenna P, Humphries M, Curtis A, Callanan J, Bofa P, Liddie S, Lawrence M, Grimm C, Cahill M, Humphries P, Doyle S, Campbell. Aberrant BMAL1 dependent claudin-5 cycling in the inner retina causes retinal pigment epithelial cell atrophy. **JCI Insight**. 2019 Aug 8;4(15).
4. **Theodoropoulou S**, Grzeda M, Donachie P, Johnston R, Sparrow J, Tole D. The Royal College of Ophthalmologists' National Ophthalmology Database Study of cataract surgery. Report 5: Clinical outcome and risk factors for posterior capsule rupture and visual acuity loss following cataract surgery in patients aged 90 years and older. **Eye** 2019;33:1161-1170
5. Meyer P, Das T, Ghadiri N, Murthy R, **Theodoropoulou S**. Clinical pathophysiology of thyroid eye disease: The Cone Model. *Eye* 2019 Feb;33(2):244-253.
6. Ou K, Mertsch S, **Theodoropoulou S**, Wu J, Liu J, Copland DA, Scott LM, Dick AD, Schrader S, Liu L. Müller Cells Stabilize Microvasculature through Hypoxic Preconditioning. *Cell Physiol Biochem*. 2019;52(4):668-680.
7. Ou K, Mertsch S, **Theodoropoulou S**, Wu J, Liu J, Copland DA, Schrader S, Liu L, Dick AD. Restoring retinal neurovascular health via substance P. *Exp Cell Res*. 2019 Jul 15;380(2):115-123. **Theodoropoulou S**, Theodossiadis G, Sallam A, Theodossiadis P. Serous macular detachment due to nasally located optic disc pit-coloboma. **Int J Ophthalmol**. 2018 Nov 18;11(11):1879-1880. doi: 10.18240/ijo.2018.11.23. PMID: 30450323
8. **Theodoropoulou S**, Theodossiadis GP, Grigoropoulos VG, Theodossiadis PG. Comment re: Comparison of the horizontal diameter to a modeled area of traction in eyes with vitreomacular traction: is the diameter close enough to the truth? **Graefes Arch Clin Exp Ophthalmol**. 2018 Dec;256(12):2483-2484. doi: 10.1007/s00417-018-4113-7. No abstract available. PMID: 30145613
9. Copland DA, **Theodoropoulou S**, Liu J, Dick AD. A Perspective of AMD Through the Eyes of Immunology. **Invest Ophthalmol Vis Sci**. 2018 Mar 20;59(4):AMD83-AMD92. doi: 10.1167/iovs.18-23893. Review.
10. **Theodoropoulou S**, Copland DA, Liu J, Wu J, Gardner PJ, Ozaki E, Doyle SL, Campbell M, Dick AD. Interleukin-33 regulates tissue remodelling and inhibits angiogenesis in the eye. **J Pathol**. 2017 Jan;241(1):45-56. doi: 10.1002/path.4816
11. **Theodoropoulou S**, Ellabban AA, Johnston RL, Cilliers H, Mohamed Q, Sallam AB. Short-term safety of dexamethasone implant for treatment of macular edema due to retinal vein oc-

- clusion, in eyes with glaucoma or treated ocular hypertension. **Graefes Arch Clin Exp Ophthalmol**. 2017 Apr;255(4):725-732.
12. Tavassoli S, Carreño E, Teoh SC, **Theodoropoulou S**, Bailey C, Lee RW, Dick AD. Optical Coherence Tomography Angiography Findings in Dengue-Related Maculopathy: A Case Report. **Ophthalmic Surg Lasers Imaging Retina**. 2016 Nov 1;47(11):1057-1060. doi: 10.3928/23258160-20161031-12
 13. **Theodoropoulou S**, Doyle S, Copland DA, Liu J, Wu J, Campbell M, Dick AD. Role of interleukin 33 in neovascular age-related macular degeneration. **The Lancet, volume 387, Special Issue**, S99, 25 February 2016. DOI: [http://dx.doi.org/10.1016/S0140-6736\(16\)00486-4](http://dx.doi.org/10.1016/S0140-6736(16)00486-4)
 14. Liu J, Copland DA, **Theodoropoulou S**, Chiu HA, Barba MD, Mak KW, Mack M, Nicholson LB, Dick AD. Impairing autophagy in retinal pigment epithelium leads to inflammasome activation and enhanced macrophage-mediated angiogenesis. **Sci Rep**. 2016 Feb 5;6:20639.
 15. **Theodoropoulou S**, Copland DA, Liu J, Dick AD. Role of interleukin 33/ST2 in the immune-mediated pathogenesis of age-related macular degeneration. **The Lancet, volume 385, Special Issue**, S97, 26 February 2015.
 16. Brodowska K, **Theodoropoulou S**, Meyer Zu Hörste M, Paschalis EI, Takeuchi K, Scott G, Ramsey DJ, Kiernan E, Hoang M, Cichy J, Miller JW, Gragoudas ES, Vavvas DG. Effects of metformin on retinoblastoma growth in vitro and in vivo. **Int J Oncol**. 2014 Dec;45(6):2311-24.
 17. **Theodoropoulou S**, Brodowska K, Kayama M, Morizane Y, Gragoudas E, Miller JW, Vavvas DG. Aminoimidazole carboxamide ribonucleotide (AICAR) inhibits the growth of retinoblastoma in vivo by decreasing angiogenesis and inducing apoptosis. **PLoS ONE** 2013;8(1):e52852. doi: 10.1371/journal.pone.0052852
 18. Theodossiadis GP, Grigoropoulos VG, **Theodoropoulou S**, Datseris I, Theodossiadis PG. Spontaneous resolution of vitreomacular traction demonstrated by spectral-domain optical coherence tomography. **Am J Ophthalmol** 2014 Apr;157(4):842-851.e1. doi: 10.1016/j.ajo.2014.01.011
 19. Theodossiadis PG, **Theodoropoulou S**, Stamatou P, Datseris I, Theodossiadis GP. Photoreceptor layer changes overlying drusen in eyes with age-related macular degeneration associated with vitreomacular traction. **Eur J Ophthalmol**. 2014 Jul-Aug;24(4):582-92. doi: 10.5301/ejo.5000412
 20. **Theodoropoulou S**, Samoli E, Theodossiadis PG, Papathanassiou M, Lagiou A, Lagiou P, Tzonou A. Diet and cataract: a case-control study. **Int Ophthalmol**. 2014 Feb;34(1):59-68. doi: 10.1007/s10792-013-9795-6
 21. **Theodoropoulou S**, Ainsworth S, Blaikie A. Ultra-wide field imaging of retinopathy of prematurity (ROP) using Optomap-200TX. **BMJ Case reports** 2013; doi:pii: bcr2013200734. 10.1136/bcr-2013-200734
 22. **Theodoropoulou S**, Sutherland S, Haddow K, Blaikie A. Success rates of endoscopic-assisted probing for congenital nasolacrimal duct obstruction in children. **J Laryngol Otol** 2013 Aug;127(8):794-8
 23. Achtsidis V, Tentolouris N, **Theodoropoulou S**, Panagiotidis D, Vaikoussis E, Saldana M, Gouws P, Theodossiadis PG. Dry eye in Graves ophthalmopathy: correlation with corneal hypoesthesia. **Eur J Ophthalmol** 2013 Jul- Aug;23(4):473-9

24. Papathanassiou M, **Theodoropoulou S**, Analitis A, Tzonou A, Theodossiadis PG. Vascular Endothelial Growth Factor Inhibitors for Treatment of Corneal Neovascularization: A Meta-Analysis. **Cornea** 2013 Apr;32(4):435-44. doi:10.1097/ICO.0b013 e3182542613
25. Paspulati A, **Theodoropoulou S**, Singh RP. Triamcinolone Acetonide as an Adjuvant to Membrane Peeling Surgery– A Pilot Study” **Ophthalmic Surgery, Lasers&Imaging** 2013 Jan-Feb;44(1):41-5. doi: 10.3928/15428877-20120906-02.PMID:22966831
26. **Theodoropoulou S**, Schmoll C, Templeton K, Dhillon B. Atypical Toxoplasmic Retinochoroiditis. **BMJ Case-reports** 2012; doi:10.1136/bcr.12.2011.5419
27. Theodossiadis PG, **Theodoropoulou S**, Neamonitou G, Grigoropoulos V , Liarakos V , Triantou E, Theodossiadis GP, Vlahakos DV. Hemodialysis-induced alterations in macular thickness measured by optical coherence tomography in diabetic patients with end-stage renal disease. **Ophthalmologica** 2012;227(2):90- 4 PMID: 21921588
28. Theodossiadis PG, Achtsidis A, **Theodoropoulou S**, Tentolouris N, Komninos C, Fountas KN. The effect of alpha antagonists on pupil dynamics: implications for the diagnosis of intraoperative floppy iris syndrome. **Am J Ophthalmol** 2012; 153(4):620-6 PMID: 22265152
29. Kayama M, Nakazawa T, Thanos A, Morizane Y, Murakami Y, **Theodoropoulou S**, Abe T, Vavvas D, Miller JW. Heat Shock Protein 70 is critical for the photoreceptor stress response after retinal detachment via modulating anti-apoptotic Akt kinase. **Am J Pathol** 2011 Mar;178(3):1080-91. PMID: 20064113
30. **Theodoropoulou S**, Theodossiadis P, Samoli E, Vergados I, Lagiou P, Tzonou A. The epidemiology of cataract: a study in Greece. **Acta Ophthalmologica** 2011 Mar;89(2):e167- 73. doi: 10.1111/j.1755-3768.2009.01831.x
31. **Theodoropoulou S**, Kolovou PE, Morizane Y, Kayama M, Nicolaou F, Miller JW, Gragoudas E, Ksander BR, Vavvas DG. Retinoblastoma cells are inhibited by aminoimidazole carboxamide ribonucleotide (AICAR) partially through activation of AMP- dependent Kinase. **FASEB J.** 2010 Aug;24(8):2620-30. PMID: 20371623

H-index = 13

Oral Presentations

First-author and Presenter:

1. "Interleukin-33 attenuates ocular angiogenesis through a mast cell dependent pathway." **Theodoropoulou S**, et al. **ARVO 2019**
2. "The cataract national dataset electronic multicentre audit on clinical outcome following cataract surgery in patients aged 90 years and older", **Theodoropoulou S**, Sparrow J, Tole D. **ESCRS 2017**
3. "Risk of ocular complications in a population-based study of patients with non-infectious uveitis" **Theodoropoulou S**, Edelsten C. **Euretina 2016**
4. "Classification of uveitis for epidemiological studies, a cluster based approach." **Theodoropoulou S**, Solebo L, Pattani R, Edelsten C. **9th International Symposium on Uveitis 2016**
5. "Imaging of choroid in patients with thyroid eye disease" **Theodoropoulou S**, Painter R, Ford R. **ESOPRS (European Society of Ophthalmic Plastic and Reconstructive Surgery) annual meeting 2016**
6. "Interleukin-33 attenuates experimental choroidal neovascularization as a potential therapy for wet age-related macular degeneration" **Theodoropoulou S**, Copland DA, Doyle S, Liu J, Wu J, Campbell M, Dick AD. **Oxford Ophthalmological Congress 2016**
7. "Interleukin 33/ST2 signaling regulates inflammatory response in choroidal stroma and ocular angiogenesis: implications for age-related macular degeneration". **Theodoropoulou S**, Doyle S, Copland DA, Liu J, Wu J, Campbell M, Dick AD. **EVER 2015**
8. "Dexamethasone implant in retinal vein occlusion: efficacy and safety using repeat injections as-needed" **Theodoropoulou S**, Bartfai P, Johnston R, Sallam A. **Euretina 2014**
9. "Toll-like receptor activation of retinal pigment epithelial cells induces a glycolytic shift and increase of IL-33 expression." **Oxford Ophthalmological Congress 2014. Theodoropoulou S**, Copland D, Liu J, Dick A
10. "Audit of Quality of Optometric Referrals to a Hospital Eye Service" **SOC (Scottish Ophthalmological Club) Meeting Autumn 2012 Theodoropoulou S**, Sanders R
11. "AICAR, An Exercise Mimetic, Inhibits The Growth Of Retinoblastoma In Vivo." Association for Research in Vision and Ophthalmology (**ARVO**) annual meeting **2011**. Ft. Lauderdale, Florida. **Theodoropoulou S** et al.
12. "Retinoblastoma Cells Are Inhibited by AICAR Partially Through Activation of AMP- Dependent Kinase." Association for Research in Vision and Ophthalmology (**ARVO**) annual meeting **2010**, Ft. Lauderdale, Florida. **Theodoropoulou S** et al.

Posters

First-author and presenter

1. 24-month clinical outcomes of a treat-and-extend regimen with aflibercept for wet age-related macular degeneration in a real life setting, **Theodoropoulou S**, Rehman A, Parisi G, Salvatore S, Ross A, Bailey C. **Euretina** 2019
2. Imaging of choroid in patients with thyroid eye disease, **Theodoropoulou S**, Soliman H, Leadbetter D, Garrott H, Ford R. ESOPRS (European Society of Ophthalmic Plastic and Reconstructive Surgery) 2019
3. Role of interleukin 33 in neovascular age-related macular degeneration. **Theodoropoulou S**, Doyle S, Copland DA, Liu J, Wu J, Campbell M, Dick AD. **Spring Meeting for Clinician Scientists in Training 2016, The Academy of Medical Sciences**
4. Role of interleukin 33/ST2 in the immune-mediated pathogenesis of age-related macular degeneration. **Theodoropoulou S**, Copland DA, Liu J, Dick AD. **Spring Meeting for Clinician Scientists in Training 2015, The Academy of Medical Sciences**
5. Interleukin 33/ST2 signaling regulates inflammatory response in choroidal stroma: implications for age-related macular degeneration. **Theodoropoulou S**, Liu J, Li D, Xu D, McInnes I, Copland DA, Dick AD. Association for Research in Vision and Ophthalmology **ARVO** annual meeting **2015**
6. Risk of cystoid macular oedema after cataract surgery in patients with pre-existing epiretinal membrane. **Theodoropoulou S**, Chu C, Mohammed Q, Johnston R, Sallam A. **RCO** (Royal Congress of Ophthalmologists) **annual congress 2015**
7. Toll-like receptor activation of retinal pigment epithelial cells induces a glycolytic shift and increase of IL-33 expression. **Theodoropoulou S**, Copland D, Liu J, Dick A. Association for Research in Vision and Ophthalmology **ARVO** annual meeting **2014**
8. Classification of uveitis for epidemiological studies, a cluster based approach. **Theodoropoulou S**, Gore S, Edelsten C. **WOC** (World Ophthalmology Congress) **2014**
9. Prospective Case Series of The Periorbital Effects of Long Term Topical Bimatoprost Use: 2 Year Follow-up" **Theodoropoulou S**, Hussain U, Haridas A, Murthy R. **BOPSS** (British Oculoplastic Surgery society) **2013**
10. Does instilling proxymetacaine before cyclopentolate significantly reduce stinging in paediatric cycloplegia? **Theodoropoulou S**, et al. **SOC** (Scottish Ophthalmological Club) Meeting Autumn **2012**
11. Retinoblastoma cells are inhibited by AICAR partially through activation of AMP-dependent kinase **Theodoropoulou S**, et al. **Annual New England Ophthalmology Society 2010**
12. AICAR inhibits the growth of Retinoblastoma" **Theodoropoulou S**, et al. **Annual meeting 2010 - Harvard Department of Ophthalmology**

Audits – Quality Improvement projects

1) Neovascular AMD Audit on Treat and Extend Protocol with Eylea efficiency (2019)

Aim: To improve treatment provision for neovascular age-related macular degeneration patients. To ensure treatments are given effectively with minimal waste, meeting their expected efficacy on visual improvement. To improve patient convenience resulting from fewer ophthalmology clinical visits. Standards are set by VIEW clinical trials.

Results: Patients treated with hybrid TAE Aflibercept regimen showed favourable visual outcomes, sparing injections and additional visits compared to PRN group. Our action is to implement changes in the current protocol and practice so that all patients are treated with the superior TAE protocol. Results were presented in Euretina 2019.

2) The Royal College of Ophthalmologists' National Ophthalmology Database Study of cataract surgery. Report 5: Clinical outcome and risk factors for posterior capsule rupture and visual acuity loss following cataract surgery in patients aged 90 years and older (2018)

Aim: Data collected as part of routine cataract care in 34 centres contributing to the United Kingdom Royal College of Ophthalmologists' National Ophthalmology Database (NOD) were analysed.

Results: Slightly poorer cataract surgery outcome results were noted in patients over 90 yo. We identified pseudoexfoliation, mature cataract and smaller pupil as significant risk factors for poor outcome. I audited first the patients at BEH; then I re-audited the following year including the data from all UK centres (closed loop).

3) Evaluation of the use of OCTA in imaging of choroid in patients with thyroid eye disease (2018-19)

Aim: To evaluate whether OCTA is a useful imaging tool in identifying changes in orbital tissues in patients with active TED, and the service diagnostic utility of the novel high-resolution cross-sectional imaging technology to objectively detect and quantify choroidal vascular changes associated with congestion in thyroid eye disease, and whether OCTA results can impact on decision making for urgent treatments severe TED patients.

Results: OCTA enables qualitative and quantitative characterization of the choroidal vasculature. OCTA may be valuable in evaluating thyroid eye disease and assessing clinical activity, especially to identify patients who would benefit from early intervention. I have implemented a change in the current protocol for our TED patients, including OCTA.

4) Audit on Optic disc swelling in children: To increase efficiency of Paediatric Optic Nerve clinic, in terms of reducing total patients' visits and therefore increase capacity (2017)

Aim: To evaluate the optic nerve clinic, in terms of: Appropriateness of referrals, All children attending having all investigations in the designed proforma, Complete documentation post clinic including diagnosis & outcome, and a Total number of visits ≤ 2 .

Results: All the referrals were appropriate, and we achieved complete documentation. 73% of patients achieved ≤ 2 total visits. 20% had >2 visits, due to lack of performing all proforma investigations at single visit. We implemented the clinic proforma, I re-audited and I demonstrated maintenance of clinical excellence, increasing capacity (closed loop).

5) Audit on clinical effectiveness of SLT (Selective Laser Trabeculoplasty): Implemented Changes in Protocol for SLT Treatment to increase efficiency, and also capacity in glaucoma clinics (2015)

Aim: Assess clinical effectiveness and cost effectiveness of selective laser trabeculoplasty in people with COAG. To assess the efficacy of SLT in our department, I measured the number of patients that reached targeted IOP, then number of patients needing Glaucoma Surgery post-SLT, if required pre-listing criteria were met (performed gonioscopy), and if appropriate follow-up was made.

Results: SLT reduced IOP significantly. IOP reduction remains at 3 months post-SLT, therefore we implemented a change in follow up to 12 weeks post- SLT. We found that grade of angle was under- reported pre-SLT, so on listing for procedure, a tick box was added to ensure gonioscopy is performed in all cases.

Teaching Experience

- Responsible for the delivery of undergraduate medical student teaching in ophthalmology within the 3rd year of the **MBChB course**, including the relevant examinations and assessments in the course for the academic years 2014-19.
- Designed part of the **ophthalmology curriculum**, writing the chapters for the MBChB course.
- Organised **Wet Lab Oculoplastics Teaching** for Severn Deanery in May 2019.
- Organised Ophthalmology **Regional Teaching of Severn Deanery** (part 2 FRCOphth mock OSCE exams) in 2015 and 2016.
- Delivered two lectures for the **ophthalmic nurses diploma** in Bristol (recognized as 'highlight lectures').
- Designed the **postgraduate diploma in Ophthalmology for General Practitioners and Optometrists** of Middlesex University & its collaborative partner Rila, by designing two modules of the teaching sessions (red eye, acute closed angle glaucoma).
- Lead organiser of a **course for Accident & Emergency doctors** in Ipswich Hospital in 2013, to teach them on the commonest eye conditions and how to manage them in A&E.
- Successfully completed "**Teach the Teacher course**" by Oxford Medical (2012).