

***CURRICULUM VITAE***

***Mrs Nitu Bajekal***

**Consultant Obstetrician and Gynaecologist, London**

**MBBS (JIPMER), MD (AIIMS, DELHI), DNB (India), MRCOG (UK) 1995  
FRCOG (UK) 2008**

**Current Positions held:**

**Consultant Gynaecologist (FRCOG)  
Royal Free London NHS Foundation Trust**

**Lifestyle Medicine Physician (Dip IBLM/BSLM)**

**Private Practice: Telephone: 02084497624 (Dawn Flatt PA)  
Email: bajekalsec@aol.com  
Spire Bushey, Bushey  
Kings Oak, North London**

**GMC Number 4393456 Date of Registration: 2nd Feb 1999**

**Revalidation recognised up to 2025**

### **Specialist Expertise and Clinical Interest:**

I have been a consultant obstetrician and gynaecologist in London since 2001 and I am one of the first US Board-Certified Lifestyle Medicine Physicians in the UK.

My areas of special interest are:

- Laparoscopic and Hysteroscopic Surgery (Keyhole Surgery)
- Lifestyle Medicine
- Complex Vulval Problems
- Vaginal Surgery/ Vault suspension operations
- Heavy Periods (Menorrhagia) – Endometrial Ablation
- Cervical Cancer Screening & Colposcopy (recertified 2018)
- Menopause
- Polycystic Ovarian Syndrome (PCOS)
- Robotic assisted Gynaecological Surgery (2011-2014)
- Medical Education
- Public education

### **Professional Qualifications:**

I graduated from Medical School from JIPMER, Pondicherry in 1986, MD and Diploma National Board with research in foetal medicine in Obstetrics and Gynaecology at the All India Institute of Medical Sciences between the years 1987 –1991. I received the President's Gold Medal for my MD in India. I came to the UK for higher training in 1992 and became a Member and then a Fellow of the Royal College of Obstetricians and Gynaecologists in 1995/2008.

### **Lifestyle Medicine:**

I am one of the first US board-certified Lifestyle Medicine Physicians in the UK. I have written the women's health module for the first UK University based plant-based nutrition course, launched in November 2019. (Winchester University)

I am the founder of Women for Women's Health, a voluntary service set up to educate, energise and empower women to make lifestyle choices to help improve their own and their families' health.

I am passionate about educating women, providing reliable medical and lifestyle information for the general public, doctors, workplaces and schools.

### **Professional Biography:**

I have trained extensively in Obstetrics and Gynaecology in India, and in the United Kingdom. Since May 2001, I have been a Consultant at the Royal Free London NHS Foundation Trust Hospital (Barnet). I now provide mentorship to younger consultants, do specialised gynae clinics and have given up acute obstetrics since 2018.

I am experienced in laparoscopic and hysteroscopic surgery (Keyhole Minimal Access surgery) and was the clinical lead at Barnet for several Gynaecological conditions. During this time, I ran international courses and workshops on topics in Obstetrics and Gynaecology.

Outside of my own practice, I am particularly driven by medical education and training and supervising future Obstetricians and Gynaecologists.

I was voted by medical students and received the "Top Teacher Award" for 2009/2010 by University College Medical School, London for my contribution to teaching and medical education.

#### **Robotic Surgery:**

I was amongst the first gynaecologists in North London to have trained and successfully performed the first case in Robotic assisted Gynaecological surgery. I have done all relevant Hands on, cadaveric and mentored Robotic training. Robotic assisted keyhole surgery has several benefits for patients over conventional open surgery, with less blood loss, better vision and quicker recovery. I offered this surgery to all suitable complex gynaecological procedures and for treatment of early endometrial (womb) cancer between 2011- 2014 after which the robot had to be moved from Chase Farm Hospital to the Royal Free site.

#### **In India:**

I have helped set up an RCOG recognised Part 2 MRCOG course in India (in Pune) in early 2005. This course ran efficiently with organisers and consultants in India and I lectured on this course once a year until recently. This helped develop extremely useful links with busy hospitals, both in India and in the UK.

As an invited speaker, I lecture to gynaecologists in India every year on a variety of topics.

#### **Teaching:**

I am an invited speaker with Conference Plus and have lectured to GPs all over the world on several gynaecological topics, including Vietnam, Costa Rica, Athens, India and Cambodia and most recently in Borneo, Malaysia.

Over the last twenty years in Obstetrics and Gynaecology, I have developed and maintained a keen interest in Medical Education. I am passionate about teaching and extremely committed to training and education.

Between 2001 and 2007, I was the Royal College Tutor responsible for training junior doctors at my current hospital. In 2007 I was appointed as the Training Programme Director for ST1/2 trainees in Obstetrics and Gynaecology, which has provided me with a fantastic opportunity to dedicate myself to the training & mentoring of junior doctors at a national level. In this role, I was involved in shortlisting and interviews to recruit doctors to a national training programme.

In 2007, I organised and set up a Centralised Teaching programme for ST1/2 in North London (10 hospitals). It now provides high quality teaching & has proven so successful, that a centralised programme has been rolled out to all levels of trainees from 2009. I enjoy lecturing and do so regularly, not only to a medical audience, but also to the public. In addition, I taught on several MRCOG revision courses and was an MBBS examiner for over a decade.

I was a MRCOG examiner and RCOG college representative at interviews for consultant appointments for several years, I deliver master classes and lectures to General Practitioners (GPs), medical students and specialist trainees on a regular basis on a variety of topics including menopause, vulval problems and lifestyle medicine.

#### **Professional Memberships: (Current)**

- Member of British Society of Lifestyle Medicine
- Fellow Royal College of Obstetricians & Gynaecologists
- Member of Plant Based Health Professionals, UK

- British Society for Colposcopy and Cervical Pathology (BSCCP)
- British Medical Association (BMA)
- British Society of Gynaecological Endoscopy (BSGE)

#### **Positions held (Current and Previous)**

- Medical Advisory Committee Board: Spire Bushey, BMI Kings Oak
- Consultant Appraiser
- MRCOG Examiner Part 2 Examiner
- Royal College Rep for Consultant appointments
- Specialist Training Committee (STC), London Deanery (2003- 2013)
- College Tutor, Barnet Hospital (2001-2007)
- Training Programme Director (Obs and Gynae) London Deanery (NTE and NTC) (2007-2013)
- Faculty/Lecturer MRCOG course, Pune, India
- MBBS Examiner

#### ***EDUCATION AND QUALIFICATIONS***

<b>DEGREE/DIPLOMA</b>	<b>COLLEGE</b>	<b>YEAR</b>
<b>Dip IBLM/BSLM Lifestyle Medicine Physician</b>	US Board Certified	2018
<b>FRCOG</b>	RCOG	2008
<b>CCST</b>	GMC	2000
<b>MRCOG</b>	Royal College of Obstetricians and Gynaecologists, UK	1995
<b>Diplomate National Board (Obs &amp; Gyn)</b>	National Board of Examinations, India	1991
<b>MD (Obs &amp; Gyn) (Gold Medal)</b>	All India Institute of Medical Sciences (AIIMS) New Delhi	1990
<b>MBBS</b>	JIPMER, Madras University	1986
<b>A level (Honours- Science, English)</b>	La Martiniere for Girls, Calcutta	1980

### **HONOURS & AWARDS**

- Top Teacher Award for 2009/2010 by University College Medical School, London for my contribution to teaching and medical education.
- First prize for best presentation (Audit standards in Ectopic Pregnancy) at the National Senior MAS Trainees Meeting, Birmingham, February 2000.
- Second Prize in Regional SpR presentations: Day case vaginal hysterectomy - an option in a female - to - male transsexual - North Trent Meeting, June 1998
- President's Gold Medal for best clinical resident in Obstetrics and Gynaecology – AIIMS, India, May 1990
- Distinction in Obstetrics and Gynaecology, General Surgery and Preventive Medicine, May 1985
- Lalitha Kameshwaran Prize – University First in Pharmacology Madras University, May 1982
- Cadbury's Best All Rounder Prize for the year 1977 in the city of Calcutta, India
- Gold Medal – O levels – 1977

### **PREVIOUS APPOINTMENTS**

- Locum Consultant –Sheffield, Jessops Hospital – 2000
- Specialist Registrar in Obstetrics & Gynaecology (years 4 & 5) Central Sheffield University Hospital Rotation (from 1998)
- Specialist Registrar in Obstetrics & Gynaecology: Years 1 – 3 Royal Free Hospital Rotation (1995 – 1998)
- Senior House Officer Appointments
- Neonatology (1994 to 1995)
- Obstetrics and Gynaecology (Feb 1993 to 1994)
- Overseas Experience (1986 to July 1991)  
Resident in Obs & Gynae at AIIMS & JIPMER, India

### **Research Experience**

I worked on a research project for my MD thesis between July 1987 and December 1989 entitled "Ultrasonic Evaluation of Umbilical Cord Diameter and Amniotic Fluid Volume in High Risk Pregnancy". This clinically based thesis involved 80 women, 40 of whom were considered to have high risk pregnancies – pregnancy induced hypertension, diabetes mellitus, rhesus isoimmunisation and unexplained early onset intrauterine growth retardation, divided into four subgroups of 10 women each. The other 40 women represented the control group. They had no detectable high-risk factors and subsequently went on to have a good outcome, with an appropriately grown foetus. These 80 women were serially scanned by me from 28 weeks gestation at fortnightly intervals until 38 weeks or delivery, whichever was earlier. I measured the amniotic fluid index to assess changes in liquor volume in the third trimester in both groups of women. I also measured the umbilical cord diameter at different periods of gestation. I then measured, using calipers, the cord diameter, immediately after delivery to assess correlation with ultrasound findings.

Amniotic fluid index measurements proved to be very useful in predicting foetal outcome

(APGAR scores, admission to SCBU). A further group of 40 control women were scanned and values (range 8-18cm) were standardised for the general Indian population. Analysis of the umbilical cord measurements did not appear to be a clinically useful exercise, but numbers in the study were small.

I have also been involved in an extensive literature search reviewing current management of ectopic pregnancy and have proposed audit standards to be used in ectopic pregnancy, using Medline, Embase and the Cochrane database. I regularly use the Internet and handle several computer software packages.

### ***Overseas Experience***

My early training was at the All-India Institute of Medical Sciences (AIIMS) in New Delhi. This is the premier medical school in India and a tertiary referral centre in Asia.

I studied for the degree of MD over a period of three years gaining this qualification through dissertation and examination and passed with honours. Although different in many ways, I have found my Indian experience extremely helpful.

### ***Publications***

- **Audit Standards In Ectopic Pregnancy – Bajekal NR**, Michel MZ and Li TC - in "The Journal of Obstetrics and Gynaecology" (March 2000)
- **Audit Standards In Ectopic Pregnancy – Bajekal NR**, Michel MZ and Li TC – **Poster Presentation** in British Society for Gynaecological Endoscopy (BSGE) Annual Scientific Meeting (March 2000)
- **Laparoscopic Management of Ectopic Pregnancy – Bajekal NR** and Li TC in DIALOG – the distance interactive learning programme in Obstetrics and Gynaecology, RCOG (June 2000)
- **Fibroids, infertility and pregnancy wastage – Bajekal NR** and Li TC - A review article for Human Reproduction Update (June 2000)
- **Ultrasonic Evaluation of Umbilical Cord Diameter and Amniotic Fluid Volume in High Risk Pregnancy.** Thesis submitted in partial fulfilment of the requirements for MD (Obstetrics and Gynaecology). Accepted by the faculty of the AIIMS in December 1989.

### ***Lectures and Papers Presented***

- **Bowel Complications in Gynaecological Laparoscopy** - North of England Meeting, March 2000
- **Laparoscopic Management of Ectopic Pregnancy – BSGE Senior Trainees Meeting**, February 2000
- **Standards of care in Ectopic Pregnancy** - North of England Meeting, June, 99
- **Audit standards in Ectopic Pregnancy** - Laparoscopic and Reproductive Surgery course, Sheffield, September 99.
- **Renal disease in Pregnancy** - Inter departmental meeting at the Northern General Hospital, Sheffield, September 98
- **Day case vaginal hysterectomy** - an option in a female - to - male transsexual - In the regional SpR presentations, North Trent - Second prize - June 98

- **Early pregnancy bleeding** – Lecture in the Paramedic course for BSc Undergraduates, Sheffield University, May 1998
- **Antepartum haemorrhage** – Lecture in the Paramedic course for BSc Undergraduates, Sheffield University, May 1998
- **Risk of AIDS in laparoscopic procedures** – 1<sup>st</sup> National Symposium on AIDS Prevention in Obstetrics and Gynaecology, India, April 1991
- **Sonographic evaluation of amniotic fluid volume and umbilical cord diameter in high risk & normal pregnancy** - National Ultrasound Training Programme, New Delhi, March 1991
- **Value of transverse cerebellar diameter in pregnancy** - National Ultrasound Training Programme, New Delhi, March 1991
- **Psychological aspects of tubal recanalisation** - National Symposium in Tubal Microsurgery, New Delhi, March 1991

Dr Nitu Bajekal  
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