



PAIN MANAGEMENT EXPERT

Pain Expert Limited
Oak Lodge Business Centre
School Lane
Little Melton
Norfolk NR9 3LB

Dr Mike Sidery BSc MB BChir MA PhD FFARCSI
Consultant in Pain Medicine

Telephone 01603 819115
E-mail office@pain-expert.org
Website pain-expert.org

Full name: Dr Michael Bruce Sidery

Date of birth: 3rd November 1966

Nationality: British

Address: Pain Expert Limited

GMC status: Registered with a licence to practice.

GMC number: 4476805

Education:

Repton School	1982 - 1986
Nottingham University	1986 - 1993
Cambridge University Medical School	1993 - 1998

Qualifications:

BSc (Hons) (Nottingham)	1989
PhD (Nottingham)	1993
B BChir (Cambridge)	1998
FFARCSI	2004

NHS employment: Norfolk & Norwich University Hospital 2008 – present

Medicolegal practice: Spire Hospital, Norwich
Ten Harley Street Consulting Rooms, London

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Professional qualifications: I gained an undergraduate honours degree from the University of Nottingham in 1989. I wrote my thesis on ‘The Cardiovascular and Humoral Responses to Food Ingestion in Man’ and was awarded my PhD in 1993. I spent a year as a post-doctoral research fellow for the Wellcome Trust before starting my undergraduate medical training at Cambridge in 1993. I graduated as a Doctor of Medicine from Cambridge University in 1998.

I trained in Anaesthesia and Pain Management at the East of England Postgraduate School of Anaesthesia and training included a year as a Pain Management fellow. I completed specialist training in Anaesthesia and Pain Management in 2008 and gained my place on the Specialist Register for Anaesthesia on 31st January 2008.

NHS Consultant appointments: I was appointed Consultant in Anaesthetics and Pain Management at the Norfolk & Norwich University Hospital in February 2008. The Norwich Pain Management Centre is a full multidisciplinary unit combining the services of medical consultants, consultant clinical psychologists, specialist nurses, physiotherapists & occupational therapists.

My clinical practice is now exclusively dedicated to Pain Management. In August 2019 I moved from full-time NHS work to a part-time and I now run four multidisciplinary team (MDT) axial pain (cervical, thoracic and lumbar spine) clinics a month. 18 patients are triaged per clinic between the consultant, the physiotherapist and specialist pain nurse and I see at least one third, usually more, personally. The MDT nature of the clinic allows for case discussion between the specialists.

I run six general chronic pain clinics per month in addition, personally seeing 6 new and 3 follow-up patients in each. These clinics contain a broader range of chronic pain presentations, but the nature of the discipline is such that at least half of those cases can be musculoskeletal pain presentations. These include low back pain; presentations with concurrent complex psychosocial issues, widespread pain, fibromyalgia and more specific chronic pain presentations (neuropathic syndromes) are routine.

I undertake 4 intervention lists per month (plus an all-day list once every 6 weeks). The greater part of those interventions is directed to towards spinal pain: medial branch blocks, thermal denervation, neuromodulation and trigger point injections.

I manage a wide range of painful conditions including: chronic back pain, sciatica, cervical pain, complex regional pain syndrome (CRPS), neuropathic pain, whiplash injuries, and headache. I am fully conversant with a range of injection-based procedures including neuroablative techniques such as radiofrequency (RF) denervation for chronic spinal pain and pulsed radiofrequency (PRF) in the management of some neuropathic pain conditions.

Special interests: My specialist interest is spinal cord stimulation (SCS) for the management of chronic neuropathic pain and CRPS. I am fully conversant with the use of traditional and high frequency stimulation in these conditions. I also insert dorsal root ganglion leads. I am the Lead Clinician for Neuromodulation at the Norfolk and Norwich University Hospital. I have presented a number of posters on spinal cord stimulation subjects. I have conducted field trials on new technical developments (Surescan Leads – Medtronic. Sensa II – Nevro). As a team we have published a number of research papers on the subject of neuromodulation.

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Educational & training roles: I am actively involved in the education of anaesthetics trainees and nursing staff, as well as medical and nursing students. I am an honorary lecturer for the University of East Anglia and have a commitment to the 'Regional Anaesthesia MSc'.

I presented at the Anglian Pain Society Meeting 2015 on the subject of spinal cord stimulation. I presented a paper on outcomes of spinal cord stimulation at the Norfolk and Norwich University Hospital at the Las Vegas meeting of the North American Neuromodulation Society in December 2016, the International Neuromodulation Society European Congress in September 2018 and had a poster accepted for the 11th Congress of the European Pain Federation in Valencia, September 2019.

Committee roles: I sat on the Drugs and Therapeutics Committee of the Norfolk & Norwich University Hospital NHS Foundation Trust from 2008 to 2009. I was a trustee and a member of the board of the Norfolk and Norwich Institute for Medical Education since 2010 up to 2020. The trust merged with a second charity in 2020 and I am now chairman of the Norwich Medical and Dental Education and Research Trust.

I was the Departmental Lead for Clinical Audit from 2008 to 2010 and Clinical Governance Lead for Anaesthetics & Pain Management from 2010 to 2013. I was on the Patient Safety Committee of the Norfolk & Norwich University Hospital NHS Foundation Trust between 2010 and 2013. I was Mortality Outcomes Lead for the Department of Anaesthetics between 2013-2018.

Membership of professional medical organisations: I am a member of the International Neuromodulation Society (INS).

Medicolegal expertise and practice:

I attended a Professional Solutions 'Medico Legal Report Writing' course in London in 2008. I completed an online Professional Solutions 'Medico Legal Report Writing' course in April 2013. I have also regularly attended the Cambridge Annual Medicolegal Conference.

I have been providing specialist pain management reports for the Courts following instruction by personal injury and medical negligence solicitors since November 2010. I am available to prepare medical reports on the instructions of both claimant and defendant parties, including those on a joint expert basis. I am also available to prepare medical negligence reports in the specialties of anaesthetics and pain management.

I attended the Bond Solon Courtroom Experience training day in August 2016.

My practice is currently divided into 65% Defendant, 30% Claimant and 5% Joint Instructions.

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Presentations to medicolegal audiences: I presented on subjects relevant to medicolegal aspects of pain management to lawyers at New Law, Cardiff in September 2015 and Direct Line, Birmingham in November 2015 and DAC Beachcroft, London in April 2017. I presented to the Association of Personal Injury Lawyers Clinical Negligence conference in 2021.

I have also co-organised, attended and presented at the annual Pain Expert Limited Conference, October 2015 – 2021. I presented to the AAGBI in August 2018 on medicolegal subjects. I presented to the Association of Personal Injury Lawyers in September 2020.

Courtroom experience and provision of oral evidence: I attended Plymouth County Court in September 2016 and provided oral evidence on that occasion. I provided oral evidence in a ‘virtual’ Court setting at the Central London County Court in April 2021.

Membership of expert witness organisations: I am a member of the Expert Witness Institute (EWI). I am listed on the UK Register of Expert Witnesses.

I am a member of the Bury Bach Choir and a keen gardener.

Dr Mike Sidery
Updated April 2022