

**Dr Usman Ahmed MBBS PhD MRCS**  
**PhD in Medicine from Warwick Medical School 2013**  
**Registrar in Trauma & Orthopaedics**  
**Birmingham Orthopaedic Training Programme**

## **Duties:**

I am currently a Registrar in Trauma & Orthopaedic Surgery, employed by the NHS in the West Midlands. Currently, my time is split between Royal Orthopaedic Hospital and Birmingham Children's Hospital, but as the job is rotational, I will be based at New Cross Hospital, Wolverhampton from February - July 2015, and then after that I don't know!

My job involves the management of musculoskeletal conditions ranging from ankle sprains and carpal tunnel syndrome through to joint replacement for arthritis and high energy trauma management.

## **How (if at all!) did your PhD help you in getting this job?**

I was recruited via a national selection process to my current post which is a training pathway that started in 2010. Being enrolled in a PhD at the time of application certainly helped with some shortlisting points, but involvement in high-level research demonstrates additional skills that are sought after in many fields.

## **How (if at all!) does your PhD help you in your current work?**

A career in surgery requires multiple skills: clinical and surgical, teaching and learning, research and audit, and management. The PhD I've completed allowed me to develop the research and audit part of my practice while influencing significantly the other aspects of my training. My PhD has helped me immeasurably, but only in conjunction with my other qualifications.

## **PhD skill transferability:**

My PhD was the hardest thing I've ever done! But the skills from it have been phenomenally useful. Simple things such as time-management and organisation are significantly better and I can manage more projects than I was able to before. It has also made me very comfortable with scientific literature and I regularly look for the evidence behind all of our active practices. I am also thinking more and more about finding evidence by working out methodologies for studies.

## **What employment-related advice do you have for current PhDs?**

If you currently studying for a PhD, I would advise you to make a plan that will see you through to the end of PhD and into the job you want. The plan may change but just having the plan will give you focus and show you what you are working towards.

## **Career History Prior to PhD**

I graduated from MBBS (Medicine) from Newcastle-upon-Tyne in 2007 and then came to Coventry as an Academic Foundation Trainee. I then moved to Devon from 2009-2010 to do my Core Surgical Training, passing my specialty exams and achieving MRCS (Member of the Royal College of Surgeons of England) in 2010.