

Personal Information

Dr Nicholas Scicluna

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Sex Male | Date of birth 30/04/1993 | Nationality Maltese



Job Applied for: Team Doctor

Summary statement: Dedicated and skilled doctor with a background in anaesthesia, intensive care medicine and emergency medicine. Member of the Royal College of Emergency Medicine with a distinguished Masters in Sports and Exercise Medicine. I am a keen and passionate learner always looking for opportunities to broaden my knowledge in order to be able to provide the best patient outcomes possible. I am a strong team player, flexible and always ready to adapt to any situation with good listening and communication skills adept in working in a collaborative team to provide the highest possible levels of care.

Work Experience:

- July 2017 – July 2019: House Officer at Mater Dei Hospital. Two years spent as part of the Foundation Programme. Three months spent working and gaining valuable experience in each of the following areas of specialisation:
 - July – October 2017: **General Surgery** as part of the firm of Mr G Caruana Dingli, who specialises in both general and breast surgery.
 - November – January 2018: **Orthopaedic surgery** as part of the firm of Mr J Borg, who specialises in spinal surgery.
 - February – April 2018: **General Medicine** as part of the firm of Professor S Fava, a specialist in endocrinology.
 - May – July 2018: **Geriatrics** under the guidance of Dr E Bellia, where I worked in both Karen Grech Hospital and Saint Vincent de Paul Residence.
 - August – October 2018: **Vascular surgery** as part of the firm of Mr S Pejkic.
 - November – January 2019: **Cardiology** as part of Dr O Aquilina's firm. Dr Aquilina specialises in electrophysiology.
 - February – April 2019: **Psychiatry**, at Mount Carmel Hospital, as part of Dr J Cassar's firm. Dr J Cassar specialises in child and youth psychiatry.
 - May – August 2019: **Accident and Emergency** Department at Mater Dei Hospital under the guidance of Dr Adrian Spiteri.

- September 2019 – October 2023: **Emergency Medicine Basic Specialist Trainee** at Mater Dei Hospital Malta. Completed Basic Specialist Training in August 2023.
- September 2019 till present day: Team doctor at Ta' Xbiex Sports Club in the Maltese Third Division.
 - Integral role in pre-season screening, ensuring players' fitness and health.
 - First point of contact for the diagnosis and management of player injuries.
 - Audit yearly injuries and implement injury prevention strategies
 - As an active football player with the club, I am an active participant in both medical and athletic capacities, providing a unique perspective.
- May 2023 – Member of the medical team for the athletics and swimming events during the Games of the Small States of Europe held in Malta in 2023
- October 2023 up to present day: **Anaesthesia and Intensive Care Medicine Basic Specialist Trainee.**

Education and Training:

January 2024: Member of the Royal College of Emergency Medicine

Obtained membership by examination

2019-2022: University College London (UCL)

Masters in Sports and Exercise medicine; achieved with Distinction

2011- 2017: University of Malta

Doctor of Medicine and Surgery

2009 - 2011: MATSEC CERTIFICATE, St.Aloysius College (Sixth Form)

Biology and Chemistry at Advanced Level,

together with Philosophy, French, Physics and Systems of Knowledge at Intermediate Level.

Exams sat for in May 2012 – Overall Grade A

1997 - 2009: SEC CERTIFICATE, San Anton School, Imselliet (Primary & Secondary)

Biology, Chemistry, Maths, Physics, English Language and Literature, Maltese, French, Italian and Religion at Ordinary Level.

Personal Skills:

Mother Tongues: English and Maltese

Other languages:

	Understanding		Speaking		Writing
	Listening	Reading	Spoken Interaction	Spoken Production	
Italian	Excellent	Excellent	Good	Proficient	Proficient
Level: B2					
French	Working Knowledge	Working Knowledge	Working Knowledge	Working Knowledge	Working Knowledge
MATSEC Intermediate Level French Certificate. Level: A2					

Further Medical Training:

- Advanced Life Support with **instructor potential** completed in June 2023.
- European Trauma Course Provider in May 2021.
- European Paediatric Advanced Life Support (EPALS) Provider with **Instructor Potential** in December 2022.
- Instructor Candidate for ILS, ALS and EPALS with the European Resuscitation Council after attending the General Instructor Course in January 2024.
- Obtained **MRCEM Primary Examination** in December 2020.
- Obtained **MRCEM Part 2 Examination** in May 2023.
- Obtained **MRCEM OSCE Examination** in January 2024.
- Attended **Level 1 Ultrasound course** in January 2020.
- Pre-Hospital Immediate Care in Sport **Level 3** held in Doncaster in May 2022.
- Attended **Level 2 Ultrasound course** in August 2022.
- Completed **level 1 ultrasound finishing school and obtained accreditation** in the following modalities: Extended FAST scans, abdominal aortic aneurysm scans, core echo and ultrasound guided vascular access. (December 2022)
- Attended the **Introduction to musculoskeletal ultrasound** course provided by The Ultrasound Site at Brunel University, London in July 2023
- Attended the **Chest Xray Survival Course** provided by the Red Dot Radiology Courses in December 2023.
- Attended the **A&E Radiology Survival Course** provided by the Red Dot Radiology Courses in April 2024.
- **Prescribing Safety Assessment** 2017.
- **BLS/AED Provider** course completed in April 2016.
- **Intermediate Life Support** completed in April 2017.
- **Professional Exchange Programme (IFMSA)** Hospital Clinico Universidad de Chile, Santiago de Chile (Chile) Orthopaedic Surgery. August 2015

Publications:

- Primary author of a paper titled: Associations Between Adolescent Sport and Exercise Participation and Device-Assessed Physical Activity in Adulthood: Evidence from the 1970 British Cohort Study which has been **published by the Journal of Physical Activity and Health** in May 2023.
This was a large British cohort study that followed the physical activity levels of individuals across a 30-year period. In this study we found that adolescents who exercised more regularly and played sports during their leisure time had increased levels of total daily PA as adults whilst those who participated in organised sport in or out of school did not show any increases in adult PA levels.
- I am also the primary author of a **Paediatric Surgical Guide** which is being created for use within the Emergency Department providing information on the diagnosis and management of all the most common surgical presentations at the paediatric emergency department. This is in the final stages of correction and is awaiting approval from respective heads of department before being released for use within the hospital.

Conferences:

- **Barca Sports Medicine Conference.** A two day conference organised by the medical team at Barcelona Football Club, held at Camp Nou. Attended in October 2018.
- **European Resuscitation Congress 2020** held over two days in Niel, Belgium in October 2020
- **European Resuscitation Congress 2022** held over two days in Antwerp, Belgium in June 2022
- **Malta Cardiac Conference 2020** held over two days at Mater Dei Hospital in Malta
- **Don't Forget the Bubbles Paediatric Trauma Course;** completed online in April 2021.
- **Institute of Sports and Exercise Health (ISEH) Sports Cardiorespiratory Medicine Conference** held online in May 2021
- **ISEH Acute Winter Sports Injuries Webinar** held online in January 2021
- **ISEH Adolescent Sports Medicine Webinar** held online in January 2021
- Attended **ISEH seminar on Physical Activity and Sedentary Behaviour Across the Life course** held virtually in December 2022
- Attended **Prevention in Sports Symposium** by the the Amsterdam Collaboration on Health & Safety in Sports (ACHSS) held virtually in November 2022
- Attended the following **UEFA Medical Webinars:**
 - Sudden Cardiac Arrest (Jan 2024)
 - Concussion in Sport (Feb 2024)
 - Menstrual Cycle Tracking (March 2024)
 - Tournament Wellbeing (April 2024)

- ACL injury prevention (May 2024)

Skills:

- **Medical Skills:** Expertise in anaesthesia, intensive care medicine, and emergency medicine. Proficient in diagnosing and managing sports-related injuries. In-depth knowledge of sports and exercise medicine principles.
- **Communication:** Strong communication and interpersonal skills, essential for effective player interaction.
- **Teamwork:** Throughout my lifetime in team sports and my career as a doctor, I have become a great team player. I enjoy taking a collaborative and multi-disciplinary approach to ensure optimal patient care.
- **Adaptability:** Equally adept at working in or out of hospital and tailoring management according to available resources.
- **Flexible and versatile,** ready to adapt and respond quickly to dealing with and working side by side with new people and in new situations.
- **Great interpersonal skills.** Strong active listener, facilitating communication between doctor and patients, ensuring patient needs are met. I have also attended seminars on Interpersonal skills and Teamwork, as well as on Intrapersonal Communications.
- **Management** – Working in the emergency department has given me a great opportunity to hone my management and decision-making skills. Working in a high-pressure environment has enabled me to develop effective critical thinking skills with focused strategies allowing me to make quick decisions.
- **Ability to self-assess** and monitor performance in order to improve my practice and care provided.

Audits:

- **Audit** carried out in March 2024 titled “**Imaging requests following foreign body ingestion in the Paediatric Emergency Department. Appropriate or unnecessary requests?**”. This was a retrospective audit where data was collected over a two year period with the aim of the study being to review the indications for paediatric x-ray requests in the paediatric emergency department at Mater Dei Hospital for paediatric patients following the ingestion of a foreign body and compare them to the Royal Children’s Hospital, Melbourne (RCHM) Guidelines, which are considered the gold standard.
- **Audit with a poster presentation at Malta Medical School Conference** in December 2018. Audit was titled “What do our Patients know about warfarin?”. Through this audit, we sought to find out patients’ knowledge about warfarin, in order to highlight the disparity between what they should know and what they actually know.

Other:

- **Behavioural Science seminars** (2012 - 2015):
 - Interpersonal Skills and Teamwork
 - Intrapersonal communications 1&2
 - Tutorials - Reflective processing on hospital experience
- **Urethral Catheterisation** Training Session.
- **Nasogastric Tube Insertion** Training Session.
- **Arterial Blood Gasses** Training Session.
- **Care of Acutely Ill Simulation** Training.

Computer skills: Very proficient with computers and have ECDL qualifications.

Additional Information:

Extra-curricular experiences:

Sports: Very active person and always on the go. Have played football from the age of 4. Played with Luxol till the age of 18. Currently a player of Ta' Xbiex Sports Club, where I have been playing for the last 12 years in the National Amateur League (formerly named Maltese BOV Third Division football league) and have accumulated almost 200 appearances for the club and am the club captain. I have also been voted Ta' Xbiex player of the year four times for the seasons of 2013-14, 2016-17, 2017-18 and 2022-23.

I am also an avid long-distance runner.

Voluntary work: inYgo Armagh Summer Camp, Ireland – August- September

2010: As part of a group of 24 student volunteers, together with the Sisters of Mother Theresa in Armagh, a summer camp was organised free of charge for children from poor and/or broken families in Armagh. Through this experience I gained management and planning skills and learnt how to co-ordinate and organise events and deal with children.

2009 - 2010: Young Enterprise, St. Aloysius College

As part of a group called Glazed, I gained leadership and teamwork skills whilst also getting a good insight into the business world.

August 2015: Exchange in Santiago, Chile. I had the opportunity to go to Chile on a one-month exchange in Santiago where I spent my time in the orthopedics department at the Hospital Clinico Universidad de Chile, Santiago de Chile. Apart from gaining a fair amount of experience in the field I also got to get immersed full on in a different culture and get exposed to a different way of hospital management and practices.

References available on request.