

# Dr Matthew Jeffries

MBChB, MRes – University of Manchester

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## CONTACT DETAILS

Finland (South-Savo)

<https://www.linkedin.com/in/drmatthewjeffries>

contact@drmattnbug.com

Physician with research training (MBChB, MRes) and a practical, evidence-based approach to evaluation. Strengths include critical appraisal of study design, risk/benefit reasoning, patient safety and clinical governance, and clear written reporting. Interests include digital health and trustworthy, human-centred AI in clinical care. Based in Finland.

## SELECTED OUTPUTS (links)

**MRes dissertation (University of Manchester, 2016):** Associations between inflammation, cardiovascular risk factors, and atherogenic dyslipidemia in patients with systemic lupus erythematosus – [drmattnbug.com/mres](http://drmattnbug.com/mres)

**QI project (Stockport NHS FT ED, 2020):** HRURVs (High-Risk Unscheduled Return Visits) to the Emergency Department, Stepping Hill Hospital – [drmattnbug.com/qip](http://drmattnbug.com/qip)

## EXPERIENCE

Feb 2020 – Apr 2021

Locum Doctor (SHO grade) – via Holt Doctors Ltd

### Foundation Year 2

Nov 19 – Feb 20

Emergency Department, Stockport NHS Foundation Trust, Stepping Hill Hospital

Jan 19 – Jul 19

General Practice, Heaton Moor Medical Centre, Dean Lane Hazel Grove, and Heaton Moor

Nov 18 – Jan 19

Occupational Health Medicine

Oct 18 – Nov 19

Sexual Health/GUM, The Northern Contraception, Sexual Health & HIV Service, Choices Centre Stockport

Aug 18 – Oct 18

Laboratory Medicine Stockport NHS Foundation Trust, Stepping Hill Hospital

### Foundation Year 1

Apr 18 – Jul 18

Cardiology, Stockport NHS Foundation Trust, Stepping Hill Hospital

Dec 17 – Apr 18

General Surgery, Stockport NHS Foundation Trust, Stepping Hill Hospital

Aug 17 – Dec 17

Psychiatry, Stockport NHS Foundation Trust, Stepping Hill Hospital

## EDUCATION

2017

MBChB

2016

MRes Medical Sciences (Merit)

2007

BA Philosophy (2:1)

## KEY SKILLS

- Evidence appraisal & study design (bias, endpoints, feasibility)
- Patient safety, clinical governance, risk management
- Quality improvement / audit (measurement, run charts, PDSA)
- Health systems & implementation realism (workflow, adoption, constraints)
- Ethics and data governance (proportionate safeguards)
- Clear written reporting under deadlines

## RESEARCH, CLINICAL AUDIT & QUALITY IMPROVEMENT

- 2020 QIP: HRURVs (High Risk Unscheduled return visits) to the Emergency Department, Stepping Hill Hospital:
- Defined HRURVs metric; extracted/analysed ED data; produced run chart
  - Designed/ran PDSA awareness intervention; assessed effect
  - Summarised findings and recommendations for next-cycle drivers
  - Tracked weekly HRURVs; run chart used for change detection
- 2016 MRes dissertation (University of Manchester): *Associations between inflammation, cardiovascular risk factors, and atherogenic dyslipidemia in patients with systemic lupus erythematosus*

## **COURSES & CERTIFICATES**

- 2019 Advanced Life Support (ALS), Blackpool Victoria Hospital
- 2019 EPICC (Exam Practice Improving Clinical Confidence): final year medical student revision sessions (5 CPD points)

## **PROFESSIONAL MEMBERSHIPS**

- 2017 - present GMC Registration (Full)

## **INTERESTS**

Rock climbing, mechanical and construction engineering, chess, computing and electronics, medical informatics and digital health.

## **REFERENCES**

Available upon request