

CURRICULUM VITAE

DR. S. K. ABDUL SHAKOOR MBBS; MD; MRCP; CCT (Endocrinology)

*Senior Consultant, Dept of Endocrinology, Tan Tock Seng Hospital, Singapore
Clinical Senior Lecturer, Yong Loo Lin School of Medicine, National University of Singapore
Clinical Senior Lecturer, Lee Kong Chian School of Medicine, Singapore*

PERSONAL DETAILS

D.O.B: 4 April 1968 **AGE:** 53
SEX: Male **MARITAL STATUS:** Married
NATIONALITY: British **Religion:** Islam
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Languages: Fluent in English and Tamil, Arabic: basic/intermediate

Sub Speciality Interests: Cardiovascular risk in Subclinical thyroid disorders, Obesity, and Safe Ramadan fasting for Muslim Diabetic patients

PROFESSIONAL QUALIFICATIONS

MD Newcastle University, UK, 2011
CCT (UK) Endocrinology and General Medicine, July, 2008
MRCP (UK) Royal College of Physicians, UK, 1998
MBBS Madurai Kamaraj University, India, 1991

Summary: *Endocrinologist at consultant level for more than 10 years with academic research qualification at Newcastle University, with supervisory educational roles including Chairman of Programme Evaluation Committee for Advanced specialist trainees in Endocrinology and overseeing the quality and safety in the clinical care including JCI inspection as Quality Relations officer.*

PROFESSIONAL MEMBERSHIP

Singapore Medical Association

General Medical Council (UK)

Endocrine and Metabolic society, Singapore

Royal College of Physicians (UK)

General Education

SSLC (O Level) Thiagarajar Model High School, Madurai, 1978-1983

A Level TVS Lakshmi Matriculation school, 1983-1985

Undergraduate Education

MBBS Madurai Kamaraj University, India, 1985-1991

Honours: Anatomy, Biochemistry, 1986

Pathology, 1987

Post graduate Education

MD (Internal Medicine) Dr MGR Medical University, Chennai, 1993-1996

Honours: Gold medal by Association of physicians of India, prize examination for the post-graduate students, 2005

MD Clinical Medical Sciences

Newcastle University, UK, 2011

Cardiovascular risk in subclinical thyroid disorders

CLINICAL ATTACHMENTS

PRESENT POST:

From Aug 2016 Senior Consultant, Dept of Endocrinology
Tan Tock Seng Hospital, Singapore
Clinical Senior Lecturer, Yong Loo Lin School of Medicine
National University of Singapore
Senior Lecturer, Lee Kong Chian School of Medicine, Singapore

PREVIOUS POSTS:

Aug 2009 to July 2016 Consultant, Dept of Endocrinology
Tan Tock Seng Hospital, Singapore

May 2009- Aug 2009 Locum Consultant, Endocrinology
Salford Royal Hospitals NHS Foundation trust

Dec 2008- Mar 2009 Locum Consultant, Endocrinology/Acute Medicine
University Hospitals, Bristol NHS Foundation trust

July 2008 –Nov 2008 Locum Consultant
Diabetes and Endocrinology/General Medicine
Fairfield General Hospital, Bury

Oct 2007-July 2008 Specialist Registrar
Diabetes and Endocrinology/General Medicine
Burnley general Hospital, North West Deanery

July 2005- Sep 2007 Clinical research and teaching fellow
Diabetes and Endocrinology
Queen Elizabeth Hospital, GATESHEAD

Oct 2004- June 2005 Specialist Registrar
Diabetes and Endocrinology/General Medicine
Trafford general Hospital, North West Deanery

Oct 2003- Sep 2004 Specialist Registrar
Diabetes and Endocrinology/General Medicine
Royal Lancaster Infirmary, North West Deanery

Oct 2002-Sep 2003 Specialist Registrar
Diabetes and Endocrinology/General Medicine
Manchester Royal Infirmary, North West Deanery

Oct 2001-Sep 2002	Specialist Registrar Diabetes and Endocrinology/General Medicine Christie Hospital, North West Deanery
Oct 2000- Sep 2001	Specialist Registrar Diabetes and Endocrinology/General Medicine Royal Berkshire Hospital, READING.
Apr 1999- Sep 2000	Specialist Registrar Diabetes and Endocrinology/General Medicine United Leeds Teaching Hospitals, LEEDS
Aug 1998- Feb 1999	Specialist Registrar Diabetes and Endocrinology/General Medicine Royal United Hospital, BATH
Mar 1998 - Aug 1998	Senior House Officer, Diabetes/Endocrinology Northern General Hospital, SHEFFIELD
Feb 1997 - Mar 1998	Senior House Officer, General Medical rotation Doncaster Royal Infirmary, DONCASTER
Sep 1996 - Feb 1997	Senior House Officer in Elderly Medicine Dewsbury & District Hospital, DEWSBURY
July 1996 -Aug 1996	Locum SHO, General Medicine. Dewsbury & District Hospital, DEWSBURY
Sept 1994 - Mar1996	Registrar in General Medicine Government Rajaji Hospital, Madurai, INDIA
Sep 1991 - Aug 1994	SHO in General Medicine Government Rajaji Hospital, Madurai, INDIA
Aug 1990 - Aug 1991	Pre Registration House Officer Government Rajaji Hospital, Madurai, INDIA.

Experience in Diabetes:

- Extensive experience in both out patient and in patient DM care including DM emergencies for 20 years and at consultant level since 2008, supervising Endocrine specialist trainees.
- **Sub-speciality Experience;**
 - ❖ Various Joint clinics including DM renal clinic, DM foot clinic, DM eye clinic, Antenatal DM care, Specialist Lipid clinic and Obesity clinics at different centres in UK
 - ❖ Experience with newer treatment of diabetes including insulin pump.
 - ❖ Currently leading specialist Weight management clinics at TTSH including Pre and post bariatric management

Endocrine experience:

- Vast clinical experience in both outpatient and in-patient Endocrine care including Endocrine emergencies for 20 years and at consultant level since 2008 at TTSH supervising Endocrine specialist trainees.
- **Sub-speciality Experience:** Dynamic endocrine tests, pre and post-operative patients who underwent thyroid, parathyroid, pituitary and adrenal surgeries, thyroid disorders in pregnancy, *use of radioactive iodine*, fine needle aspiration of thyroid nodules, managing Paget's disease, osteoporosis and other rare metabolic disorders, *Growth and disorders of puberty and growth hormone use in adults, disorders of sex steroid/rare endocrine disorders.*

Experience in Internal Medicine

- Vast clinical experience in this field of medicine since qualification in 1991, initially at government Rajaji hospital in India, then in UK with more than 10 years experience at registrar level and at consultant level since 2008 leading a team of junior Internal Medicine trainees.
- Fully competent in the management of common medical emergencies, expertise in clinical procedures such as central venous line, intercostal chest drain, lumbar puncture, cardioversion, and temporary cardiac pacing.
- Part of a multi-disciplinary team managing not only acute and chronic medical problems but also participating in arranging social, terminal and palliative care for patients.

Selected Presentations

- Oral presentation, 7th annual clinical congress Muscat, OMAN American association of Clinical Endocrinology gulf chapter october 2019; **Cardiovascular risk in Sub clinical hyperthyroidism.**
- 9th Foundation of Clinical Diabetes Management: Certification Programme for the Healthcare Professionals, April 2019, held at National University Of Singapore; Management of Type 2 Diabetes during Ramadan Observance
- Safe fasting during Ramadan by Diabetes subjects; Public awareness event organized by Endocrinology Department, TTSH in collaboration with MUIS at Masjid Al Iman; May, 2016
- Bariatric after life; The War against Obesity in Singapore – a Multidisciplinary Team Approach, **Singapore Health Biomedical Congress, 2015**
- Pitfalls in Thyroid function tests; GP's training Day, May, 2012
- Management of Sub clinical thyroid disorders, GP's training Day, February, 2010
- Oral presentation: Circulating endothelial progenitor cells are reduced in subclinical and overt hypothyroidism. **British Endocrine society, Annual conference**, March 2008
- The role of endothelial progenitor cells in subclinical hypothyroidism at Diabetes Research group meeting, Newcastle University, 2007.
- A case of hypercalcaemia due to combined primary hyperparathyroidism and sarcoidosis at **Endocrine summer school, Manchester (2004)**
- An interesting case of hypercalcaemia at the **British endocrine society clinical cases section, Glasgow (2003)**
- A case of 'Congenital adrenal hyperplasia and bilateral large adrenal tumours' in **clinical cases meeting at Christie Hospital, Manchester**
- An Interesting case of Cushing's disease at **Regional Endocrine Meeting, Leeds**
- 'Who/Why/How to screen for Microalbuminuria' at **GP's training day, Reading**

Research

EPISH study: Role of EPC/CECs in Subclinical hyperthyroidism (PI); Randomised placebo-controlled study; **funded by NHG/SIG 2012**; study is completed and the result has been presented in the local and International meetings and currently awaiting publication.

Other studies;

Review of Adrenal vein sampling at TTSH, Ramadan fasting after bariatric surgery, Ramadan fasting by poorly controlled type 2 Diabetes patients

MD project (Newcastle University); the role of endothelial progenitor cells in relation to endothelial function in subjects with subclinical thyroid disease

- The results have been analysed and presented in annual BES conference (oral presentation Harrogate, 2008), and Annual American thyroid meeting (poster, October, 2008) and one article has been published in JCEM.

Other selected research projects

- Retrospective evaluation of natural history and morbidities in subclinical hyperthyroidism at Tan Tock Seng Hospital. The findings presented at Endo 2011 conference, 2011 and published in 2014 (Ann Acad Med Singapore 2014; 43:506-10)
- Study evaluating the reproducibility of cortisol day curve (CDC) in patients on hydrocortisone replacement at Christie hospital. The reproducibility was acceptable when it was repeated in a week's time under similar conditions. This study was published as an abstract in Annual BES conference, 2004.
- Submitted thesis on Serological diagnosis of tuberculosis to Dr. M G R, Medical University, Madras, India (1995) while doing my postgraduate training in India. In this study, I evaluated the usefulness of microdot test to detect the antibody directed against Mycobacterial antigen, Lipo-Arabinomannan (LAM) for diagnosing tuberculosis, both pulmonary and extra pulmonary cases.

Poster Presentations

- **SK Abdul Shakoor**, Hongli Jiao, Alvin Wai Kit Tan, and Liew Huiling: 19th International Congress of Endocrinology, Feb 2021; Endothelial dysfunction in Sub clinical hyperthyroidism.
- **SK Abdul Shakoor**, Hongli Jiao, Alvin Wai Kit Tan, and Liew Huiling: 19th International Congress of Endocrinology, Feb 2021; Inflammation in Sub clinical hyperthyroidism.
- **SK Abdul Shakoor**, Hongli Jiao, Alvin Wai Kit Tan, and Liew Huiling: Oral presentation, 7th annual clinical congress Muscat, OMAN American association of Clinical Endocrinology gulf chapter october 2019; Cardiovascular risk in Sub clinical hyperthyroidism.
- **SK Abdul Shakoor and** Kon Yin Chian, 7th annual clinical congress Muscat, OMAN American association of Clinical Endocrinology gulf chapter october 2019; Ramadan fasting is safe after bariatric surgery
- Zheng Kang Lum, Wei Yann See Toh, Sze Mian Lim, **SK Abdul Shakoor**, et al. 2018 American College of Clinical Pharmacy Global Conference in Seattle, Washington. Association Between Diabetes-related Distress and Diabetes-specific Quality of Life in Muslims with Type 2 Diabetes
- Chee Ying Jie, **SK Abdul Shakoor**; American Diabetes Association 78th scientific conference, Orlando, Florida, June 2018; Safe Ramadan fasting is possible in Poorly Controlled Type 2 Diabetes Mellitus subjects
- Daphne Lee, U Pua, D Wong, **SK Abdul Shakoor**; Clinical Utility of Adrenal Vein Sampling (AVS) in Primary Hyperaldosteronism (PHA) at a tertiary centre; ECE, Dublin, 2015
- Daphne Lee, U Pua, D Wong, **SK Abdul Shakoor**; Review of Clinical Presentation of Primary Hyperaldosteronism (PHA) at a Tertiary Centre; ECE, Dublin, 2015
- Claire Min-Li Teo, Timothy Peng Lim Quek, **SK Abdul Shakoor**; Severe Hypocalcaemia and Hypomagnesaemia Secondary to Omeprazole; ECE, Dublin, 2015.
- **SK Abdul Shakoor**, A Koura, J Rao, YC Kon; Tan Tock Seng Hospital, Singapore; Roux En-Y Gastric Bypass Versus Sleeve Gastrectomy; Comparison of Metabolic and Nutritional Profile at a Tertiary Hospital; Singapore Health Biomedical Congress, 2014.
- Stanley Lam, Edwin Chng, Robert Hawkins, **SK Abdul Shakoor**; The use of short synacthen test in patients on exogenous steroids use in diagnosing adrenal insufficiency; Endo Society Chicago, 2014
- **SK Abdul Shakoor**, Kua Shin Yii , Ching Min Er, R. Hawkins, Kon YC , R.Dalan. Natural history and co-morbidities in subjects with subclinical hyperthyroidism: A Retrospective study in Singapore; Endo 2011, Boston, June, 2011.

- **SK Abdul Shakoor**, A. Aldibbiat, L.E. Ingoe, S. Razvi, S.Pearce, J.U.Weaver. Circulating endothelial progenitor cells are reduced in Subclinical hypo and hyperthyroidism; American Thyroid Association annual meeting, Chicago, October 2008.
- **SK Abdul Shakoor**, A. Aldibbiat, L.E. Ingoe, S.C. Campbell, L.Sibal, J.D. Isaacs, J. Shaw, P.D. Home, J.U. Weaver. Circulating endothelial progenitor cells are reduced in subclinical and overt hypothyroidism (Oral Presentation). British Endocrine society, Annual conference, March 2008
- **SK Abdul Shakoor**; E.Blount, M.Low, R. Howe, S.Razvi, J.S. Barker; and J.U.Weaver. Subclinical thyroid disorders in ischaemic heart disease: Audit of clinical practice within Rapid Access Chest Pain Clinic. British Endocrine society, Annual conference, March 2008
- P. Rao, O.Pereira, **SK Abdul Shakoor**, and J.U.Weaver. The outcome of the management of subclinical hyperthyroidism: Use of fixed dose of Radioiodine therapy. British Endocrine society, Annual conference, March 2007
- **SK Abdul Shakoor**, M. Roberts, S.M.Shalet, and P.J.Trainer. Reproducibility of cortisol day curve in monitoring patients on long-term hydrocortisone replacement therapy. 23rd joint meeting of the British Endocrine societies with the European Federation of Endocrine societies, March 2004, Vol 7, p224.
- A.G. Claridge, **SK Abdul Shakoor**, and P.J.Trainer. The efficacy of an octreotide test dose to predict the outcome of treatment for acromegaly with somatostatin LAR. 23rd Joint meeting of the British Endocrine societies with the European federation of Endocrine societies, March 2004, Vol 7, p124.
- **SK Abdul Shakoor**, F. Laloo and J.R.E. Davis. A case of Carney complex with unusual presentation. British Endocrine Society annual conference, Glasgow, P 58, Vol 5; 2003.

Publications

- **S K Abdul Shakoor**, Jiao HL, Tan AWK, Huiling L; The role of inflammation in contributing to vascular risk in Sub clinical Hyperthyroidism; Randomised Controlled trial. J Endocrinol Metab 2021. <https://doi.org/10.14740/jem723>.
- **S K Abdul Shakoor**, Jiao HL, Tan AWK, Huiling L; Endothelial dysfunction in Subclinical hyperthyroidism: Randomised trial; Singapore Medical Journal accepted Jan 2021(in press)
- Zheng Kang Lum, Wei Yann See Toh, Sze Mian Lim, **S K Abdul Shakoor**, et al; Efficacy and Safety of Use of the Fasting Algorithm for Singaporeans With Type 2 Diabetes (FAST) During Ramadan: A Prospective, Multicenter, Randomized Controlled Trial. Fam Med 2020; :139-147. <https://doi.org/10.1370/afm.2500>.
- Zheng Kang Lum, Wei Yann See Toh, Sze Mian Lim, **S K Abdul Shakoor**, et al; Development of a Collaborative Algorithm for the Management of Type 2 Diabetes during Ramadan: An Anchor on Empowerment: DIABETES TECHNOLOGY & THERAPEUTICS Volume 20, Number 10, 2018; DOI: 10.1089/dia.2018.0159.
- **S K Abdul Shakoor**, R.Hawkins, Shin Yii Kua, et al; Natural history and comorbidities of subjects with sub clinical hyperthyroidism at a tertiary hospital setting; Ann Acad Med Singapore 2014; 43:506-10.
- Melanie Yee Lee Siaw, Daniel Ek Kwang Chew, Rinkoo Dalan, **S K Abdul Shakoor**, et al; Evaluating the Effect of Ramadan Fasting on Muslim Patients with Diabetes in relation to Use of Medication and Lifestyle Patterns: A Prospective Study; IJE, 2014.
- **S K Abdul Shakoor**, A. Aldibbiat , L.E. Ingoe , S.C. Campbell, L. Sibal , J.Shaw , P.D. Home, J. U Weaver; Endothelial Progenitor cells in Subclinical Hypothyroidism; the effect of thyroid hormone replacement therapy. J Clin Endocrinol Metab; Jan; 95(1); 319-22.
- S.Razvi, **S K Abdul Shakoor**, M. Vanderpump, J.U.Weaver, S.Pearce. The Influence of Age on the Relationship between Subclinical Hypothyroidism and Ischemic Heart Disease: A Meta-Analysis. J Clin Endocrinol Metab; August, 2008; 93(8), 2969-71.
- Pokrajac A, Claridge AG, , **S K Abdul Shakoor** , Trainer PJ. The octreotide test dose is not a reliable predictor of the subsequent response to somatostatin analogue therapy in patients with acromegaly. European Journal of Endocrinology, 2006 Feb; 154(2):267-74.
- **S K Abdul Shakoor** and S.M.Shalet. Effects of growth hormone replacement in metabolism and physical performance in growth hormone deficient adults. Clinical review; Journal of Endocrinological Investigation; 2003 Sep; 26(9) 911-8.
- **S K Abdul Shakoor**, A.A.Toogood and S.M.Shalet. How do changes in the GH/IGF-1 status of the elderly occurring naturally, pathologically or therapeutically- induced impact on their lives? Clinical review; Endocrine aspects of successful aging: Genes, Hormones and lifestyles; Foundation Ipsen; 2003 Sep; p129-147

Management and organisation

- Leading, managing, and supervising medical team of junior doctors, paramedical staff in my current and last job as a consultant.
- Department's Quality Review Officer (QRO, TTSH) from 2014 overseeing the quality and safety in relation to the clinical care and patient safety in the Endocrine Dept including JCI inspection in 2014.
- Completed Clinical Practice Improvement Project programme in 2018
- Organising and overall management of Dept Peer Review Learning sessions and Dept Mortality and Morbidity sessions since 2016.
- Organising Educational programme for Muslim Diabetic patients for managing diabetes during Ramadan fasting for the last 6 years
- Core clinical faculty member and **Chairman of Programme Evaluation Committee** for Advanced specialist trainee in Endocrinology from 2013
- EMSS chair for ADES certification of diabetes nurse educators since 2012
- Involved in establishing diabetes register at Trafford general hospital, Manchester UK thereby improving diabetes care in the Trafford area

Teaching experience

- Core clinical faculty member and **Chairman of Programme Evaluation Committee** for Advanced specialist trainee in Endocrinology and responsible for developing curriculum for trainees in Endocrinology, and evaluation and assessment of Endocrine specialist trainees since 2016 in the current job.
- Teaching and Supervising residents, both Medical Officers and Endocrine residents and also evaluating and appraising junior trainees formally
- Bed side teaching for M3, and M5 medical students attached to the department in the current as well as previous posts
- Teach/Supervise nursing staff/trainees posted to Dept of Endocrinology
- Undergraduate medical examiner for NUS medical students and previously as OSCE examiner for undergraduate medical students in UK
- Organised teaching schedule for undergraduate medical students during different trainee posts in UK
- Attended formal Teaching courses; Team based learning Course/ MINI-CEX course, TTSH and Teaching the teachers course, Manchester, January, 2008

References

Dr Jolanta Weaver
Senior Lecturer and consultant Diabetologist
Newcastle University and Queen Elizabeth Hospital
Sheriff Hill, Gateshead, NE9 6SX
Tel 0191 4452181
Email; J.U.Weaver@ncl.ac.uk

Professor Julian Davis
Professor of Medicine and Consultant Endocrinologist
Manchester Royal Infirmary, Oxford Road
MANCHESTER. M13 9WL
Tel 0161 2765791
Email; Julian.davis@man.ac.uk

Professor S.M. Shalet
Professor of Medicine and Consultant Endocrinologist
Christie Hospital, Wilmslow Road, MANCHESTER
Tel 0161 4463665
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