



Raju Singh Ahluwalia

FRCS (Tr & Orth) MFSEM MBBS BSc (Hons.)

Consultant Trauma and Orthopaedic Surgeon
Specialising in Lower Limb Trauma & Foot and
Ankle Disorders

Personal Statement

I am a consultant trauma, foot & ankle surgeon Kings College Hospital NHS Trust and the Major Trauma Centre and the Diabetic Foot Unit. I started my higher surgical training on the Cambridge Training program and completing it at the Royal National Orthopaedic Hospital, London specialising in complex hind foot and neurological problems and then undertaking a comprehensive program of specialist clinical training and two-year full-time surgical fellowship program (Oxford & Liverpool) in disorders of the foot & ankle, minimally invasive and lower limb reconstruction.

My work encompasses the complexities of diabetic foot medicine within a multi-disciplinary team (MDT). I enjoy the challenges of foot surgery and on going development of diabetic foot surgery. I work within the MDT Diabetic Foot Unit and undertake both acute and elective hind and reconstructive foot surgery and routinely work to gain ulcer control and salvage protect and correct foot deformity. Forming part of the organisational committee & faculty to the annual Kings Charcot Meeting and Chairing the Foot and Ankle Department Complex Foot MDT Meeting. Building on previous management roles for international organisations such as the Association Research Circulation Osseous and their Meeting, courses in surgical techniques (Nailing and Fracture Fixation) & plastering.

As a member of DFSG and the IDFCG through active co-operation, collaboration, I have gained knowledge on all aspects of diabetic foot care and gained an understanding of pan European diabetic foot organisations and worked with D-Foot International in developing the “fast track” pathway, its adaptation in COVID-19, and co-authoring a guide to debridement. Current studies with the British Orthopaedic Trainee Association and Orthopaedic Trauma Society highlight the ability to collect big data, organising workshops & meetings and the ability to work with national organisations, and trainee groups, to assess common problems and continuing to support Problem Based Assessment for Trainees and teaching on effective debridement.

Professional Qualifications

FRCS (Tr.& Orth)	(RCS Eng)	2011
MFSEM (Dip. SEM)	(RCS Edinburgh)	2011
MRCS	(RCS Eng)	2005
MBBS BSc (<i>Hons</i>)	(University of London)	2001

Professional Membership

British Medical Association	Royal College of Surgeons of England
Faculty of Sports & Exercise Medicine	<i>International Diabetic Foot Care Group(IDFCG)</i>
British Orthopaedic Foot & Ankle Association	<i>Diabetic Foot Study Group (DFSG)</i>
American Orthopaedic Foot and Ankle Association	British Indian Orthopaedic Society(UK)

Team Awards

2019	1st Prize BOFAS Podium Presentation
2019	2nd Prize BOFAS Poster Presentation
2017	Guthrie Travelling Grant
2015	BOFAS Supporting AHC Bursary
2015	QMS Charity Fund
2013	Audit Prize WUTH

Prizes/Awards

2013	AO Travelling Fellowship
2013	BOFAS Travelling Fellowship
2011	STEPS Research Innovation Award
2006	Best Regional Presentation in Orthopaedics – (Annals of RCS Eng)
2005	Arthrex Research Award.
2004	Aventis Audit Award.
2000	The Mary Schneider Prize Scholarship.
1998	Guy's and St. Thomas's Medical School Bursary.
1997	Smith Newcomb Foundation Scholarship.

Publications

Book Chapters/Guidelines

1. V Kavarthapu, RS Ahluwalia. Chapters in Management of diabetic foot. Essentials of Foot and Ankle Surgery. (2020)
2. D Coffey, RS Ahluwalia: Chapter: Hip Fractures 50 Studies Every Orthopaedic Surgeon Should Know. Published by Singer (2020).
3. RS Ahluwalia, Chapter The use of TCC in Diabetic Foot Treatment in Interdisciplinary Approach to Limb Salvage of the Diabetic Foot, edited by Prof. M Edmonds and B Sumpio. Published by Springer (2019).
4. JL Martinez, FJ Alvaro-Alfonso, R Ahluwalia, N Baker, K Van Acker. Debridement and the Diabetic Foot. D-Foot Footnote: Special Issue (Winter 2019)
5. RS Ahluwalia (as a member of the pan) London elderly trauma group London Major Trauma System: Management of elderly major trauma patients – Second Edition (2018)
6. RS Ahluwalia Pan London Elderly Trauma guidelines (February 2017): The Management of the Elderly Care trauma Patient – First Edition (2017)
7. RS Ahluwalia, M Avidin 2 Chapters: Pain Control in the Elderly and Paediatric Anaesthesia, in Peri-operative Care, Anaesthesia, Pain Management and Intensive Care- An Illustrated Coloured Text, (2003) published by Harcourt Publishers Limited.

Peer Reviewed Articles

1. R Ahluwalia, T Colegate-Stone, K Karruipiah et al. Improving the efficiency of ankle fracture care through home care and day surgery units: delivering safe surgery on a value-based healthcare model. The Surgeon, Journal of the Royal Colleges of Surgeons of Edinburgh and Ireland (2020) Sept accepted.

2. E Vanieri, R Ahluwalia et al. "Outcomes after emergency admission with a Diabetic Foot Attack indicate a high rate of healing and limb salvage but increased mortality:18-month follow-up study." *Experimental and Clinical Endocrinology & Diabetes*, (2020) Sept accepted.
3. AR Rabi AR, S Lyle, I Reichert, R Ahluwalia. The King's Cut: The Sliding Hindfoot Osteotomy for talar body collapse. for *Ann R Coll Surg Engl*. (2020) Sept Accepted
4. M Meloni, B Bouillet, R Ahluwalia et al. Fast-track pathway for diabetic foot ulceration following the COVID-19 crisis: a document from International Diabetic Foot Care Group and D-Foot International. *Diabetes Metab Res Rev*. 2020 Aug 17:e3396. doi: 10.1002/dmrr.3396. Online ahead of print.
5. T Stringfellow, ST Walters, W Nash, R Ahluwalia. Management of posterior malleolus fractures: a multicentre cohort study in the United Kingdom. *Foot Ankle Surg*. 2020 Aug 30:S1268-7731(20)30171-5. doi: 10.1016/j.fas.2020.08.003. Online ahead of print.
6. D Coffey, R Ahluwalia et al. Overcoming barriers in hallux valgus surgery. An assessment of variation in clinical commissioning, in England. *British Journal of Healthcare Management* Sept (2020) accepted.
7. J Guillaumat; M Meloni, R Ahluwalia, et al. Un parcours de soins primaires pour améliorer la prise en charge et le pronostic des patients diabétiques avec une plaie de pied. *La revue de médecine interne* (2020) accepted (French).
8. C. Wek, I. Pilkington, J. Compson, R. Ahluwalia. Bilateral distal fibula stress fractures in late pregnancy: A case report. *The Foot and Ankle Online Journal* 13 (2): 9 9 (2020)
9. AR Rabi, D Osarumwense, B Andrews, A Vasireddy, R Ahluwalia. Key steps in anatomical reduction for fibula nail insertion. *Ann R Coll Surg Engl*. 2020 Jul 31:1-3. doi: 10.1308/rcsann.2020.0155. Online ahead of print. PMID: 32735125
10. PN Unnikrishnan, DS Bhachu, RS Ahluwalia. The challenging narrow proximal femur: a technical tip for use with the Exeter stem *Ann R Coll Surg Eng*. 2020;1-2. doi:10.1308/rcsann.2020.0112
11. M Sykes, E Kissin, I Reichert, V Rose, R Ahluwalia. Infected open calcaneal fractures - A delayed reconstruction technique using calcium sulphate and hydroxyapatite antibiotic elucidating void filler. *J Clin Orthop Trauma*. 2020 May-Jun;11(3):462-466. doi: 10.1016/j.jcot.2020.03.017. Epub 2020 Mar 31.
12. Manas AB, Taori S, Ahluwalia R, et al. Admission Time Deep Swab Specimens Compared With Surgical Bone Sampling in Hospitalized Individuals With Diabetic Foot Osteomyelitis and Soft Tissue Infection]. *Int J Low Extrem Wounds*. 2020;1534734620916386. doi:10.1177/1534734620916386
13. Ha J, Hester T, Foley R, Reichert ILH, Vas PRJ, Ahluwalia R & V Kavarthapu. Charcot foot reconstruction outcomes: A systematic review. *J Clin Orthop Trauma*. 2020;11(3):357-368. doi:10.1016/j.jcot.2020.03.025
14. M Meloni, V Izzo, C Manu, R Ahluwalia, JL Martinez, K Van Acker. Fast-track pathway: an easy-to-use tool to reduce delayed referral and amputations in diabetic patients with foot ulceration. *The Diabetic Foot Journal* 22(2): 38–47 (2019)
15. Sánchez-Ríos JP, García-Klepzig JL, Manu C, R Ahluwalia et al. Referral of patients with diabetic foot ulcers in four European countries: patient follow-up after first GP visit. *J Wound Care*. 2019;28(Sup8):S4-S14. doi:10.12968/jowc.2019.28.Sup8.S4
16. R. Ahluwalia, I Reichert, ME Edmonds, V Kavarthapu, P Vas et al. Surgical Diabetic Foot Debridement: Utilising the traffic light principle in training and improving outcomes. *Int J Low Extrem Wounds*. 2019 Jun 25:1534734619853657. doi: 10.1177/1534734619853657.
17. N Vasukutty N, H Jawalkar, A Anugraha, R Chekuri, R Ahluwalia, V Kavarthapu. Correction of ankle and hind foot deformity in Charcot neuroarthropathy using a retrograde hind foot nail-The Kings' Experience. *Foot Ankle Surg*. 2018 Oct;24(5):406-410.
18. N Howard, C Cowan, R Ahluwalia, A Wright, M Hennessy, G Jackson, S Platt. Improving the Consent Process in Foot and Ankle Surgery with the Use of Personalized Patient Literature. *J Foot Ankle Surg*. 2018 Jan - Feb;57(1):81-85. doi: 10.1053/j.jfas.2017.08.011.

19. PR Vas, M Edmonds, V Kavarthapu, H Rashid, R Ahluwalia, C Pankhurst, N Papanas. The Diabetic Foot Attack: "Tis Too Late to Retreat!" *Int J Low Extrem Wounds*. 2018 Mar;17(1):7-13. doi: 10.1177/1534734618755582. Epub 2018 Feb 12. PMID: 29430981
20. JL Garcia-Klepzig, JP Sánchez-Ríos, C Manu, R Ahluwalia, C Lüdemann, M Meloni, JL Lázaro-Martínez, K Van Acker. Perception of diabetic foot ulcers among general practitioners in four European countries: knowledge, skills and urgency. *J Wound Care*. 2018 May 2;27(5):310-319. doi: 10.12968/jowc.2018.27.5.310.
21. C Manu, E Lacopi, B Bouillet, J Vouillarmet, R Ahluwalia, C Lüdemann, JL Garcia-Klepzig Edmonds M, Apelqvist J, Lázaro-Martínez JL, Van Acker K. Delayed referral of patients with diabetic foot ulcers across Europe: patterns between primary care and specialised units. *J Wound Care*. 2018 Mar 2;27(3):186-192. doi: 10.12968/jowc.2018.27.3.186.
22. PR Vas, RS Ahluwalia, C Manu, A. Manas, V Kavarthapu, ME Edmonds. Undiagnosed Severe Sleep apnoea and Diabetic Foot Ulceration - A case series-based Hypothesis: A hitherto under emphasized factor in failure to heal. *Diabet Med*. 2015 May 29. doi: 10.1111/dme.12813.
23. H Emmerson, T Howard, M Wilkinson, RS Ahluwalia. Chronic Ulceration Following Surgical Excision of a Morton's Neuroma due to an Underlying Arteriovenous Malformation of the Foot (The Foot and Ankle Online Journal 12 (3): 4 (2019)
24. S Odak, RS Ahluwalia, SR Platt, MS Hennessy. Management of Posterior Malleolar Fractures: A Systematic Review. *J Foot Ankle Surg*. 2015 Jun 19. pii: S1067-2516(15)00115-5. doi: 10.1053/j.jfas.2015.04.001.
25. S Odak, RS Ahluwalia, SR Platt, MS Hennessy et al. Arthroscopic Evaluation of Impingement and Osteochondral Lesions in Chronic Lateral Ankle Instability. *Foot Ankle Int*. 2015 Sep; 36(9): 1045-9. doi: 10.1177/1071100715585525.
26. N Blucher, C Janes, RS Ahluwalia. The safe use of Local Aneesthetics in Surgery. (2015) *Bulletin of The Royal College of Surgeons of England*, Volume 97, Number 2, February 2015, pp. e4-e8 (5).
27. RS Ahluwalia, C Elliott, MS Hennessy, SR Platt. Can we recreate intra-operative weight bearing in Hallux Valgus Surgery? A radiographic study using a reproducible technique of load bearing to simulate weight bearing *FAOJ* (2014) ISSN 1941-6806 doi: 10.3827/faoj.2014.0701.0002
28. RS Ahluwalia, N Blucher, SR Platt, MS Hennessy. Technical Tip: Preparation of first MTP fusion graft for multi-planer correction. *Foot Ankle Surg*. 2013 Sep19 (3):199-201. doi: 10.1016/j.fas.2013.01.002. Epub 2013 Mar
29. RS Ahluwalia, K Saraf, R Dega. Chronic sinus formation using non-absorbable braided suture following open repair of achilles tendon. *Foot Ankle Surg*. 2013 Jun; 19 (2): e7-9. DOI: 10.1016/j.fas.2012.11.003. Epub 2013 Jan
30. J Chelsom, R Ahluwalia, N Dogar. Clinician-led development of electronic health records systems. *Stud Health Technol Inform*. 2013; 183: 3-8.
31. K Haparunachi, RS Ahluwalia, MG Bowditch. Fracture neck of Femurs in the octogenarians. *Journal of Orthopaedics and Traumatology* 2013. DOI: 10.1007/s10195-013-0248-9
32. Z Silk, RS Ahluwalia, JD Calder. "Low-energy extracorporeal shock wave therapy to treat lesser metatarsal fracture non-union". *Foot Ankle Int*. 2012 Dec: 33 (12): 1 128-32. doi: DOI: 10.3113/FAI.2012.1128
33. A Amin, DH Nawabi, J Mangwani, RS Ahluwalia, M Loeffler. Postoperative autologous auto-transfusion in total knee Arthroplasty. *J Bone Joint Surg Br* 2008 90-B: 451-454.
34. RS Ahluwalia, A. Smith, A Davis. A rare presentation of Paget's disease, causing ulna impaction syndrome. *Injury Extra*, Volume 38, Issue 2, February 2007, Pages 49-50.
35. RS Ahluwalia, N Johal, C Kouriefs, PS Callaghan, RO Plail. Results of a 3-centre study into the indications, complications and outcome of suprapubic catheter insertion. *Ann R Coll Surg Engl*. 2006 March; 88(2): 210–213.

36. M Guruswamy, RS Ahluwalia, V Shiv Shanker. Rare case of post-traumatic cavernous lymphangioma of the upper-limb in a young adult male. *Grand Rounds* Jan 2006. DOI: 10.1102/1470-5206.2006.0007 Vol 6 pages 22-24
37. RS Ahluwalia, ILH Reichert. Hydrogen peroxide induced oxygen embolism in orthopaedic surgery. *Injury Extra*, Volume 37, Issue 4, April 2006, Pages 139-140.
38. D Carlton-Conway, RS Ahluwalia, L Henry, C Michie, L Wood, R Tulloh. Behaviour sequelae following acute Kawasaki disease. *BMC Pediatr.* 2005 May 25; 5 (1): 14 15916701

Presentations (Selected)

International/National

1. M Meloni, R Ahluwalia, ... Alberto Piaggese, Laura Giurato, Luigi Uccioli et al, Effectiveness of fast-track pathway for diabetic foot ulcerations: preliminary data from Italy DFSG 2020 (Podium)
2. R Ahluwalia, C Manu, E Iacopi, B Bouillet, J Vouillarmet et al. Foot misunderstandings: reporting the pan European assessment of patient perception and its possible impact on referral times. *Foot Misunderstandings DFSG 2020* (e Poster)
3. G Kotronis, D Osarumwense, R Ahluwalia, N Phyo, I Reichert, et al. Treatment with Antiplatelet therapy before major Orthopaedic Charcot Reconstructive Surgeries in individuals with diabetes does not increase the risk of postoperative anemia and the need for transfusion.
4. A Lekhi, C Wek, S Odak, I Reichert, R Ahluwalia. Systematic Review: The Medial Column Bolt in Surgical Management of Charcot Neuroarthropathy. *DFSG (2020)*
5. RS Ahluwalia, E Vanieri, A Blanchard, M Simmggen, P Vas, I Reichert. What do they want: Patient priorities in the diabetic foot clinic and VBHC. *ISDF 2019* (Podium)
6. N Phyo, N Petrova, W Tang, I Reichert, R Ahluwalia, V Kavarthapu. Outcomes of Complex Diabetic Foot Heel Ulcers - the Role of the Multidisciplinary Surgical Management. *ISDF 2019* (Poster)
7. I Kummen, N Phyo, I Reichert, R Ahluwalia, V Kavarthapu. Charcot Foot Reconstruction - How Does Major Hardware Breakage and Non-union Affect the Clinical Outcomes? *ISDF 2019* (Poster)
8. E Vainieri, D Saeed-Chesterman, M Bates, A Vris, R Ahluwalia, S Taori, V Kavarthapu, M Edmonds1, J Salisbury, P Vas. Bone Histology of Percutaneous Bone Biopsy Specimens Identifies Five Distinct Subtypes and Provides Complementary Information in Diabetic Foot Osteomyelitis. *ISDF 2019* (Poster)
9. E Vanieri, R Ahluwalia, V Kavarthapu, M Edmonds, P Vas Outcomes from the Diabetic Foot Attack 1 year Follow up - Prognostic Markers. *ISDF 2019* (Poster)
10. JP Sanchez RiÃos, JL Lazaro Martinez, V Rodriguez Saenz de Buruaga, JL Garcia Klepzig, M Meloni, C Manu, V Izzo, E Iacopi, R Ahluwalia, C LuÃdemann, B Bouillet, J Vouillarmet, J Guillaumat, K Van Acker, Late Referral as the Great Problem to Diabetic Foot Ulcers Management. *ISDF 2019* (Podium)
11. M Bates, E Vainieri, A Vris, R Ahluwalia, N Phyo, C Manu, S Taori, M Edmonds, V Kavarthapu, TJemmott, M Stafford, P Vas. Percutaneous Bone Biopsies Carried Out Safely and Efficiently in the Out-Patient Diabetic Foot Clinic Significantly Helps Manage Diabetic Foot Osteomyelitis. *ISDF 2019* (Podium)
12. M Simmggen, R Ahluwalia, V Kavarthapu, ILH Reichert. Patient expectations prior to Charcot reconstruction lessons from the foot school. *DFSG 2018* (Podium)
13. RS Ahluwalia. Reporting the assessment of new diabetic foot presentations in specialist clinics across Europe: focus on patient perceptions and the possible impact on their management. *DFSG 2017* (Podium)
14. F Raheman, RS Ahluwalia, A Vris, V Kavarthapu. The MDT Approach to the Diabetic Ankle Fracture: The importance of Targeting Glycaemic Control Post. *DFSG 2017* (Poster)

15. RS Ahluwalia, A Sinha, J Tan, S Saif, P Vas, V Kavarthapu, M Edmonds. Assessment and cost analysis of the hyper acute diabetic foot service to manage the severe foot attack. DFSG 2016 (Podium)
16. C Luàdemann¹, C.A. Manu, R Ahluwalia, JL Garcia Klepzig, et al. Characteristics of new-patient referrals to specialist diabetes foot care services across Europe. DFSG 2016 (Podium)
17. RS Ahluwalia, F Rahman, V Kavarthapu. The importance of long segment fixation in diabetic ankle fractures. (BOFAS 2017 – Podium)
18. RS Ahluwalia. Reporting the assessment of new diabetic foot presentations in specialist clinics across Europe: focus on patient perceptions and the possible impact on their management. DFSG (Podium)
19. F Raheman, RS Ahluwalia, A Vris, V Kavarthapu. The MDT Approach to the Diabetic Ankle Fracture: The importance of Targeting Glycaemic Control Post. DFSG 2017 (Poster)
20. RS Ahluwalia, A Vris, F Rahman, V Kavarthapu. The assessment of risk factors in ankle fractures. BIOSUK 2017 (Podium)
21. A Vris, E Massa, R Ahluwalia, V Kavarthapu. The use of bone biopsies in diabetic foot practice. AOFAS 2017 (Podium)
22. F Rahman, R Ahluwalia, T Colegate Stone, K Karrapiah, V Kavarthapu, J Sinha. Enhanced Treatment: Examining the clinical and cost implication of combined home care and day-case ankle fracture fixation. AOFAS 2017 (Poster)
23. N Vascutty, R Chekuri, H Jawalker, A Anugraha, RS Ahluwalia, V Kavarthapu. Interim Results of mid and hind foot fusion in charcot neuropathopathy (BOFAS 2016 - podium)
24. RS Ahluwalia, A Sinha, J Tan, S Saif, P Vas, V Kavarthapu, M Edmonds. Assessment and cost analysis of the hyper acute diabetic foot service to manage the severe foot attack. DFSG 2016 (Podium)
25. RS Ahluwalia, G Vivian, N Mullholland, P Vas, V Kavarthapu, ME Edmonds “The evaluation of SPECT-CT in the early management of acute charcot osteoarthopathy (CN).” AOFAS 2016 (Poster)
26. RS Ahluwalia, S O’Dak, I Reichert, V Kavarthapu, ME Edmonds “The Medial Column Fusion Bolt: Meta-analysis of its medium term results.” AOFAS 2016 (Poster)
27. RS Ahluwalia, S Francis, P Vas, V Kavarthapu, ME Edmonds. Surgical management of the neuropathic acute foot-attack – the value of C-reactive protein in prioritizing the 'door to table' time. ISDF 2015 (Poster)
28. RS Ahluwalia, S Francis, P Vas, V Kavarthapu, ME Edmonds Surgical Diabetic foot debridement: Improving training and practice using traffic light principle. ISDF 2015 (Poster)
29. PR Vas, RS Ahluwalia, C Manu, A. Manas, V Kavarthapu, ME Edmonds. - A case series based Hypothesis: A hitherto under emphasized factor in failure to heal. ISDF 2015 (Poster)
30. C.Cowan, N. Howard, R. Ahluwalia, M. Hennessey, S. Platt. Improving the Consent Process in Foot and Ankle Surgery – The Use of Consent Clinics and Patient Specific Literature AOFAS 2014 (Podium)
31. Brookes-Fazakerly S, Ahluwalia R, Platt S, Jackson G. Pain Mapping for Foot and Ankle Disorders. AOFAS 2014 (Poster)
32. RS Ahluwalia, C Elliot, G Jackson, N Geary, M Hennessy, S Platt. Patient Related Outcome Measures in Foot and Ankle surgery - Setting a Benchmark for Hallux Valgus surgery AOFAS 2014 (Poster)
33. RS Ahluwalia, C Elliot, G Jackson, N Geary, M Hennessy, S Platt. How does sesamoid reduction affect Patient Related Outcome Measures in Hallux Valgus Surgery AOFAS 2014 (Poster)
34. RS. Ahluwalia, N. Blucher, H. Kielghty, P. Weller, S. Platt, M. Hennessy. The Interim Results on Estimation of a Forefoot Surgery quality-adjusted life years (QALY)? BOFAS 2013 (Poster)
35. C. Cowan, RS. Ahluwalia, N. Howard, M. Hennessy, S. Platt. Improving the consent process in foot and ankle surgery – use of patient specific literature. BOFAS 2013 (Podium)
36. RS Ahluwalia, M Rogers, B Sharp, P Cooke. The pathological anatomy of the varus ankle. AOFAS 2013 (Poster)

37. RS Ahluwalia, A Ajis, P Dean, N Geary, SR Platt, MS Hennessy. Making the grade: Interim results of a novel objective assessment of surgical fellowship training. AOFAS 2013 (Poster)
38. S O'dak, N Blucher, RS Ahluwalia, SR Platt, MS Hennessy. Lateral ligament disruption is commonly associated with Anterior –Lateral impingement. AOFAS 2013 (Poster)
39. J Chelsom, RS Ahluwalia, and N Dogar. A Clinician-Led Development of Electronic Health Records Systems. ITCH 2013 (Podium)
40. RS Ahluwalia, M Rogers, B Sharp, PH Cooke. 14 Year experience of Ankle replacement. BOFAS 2012 (Podium)
41. N Dogar, J Chelsom, RS Ahluwalia. Open Source Toolkit to Implement and Deliver Change: Novel Community and Secondary Care MDT. Royal Society of Medicine Telemedicine 2011 (Podium)