

Natalia M K Spierings, BSc(hon) MBBS MRCP(Derm) MBA

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GMC: 7018298 ★ DOB: 21/03/1981 ★ Nationality: Dutch ★ Marital Status: Single

Consultant Dermatologist, Dermatological Surgeon & Mohs Micrographic Surgeon NHS Substantive Consultant at Leeds Teaching Hospitals NHS Trust, UK

Excellent communication skills with colleagues, managers, and patients. Self-starter, disciplined, reliable, enthusiastic and goal-orientated. Strong work ethic. Exceptional oral presentation and teaching skills to medical and non-medical professionals alike. Excels at motivating and leading team members toward common goals. Keen interest in NHS management, operations, strategic alignment and sustainability. Dedicated to providing safe, efficient and patient-centred care of *the highest quality* at every opportunity, every day.

I. EDUCATION

A. Medical Education

2002-2008

MBBS St. George's, University of London, United Kingdom

Awarded with Distinction in Medical Sciences

2002-2005

BSc(hon) St. George's University of London, United Kingdom

Medical Sciences with Anatomy, Intercalated BSc

Awarded 2i degree

B. Postgraduate Education

October 2016 – Present

MSc in Aesthetic Medicine, Queen Mary University of London

(Two years, distance learning)

September 2016 – November 2016

Diploma in Dermoscopy, Cardiff University, Department of Dermatology

12 week online distance learning

September 2014 – September 2016

Masters of Business Administration (MBA), Executive Programme (Two years, part-time)

Kingston University School of Business

March 2015

Postgraduate Certificate in Healthcare Education

St. George's, University of London

October 2014
Specialty Certificate in Dermatology
Royal College of Physicians (Dermatology)

August 2011
Member of the Royal College of Physicians, UK

C. Other Education

July 2001
International Baccalaureate Diploma: Chemistry Higher/Physics Higher/English Higher/
Economics/Maths/Dutch Language
The International School of the Hague, the Netherlands
Awarded 39/42 points

D. Courses

November 2017
Blushtan airbrush tanning practical training course – certification as a Trained Sunless Consultant
in the blushtan technique
Blushtan flagship studio, Westborough, MA

September 2016
BSDS Head and Neck Anatomy for the Cutaneous Surgeon
Bristol Dermatology Centre

September 2015
Photodermatology course at St. John's Institute of Dermatology, London

June 2015
Media and Speaker Skills Masterclass, London

March 2015
Working Group for the Treatment of Actinic Keratosis, Danish Embassy

November 2014
Lymphoedema European Masterclass, St. George's Hospital, London

September 2014
Crash Course Dermatopathology, London

June 2014
SCE Prep course, Birmingham

May 2014
Paediatric Dermatology Course, Birmingham Children's Hospital

November 2013

A Basic Course of Dermatopathology (ABCD), St. John's Institute of Dermatology, London

April 2013

BSDS Annual Workshop, Birmingham

January 2013

Psychodermatology UK Annual Meeting, Royal Society of Medicine, London

December 2012

Biology of the Skin, Cambridge

September 2012

Introduction to Good Clinical Practice (GCP)

II. CLINICAL TRAINING

August 2016 – August 2017

Post-CCT Fellow in Mohs' Micrographic Surgery and Cutaneous Surgery

Royal Victoria Infirmary, Newcastle upon Tyne

Supervisor: Dr. James Langtry

August 2015 – August 2016

Specialist Registrar, Dermatology, ST6

St. Helier's Hospital, Carshalton, Surrey

NHS District General Hospital

Supervisor: Dr. Julia Soo

August 2014 - August 2015

Specialist Registrar, Dermatology, ST5

St. George's Hospital, London

NHS Teaching Hospital

Supervisor: Dr. Venuras Samarsinghe

August 2013 - August 2014

Specialist Registrar, Dermatology, ST4

Kingston Hospital, Kingston, Surrey

NHS District General Hospital

Supervisor: Dr. Janakan Natkunarajah

August 2012 - August 2013

Specialist Registrar, Dermatology, ST3

St. George's Hospital, London

NHS Teaching Hospital

Supervisor: Dr. Naomi Goldstraw

August 2010 - August 2012
Core Medical Trainee Years 1 & 2 (ST1 & ST2)
Neurology/Neurorehabilitation/Neurosurgery/Cardiology/Rheumatology/Geriatrics
Croydon University Hospital & St. George's Hospital
NHS Hospitals

August 2008 - August 2010
Academic Foundation Trainee (F1 & F2)
Endocrinology/Colorectal Surgery/Trauma & Orthopaedics/Accident & Emergency/Renal
Medicine/Renal Academic
Kingston Hospital & St. George's Hospital
NHS Hospitals

III. PUBLICATIONS

A. Peer Reviewed

Spierings NMK, Natkunarajah J, Bansal A, Ostlere L. Should we be prescribing isotretinoin to patients with peanut allergies? *Clinical Experimental Dermatology* 2015 October. 40(7): 824-825. DOI: 10.1111/ced.12750.

Spierings NMK, Moosa Y, Chong WH, Goldstraw NK. A Marble in a Sack. *Journal of the European Academy of Dermatology and Venereology* 2015 August, 30: 1438-1440. DOI: 10.1111/jdv.13279

Spierings NMK, Natkunarajah J. Leukocytoclastic vasculitis presenting as an erythema gyratum repens-like eruption. *Clinical Experimental Dermatology* 2016 April 3;41(3):320-2. DOI: 10.1111/ced.12749

Cussans A, **Spierings NMK**, Woods A, Ostlere L. Topical medicament allergy: The importance of patch testing. *British Journal of Medical Practitioners* 2015;8(2):a819.

Spierings NMK, Singh M, Goldstraw NK. When a nappy rash is more than just a sore subject. *Dermatology in Practice*. Autumn 2015, 21(3): 54-57.

Spierings NMK, Holt DW, MacPhee IAM. CYP3A5 Genotype had no impact on inpatient variability of tacrolimus clearance in renal transplant recipients. *Therapeutic Drug Monitoring*. 35(3):328-331, June 2013.

Lawes IN, Barrick TR, Murugam V, **Spierings NMK**, Evans D, Song M, Clark C. Atlas based segmentation of white matter tracts of the human brain using diffusion tensor tractography and comparison with classical dissection. *NeuroImage*. Volume 39, Issue 1, 1 January 2008:62-79.

Spierings NMK, Spierings E. Hypnosis in the treatment of headache: is hypnotherapy beneficial? *Headache & Pain*. 2007;18(4):140-148.

B. Non-Peer Reviewed

Spierings NMK, Worsnop F. A systematic approach to history and examination of the patient presenting with a dermatological complaint. Core reading chapter and associated assessments in the Postgraduate Diploma in Family Medicine, delivered collaboratively by Middlesex University, London and Rila Institute of Health Sciences, London. 2012.

IV. PRESENTATIONS

A. ORAL

AMERICAN COLLEGE OF MOHS SURGERY ANNUAL MEETING

May 2018

The RAST Flap: A Rapid Pearl
NMK Spierings, SW Hussain

BRITISH ASSOCIATION OF DERMATOLOGISTS ANNUAL MEETING

July 2014

CPC: Erythema gyratum repens-like urticarial vasculitis
NMK Spierings, J Natkunarajah

July 2015

Teaching: Increasing exposure to dermatology during core medical training: an innovative programme at St. George's Hospital, London
H Leeman, NMK Spierings, V Akhras

July 2016

CPC: Visage Mauve
NMK Spierings, S Al-Hyassat, N Cowley

CPC: A Dramatically Different Case of Dowling-Degos Disease
NMK Spierings, H Chong, R Betz, M Singh

BSDS: Safe treatment of truncal compensatory hyperhidrosis with high-dose botulinum neurotoxin A over five years
NMK Spierings, C Harland

July 2017

BSDS: Identifying patient characteristics that make Mohs Micrographic Surgery an inappropriate treatment for non-melanoma skin cancer in an aging population: Pilot Study Survey Results
NMK Spierings, CM Lawrence

July 2018

BSDS: Mohs in The Twilight Zone
NMK Spierings, S Turvill, SW Hussain

ROYAL SOCIETY OF MEDICINE, DERMATOLOGY SECTION

November 2012: Treatment of cutaneous metastatic melanoma with topical diphencyprone
NMK Spierings, V Akhras

December 2012 CPC: TEN-like SCLE
NMK Spierings, V Akhras

November 2013: A Mosaic Puzzle: Naevus Comedicus-like Epidermolytic Hyperkeratosis
NMK Spierings, J Natkunarajah

December 2013 CPC: A Wolf in Sheeps Clothing: Co-existent sarcoid and lupus
NMK Spierings, J Natkunarajah

January 2014 CPC: Fifty Shades of Grey Para-phenylenediamine-induced vitiligo-like depigmentation
NMK Spierings, J Natkunarajah

November 2015: Visage Mauve
NMK Spierings, S Al-Hassat, N Cowley

December 2015: Ignore Your Dermatologists at Your Peril! (CPC)
NMK Spierings, RK Lamb, RA Marsden

December 2015: Who Needs a Stethoscope When Your Patient Has Skin? (Gerontodermatology)
NMK Spierings, F Worsnop, C Harland

December 2015: Fatal ecthyma gangrenosum with a psoas abscess in an immunosuppressed patient (Gerontodermatology)
NMK Spierings, F Worsnop, J Natkunarajah

ST. JOHN'S DERMATOLOGY SOCIETY

November 2013: A hard case to crack
NMK Spierings, J Natkunarajah

March 2014: A rare entity: axillary acne agminata
NMK Spierings, J Natkunarajah

May 2014 CPC: A Masquerading periorbital cellulitis
NMK Spierings, J Natkunarajah

May 2014 CPC: A Wolf in Sheep's Clothing

NMK Spierings, J Natkunarajah

May 2015 CPC: A case of Langerhans Cell Histiocytosis
NMK Spierings, M Singh, N Goldstraw

B. POSTERS

AMERICAN COLLEGE OF MOHS SURGERY ANNUAL MEETING

May 2018

Mohs in the Twilight Zone
NMK Spierings, S Turvill, SW Hussain

'Pin it Down' Facilitating Mohs Tissue Preparation
NMK Spierings, SW Hussain

BRITISH ASSOCIATION OF DERMATOLOGISTS ANNUAL MEETING

July 2013

TEN-like SCLE
NMK Spierings, V Akhras

The 5-Year Itch: Comparison of Walk-in versus Choose & Book Emergency Dermatology Clinics in 2007 and 2012
NMK Spierings, F Worsnop, V Akhras

The Treatment of Cutaneous Metastatic Melanoma with topical diphencyprone
NMK Spierings, L Ffolkes, V Akhras

July 2014

History of retinoids: From blindness to beauty
NMK Spierings, J Natkunarajah

Pancreatic Panniculitis: Where are the ghosts?
NMK Spierings, J Natkunarajah

Fifty Shades of Grey: Para-phenylenediamine-induced vitiligo-like depigmentation
NMK Spierings, J Natkunarajah

Isotretinoin and Peanut allergy: What's all the fuss about?
NMK Spierings, Natkunarajah, A Bansal, L Ostlere

Acitretin-induced pyogenic granuloma
NMK Spierings, J Natkunarajah

Steroid-induced Cushings
NMK Spierings, B Ho, J Natkunarajah

July 2015

The Physician who knows syphilis knows medicine: secondary syphilis masquerading as pityriasis rosea

CL Thomas, NMK Spierings, L Ffolkes, V Akhras

July 2016

Actinic Cheilitis in a Transplant Patient successfully treated with 5% Imiquimod

NMK Spierings, C Harland

Reticular Erythematous MucinosiS: Two cases treated with mepacrine

NMK Spierings, E Raweily, F Aslanian

Paraneoplastic Cherry Angiomata

NMK Spierings, F Worsnop, J Soo

July 2017

BSDS: Glue for Grafts: An alternative to sutures to secure a full thickness skin graft

NMK Spierings, TJ Oliphant

BSDS: Bilobed and trilobed flap reconstruction of large medial cheek wounds following Mohs surgery

NMK Spierings, TJ Oliphant, JAA Langtry

V. AUDIT & QUALITY IMPROVEMENT PROJECTS

November 2015

Round 3 of 24-Hour GP Notification of Skin Cancer Diagnosis Audit: Implementation of Electronic System

Supervisor: J Soo

November 2014

Second cycle: Initiation of children on systemics at St. George's Hospital (loop closed)

Supervisor: N Goldstraw

June 2014

Pre-assessment of patients started on biologics for psoriasis at Kingston Hospital: are we following the BAD guidelines?

Supervisor: J Natkunarajah

November 2013

First cycle: Initiation of children on systemics at St. George's Hospital

Supervisor: N Goldstraw

November 2012 - August 2013

Four cycles of documentation audit for St. George's Dermatology department

Supervisor: L Ostlere

December 2012

Second cycle: Comparison of walk-in versus choose & book emergency dermatology clinics in 2007 and 2012

Supervisor: V Akhras

VI. RESEARCH EXPERIENCE

September 2016 – August 2017

Recruitment of patients into HEALS Study

February 2015 - August 2015

St. George's Hospital, melanoma outpatient clinics

Patient recruitment into skin cancer tissue bank

August 2013 - August 2014

St. George's Hospital, dermatology outpatient clinics

Patient recruitment into Acne Genetics National Trial

2010

Renal lab at St. George's, University of London

ELISA, flow cytometry

2004-2005

Dissection lab at St. George's, University of London

Dissection of human tissue, including brain tissue

2009 - 2016

St. George's Hospital

Skills of data collection, statistical data analysis using Excel, critical appraisal and analysis of scientific publications, creating digital media e.g. presentations, posters

VII. PROFESSIONAL AFFILIATIONS & APPOINTMENTS

2011 - Present

British Association of Dermatologists

Consultant Member

2015 - 2017

Associate Editor of Medshr, Dermatology section

Medshr is 'a global network and technology platform that enables doctors to share their knowledge and skills to improve healthcare and save lives'

2015 – Present

British Society for Dermatological Surgery

2015 – Present

Founder & Managing Director of DermOwl – providing wisdom & guidance to aspiring dermatology registrars through intensive interview preparation courses and individual coaching
www.DermOwl.co.uk

August 2017 – Present

Medical Director for Dermatica.co.uk

2018 – Present

Owner, Blushtan UK – A Spray Tan Studio
Headingley, Leeds

VIII. AWARDS & HONOURS

July 2016

Best Clinico-pathological paper/presentation at the British Association of Dermatologists Annual Meeting for 'A dramatically different case of Dowling-Degos disease' Spierings N, Chong H, Betz R, Singh M.

May 2015

Excellence in Education Award Nominations at St. George's, University of London
Nominated for 'Clinician that has made the biggest educational impact on your career'
Nominated for 'Best Peer Teacher'

November 2012

Registrar Prize at The Royal Society of Medicine, Meeting of the Dermatology Section for Spierings N, Ffolkes L, Akhras V.'The treatment of metastatic melanoma with topical diphencyprone.'

July 2008

MBBS with Distinction in Medical Sciences,
St. George's, University of London

July 2007

Merit Certificate in Recognition of Outstanding Achievement at the MBBS Degree Examination in Clinical Science, St. George's, University Of London

October 2004

William Brown and Devitt-Pendlebury Exhibition Prize for MBBS Parts One and Two on the basis of overall performance in the second Year MBBS examinations

July 2004

Goldberg-Schachmann and Freda Becker Memorial Funds Prize Awarded to an intercalated degree student who ranked highest in the recent selection criteria

IX. INTERESTS & HOBBIES

June 2013 - Present

Active & Competing Member of the United Kingdom Bodybuilding and Fitness Federation (UKBFF)

August 2005 - 2009

Long-distance triathlete

HALF IRONMAN (2 km swim, 90 km cycle, 26.1 km run)

Timberman 70.3 2005

Timberman 70.3 2006

UK 70.3 2007

Antwerp 70.3 2007

Antwerp 70.3 2008 (4th place in age group)

Clearwater – World Championships 70.3 2008

IRONMAN (4km swim, 180 km cycle, 42.2 km run)

Germany – European Championships 2008

Austria – Klagenfurt Ironman 2009

Current Favourite TV show:

24, all seasons