

Curriculum Vitae

Dr VICTORIA HEATH

Name Victoria Heath

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Qualifications 1990 BA (Hons) II.I, Cantab
1993 BM BCh, Oxon
1994 MA, Cantab
1995 MRCOG, Part I
1997 Diploma of the Faculty of Family Planning
1997 Certificate of Competence in Cervical assessment
1998 Certificate of Competence in 10-14 Week Scan
1999 Certificate of Competence in 18-23 Week Scan
1999 Certificate of Competence in Doppler screening
2007 RCR / RCOG Diploma in Advanced Obstetric Ultrasound

General Medical Council Registration number: 4032533
Date of registration: 1st August 1994

Current appointment Director of Beard Mill Clinic and Research Fellow at the Harris Birthright Research Centre, King's College Hospital, London

Beard Mill Clinic was set up in 1997 to offer ultrasound screening and advice in pregnancy. It is a private service, but aims to supplement, and not substitute, the care provided by the NHS, offering a more sensitive screening test for Down's syndrome and providing additional scans for those requiring extra reassurance during their pregnancy. I run and manage the clinic and perform all the scans, supported by a full-time receptionist.

Recognising that it is very easy to become isolated working independently, I have retained my honorary contract as a Research Fellow at King's College Hospital and attend sessions there regularly in order to ensure that I remain in touch with colleagues and up-to-date with the latest techniques and research developments.

Previous appointments

I graduated in 1993 and worked in the NHS in junior doctor posts until 1997, when I went into research. My plan was to spend two years in research before going back to complete my subspecialty training in obstetrics and gynaecology, however I was lured into staying in research and have trained in Fetal Medicine under Professor Nicolaides. My employment history is as follows:

August 1993 – January 1994	House Physician , General Medicine Northampton General Hospital, Northampton
February 1994 – July 1994	House Surgeon , Departments of Surgery and Urology, Oxford Radcliffe Hospital, Oxford
August 1994 – February 1995	Senior House Officer in Obstetrics, Oxford Radcliffe Hospital, Oxford
February 1995 – February 1996	Senior House Officer in Obstetrics and Gynaecology, Oxford Radcliffe Hospital, Oxford
March 1996 – August 1996	Senior House Officer in Neonatology, University College Hospital, London
August 1996 – February 1997	Senior House Officer in Obstetrics, University College Hospital, London
February 1997 – August 1997	Senior House Officer in Gynaecology, Queen Charlotte's and Chelsea Hospital, London
August 1997 – September 1999	Research Fellow in Fetal Medicine , Harris Birthright Centre, King's College Hospital, London
September 1999 – March 2005	Screening Co-ordinator , Fetal Medicine Foundation
September 2002 – January 2004	Clinical Research Fellow in Fetal Medicine , Nuffield Dept of Obstetrics and Gynaecology University of Oxford
March 2004 – March 2005	Co-ordinator of the NSC NT Training programme , Joint FMF / NSC programme
November 2006 – ongoing	Research Fellow in Fetal Medicine , Harris Birthright Centre, King's College Hospital, London
September 2007 – ongoing	Director , Beard Mill Clinic

Research

During my junior doctor posts and my time as a research fellow, I have been involved in several large research studies, including:

1995	Histological review of tissue obtained at first trimester abortions This was a prospective study looking at the benefit of routine histological examination of tissue obtained at the time of spontaneous and therapeutic abortions.
1997	Preterm Delivery Screening study This was a prospective study looking at the value of cervical assessment by transvaginal ultrasound to assess the risk of severe preterm delivery.
1998	The trial of Cervical Cerclage in women found to be at risk of preterm delivery by cervical assessment This was an international multicentre randomised controlled trial, examining the benefit of a Shirodkar suture in those women found to have a short cervix at 23 weeks
1999 - 2005	The 11-14 Week Screening programme

	This is an ongoing international multicentre study to examine the potential of first trimester screening in terms of the diagnosis of chromosomal, genetic and structural abnormalities
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My research was supported by the following grants:

1997	Two-year Research Fellowship from the Fetal Medicine Foundation
1998	Two-year Research & Development Grant for the trial of cervical cerclage in women found to be at risk of preterm delivery by cervical assessment
2004	Three-year Grant from the NSC to provide NT training to the NHS hospitals providing NT screening as part of their Down's syndrome screening programme

My research has generated the following publications:

Spencer K, **Heath V**, El-Sheikhah A, Ong CY, Nicolaides KH. Ethnicity and the need for correction of biochemical and ultrasound markers of chromosomal anomalies in the first trimester: a study of Oriental, Asian and Afro-Caribbean populations. *Prenat Diagn.* **2005** May;25(5):365-9

V Heath, KH Nicolaides. Sonographic features of chromosomal defects. In *The 11-13+6 weeks scan*. KH Nicolaides ed. Parthenon Publishing **2004** 71-94

Nicolaides KH, **Heath V**, Spencer K, Nix AB. Nuchal translucency and gestational age. *Prenat Diagn.* **2004** Oct;24(10):833-4;834-5

To MS, Alfirevic Z, **Heath VC**, Cicero S, Cacho AM, Williamson PR, Nicolaides KH; Fetal Medicine Foundation Second Trimester Screening Group. Cervical cerclage for prevention of preterm delivery in women with short cervix: randomised controlled trial. *Lancet.* **2004** Jun 5;363(9424):1849-53

Clement S, Candy B, **Heath V**, To M, Nicolaides KH. Transvaginal ultrasound in pregnancy: its acceptability to women and maternal psychological morbidity. *Ultrasound Obstet Gynecol.* **2003** Nov;22(5):508-14

Spencer K, Bindra R, Nix AB, **Heath V**, Nicolaides KH. Delta-NT or NT MoM: which is the most appropriate method for calculating accurate patient-specific risks for trisomy 21 in the first trimester? *Ultrasound Obstet Gynecol.* **2003** Aug;22(2):142-8

Nicolaides KH, Bindra R, **Heath V**, Cicero S. One-stop clinic for assessment of risk chromosomal defects at 12 weeks of gestation. *J Matern Fetal Neonatal Med.* **2002** Jul;12(1):9-18

Bindra R, **Heath V**, Nicolaides KH. Screening for chromosomal defects by fetal nuchal translucency at 11 to 14 weeks. *Clin Obstet Gynecol.* **2002** Sep;45(3):661-70

Souka AP, Krampfl E, Bakalis S, **Heath V**, Nicolaides KH. Outcome of pregnancy in chromosomally normal fetuses with increased nuchal translucency in the first trimester. *Ultrasound Obstet Gynecol.* **2001** Jul;18(1):9-17

Bindra R, **Heath V**, Liao A, Spencer K, Nicolaides KH. One Stop Clinic for Assessment of Risk for Trisomy 21 at 11-14 weeks: A prospective study of 15,030 pregnancies. *Ultrasound Obstet Gynecol.* **2002** Sep;20(3):219-25

Nicolaides KH, Bindra R, **Heath V**, Cicero S. One-stop clinic for assessment of risk of chromosomal defects at 12 weeks of gestation. *J Mat Fet Neo Med* **2002**;12:9-18.

Nicolaides KH, **Heath V**, Cicero S. Increased fetal nuchal translucency at 11-14 weeks. *Prenat Diagn* **2002**;22:308-15.

Souka AP, Krampfl E, Bakalis S, **Heath V**, Nicolaides KH. Outcome of pregnancy in chromosomally normal fetuses with increased nuchal translucency in the first trimester. *Ultrasound Obstet Gynecol* **2001**;18:9-17.

Liao AW, **Heath V**, Kametas N, Spencer K, Nicolaides KH. First-trimester screening for trisomy 21 in singleton pregnancies achieved by assisted reproduction. *Hum Reprod* **2001**;16:1501-4.

Heath VC, Daskalakis G, Zagaliki A, Carvalho M, Nicolaides KH. Cervicovaginal fibronectin and cervical length at 23 weeks of gestation: relative risk of early preterm delivery. *Br J Obstet Gynaecol* **2000**;107:1276-81

Nicolaides KH, **Heath V**, Liao AW. The 11-14 Week Scan. *Ballieres Best Pract Res Clin Obstet Gynaecol* **2000**;14:581-94.

Spencer K, **Heath V**, Flack N, Ong C, Nicolaides KH. First Trimester maternal serum AFP and total hCG in aneuploides other than trisomy 21. *Prenat Diagn* **2000**;20:635-9.

Heath VC, Chadwick V, Cooke I, Manek S, Mackenzie IZ. Should tissue from pregnancy termination and uterine evacuation routinely be examined histologically? *Br J Obstet Gynaecol* **2000**;107:727-30.

Souka AP, **Heath VC**. Increased nuchal translucency with normal karyotype. In *The 11-14 Week Scan*. Nicolaides KH, Sebire NJ, Snijders RJ, eds. Parthenon Publishing **1999** 67-94.

Souka AP, **Heath V**, Flint S, Sevastopoulou I, Nicolaides KH. Cervical length at 23 weeks in twins in predicting spontaneous preterm delivery. *Obstet Gynecol*. **1999**;94:450-4.

Heath VCF, Souka AP, Erasmus I, Gibb DM, Nicolaides KH. Cervical length at 23 weeks of gestation: The value of Shirodkar suture for the short cervix. *Ultrasound Obstet Gynecol* **1998**;12:318-22.

Heath VCF, Southall TR, Souka AP, Elisseou A, Nicolaides KH. Cervical length at 23 weeks of gestation: Prediction of spontaneous preterm delivery. *Ultrasound Obstet Gynecol* **1998**;12:312-7.

Heath VCF, Southall TR, Souka AP, Novakov A, Nicolaides KH. Cervical length at 23 weeks of gestation: Relation to demographic characteristics and previous obstetric history. *Ultrasound Obstet Gynecol* **1998**;12:304-11.

Ongoing training

During my training I have enjoyed learning new skills and have attended many courses, both theoretical and practical, in order to improve my knowledge in the field of Obstetrics and Fetal Medicine. Courses that I have attended include:

1992	ACLS Course, Oxford
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1995	MRCOG Part 1 Course, Nottingham
1995	Family Planning Course, Oxford
1996	Advanced Course in Fetal Medicine, Queen Charlotte's Hospital
1996	Basic Course in Obstetric Ultrasound, King's College Hospital, London
1997	First Trimester Ultrasound Scan, Fetal Medicine Foundation, London
1997	Cervical assessment and Doppler screening, FMF, London
1998	First Trimester Ultrasound, Antwerp, Belgium
1998	Recent Advances in Obstetrics and Gynaecology, Portsmouth
1998	British Maternal and Fetal Medicine Society, Manchester
1998	Meeting on Preterm Birth, Lugano, Switzerland
1998	Problems with Prematurity, St. Thomas' Hospital, London
1998	11-14 Week Scan Course, Fetal Medicine Foundation, London
1999	18-23 Week Scan, Fetal Medicine Foundation, London
1999	Diploma course in Fetal Medicine, FMF, London
2000	Research & Developments in Fetal Medicine, FMF, London
2001	Fetal Cardiology, Fetal Medicine Foundation, London
2001	18-23 Week Scan, Fetal Medicine Foundation, London
2001	11-14 Week Scan Course, Fetal Medicine Foundation, London
2001	Cervical assessment and Doppler screening, FMF, London
2002	Regional Coordinators' meeting, NSC Antenatal sub-group, London
2002	1st National Antenatal Screening Co-ordinators's Conference, London
2002	NSC Down's Screening Programme, Progress of Working Groups, London
2003	The Euroson School on 3D Ultrasound imaging, Queen Charlotte's Hospital
2004	3rd World Congress in Fetal Medicine, Cyprus
2004	London Regional Down's syndrome screening conference, London
2004	Fetal Anomaly Screening Programme for England, London
2005	National Down's syndrome screening conference, London
2007	RCR / RCOG Diploma theoretical course, RCOG, London
2007	The King's Course in Early Pregnancy & Gynaecology Ultrasound, KCH, London
2007	Advanced Ultrasound Course, Fetal Medicine Foundation, London
2008	World Congress in Fetal Medicine, Sorento, Italy
2009	FMF 11-13 week scan course (online)
2010	World Congress in Fetal Medicine, Rhodes, Greece
2011	ISUOG Advanced Course in Gynaecological Ultrasound, London
2011	Advanced course in Fetal Cardiology, Evelina Children's Hospital, London
2011	Advanced course in Fetal Medicine, Fetal Medicine Foundation, London
2011	Stillbirth seminar, RCOG, London
2012	Maternal Medicine Course – medical complications in pregnancy, RCOG, London
2012	Basic First Aid course

