



# MR PARV SAINS

CONSULTANT GENERAL, COLORECTAL & LAPAROSCOPIC SURGEON

MBCHB, LLM (MED LAW), MD, FRCSED (GEN)

GMC NO: 4195328

Goring Hall Hospital & The Montefiore Hospital & St Anthony's Hospital

REPORT TURNAROUND

4 - 6  
WEEKS

## EXPERT INFORMATION

### SPECIALIST AREAS:

- Coloproctology
- Colonoscopy
- Hernia & bowel surgery

### CASES ACCEPTED:

Claimant age: 18+

- Clinical assessments
- Remote assessments\*
- Home visits
- Prison visits
- Criminal cases\*
- Screening reports
- Desktop reports
- Family cases\*



### BILINGUAL:

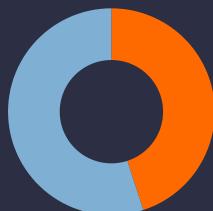
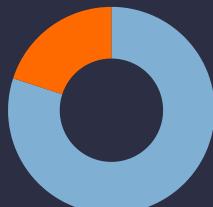
- English
- Punjabi

SCAN ME



\*Case-by-case

## EXPERT RATIO



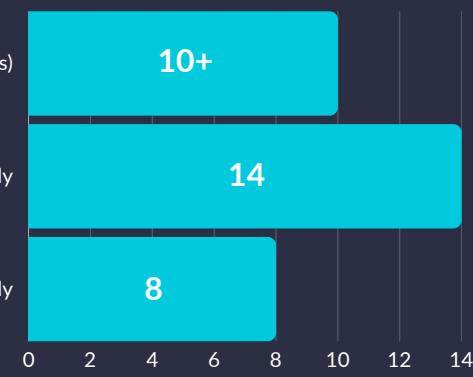
Reporting writing (yrs)

10+

14

8

\*CN reports annually



\*Annual report from 2024



## VENUES:



- The Montefiore Hospital, Hove, BN3 1RD
- St Anthony's Hospital, Sutton, SM3 9DW
- Goring Hall Hospital, Worthing BN12 5AT

## CONTACT

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Haywood House Unit 1a Hydra Business Park  
Nether Lane, Ecclesfield, Sheffield, S35 9ZX

## FURTHER INFO:

- Court experience
- Bond Solon trained
- Legal aid (LAA)
- Fixed fee\*
- Pro bono opinion\*
- NHS contracted
- Personal Injury
- Clinical Negligence:
  - Causation
  - Liability
  - Breach of Duty
  - Condition & Prognosis



\*Case-by-case



Medical & Legal  
Admin Services



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## CASES RELATING TO:

*Clinical negligence and personal injury relating to:*

General surgery and conditions:

- Cholecystectomy (gallbladder/gallstone removal)
- Hernia surgery
- Open inguinal hernia surgery
- Umbilical hernia
- Epigastric hernia repair
- Femoral hernia repair
- Lipoma and cysts
- Skin lesion removal surgery
- Laparoscopic surgery
- Appendectomy
- Abscess incision and drainage
- Liver lacerations
- Pancreatic inflammation
- Laparoscopy (keyhole surgery) for gynaecological conditions
- Lethargy/dehydration/vomiting
- Peritonitis

Colorectal surgery and conditions:

- Anal fissure surgery
- Anal fistula surgery
- Anal warts surgery
- Bowel surgery:
  - Colostomy
  - Ileostomy
  - Crohn's disease surgery
- Change in bowel habits

- Misdiagnosis of bowel obstruction or perforation
- Ulcerative Colitis
- Gastroparesis
- Diverticulitis
- Colonoscopy procedure
- Flexible sigmoidoscopy
- Colonic polyps
- Haemorrhoidectomy (piles surgery)
- Haemorrhoids Incisional hernia
- Haemorrhoidal artery ligation (HALO)
- Rafaelo procedure for haemorrhoids
- Misinterpretation of colonoscopy findings/CT scans/imaging
- Rectal bleeding
- Rectal prolapse surgery
- Coloproctology
- Flexible sigmoidoscopy
- Closure of loop colostomy
- Closure of loop ileostomy surgery
- Sphincterotomy
- Reversal of Hartmann's procedure
- Sigmoid colectomy for diverticular disease
- Abdominal pain
- Rectopexy
- Lack of consent in emergency or high-risk situations
- Failure to escalate care
- Abdominal trauma following PI/SI/RTA

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## MEDICO LEGAL EXPERIENCE:

Mr Parv Sains has practiced as an expert witness for over 10 years, covering breach of duty, causation, and condition and prognosis. He is regularly instructed on behalf of both claimants and defendants in personal injury and clinical negligence cases, providing independent, balanced and evidenced-based opinions. This has included giving oral expert witness evidence in Court.

Mr Sains has produced over 1,500 reports since 2013, covering the full breadth of colorectal and laparoscopic procedures, including, but not limited to, liver lacerations, colonic polyps, sphincterotomy, and abdominal trauma. He has a particular focus and interest in hernia and bowel surgery, coloproctology, and colonoscopy.

Mr Sains has extensive report writing experience, as well as academic and practical applications of medical law. His training as an expert witness is underpinned by a Certificate in Civil Law and Procedure (Cardiff University/Bond Solon). Additionally, he holds the post of the medicolegal lead for the Association of Surgeons of Great Britain and Ireland (ASGBI).

He is familiar with root cause analysis methodology and subsequent structured judgment review, which supports his completion of concise and detailed medicolegal reports.

Mr Sains can provide oral evidence in court when required.

## CLINICAL EXPERIENCE:

Having qualified from the University of Birmingham Medical School in 1995, Mr Sains completed his pre-registration year in Birmingham before spending a year as a senior house officer. He was then appointed to the Kingston Hospital, Kingston Upon Thames, Surrey, SHO training rotation for two years, followed by a year at The Royal Surrey County Hospital, Guildford, as a Senior SHO in General Surgery. He was then appointed to the South West Thames Higher Surgical Training Rotation for six years, with the privilege of rotating through St Thomas' Hospital, Mayday Hospital, Kingston Hospital, St Helier Hospital, St Peter's Hospital, Frimley Park Hospital and St George's Hospital.

Throughout this time, Mr Sains has gained wide surgical experience alongside focused general and colorectal laparoscopic experience. This was further augmented by spending two years out of region training at Imperial College, St Mary's Hospital, Paddington, London, in a Laparoscopic Fellow post, where he completed a Doctorate in Medicine (MD) in surgical robotics, as well as gaining experience in surgical technology, future technologies and Minimally Invasive Surgery. Mr Sains' final period of training was at Frimley Park Hospital as a Post-CCT Laparoscopic Fellow in General and Colorectal Surgery.

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Mr Sains was appointed as a Consultant at The Western Sussex Hospitals Trust Worthing Hospital in December 2009, and he commenced his post in May 2010. He now undertakes a variety of procedures, including hernia repair, colorectal laparoscopic and open resections for malignant and benign disease, as well as performing endoscopy and colonoscopy. Mr Sains also undertakes proctology procedures, such as treatment of haemorrhoids, on a day-case basis.

Mr Sains holds a Master of Laws in Medical Law (LLM), awarded by The University of Northumbria after the successful defence of a thesis entitled 'Is Bolam fit for the 21st Century? Institutional Factors and Exceptional Circumstances.' This involved the interrogation of the role of the expert witness in terms of its importance and limitations as applied to the tests of negligence in the current healthcare climate. The formal modules of the LLM covered the entire breadth of medical law, and the dissertation provided a rich base of knowledge regarding standards of care and the tests of negligence, as well as the role of guidelines and evidence.

## PUBLICATIONS

- Limberg flap for the management of pilonidal sinus reduces disease recurrence compared to Karydakis and Bascom procedure: a systematic review and metaanalysis of randomized controlled trials. Ray K, Albendary M, Baig MK, Swaminathan C, Sains P, Sajid MS. Minerva Chir. 2020 Sep 25. doi: 10.23736/S0026-4733.20.08362-5. Online ahead of print
- South Coast appendicular mass management (SCAM) survey Muhammad S. Sajid, Kausik Ray, Madhusoodhana Hebbar, Waleed Riaz, Mirza K. Baig, Parv Sains, Krishna K. Singh Transl Gastroenterol Hepatol. 2020; 5: 4. Published online 2020 Jan 5. doi: 10.21037/tgh.2019.11.07
- Epigastric port retrieval of the gallbladder following laparoscopic cholecystectomy is associated with the reduced risk of port site infection and port site incisional hernia: An updated meta-analysis of randomized controlled trials. Sumit Sood, Anja Imsirovic, Parv Sains, Krishna K Singh, Muhammad S Sajid. Ann Med Surg (Lond) 2020 Jul; 55: 244–251. Published online 2020 May 25. doi:10.1016/j.amsu.2020.05.017
- Robotic total meso- rectal excision for rectal cancer: A systematic review following the publication of the ROLARR trial. Jones K, Qassem MG, Sains P, Baig MK, Sajid MS. World J Gastrointest Oncol. 2018 Nov 15;10(11):449-464. doi:10.4251/wjgo.v10.i11.449
- Meta-analysis of randomized controlled trials only exploring the role of single incision laparoscopic surgery versus conventional multiport laparoscopic surgery for colorectal resections. Hebbar M, Riaz W, Sains P, Baig MK, Sajid MS. Transl Gastroenterol Hepatol. 2018 May 29;3:30. doi: 10.21037/tgh.2018.05.05. eCollection 2018
- Pilot study on an innovative biosensor with a range of medical and surgical applications. Sains P, Chana KS, Sridhar V, Sajid MS. BMC Res Notes. 2018 Jan 29;11(1):81. doi: 10.1186/s13104-018-3163-6
- A critical appraisal of the cost effectiveness of laparoscopic colorectal surgery for oncological and non-oncological resections. Sajid MS, Rathore MA, Baig MK, Sains P. Updates Surg. 2017 May 10. doi: 10.1007/s13304-017-0458-4

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- A systematic review of clinical effectiveness of wound edge protector devices in reducing surgical site infections in patients undergoing abdominal surgery. Sajid MS, Rathore MA, Sains P, Singh KK. *Updates Surg.* 2017 Mar;69(1):21-28. doi: 10.1007/s13304-017-0415-2. Epub 2017 Jan 25
- A systematic review comparing laparoscopic vs open adhesiolysis in patients with adhesional small bowel obstruction. Sajid MS, Khawaja AH, Sains P, Singh KK, Baig MK. *Am J Surg.* 2016 Jul;212(1):138-50. doi: 10.1016/j.amjsurg.2016.01.030. Epub 2016 Apr 13.
- Local anaesthetic infiltration for the rubber band ligation of early symptomatic haemorrhoids: a systematic review and meta-analysis. Sajid MS, Bhatti MI, Caswell J, Sains P, Baig MK. *Updates Surg.* 2015 Mar;67(1):3-9
- Systematic review of absorbable vs non absorbable sutures used for the closure of surgical incisions. Sajid MS, McFall, MR, Whitehouse PA, Sains P. *World J Gastrointest Surg.* 2014 Dec 27;6(12):241-7
- Carbon dioxide insufflation vs conventional air insufflation for colonoscopy: a systematic review and meta-analysis of published randomized controlled trials. Sajid MS, Caswell J, Bhatti MI, Sains P, Baig MK, Miles WF
- Small bowel malignant melanoma presenting as a perforated jejunal diverticulum: a case report and literature review. Newton RC, Penney N, Nind N, Sajid MS, Sains P. *Gastroenterol Rep (oxf).* 2014 Aug 20.
- Systematic review and meta-analysis of published trials comparing the effectiveness of transanal endoscopic microsurgery and radical resection in the management of early rectal cancer. Sajid MS, Farag S, Leung P, Sains P, Miles WF, Baig MK. *Colorectal Dis.* 2014 Jan;16(1):2-14.
- Specimen retrieval approaches in patients undergoing laparoscopic colorectal resections: a literature-based review of published studies. Sajid MS, Bhatti MI, Sains P, Baig MK. *Gastroenterol Rep (Oxf).* 2014;(4):25161
- Open transinguinal preperitoneal mesh repair of inguinal hernia: a targeted systemic review and meta-analysis of published randomized controlled trials. Sajid MS, Craciunas L, Singh KK, Sains P, Baig MK. *Gastroenterol Rep (Oxf).* 2013 Sep;1(2):127-37
- Use of antibacterial sutures for skin closure in controlling surgical site infections: a systematic review of published randomized, controlled trials. Sajid MS, Craciunas L, Sains P, Singh KK, Baig MK. *Gastroenterol Rep (Oxf).* 2013 Jul;1(1):42-50
- Diagnostic laparoscopy through deep inguinal ring: a literature-based review on the forgotten approach to visualize the abdominal cavity during emergency and elective groin hernia repair. Sajid MS, Ladwa N, Colucci G, Miles WF, Baig MK, Sains P. *Surg Laparosc Endosc Percutan Tech.* 2013 Jun;23(3):251-4
- Retraction techniques in laparoscopic colorectal surgery: a literature-based review. Ladwa N, Sajid MS, Pankhania NK, Sains P, Baig MK. *Colorectal Dis.* 2013 Aug;15(8):936-43
- A meta-analysis examining the role of tacker mesh fixation versus no fixation in laparoscopic inguinal hernia repair. Sajid MS, Ladwa N, Kalra L, Sains P, Baig MK. *Int J Surg.* 2012; 10: 224-231.
- Systematic review and meta-analysis of published, randomized, controlled trials comparing suture anastomosis to stapled anastomosis for ileostomy closure. Sajid MS, Craciunas L, Baig MK, Sains P. *Tech Coloproctol.* 2013 Dec;17(6):631-9.

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- A systematic review and meta-analysis evaluating the effectiveness of lightweight mesh against heavyweight mesh in influencing the incidence of chronic groin pain following laparoscopic inguinal hernia repair. Sajid MS, Kalra L, Parampalli U, Sains PS, Baig MK. *Am J Surg.* 2013 Jun;205(6):726-36.
- A meta-analysis examining the use of tacker mesh fixation versus glue mesh fixation in laparoscopic inguinal hernia repair. *Am J Surg.* Sajid MS, Ladwa N, Kalra L, McFall M, Baig MK, Sains P. 2013 Jul;206(1):103-11.
- Intra-abdominal collections following laparoscopic versus open appendicectomy: an experience of 516 consecutive cases at a district general hospital. Wilson DG, Bond AK, Ladwa N, Sajid MS, Baig MK, Sains P. *Surg Endosc.* 2013 Jul;27(7):2351-6.
- Suture mesh fixation versus glue mesh fixation in open inguinal hernia repair: a systematic review and meta-analysis. Ladwa N, Sajid MS, Sains P, Baig MK. *Int J Surg.* 2013;11(2):128-35
- Comment on: Not just a vampire repellent: the adverse effects of garlic supplements in surgery. Lawn A, Sains P. *Ann R Coll Surg Engl.* 2012 Sep;94(6):451.
- A novel and easily reproducible method for reestablishing pneumoperitoneum during laparoscopic colorectal resectional surgery. Mobasher M, Khatri K, Gudgeon M, Sains P. *Ann R Coll Surg Engl.* 2012 May;94(4):276.
- A systematic review comparing transanal haemorrhoidal de-arterialisation to stapled haemorrhoidopexy in the management of haemorrhoidal disease. Sajid MS, Parampalli U, Whitehouse P, Sains P, McFall MR, Baig MK. *Tech Coloproctol.* 2012 Feb
- Systematic review of the use of topical diltiazem compared with glyceryltrinitrate for the nonoperative management of chronic anal fissure. Sajid MS, Whitehouse PA, Sains P, Baig MK. *Colorectal Dis.* 2013 Jan
- Systematic review and meta-analysis of the use of lightweight versus heavyweight mesh in open inguinal hernia repair. Sajid MS, Leaver C, Baig MK, Sains P. *Br J Surg.* 2012; 99: 29-37.
- Spontaneous splenic rupture secondary to metastatic malignant spindle cell tumour. Sajid MS, Howell P, Leaver C, Roberts K, Sains P. *Singapore Med J.* 2012 Oct;53(10):e208-10
- Colorectal cancer screening. Dighe S, Baig K M, McFall M, Miles A, Sains P. *Clinical Risk.* 2010 Nov;16(6):226-230.
- Fistula-in-ano: advances in treatment. Deeba S, Aziz O, Sains PS, Darzi A. *Am J Surg.* 2008 Jul; 196(1):95-9.
- Proving the effectiveness of virtual reality simulation for training in laparoscopic surgery. Aggarwal R, Ward J, Balasundaram I, Sains P, Athanasiou T, Darzi A. *Ann Surg.* 2007 Nov;246(5):771-9.
- Multidisciplinary crisis simulations: the way forward for training surgical teams. Undre S, Koutantji M, Sevdalis N, Gautama S, Selvapatt N, Williams S, Sains P, McCulloch P, Darzi A, Vincent C. *World J Surg.* 2007 Sep;31(9):1843-53. Epub 2007 Jul 4.
- Communication skills for mobile remote presence technology in clinical interactions. Debra Nestel, Parvinder Sains, Cordula M Wetzel, Carmel Nolan,