

Professor Janesh Gupta MSc, MD, FRCOG

Professor of Obstetrics and Gynaecology

Reproduction, Genes and Development

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About

Janesh Gupta is Professor of Obstetrics and Gynaecology working as an Honorary Consultant at Birmingham Women's Hospital.

Janesh has published over 100 research papers in scientific journals as well as reviews and book chapters in the fields of fetal medicine, benign gynaecology (including abnormal uterine bleeding, fibroids, endometriosis, endometrial hyperplasia), minimal access surgery. He has received grants from WellBeing of Women, Department of Health National Institute for Health Research (Health Technology Assessment), Medical Research Council and various industry partners.

He is an advocate for ambulatory care and believes that in the future of NHS services the development of 'One-stop' 'See & Treat' outpatient local anaesthetic clinics will translate traditional inpatient surgery to the outpatient ambulatory setting e.g. treatment of fibroids, polyps, endometrial ablation, miscarriage and sterilisation. He is also now involved with enhanced recovery programmes in gynaecology. This work will help reduce NHS costs.

Qualifications

2004 FRCOG, Fellow of Royal College of Obstetricians & Gynaecologists

1998 MD, University of Leeds

1998 MRCOG, Royal College of Obstetricians and Gynaecologists

1991 MSc by Research Thesis, Obstetrics and Gynaecology, University of Leeds

1987 MBChB, University of Leeds

Biography

Janesh has been a Consultant Obstetrician and Gynaecologist since 1995, at 31 years of age. Prior to this he held a Consultant post in the Department of Obstetrics & Gynaecology, Ninewells Hospital & Medical School, Dundee, Scotland for 3 years (from 1995 to 1998). His basic training was in the Leeds / Bradford rotation after qualifying from Leeds University. He then finished his Senior Registrar training in Dundee.

Janesh is the Director of the Minimal Access Surgical Training (MAST) Unit, Birmingham. He is a Trustee of the Endometriosis Society, UK for his interests in endometriosis. He has been a Member of the Royal College of Obstetricians & Gynaecologists (RCOG) Basic Surgical Skills Course Working Group and MRCOG Part II Essay Writing Committee.

His research experience has led him to publish in systematic reviews of diagnostic tests for abnormal uterine bleeding. He has also held research grants in systematic reviews of diagnostic tests for predicting preterm labour and pre-eclampsia. He had a WellBeing grant to assess the effects of Laparoscopic Uterosacral Nerve Ablation (LUNA) in chronic pelvic pain which led to the change of management for women with chronic pelvic pain. Currently he is the Chief Investigator for a large Department of Health funded primary care randomised trial in the treatment of menorrhagia (ECLIPSE trial; NIHR £1.6 million). He has also had basic science projects in endometriosis and endometrial hyperplasia. He is currently running RCTs in early medical abortion (investigating the efficacy of 'same' (6-8 hours) day versus 'next' (24 hours) day (TIMES trial) and qualitative evaluations in abortion care, endometriosis and in the psychological preparation before surgery and in labour (BUMPES trial; NIHR £2.5 million) investigating the outcome in delivery in women in an upright position in the second stage of labour with mobile epidurals.

He is the UK receiving Editor for the European Journal of Obstetrics and Gynecology and Reproductive Biology and on the Editorial Board for Surgical Endoscopy and Gynaecological Surgery.

Teaching

Janesh is the Module Co-ordinator and overall in charge of the 5th year Obstetrics and Gynaecology module responsible for the curriculum, setting and marking the exams for the cohort of 400 students per year.

Janesh is the main author for undergraduate books: Core Clinical Cases in Obstetrics and Gynaecology: A Problem-Solving Approach. Arnold: 2005, which is in its second edition and being updated for the 3rd edition. This book incorporates an innovative problem-solving approach that has not been published before and therefore fills a new arena of teaching development. Although this book is primarily intended for undergraduates it can also be used by postgraduates. This highly successful book has led to the other series in the similar format that I am Series Editor for. These are in Medicine and Surgery, Medical and Surgical Specialities, Paediatrics, Psychiatry, and Biomedical Sciences. These books have been written with the collaboration of senior academics from other Medical Schools in the UK and Australia. A new series for the second editions (respectively) has been commissioned to be released in the next year.

Postgraduate supervision

Professor Gupta is interested in supervising doctoral research students in the following areas:

- Abnormal uterine bleeding

- Endometriosis
- Endometrial hyperplasia
- Ambulatory care
- Abortion
- Enhanced recovery

His current research team comprises of a Lecturer and four Clinical Research Fellows. He is currently supervising four MD / PhDs.

Research

- Clinical Trials in collaboration with Birmingham Clinical Trials Unit (BCTU), systematic reviews, basic science in endometrial hyperplasia, endometriosis, abortion care
- Systematic reviews of diagnostic tests for abnormal uterine bleeding and in diagnostic tests for predicting preterm labour and pre-eclampsia. Recently completed systematic review in oral versus Mirena in the treatment of endometrial hyperplasia
- RCTs in the effects of Laparoscopic Uterosacral Nerve Ablation (LUNA) in chronic pelvic pain which led to the change of management for women with chronic pelvic pain. Currently Chief Investigator for a large Department of Health funded primary care randomised trial in the treatment of menorrhagia (ECLIPSE trial; NIHR £1.6 million). Currently running RCTs in early medical abortion (investigating the efficacy of 'same' (6-8 hours) day versus 'next' (24 hours) day (TIMES trial) and qualitative evaluations in abortion care, endometriosis and in the psychological preparation before surgery and in labour (BUMPES trial; NIHR £2.5 million) investigating the outcome in delivery in women in an upright position in the second stage of labour with mobile epidurals.
- Also had basic science projects in endometriosis and endometrial hyperplasia – biomarkers for the prognostic and diagnostic evaluation in hyperplasia.

Other activities

- Professor Gupta is the Senior Tutor for Professional Behaviour and Investigating Officer for Fitness to Practice cases at the University of Birmingham Medical School.
- Medical Director and Chair of the Medical Advisory Committee (MAC) of Calthorpe Clinic, Birmingham
- Chair of the Theatre's Users Group at Birmingham Women's Hospital.
- Janesh currently organises and teach on a once a year basis the Part II MRCOG week course in Bangalore, India.
- Janesh is currently developing the National sterilisation strategy for India with the introduction of the Filshie clip as the best method for sterilisation due to its lowest risk of failure. This involves close collaboration with the Indian Government Health Ministry and Armed Forces Ministry and industry that manufacturer's the Filshie clip (Femcare-Nikomed).
- Janesh has close research collaboration with Professor Suneeta Mittal, Department of Obstetrics and Gynaecology, All India Institute of Medical Sciences (AIIMS) Hospital, Delhi, India for the setting up and running the TIMES trial and postpartum sterilisation trial comparing Filshie clip and Pomeroy method.

Publications

Varma R, Gupta JK (2008). Laparoscopic entry techniques: clinical guideline, national survey, and medicolegal ramifications. **Surg Endosc**; 22: 2686-97.

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Clark TJ, Samuel N, Malick S, Middleton LJ, Daniels J, Gupta JK (2011). Bipolar radiofrequency compared with thermal balloon endometrial ablation in the office: a randomized controlled trial. **Obstet Gynecol**; 117: 109-18.