

Brighton & Sussex Medico-Chirurgical Society lecture
Thursday 6th June 2019

7-8pm Audrey Emerton Building Ground Floor Lecture Theatre



Lt Col B Caesar MD, FRCS Ed (Tr and Orth), FRCS, MFSEM (UK), RAMC

Consultant Trauma and Orthopaedic Surgeon, BSUH NHS Trust and 16 Medical Regiment

**An officer and a surgeon – a journey through vulnerability
to wholehearted leadership**

On the 75th anniversary of D-Day, the 6th June 2019, Lt Col Caesar will be talking about the importance of vulnerable leadership, referencing historical examples, modern research and his own journey.

Lt Col Ben Caesar is Brighton and Sussex Universities Hospitals NHS Trust's only regular serving army officer. He works as a Trauma and Orthopaedic Surgeon dealing with major trauma as well as having an elective interest in sports related trauma particularly to the shoulder and knee. His army career began in the Territorial Army, now the Army Reserves, before he converted his commission to join the regular army, which required him to attend the Royal Military Academy, Sandhurst, twice. His entry into military life was not a conventional one, and came after 14 years within the NHS, during which time he had been the President of the British Orthopaedic Trainees Association. Over the course of his career he has worked as a Consultant Trauma and Orthopaedic Surgeon in St Mary's Hospital, Paddington, Chelsea and Westminster Hospital, and now in Brighton. He works in a similar capacity within the Army and his operational deployments include Afghanistan (2013) and South Sudan (2017/18).

In 2016, he founded the Chavasse Clinic which works closely in conjunction with the veteran mental health services (TILS) and the Sussex Armed Forces Network. The clinic is specifically for musculoskeletal problems in service personnel, whether regular, reserve or veteran. Since starting the Chavasse Clinic, BSUH NHS Trust has become one of the first trusts in the country to achieve the Veteran Aware accreditation and is a member of the Veterans Covenant Hospitals Alliance and the Veterans Trauma Network.

Lt Col Caesar was recently awarded the Sir Philip Fulford Memorial Prize for Best Paper at the Combined Services Orthopaedic Society meeting for his work on physician burnout within a major trauma centre carried out at BSUH NHS Trust.

ALL WELCOME