**Mr Cellan Thomas South Wales trainer of the year 2016**

**Resourcefulness:**

As a supervising consultant Mr Thomas is always approachable and acts in the best interests of his trainees and patients alike. Mr Thomas offers every possible learning opportunity to his trainees and is exceptional at progressing a trainees surgical and theoretical knowledge in a step wise manner that builds confidence and allows progression. This has been highlighted by setting up a microvascular training suite using a decommissioned microscope and microvascular instruments. This has allowed Mr Thomas' trainees to practice in a relaxed, supportive environment, with progression that can be transferred to the operating room.

**Leadership:**

Mr Thomas has been the driving force is setting up an 'in house' service to design and produce fibula free flap cutting guides. This has decreased the ischaemic time of free flaps, improved the overall quality of reconstruction and ultimately ensured the best possible patient care. Setting up this successful service has required passionate focused thinking with the ability to listen, adapt and then move forward. This example of leadership is a beacon to all Mr Thomas' trainees.

**Training and development**

Cellan Thomas is an enthusiastic consultant who loves teaching and training his juniors. His methods are unique. He is very supportive and highly respectful of all trainees and has an admirable ability to raise trainees confidence and self belief, especially those who face the daunting FRCS exam. Mr Thomas will do this as he sits with trainees and practice vivas giving hours and hours from his time. Mr Thomas has helped trainees at times of difficulty and provided valuable guidance and encouragement. The support for his trainees does not stop at work and working hours, He will send his trainee a message of support , a word of encouragement, from the other part of the world. When Mr Thomas was on a trip to Nepal, he sent his trainee, who failed his FRCS exam, a long message of support. This message had a huge impact on easing the pain and maintaining self belief on this particular trainee.

**Professionalism**

Mr Thomas works tirelessly and passionately to achieve perfection for his patients, he does not sleep at night if he feels the care that is delivered to his patients is suboptimal.

Even if he was not on call , he is always happy to be contacted if it meant that this will improve patient outcome. Mr Thomas is always on the look for new methods to ensure his patients receive the best possible treatment.

Being an excellent ablative and reconstructive head and neck surgeon, Mr Thomas has gained utmost respect from patients and colleagues within our specialty and other specialties for his admirable work ethics and passion.

In a big head and neck MDT, his thoughts and contributions are always eagerly awaited as they represent the voice of wisdom and trust.

**Communication**

Cellan Thomas is an excellent communicator with patients and colleagues alike.

When it comes to speaking and communicating with his patients, he does this with extreme sensitivity ensuring maximum empathy is conveyed to each patient, he does this every time, anytime and as long as it takes. Mr Thomas often kneels on the floor by the bed so he is lower than his patient ensuring that the patient is not intimidated by him standing higher than them. Mr Thomas Bears huge respect for all patients and he always measures and tailors the way he communicates with each patient ensuring patient dignity and full understanding.

In terms of communicating with colleagues, Mr Thomas is a joy to work with. He imposes respect with respect, not fear. Juniors at all levels absolutely love going to theatre when Mr Thomas is operating, a long theatre session is always made much easier and much more fun by him, ensuring that everyone in theatre is feeling that they are valuable part of this operation.

Finally , Mr Thomas's door is always open to every member of the team, this has made him one of the most trusted and loved consultants in the rotation.