Mr Sotiris C Papaspyros

Consultant Cardiothoracic Surgeon

MD, MRCS (Ed), FRCSEd (C-Th), PGCert Medical Education

Leeds, United Kingdom • GMC 6032264 • Cardiothoracic Surgery Specialist Register

Professional website • NHS profile • University profile • MLAS expert profile

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Professional profile

Consultant cardiothoracic surgeon and Cardiac Surgery Clinical Lead at Leeds General Infirmary, with a practice spanning adult coronary, valve and thoracic aortic surgery. Honorary Senior Lecturer at the University of Leeds, with interests in surgical simulation, technical skills and patient safety. Cardiothoracic expert witness in clinical negligence and personal injury.

Clinical and academic appointments

Mar 2018–present Consultant Cardiothoracic Surgeon, Leeds Teaching Hospitals NHS Trust, based at Leeds General Infirmary.

Aug 2019–present Honorary Senior Lecturer, School of Medicine, University of Leeds.

Jun 2017–Mar 2018 Locum Consultant Cardiothoracic Surgeon, Royal Infirmary of Edinburgh.

Aug 2016–Jun 2017 Fellowship in aortic surgery and video-assisted thoracoscopic surgery, Royal Infirmary of Edinburgh.

2011–2017 National Training Number in cardiothoracic surgery. Rotations at Aberdeen Royal Infirmary, Golden Jubilee National Hospital and Royal Infirmary of Edinburgh.

2005–2011 Cardiothoracic SHO and registrar posts in Leeds, including cardiac surgery at Leeds General Infirmary and thoracic surgery at St James's University Hospital.

2000–2005 Early posts in Greece and the UK. Medical officer during Greek national service, followed by pathology, general and vascular surgery, trauma and orthopaedics, and emergency medicine.

Leadership and professional service

Cardiac Surgery Clinical Lead Leeds General Infirmary. Has also served as Governance and Mortality Lead.

SCTS Board of Representatives Cardiac Surgery Representative for Leeds General Infirmary. Deputy representative, 2021–2024.

Rota and team coordination Coordinated middle-grade rotas and teaching programmes for the cardiothoracic teams in Leeds and Edinburgh.

Digital education Maintains papaspyros.com, publishing presentations, papers and operative teaching videos for trainees, colleagues and patients.

Qualifications and registration

Qualifications Ptychio Iatrikes (MD), National and Kapodistrian University of Athens, 2000. MRCS (Ed), Royal College of Surgeons of Edinburgh, 2007. FRCSEd (C-Th), 2016. CCT in cardiothoracic surgery, 2017. PGCert Medical Education, University of Dundee, 2019.

Professional registration and membership GMC full registration with a licence to practise and specialist registration in cardiothoracic surgery. Member of the Society for Cardiothoracic Surgery in Great Britain and Ireland.

Languages Greek, English and French. Cambridge Certificate of Proficiency in English, 1990; Certificat Pratique de Langue Française, Université de Paris-Sorbonne, 1993; IELTS 8.5, 2009.

Operative and medicolegal practice

Adult cardiac surgery

Operative practice includes coronary artery bypass grafting (CABG), aortic and mitral valve surgery, combined procedures and major aortic surgery, including repair of aortic dissection. The NHS case mix includes elective, urgent, emergency and salvage operations.

Personal operative record

Leeds consultant logbook extracts. The periods below show the first and last recorded cases.

Logbook measure	8 Mar 2018–21 Sep 2026	10 Sep 2025–21 Sep 2026
Distinct recorded entries	**799**	**113**
Elective	307	42
Urgent	427	61
Emergency	60	9
Salvage	5	1
Non-elective share	61.6%	62.8%
Cases coded as CABG	409	47
Cases coded as valve surgery	419	66
Cases coded as major aortic surgery	60	19
Cases with an aortic dissection code	33	6

Earlier logbook experience 122 consultant cardiac cases at Royal Infirmary of Edinburgh. The historical training CV records 342 specialty registrar cases, including 119 independent and 223 supervised cases.

Medicolegal practice

Cardiothoracic expert witness through MLAS, since 2023 Clinical negligence and personal injury instructions, including opinions on breach of duty, causation, and condition and prognosis. Available for claimant and defendant instructions.

Areas of expertise include cardiothoracic trauma, coronary and valve disease, aortic pathology, and complications of cardiothoracic interventions. Experience includes reports for inquests and tribunals and attendance at Coroner’s Court. Bond Solon training.

Report volumes In 2025, completed 33 personal injury reports and 39 clinical negligence reports, according to MLAS figures. Report turnaround 4–6 weeks.

Assessments Clinical, remote and desktop assessments, screening reports, and home and prison visits. Clinics through MLAS in Barnsley, Stockport, Doncaster and Liverpool. Criminal, military, family, legal aid and fixed-fee cases considered case by case. Works to the expert's duties under CPR Part 35 and available to give oral evidence.

Expert witness enquiries via MLAS

Teaching research and quality improvement

Education and faculty work

University of Leeds Honorary Senior Lecturer. Teaching of medical students and support for cardiothoracic surgical training.

University of Edinburgh Clinical Tutor Associate, Sep 2013–Mar 2018. Taught clinical examination, history taking and applied cardiopulmonary anatomy and physiology to medical students.

Course faculty PAR coronary anastomosis and aortic valve and root courses, CALS, Basic Surgical Skills (BSS), and Care of the Critically Ill Surgical Patient (CCrISP).

Practical training Organised a cardiac and thoracic simulation workshop for the British Undergraduate Cardiothoracic Association in 2017. Developed pacing workshops for junior staff and five teaching videos on CABG and aortic valve replacement.

Earlier teaching MRCS anatomy demonstrator, Yorkshire School of Surgery, 2008–2011. Mentored nurse practitioners undertaking MSc training.

Research and audit

Coronary revascularisation Retrospective Leeds cohort study of long-term survival after left internal mammary artery versus saphenous vein grafting to the left anterior descending artery. Cohort of 3,308 patients operated on in 2016–2025. Analysis in progress.

Surgical education research Faculty of Surgical Trainers grant for work on low-fidelity simulation and deliberate practice in basic cardiac surgical skills. Research interests include technical skills assessment, surgical ergonomics and team briefing.

Translational cardiovascular research Collaborated with University of Leeds researchers on human cardiac progenitor cells and drug-related cardiotoxicity. Co-author of published work on myocardial remodelling and energetics in severe aortic stenosis.

Quality improvement and audit Cardiac operating theatre briefing and debriefing; surgical safety checklist use; perioperative beta-blockers and postoperative atrial fibrillation (RIE, 2014 and 2017); blood transfusion after cardiac surgery (RIE, 2015); chest drain removal after lung resection (Golden Jubilee, 2015); antiplatelet therapy after CABG (RIE, 2013); Global Trigger Tool in the cardiothoracic unit (RIE, 2013); secondary prevention after coronary surgery (Aberdeen, 2012); thoracic outpatient satisfaction and documentation quality (St James's, 2009–2010); MRSA prophylaxis compliance (St James's, 2008).

Distinctions

2016 Educational research grant, Faculty of Surgical Trainers, Royal College of Surgeons of Edinburgh.

2008 Association of Surgeons in Training medal for best research presentation, Birmingham.

1993 Scholarship, Aspropyrgos Evrytanias, Greece.

Professional development

Expert witness Bond Solon expert witness training.

Consultant preparation SCTS pre-consultant course, Hamburg, 2017; SCTS professional development course, 2016; NHS Education for Scotland Leadership and Management Programme, 2011–2012; Training the Trainers, RCS Edinburgh, 2011.

Specialty courses HRUK minimally invasive extracorporeal technologies, Hull, 2017; Edwards TAVI training, Geneva, 2016; HRUK aortic masterclass, Liverpool, 2015; Birmingham review courses, 2014 and 2016; FRCS (C-Th) revision course, RCS England, 2013; London core review course, 2011; Bypass, balloon pumps and circulatory support, RCS England, 2009; VATS skills, St James's, 2009; PAR core cardiothoracic skills, 2008.

Core courses CCrISP, 2006; ATLS, 2005; Basic emergency ultrasound, 2005; ALS, 2003; Basic Surgical Skills, 2003.

Book chapters

Papaspyros S, Lodhia JV, O'Regan DJ. Acquisition of surgical skills: from novice to master. A fresh perspective. In Hargest R and Douek M, eds. Recent Advances in Surgery 39. Jaypee Brothers, 2018. Chapter 3. Source

Papaspyros SC, Zamvar V. Operative techniques: coronary artery bypass graft surgery. In PanVascular Medicine. 2nd ed. Springer, 2015. pp 2351–2358. Source

Publications

Journal articles and published correspondence

Walmsley R, Steele DS, Papaspyros S, Smith AJ. Sunitinib malate induces cell death in adult human cardiac progenitor cells. Curr Res Toxicol. 2024;6:100167. Source

Jex N, Greenwood JP, Cubbon RM, et al. Association between type 2 diabetes and changes in myocardial structure, contractile function, energetics, and blood flow before and after aortic valve replacement in patients with severe aortic stenosis. Circulation. 2023;148(15):1138–1153. Source

Walmsley R, et al. Imatinib mesylate induces necroptotic cell death and impairs autophagic flux in human cardiac progenitor cells. Int J Mol Sci. 2022;23(19):11812. Source

Saunderson CED, Hogarth AJ, Papaspyros S, Tingerides C, Tayebjee MH. An unusual cause of a haemothorax following pacemaker implantation: a case report. Eur Heart J Case Rep. 2022;6(5):ytac185. Source

Arif S, Hussain A, Barua A, Galabov T, Papaspyros S. Uncommon entrapment of Swan-Ganz catheter in the main pulmonary trunk in valvular heart surgery. Open J Surg. 2020;3(2):25–27. Source

Arif S, Barua A, Papaspyros S, O'Regan D. Pseudoaneurysm of sinus of Valsalva following aortic valve replacement in infective endocarditis: a delayed clinical presentation. Am J Surg Clin Case Rep. 2019;1(3). Source

Papaspyros S, O'Regan DJ. Diastolic learning: making the tacit, explicit. Ergon Int J. 2018;2(5). Source

Singh SSA, Papaspyros S, Morcos K, Asif M. Disseminated thrombi in a patient with suspected patent foramen ovale post left lower lobectomy. Clin Surg. 2017;2:1405. Source

Kar A, Sudarsanam A, Papaspyros S, Prasad S. Sub-acute bowel obstruction preventing sudden cardiac death: a case of synchronous but unrelated left atrial myxoma and colorectal adenocarcinoma. Clin Surg. 2016;1:1075. Source

Papaspyros SC, O'Regan DJ. Surgical training: learning to fly at 'Top Gun' level. Ann Thorac Surg. 2015;100(5):1974–1975. Source

Papaspyros SC, Kar A, O'Regan DJ. Surgical ergonomics: analysis of technical skills, simulation models and assessment methods. Int J Surg. 2015;18:83–87. Source

Papaspyros SC, Papaspyros S. Surgical management of malignant pleural mesothelioma: impact of surgery on survival and quality of life. ISRN Surg. 2014;2014:817203. Source

Patronis M, Papaspyros SC, Shaikrezai K, Prasad S, Agrawal D. Bypass grafting of aberrant circumflex artery with anomalous origin and course. Open J Thorac Surg. 2012;2(4):121–125. Source

Ariyaratnam P, Javangula K, Papaspyros S, McCrum-Gardner E, Nair RU. Long-term survival from 801 adjunctive coronary endarterectomies in diffuse coronary artery disease. Eur J Cardiothorac Surg. 2012;42(6):e140–e145. Source

Williams R, Papaspyros SC. A journey through heart surgery, seen through the eyes of a medical student. Br J Card Nurs. 2011;6(12):604–610. Source

Papaspyros SC, Patel R, Polyzois K, Javangula K, Jeffrey R. Median sternotomy scars: formation and impact on patient quality of life. Br J Card Nurs. 2011;6(11):531–540. Source

Patel R, Papaspyros SC, Javangula KC, Nair RU. Presentation and management of keloid scarring following median sternotomy: a case study. J Cardiothorac Surg. 2010;5:122. Source

Papaspyros SC, Javangula KC, Adluri RKP, O'Regan DJ. Briefing and debriefing in the cardiac operating room: analysis of impact on theatre team attitude and patient safety. Interact Cardiovasc Thorac Surg. 2010;10(1):43–47. Source

Papaspyros SC, Javangula K, O'Regan DJ. Surgical training in the 48-h week: a novel simulation and educational tool. From amateur golfer to professional pilot. Eur J Cardiothorac Surg. 2009;36(3):511–515. Accompanied by editorial commentary (Uhlig PN. Eur J Cardiothorac Surg. 2009;36:515–516). Source

Papaspyros SC, Uppal S, O'Regan DJ. Analysis of bedside entertainment services' effect on post cardiac surgery physical activity: a prospective, randomised clinical trial. Eur J Cardiothorac Surg. 2008;34(5):1022–1026. Source

Papaspyros SC, Papagiannopoulos K. Gastrointestinal stromal tumor masquerading as a lung neoplasm: a case presentation and literature review. J Cardiothorac Surg. 2008;3:31. Source

Conference work

Selected published abstracts

Pena K, Haqzad Y, Abdelrahman A, Ferrara A, ElMahdy W, Papaspyros S, Javangula K, Cunnington M, Evans B, Kaul P. Aortic single point of referral process. SCTS Annual Meeting 2025. J Cardiothorac Surg. 2026;21(Suppl 1):A23. Source

Haqzad Y, Sherif M, Rehman H, Tariq J, Kaul P, Evans B, Javangula K, Papaspyros S, Ferrara A, Al-Sarraf A, Elmahdy W. Comparative analysis of LVOT/annulus measurement using echocardiogram and TAVI CT in predicting prosthesis size in surgical aortic valve replacement. SCTS Annual Meeting 2024. J Cardiothorac Surg. 2024;19(2):A274. Source

Papaspyros SC, Kar A, O'Regan DJ. Surgical ergonomics: analysis of technical skills, simulation models and assessment methods. J Cardiothorac Surg. 2015;10(Suppl 1):A201. Source

Javangula K, Papaspyros SC, Adluri K, O'Regan DJ. The postoperative hospital stay: is it a predictor of hospital mortality following coronary artery bypass grafting? Interact Cardiovasc Thorac Surg. 2009;8(Suppl 1).

Javangula K, Adluri K, Papaspyros SC, O'Regan DJ. Predictors of early discharge following coronary artery bypass grafting. Interact Cardiovasc Thorac Surg. 2009;8(Suppl 1).

Presentations and posters

Heart Valve Society, 2025 ePoster (co-author): echocardiographic versus TAVI CT measurement of the LVOT/annulus in predicting prosthesis size in surgical aortic valve replacement.

SCTS Annual Meeting, 2024 and 2025 Co-author: LVOT/annulus sizing for surgical AVR (2024); aortic single point of referral process (2025).

SCTS Annual Meeting, 2018 Surgical approach to patients turned down for TAVI and outcomes with rapid-deployment aortic valves.

Faculty of Surgical Trainers Annual Conference, 2016 Poster: acquisition of cardiac anastomosis skills outside the operating room using low-fidelity simulation and deliberate practice.

AATS, New York, 2015 Radial artery offers superior survival to septuagenarians compared with long saphenous vein.

ASiT, 2015 Surgical safety checklist use in cardiac surgery: an audit addressing human factors.

SCTS Annual Meeting, 2014 Radial artery versus saphenous vein grafts in septuagenarians. Poster: survival and predictors of mortality in type A aortic dissection.

ESCVS, Nice, and IACTS, 2014 Posters: antiplatelet therapy after CABG; synchronous left atrial myxoma and colorectal adenocarcinoma.

Scottish Cardiac Society, Glasgow, 2013 Ten-year survival and risk factors in 2,240 septuagenarians after primary isolated CABG.

Royal Society of Medicine, 2012 Poster: primary B-cell lymphoma of the aortic root, ascending aorta and arch.

SCTS Annual Meeting, 2011 Twenty-year survival after coronary endarterectomy, and video demonstration of LAD endarterectomy by hydrodissection.

SCTS Annual Meeting, 2010 Briefing and debriefing in the cardiac operating room and its impact on team attitudes and patient safety.

ESCVS, Izmir, 2010 Poster: keloid scarring after median sternotomy.

Catalan Society of Cardiac Surgery, Barcelona, 2009 Surgical training in the 48-hour week using simulation.

ESCVS, Warsaw, 2009 Postoperative stay as a predictor of mortality after CABG, and predictors of early discharge.

Joint Scandinavian Cardiothoracic Conference, Stockholm, 2009 Four posters: LAD endarterectomy outcomes; mitral repair with a made-to-measure Gore-Tex ring; endarterectomy in combined valve and CABG surgery; the left atrial roof approach for minimally invasive mitral surgery.

ASiT and SARS, Birmingham, 2008 Effect of bedside entertainment services on postoperative physical activity. ASiT medal for best research presentation.

ASGBI, Bournemouth, 2008 Invited presentation of the bedside entertainment services trial.

WSCTS, Kos, 2008 Safety and efficacy of fibrin sealant in coronary artery surgery.

ESCVS, Venice, 2007 Extracardiac arteriopathy in relation to cardiac surgery.

International Congress on Lung Cancer, Patras, 2007 Poster: gastrointestinal stromal tumour presenting as a pleuropulmonary neoplasm.