



## Dr Zudin Puthucheary

**MBBS B.MedSci (Hons) MRCP EDICM PGCME DUHM FFICM FHEA PhD**

**Specialty:** Intensive Care Medicine, Respiratory Medicine, General Internal Medicine  
**Institute:** Royal Free NHS Foundation Trust  
**Department:** Anesthesia and Intensive Care  
**City:** London  
**Country:** United Kingdom  
**Function:** Consultant  
**Scientific Focus:** Biology of muscle wasting and functional outcomes in critical illness



**Key words:** Muscle wasting; rehabilitation; nutrition; exercise; weakness; functional outcomes

### What else do I want to say?

I graduated from Nottingham University in 1997, and moved to London post MRCP in 2000. Following a 3-year stint in Sydney, I started Respiratory training in Bristol, before completing critical care training in London. My research interests are in muscle wasting and outcome research, and over time I have received awards from the European Society's of Intensive Care Medicine and Anesthesia, the British Thoracic Society, the Intensive Care Society, the American Society of Parenteral and Enteral Nutrition and was named a Global Rising Star by the Australia and New Zealand Intensive Care Society.

What can I offer a mentee? The most important thing I can offer is time.

Time to discuss research proposals, direction of travel, and the importance of being creative. Having spent several years in a relatively new field of critical care, I tend to focus on turning blue sky ideas into solid experiments.

I have also worked in several countries as a trainee and as a consultant, and so am well versed in having to alter clinical practise for different cultures/countries.