

Dr Nick Richards in his own words

DR N C G RICHARDS MBBS DIH DRCOG MRCP MFOM SB of St John  
October 1939 - January 2020

- Qualified at St Bartholomew's Hospital in 1965
- Between 1966 - 1992 spent several spells in Royal Navy visiting Middle East, Africa and America, dealing with exotic diseases
- 1972 - 1999 GP in South Wales and covered coal and chemical industry, EMAS and RNR, plus CMP for Army at Brecon & RAF St Athan
- 1976 - 80 Introduced the Heimlich manoeuvre to the UK
- 1999 - Independent Consultant Occupational Physician with North Yorkshire Police. Since 2000 Medical Director of Telford Occupational Health Service, and from 2014, Medical Adviser to Medigold Health Have been HSE appointed doctor for lead, asbestos and HAVS, since 1969 when working in HM Dockyard Portsmouth
- Have been studying Medicine for over 50 years and have researched a new treatment for chronic neck/back pain and published 2<sup>nd</sup> article in Spinal Surgery News in 2016
- In Summer 2018 published letter in Journal of RNMS regarding my research into cold illnesses in the military towards my MFOM dissertation in 1997
- For 20 years involved with the OPRA reporting scheme. Last case of the Quarter report featured lead poisoning at a lead rolling mill in Cannock and my last monthly report was in May 2018 and it noted the rise in stress and assaults at work.

Nick's choice of wise words from the past

- Hippocrates, *'It is more important to know what sort of person has a disease, than to know what sort of disease a person has'*
- Alhazen, *'Truth is sought for its own sake. Finding the truth is difficult, and the road to it is rough'*
- Sherlock Holmes, *'It is a capital mistake to theorise before one has data. Insensibly one begins to twist facts to suit theories, instead of theories to suit facts'*. Dr Joseph Bell 1837-1911 and the connection to Sir Arthur Conan Doyle. Refer to the Diseases of Occupations on p748 of 5<sup>th</sup> 1975 edition, by Dr Donald Hunter, a famous consultant physician at The London Hospital.

Nick was always willing to share his knowledge and support colleagues. He taught on the MSc programme at the Institute of Occupational and Environmental Medicine at the University of Birmingham. He presented to the local Society of Occupational Medicine Group. He took registrars and other doctors on site visits to explain how to assess a working environment. He attended conferences regularly and demonstrated his commitment to lifelong learning.