

Nidhi Sofat

Nidhi Sofat is Professor of Rheumatology at St George's, University of London. Her research is focused on understanding the causes of pain and inflammation in musculoskeletal diseases using a bench-to-bedside experimental approach. She has conducted several clinical trials and studies investigating the mechanisms of pain in arthritis. Professor Sofat's group was the first research group to discover and describe the OsteoArthritis Bone Score (OABS) in 2021, which is the first scoring system for bone marrow lesions in Osteoarthritis (in collaboration with University of Nottingham).

Professor Sofat qualified in medicine from University College London. She completed her specialist training in rheumatology in 2007 and earned her PhD from The Kennedy Institute for Rheumatology, then part of Imperial College London, in the same year.

Nidhi has been a consultant at St George's University Hospitals NHS Foundation Trust since 2009. She conducts clinics in general rheumatology, inflammatory arthritis, vasculitis and osteoarthritis at the Hotung Centre for musculoskeletal diseases at St George's University Hospitals NHS Foundation Trust. She is a member of the rheumatology team caring for patients on rheumatology specialist wards.

Professor Sofat is the NIHR Integrated Academic Programme lead for Clinical Academic Trainees at St George's, overseeing a programme of research and training, including the PGCert in Research Skills and Methods and workshops for IAT trainees.