

## **Indo British Junior Travelling Fellowship report (June 19<sup>th</sup> 2011 to July 1<sup>st</sup> 2011)**

At the outset, we would like to express our gratitude to IOS UK and its office bearers for the opportunity to visit various centers of excellence in United Kingdom and for the efforts put by them to make our tour an academically as well as socially enriching experience.

Amite and Raju arrived in Cambridge on the 19.06.2011 at about 11:30pm, jet-lagged and sleep-deprived after taking a bus from London. I (Rajiv) was already in the UK for a week prior to the commencement of the traveling fellowship, and had reached Oxford, where I would be spending the first day. The three of us settled into the comfortable accommodation booked for us (at Cambridge and Oxford).

### 20.06.11

Amite and Raju took an early morning coach to Huntingdon, were welcomed by Mr. Vijay Killampalli, who took them to the Hinchingsbrooke NHS hospital. He then demonstrated a primary cementless THA using the MIS single anterior incision technique. Following lunch there, they caught a coach back to Cambridge, and reached the Travelodge, and had some time to catch up on the missed sleep.

I (Rajiv) was driven to the nearby Nuffield Center by the Biomet representative in the morning, introduced to Mr. Chris Dodd, and observed Mr. Dodd's expertise in performing the UKA (4 such surgeries using standard, minimally invasive and newer beta version instrumentation were carried out that morning), with discussions on the role and technique of UKA in management of osteoarthritis. After this, I caught a bus to Cambridge, and arrived to meet up with the other fellows at the Travelodge at Cambridge.

With fatigue and excitement setting in, the three of us called it an early night.

### 21.06.11

After a heavy English breakfast at the Lodge, we proceeded to reach the Cambridge University Hospital, where we met Mr. Vikas Khanduja, and were then taken by his fellow (Mr. Hujazi) for occupational health clearance and issuance of honorary contracts. With the administrative formalities out of the way, we were treated by Mr. Khanduja to 2 successive hip arthroscopies (both for impingement, with cam lesions and labral tears), and then 2 successive anatomic ACL reconstructions using allograft (with image intensifier guidance), along with an academic discussion about techniques prevalent for management of hip lesions in India, and current trends in primary THA and TKAs. Simultaneously, in a parallel theater, we saw Mr. Pachenko (locum consultant) perform a primary cemented TKA and a periprosthetic fracture fixation using a DePuy locking polyaxial compression plate. We also discussed the management of the same problem in India, both in the government and private sector hospitals. After that, Mr. Khanduja dropped us off at the Travelodge to pick up our bags, and after a round of drinks, left us at the station to catch a train to Norwich (which formed the next leg of our traveling fellowship). We reached Norwich by late evening, and grabbed a taxi that took us to the Travelodge booked for us there.

### 22.06.11

We had a pleasant morning walk to Mr. Am Rai's house, from where he took us to the Norfolk and Norwich NHS hospital, where we first attended the morning trauma

session (with active participation by all of us as well as the residents and housemen working there) discussing the patients presenting to the hospital the previous day, and planned for surgery that day. We met up with his entire team, which included consultants, registrars, fellows and housemen, all of different nationalities. Thereafter, Raju (interest in spine surgery) washed up with Mr. Am Rai for a scoliosis correction surgery, while we (Amite and Rajiv) went over to see Mr. Simon Donell, who performed a trochleoplasty, MPFL reconstruction, and finally a new version of the UKA, all the while engaging both of us in a very enthralling academic discussion on cartilage preservation and joint reconstruction surgery. After surgery, Mr. Rai first took us for another academic meeting within the hospital premises, then to his home for a round of drinks, and dropped us off at the lodge. An exchange fellow of his (Mr. Adeel Khaleel, from the US) then picked us up for an evening out with the entire team at the "Farmer's Barn", where we were treated to a lavish Italian spread (with dinner and drinks), followed by a night out with his registrars and housemen.

#### 23.06.11

We again attended the morning trauma meet (where Amite presented a difficult case), and then saw Mr. Ben Davis perform a primary cemented THA, and Mr. AD Patel do a re-osteosynthesis and BMP for a nonunion fracture humerus. We then rushed back to the travelodge, packed our stuff, and caught a train back to Cambridge, where Mr. Khanduja picked met us and drove us down to Romford. There, we were introduced to Mr. Krishna Vemulapalli, and the 5 of us dined at a north Indian restaurant "Kanchans", and were then taken to the Travelodge at Romford.

#### 24.06.11

We reported to the Romford Hospital, where we were escorted to the morning trauma meet by Mr. Krishna Vemulapalli, and then taken to the theaters to see him do a few cases of trauma (closed K-wiring in distal radius fractures), ankle arthrodesis for malunited fracture pilon/talus using the retrograde locked nailing technique, and a scaphoid nonunion fixation by Mr. Izzy Ahad (Mr. Krishna's colleague). We were then dropped off at the lodge by Mr. Krishna, and then checking out, took a bus to Birmingham, which we reached at 10:30pm, from where we took a taxi to the Holiday Inn.

#### 25.06.11

We attended the 13<sup>th</sup> annual IOSUK conference, where we met Mr. Amit Sinha, Mr. KP Meda, Mr. Samsani, Mr Venu, Mr Gautam Chakravarti, and Mr. Anand Arya, and also had our presentations, which were appreciated by most of the 200 odd gathered Indian orthopedic fraternity of the UK. We were delighted to meet the president of our parent body, IOA, Prof Rajiv Naik and state chapter fellows from Madhya Pradesh and Kerala. The conference also had 3 keynote lectures by eminent speakers, which served as an eye-opener to current surgical practice. This was followed by the banquet and entertainment program, which not for a moment seemed to be happening in a foreign country, with Indian cuisine and live songs and dance performances to Bollywood numbers. Finally we retired to the hotel.

#### 26.06.11

Post-conference, a picnic had been arranged by the IOSUK and we had been invited. We traveled to Stratford-upon-Avon, to see the birthplace of William Shakespeare, and revel in the history of the great bard. We also took a cruise along the river Avon, and interacted with the other IOSUK members and their family, and had a sumptuous Indian lunch on the cruise. Finally, Mr. Venu packed our bags into his van, and we set off for the second week of the fellowship to London. He first took us to his home for a cup of tea, after which we were dropped off at our hotel at Crystal Palace, where we retired for the night.

27.06.11

We were directed to meet Mr. Martin Bircher at the St. George's Hospital, Tooting, where unfortunately the patients for surgery had been canceled, so after a few case discussions on his operated pelviacetabular trauma, we all had the afternoon and evening to explore the amazing city of London, before settling back again at our hotel and catching up on some more shut-eye.

28.06.11

We reached the King's College Hospital in central London, and met up with Mr. Rajat Varma, who immediately took us to the theaters and demonstrated a CAS-TKA using the Stryker navigation system. Then we witnessed use of the Reamer Irrigation Aspiration system (RIA) for interlock nailing of a mid-shaft femoral fracture. He then treated the entire operating team (including us) to pizzas, and took us around the corridors of the hospital, showing us the new and old wings.

29.06.11

We again reported to Mr. Martin Bircher at St. George's Hospital, and were informed that we would be observing a fracture acetabulum surgery (posterior wall + posterior column). The surgery was done by his trauma fellow, and Mr. Bircher painstakingly took us through the steps of exposure, reduction and fixation using the Kocher-Langenback approach. After this, we had an opportunity to watch Mr. Philip Mitchell perform a revision TKA surgery using the Stryker GMRH hinged system. After a hasty lunch at the hospital cafeteria of sandwiches, we reported to Mr. Bircher's clinic, where we saw him interact with his recent and past surgical patients, examination of the post-op clinical and functional status, with ongoing discussion of their injury mechanism, the individualized approach to their treatment, and the lessons learnt from each of his patients (some of them were operated more than 15 years earlier by him). Exhausted by the continuous academic barrage, we retired to our hotel.

30.06.11

We went back to the King's College Hospital, where Mr. Om Lahoti took us through a discussion on his innovative use of the patella stop technique for management of genu recurvatum (occurring denovo and as part of the TKA surgery), use of hinged TKA prosthesis for bad varus with co-existent malunited tibial shaft fracture. Then he demonstrated the correct technique in THA for a dysplastic arthritic hip. After a filling lunch of sandwiches and chips, we went to his office where he showed us his operated cases of deformities and malunions treated with the Taylor's spatial frame fixator system, which left all three of us mesmerized by its ingenuity and simplicity.

01.07.11

The last day brought with it mixed feelings of a kind of sad fulfillment. We were taken to the theater at King's College Hospital once again, this time by Mr. Venu Kavarathapu, who demonstrated the MIS single incision posterior approach to cementless THA (using the DePuy system), followed by hip arthroscopies for cam and pincer type impingement, associated with labral tears (which he managed with knotless suture anchors and excision of the cam and pincer). Thereafter, Mr. Patrick Li, his colleague performed a first stage revision of a suspected infected cementless THA (painstakingly and skillfully extracting the components using the explant system and fine osteotomes and saws, with wound lavage and insertion of cement spacers). Before we could bid our adieus to this fine team, we were asked to meet Mr. Anand Arya, who took us out for drinks and snacks to "The Fox on the Hill", a restaurant close to the hospital, where he discussed our accounts. When we finally bid him goodbye, we knew that we had fulfilled our expectations by observing so many top-end surgeries at many premier institutes of the UK, and made lots of friends.

We express our gratitude to the executive and managing committee of the IOSUK for making this a possibility. We are indebted to all those who took out their time and patience in making this a successful educative trip.

Amite Pankaj, Raju Karrupal and Rajiv Thukral.