

IOA-IOS UK INDO-BRITISH TRAVELLING JUNIOR FELLOWSHIP 2008 –

LOWER LIMB: REPORT

In response to information published in Indian Orthopaedic Association newsletter with the last date to apply as 4th April 2008, I filled my nomination for the above mentioned prestigious fellowship & sent it to Prof. Shishir Rastogi Chairman foreign fellowship committee & was extremely happy when within 15 days I received a telephone call followed by an e-mail & official letter signed by President I.O.A. Prof. S.C. Goel informing me about my success. As the fellowship was started with the Herculean efforts of Prof. Dr H.K.T RAZA, immediate past president of IOA who is also my professor & HOD, he was very pleased as I was the first recipient of this international award. I also received an e-mail from Mr. Venu kavarthapu informing me about my selection, the dates of the fellowship, how to get VISA for UK, the whole fellow-ship program, where to stay, how to travel & how to reach the venue & place of accommodation. Shortly I also received my air tickets from Jabalpur to London via New Delhi & my sponsorship letter from Biomet .I was given the Official I.O.A. Tie by the I.O.A. office to present to the President I.O.S. U K during the IOS UK annual meeting at LIVERPOOL & with this I took my flight to London. I met the other three fellows of the fellowship directly selected by the IOS UK, at London, namely Dr Zile Singh Kundu from Rohtak, Dr Mahesh Reddy from Bangalore, & Dr Rajeev Chhaterjee from Kolkata who made a grand group for these 15days at UK. Our accommodation was arranged at hotel Thistle Westminster just behind

the Buckingham Palace at Victoria station & we were given two full days to acquaint our selves with London food, weather, people, places, travel & customs of which we took advantage & made ourselves comfortable.

23-06-2008 Monday was the first day of our training at Midway Maritime Hospital Gillingham with Mr Srinivas Samsani. As the hospital is in the outskirts of London, we took a train early in the morning & walked to the hospital from Gillingham station. The early hours, comfortable weather & sympathetic attitude of people telling us our way, made us reach there in 20 minutes. We contacted Mr. Samsani from the main reception & he personally came to receive us. We were made to fill some application forms with details of our immunization status & experience following which we were offered tea & started our academic session. The first session was a CME on computer navigated joint replacements with power point presentations on LCD screens. The lecture included a very informative Introduction to navigation in TKR with preventable causes in revision TKR by Mr Samsani, "Technique of computer assisted TKR by Mr. Norris" & "Where do we stand in Computer Navigated TKR's" by Mr. Sanjay. The operative session included demonstration of computer navigated minimally invasive hip & CAS-TKR (The STRYKER System) with substantial lunch in between. We were taken around the hospital & for post .operative round & I also presented an interesting case on TB wrist for discussion. The day ended by a navigated drive to Grand Ma Thai restaurant at Rockster with a wonderful Thai

food & tube train back to our hotel. The humble behavior of Mr. Samsani & his professional expertise, knowledge & skills touched our hearts.

We were received at Kings college hospital at Denmark hill station by Mr. Rajat Verma on 24th June 2008, whom we assisted during learning a computer navigated TKR & a MIS –UKR . We also saw Mr. Willkinson during a revision ACL procedure. Dr Rajat Verma used the King's college solution, a modification of Oxford solution for pain relief intra-operatively & both the patients were able to walk 3-4 hours post-operatively during the ward rounds. I presented my work on Biology in interlocking to Mr Rajat Verma as a scientific exchange, following which we enjoyed at Denmark hill pub with courtesy of Prof. Rajat Verma. The evening was celebrated as the fellowship dinner hosted by Mr Venu Kavarthapu, Secretary IOS U K at his residence at Bromley west, where for the first time in UK we could eat to our hearts' content, the delicious Indian food prepared by Mrs. Kavarthapu along with a formal photograph with family of the occasion.

We were eager to visit the Royal National Orthopedic Hospital Stanmore on 25th June 2008 as the Institution is known world wide for its bone tumour & limb salvage work as well as for its bone tumour engineering unit for custom mega prosthesis formation. But we were informed that as the head Prof. Tim Briggs was on leave we will be demonstrated surgeries by Mr R.W. J Carrington. We saw a case of revision hip for loose socket with prosthesis & another revision of a Metal on Metal hip, and by the end of the day we felt that we did not miss anything but have gained a lot on our knowledge on revision arthroplasties.

Before leaving we visited the B.T. engineering unit & saw the whole range of historic custom made implants.

We visited North Middlesex University Hospital at Silver Street on 26-06-2008 with training under Mr, Ravi Kumar, a senior orthopedic surgeon . The day was very busy with lot of academic activities & lots of delicious food making the day worthwhile. We watched an arthroscopic evaluation of knee followed by UKR ,and an arthroscopic evaluation to be followed by 2nd stage TKR, an arthroscopic lateral menisectomy & micro fracture of lateral condyle for articular degeneration & a TKR by the outgoing registrars. A formal workshop was conducted in the second half on PCCP (percutaneous compression plating for trochanteric fractures & Verona Nails.) A formal scientific session was organized where I presented a case report of JESS distractors for flexion contracture of TB wrist & also a scientific paper on JESS distractors for calcaneal fractures which was highly appreciated. Dr Z.S. Kundu presented his work on an innovative distractor for deformity correction & on soft tissue sarcomas. The training ended after a one & a half hour teaching lecture given by me on bone tumors & limb salvage to the exam going registrars who felt that training in most of the hospitals is limited to arthroscopy & joint replacements & revisions but in exams they will need bone tumors too. The day ended with a memorable grand dinner at a Turkish restaurant with delicious food with Mr Ravi Kumar & his team & I feel I ought to visit him again!

The fifth day of our fellowship was a half day training at Kings College Hospital London where we saw hip arthroscopy being done for a MRI proven labral tear in the most aseptic, meticulous and perfect manner by Mr. Venu Kavarthapu whom I will consider the best hip arthroscopist I have seen so far!. Mr. Venu also gave a lecture on diabetic foot and demonstrated a surgical procedure on chronic osteomyelitis of 2nd metatarsal in diabetic foot.

In the afternoon we took a flight from London to Manchester and were taken to hotel Holiday Inn, Haydock park; our residence for next five nights. We also attended the official dinner with IOS UK members on this pre-conference night & got acquainted with most of the members. The venue of IOS UK annual meeting of 28-29 June 2008 was next door at Haydock Park Race Course, Junction 23, M6 Newton-Le-Willows, Mersey side, WA 120 HR, Liverpool.

The conference was a great success with around 150-200 delegates, dignitaries as Prof L. Klenerman, Prof. Simon Frostick, Mr.D.Nayagam, Mr. Srinivas S. Kamineni, Mr. J. Dorgan were amongst the many present with state of art lectures, delivered in pin drop silence atmosphere. Dr. Rajeev Chhatterjee delivered the first week report of the fellowship, while I presented my long term results of ipsilateral autogenous proximal fibular reconstruction arthroplasty for GCT distal radius & Dr Kundu presented his work on innovative fixator for deformities at proximal tibia. Both the papers were highly appreciated.

Finally it was the historic moment when during the annual general meeting, I presented the official tie of IOA on behalf of the Indian Orthopaedic Association to President IOS-UK Mr. Murti Gollapudi followed by official snaps of

the team in front of the national flag of U.K. & India & everyone became emotional & with great love & pride towards our country & shook hands with each other.

During the evening dinner with all members, families & friends with disco & entertainment, The President of IOS UK, Murti Gollapudi read the letter received by Prof. HKT Raza, past president IOA where he congratulated the IOS on its success and for starting this fellowship in such a short time & there was a lot of cheering & clapping and a disco before gradually the meeting came to a close. On Sunday the 28th, all members & fellows gathered in a large Mall with multiplex movie theaters in Manchester & watched together the Hindi movie- *Thoda pyar thoda magic* before bidding the goodbyes. We were taken by Dr Ashok Goyal 'now in New Delhi, to his house in Liverpool for lunch & visit to Liverpool which we enjoyed a lot. Dinner was in Warrington with Dr. Arvind Rawal & family & the love & affection of the Indians at UK towards humanity, made us emotional & we will not be able to forget these moments.

The next two & a half days were at Wrighttington hospital. This historic hospital was the work place of Sir John Charnley the father of joint replacements with the first air purified operation theatre of the world,& now also with Charnley bio- engineering laboratory & museum .We were taken around the hospital Mr. Bodo Perback ,who considers himself a true disciple & follower of Sir John Charnley and his techniques & to the bio-engineering laboratory with the demonstration of whole history of development of joint replacements, ward rounds, case discussions & discussions on clinical & follow up x-rays. We were

shown revision hip arthroplasties ,hip arthroscopies ,total knee arthroplasties etc. & were shown the intricacies of the art of exposing the hip by trochanteric osteotomy & resuturing with the help of stainless steel wires.

We reached oxford on the evening of 2nd July and we were escorted to our rooms in Keble College, each in a separate building. Keble college with its ancient buildings, narrow doorways & steps, pin drop silence & a single key to all the doors made us feel like we were with Harry potter in the deadly castle of magic & we came to know that indeed the movie was shot in Oxford & Keble college was also just like it. We were in Oxford to attend Oxford Partial Knee Advanced Instructional Course & were taught about Oxford unicondylar knee replacements in such details by lectures, demonstrations, slides, movies, hands on, repeat 1:1 hands on workshops that we were fully confident of the technique. The lectures of Prof. D Murray, Mr. C. Dodd, Mr U Sward and Prof. J.O. Conner were well appreciated by us. We also walked a bit round the city of Oxford, had lunch at an Indian restaurant with Dr. Sandeep Bitta, with the dreams of Harry potter & Alice in Wonderland, the place where the epic was written by Louis Carroll. We were brought to London again by a taxi, and were invited to lunch by Dr. Gaurav Bharadwaj & took our flight back to India.

A few things worth mentioning in the last are that “the fellowship of lower limbs revolved around total hip & knee arthroplasties, revision hip & knee arthroplasties, computer navigated surgeries & unicondylar knee arthroplasties, things which were new to us & which we feel will benefit our patients also.

The clean country, “air conditioned” weather, absence of crowds, air or sound pollution ,the never ending days & last of all; the desire to maintain discipline in & around London was what we appreciated the most & I bow low & salute IOA & IOS-UK for giving me a chance to be a part of this U.K. adventure.

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