



# Indian Orthopaedic Society (UK)



**ISSUE 4**

**NEWSLETTER**

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[www.indianorthopaedicsociety.org.uk](http://www.indianorthopaedicsociety.org.uk)

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## From the Editors Desk...

Dear Colleague

We welcome the new members who have joined at the time of and after a very successful May annual meeting in Pontefract, West Yorkshire

As part of the Indo British Travel Exchange Fellowship Programme for consultants, the first group of consultants from India were Professor Vernon Lee (Vellore), Dr S Rao (Rajkot), and Dr A Bhatia (Mumbai) and they visited the United Kingdom in September 05. Professor Vernon Lee's report simply says how good the trip was and the benefits

gained from this fellowship exchange at consultant level. Mr E.Jago and Mr B Ilango visited Chennai in March 06. At SpR level Mr M Agarwal (Manchester) visited Austria for shoulder fellowship. Mr K Hinduja (Manchester) has visited Mangalore for 3 weeks for a trauma fellowship.

No doubt a lot of our members of IOS (UK) have been contributing to the continuing educational activities in India and in the UK. We would like to hear from them so that we can publish their activities in the forthcoming newsletters as well as on our website.

We request you to circulate this newsletter among your friends and colleagues of Indian origin and encourage them to join the IOS (UK).

With best wishes

**Babu Peravali**  
**Murti Gollapudi**  
Editors

**8<sup>th</sup> ANNUAL CONFERENCE IOS (UK)**  
**CLAY OVEN BANQUETING SUITE**  
**WEMBLEY**  
**13<sup>th</sup> & 14<sup>th</sup> MAY 2006**

**Mr. Ravikumar, Organising Chairman and his team are leaving no stone unturned to present a fantastic and memorable meeting. Please attend and enjoy what promises to be a lively scientific meeting on the 13<sup>th</sup> followed by great opportunity to socialize and take in the sights of the Capital on the 14<sup>th</sup>.**

## 7<sup>th</sup> Annual Meeting, Pontefract, May 2005

The venue was Pontefract racecourse. We were welcomed by Mr Gollapudi's team with delicious Indian snacks and coffee during the registration. It was pleasing to see a number of orthopaedic Implant manufacturers showing their wares during the trade exhibition, a welcome recognition indeed of the growing importance of our organisation.

The spouse programme took off shortly before 2.p.m. in two coaches, to visit the Royal Armouries Museum in Leeds followed by some retail therapy in the fashionable Outlet Village in Castleford.

After seeing off their better halves, the delegates buckled down to the serious matter of Scientific Session. The session featured podium presentation of 8 free papers selected from a number of submissions. It has to be said that the scientific committee has had an unenviable task of selecting the papers; such was the huge response not only in quantity but also in quality. The session was ably and eruditely co chaired by Messrs Gautam Chakrabarty and Ajit Shetty who did a splendid job of it.



The following free papers were presented.

Tranexamic acid in Revision Hip Arthroplasty – Mr F Wadia  
Arthroscopic Rotator Cuff Repair – Mr B Venkateswaran  
Computer navigation assisted Total Hip Replacement – Mr K Venu

Analysis of Hyponatraemia in 1054 Admissions of Fracture Neck of Femur - Mr P Sian

Current Practice of Stable Weber B Fracture Management – Mr S Thiagaraj

Outcome Analysis of Tendo Achilles Ruptures – Mr K Rajasekhar

Early Results of Nottingham Augmentation Device in the treatment of Massive Rotator Cuff Tears – Mr M Jeyam

5 Year Results of the PFC Sigma Total Knee Arthroplasty – A study of 525 cases – Mr R Raman

The following posters were selected for exhibition:

Intradiscal Electrothermal Treatment for Discogenic Pain – Mr Ravindran

Fractures of Adjacent Vertebrae in Patients with Traumatic Burst Fractures- Mr Madhu

Scapulohumeral Manoeuvre for Shoulder Dislocation – Mr Sonanis

A Method of Draping for Ankle Surgery – Mr Mestha

Shoulder Poster/Video – Mr Bari

Triplane Fracture of Ankle – Mr Gollapenne

Mr Paramjit Sian won the best paper award and Mr Ravindran won the best poster award, both judged by a panel consisting of Professor Giannudis and Dr Donthineni-Rao

After a short coffee break it was time for presentation of Travel Fellowship reports from Messrs Muddu, Venu, Rangan and Jacobs.

Guest Lectures followed and what an academic feast it was. Dr Rakesh Donthineni-Rao, who had come over all the way from Sacramento, California, where he is the Chief of Orthopaedic Oncology and Assistant Professor of Orthopaedics, University of California, Davis, Sacramento, gave a scholarly talk on Advances in Bone Tumour Management. Next up was Prof Peter Giannudis, professor of Orthopaedic Trauma at the University of Leeds and Lead Trauma Surgeon at St James's University Hospital, Leeds. He spoke on pelvic and acetabular fractures with great authority and clarity. Finally we had the inimitable Prof Angus Wallace, Professor of Orthopaedic and Trauma Surgery, University of Nottingham. He was also till recently Dean of Faculty of Medical Informatics, Royal College of Surgeons, Edinburgh. His lecture was on the Impact of Health Informatics on Surgery and the E logbook. He gave a tour de force on these subjects with passion and verve.

Mr Muddu, on behalf of the Fellowship Committee as its Chairman, presented the guidelines for this programme and spoke on the benefits of Fellowship to India and also for the consultants coming from India to the UK.

Mr Leo Jacobs, Consultant from the Royal Oldham Hospital, who was part of the first fellowship programme, presented his view of the fellowship when he visited Bangalore and its hospitals. The presentation, aptly called "Look East" was very much enjoyed by the audience. Finally he told the audience how much he enjoyed that trip and that the standard of care in some of the hospitals he visited was second to none.

Mr Gollapudi, as the Chairman of the annual meeting asked Professor Angus Wallace to present the Indo British Fellowship Certificates to Mr B N Muddu, Mr Leo Jacobs and Mr Len Funk.

The Annual General Meeting was chaired by the President, Mr Suresh Rao. Minutes were taken by the Secretary, Mr Ravi Koka. Accounts were presented by the Treasurer Mr Vinod Shah and unanimously accepted by the members. Mr Suresh Rao suggested the way forward and announced that he will be forming various sub committees to look after the research, fellowship, membership, etc. He indicated that we should continue as a non-political organisation and continue to strive to achieve higher standards in scientific, educational fields. He also stressed that we should encourage the educational activities in India to give back the developments taken in the western world.

Mr Ravi Koka thanked the gallant team who organised such a fantastic meeting at Pontefract.

The evening dinner was enjoyed by all and Professor Angus Wallace delivered an amusing after dinner speech and acknowledged the enormous contribution by the Indian doctors to the NHS. Dinner was followed by a lively Indian disco and Professor Wallace led all the others in gyrating to the Bhangra beat.

The following day the group visited York with their partners and children and they very much enjoyed that trip. The coaches then returned for a fabulous Indian lunch and then everybody dispersed.

**B. Peravali**

## Fellowship News

It is with great pleasure that we reproduce below an account of the experiences of the first Indo British traveling fellows, as narrated by Professor Vernon Lee.

*The first Indo British Travelling fellowship was organized by the IOS (UK) in September 2005. The three of us (Prof Vernon Neville Lee, Dr Anil Ghanshyam Bhatia and Dr Shrinivas Ramachandra Rao) traveled from Mumbai to Manchester and arrived in the UK, on Saturday the 17<sup>th</sup> September around midday. We were promptly picked up by the air port shuttle and put up at the Bewleys Hotel. We had Saturday and Sunday to recover from the jet lag, meet up with local friends and visit Manchester city.*

*We were welcomed by Mr. Muddu who had already organized our stay and made sure that we were comfortable.*

*Our Monday the 19<sup>th</sup> Mr. Muddu deputed Dr. Deepak Shivarathre who took us to St. Helens and then on to Wrightington.*

*As St. Helens we were welcomed by the sister in charge of OR and were shown around the theatre. Mr. Jago then showed us, two cases of the Oxford Unicodylar knee replacement. His excellent demonstration left us with a fairly good concept and understanding of the procedure.*

*Deepak then rushed us on to Wrightington Hospital where we were welcomed by Mr. Murali the consultant hand surgeon. He introduced us to Mr Peter Kay and Mr. Bodo. Two of us went on to the lower limb theatres, while the other Dr. Anil Bhatia went with Mr. Murali to the Hand Unit.*

*Mr. Kay then showed us a very interesting case. A 74 year old lady whose one hip operated by Sir. John Charnley. in 1964 and the hip was still functioning well - 40 years later due to an arthritic knee was to undergo a knee replacement by him. Mr. Bodo then took us around the Charnley Museum at Wrightington. This was a truly unique experience which gave us insight into the genius mind of this truly Great Man.*

*The original machines on which Charnley did all his research were still intact, many of them still in working condition. There was Metal, Teflon, Polythene and various materials on which he worked. There was an entire array of prosthesis from the original flaback, to what we use today.*

*Thursday the 20<sup>th</sup> saw us in Tameside General Hospital where we were welcomed by the staff. Mr. Muddu introduced us to his colleagues and the residents. We then did a ward round of the hospital where we saw the post operative arthroplasty cases. Mr. Muddu showed us one of his bilateral shoulder*

replacements. The first side was a conventional TSR, and the second side was a surface shoulder replacement. We attended the Trauma meeting which is a meeting conducted by the consultants where the Residents present. The emergency management is discussed and the further treatment is then planned. We saw a case of olecranon fracture, a volar Barton's fracture in an elderly lady and also an interesting comminuted proximal humerus fracture where an Axillary artery reconstruction was carried out. Dr. Lee then delivered a lecture on Orthopaedic problems in Haemophilia.

After this we went to the Rochdale Hospital where we were welcomed by Dr. Devadoss Vijay Kumar who and showed us around the hospital. He took us to the O.R. where he demonstrated an arthroscopic reconstruction of a rotator cuff repair as well as a subacromial decompression.

We then attended a lunch time clinical meeting where Dr Lee gave another lecture. We then went on to the O.R. where Mr. Ali one of the consultants demonstrated a conventional total knee replacement.

We then proceeded to Birmingham to attend the BOA. The BOA meeting gave us a good idea of orthopaedics in the U.K. starting from the Training programme for the residents. The research activities and the current concepts of Orthopaedic practice. We were privileged to be met and welcomed by Mr. Michael Benson the president of the BOA. We were felicitated along with visiting fellows from other countries as well. We met the president Elect and also the past president Mr. David Jones. After the BOA we had a free weekend to relax and prepare for the week ahead.



On Monday the 26<sup>th</sup> we were down in Oxford, put up at the historical and magnificent Keble

College to attend the Oxford Advanced Knee Course.

Tuesday evening we were back in Bury Village Hotel, where we spent a relaxed evening. On Wednesday the 28<sup>th</sup> Mr. Ilango met us at the hotel and we were taken to the Bury Hospital. Mr. Ilango took us around the hospital. He then took us to the O.R. where he showed us surgery of Oxford unicompartmental Knees. We then met the other consultants and residents when Dr. Srinivas Rao shared with us, his Herculean efforts in treating the Bhuj earthquake victims. This was followed by another lecture by Dr. Lee on the uncemented hip. The afternoon was another session in OR by Mr. Ilango. We then went to his home where we met his family and then on to an excellent evening with a number of the region's consultants at a Chinese restaurant. The next day we visited the Blackburn Royal infirmary. We spent the morning with Mr. Mohan, and the afternoon with Mr. Shah in the OR. We had a lunchtime talk by Dr. Anil Bhatia on his experiences with the Brachial plexus. Dr. Lee then spent the evening with Mr. Vijay Kumar and his family. Dr. Rao and Dr. Bhatia went on to Mr. Mohan's place for dinner and went on to Oswestry.

Looking back at the overall arrangements of the fellowship program. I think it was a tremendous effort on the part of IOS (UK), to get so many surgeons involved to organize and spare time with us visitors. The first suggestion that I have is that on some days we visited two hospitals. This is a difficult task and it would be more beneficial to do one hospital a day. The other point I would like to mention is that we attended the BOA and also the Oxford unicompartamental knee course. Both of which were superb, but I think that for a traveling fellowship one or the other is adequate, preferably attending the BOA.

Overall Rating of the First Indo British Traveling fellowship ★★★★★. Well Done!

Vernon Lee.

## **SpR Fellowship**

Mr Agarwal visited Austria spending a week under the eminent shoulder surgeon Professor Herbert Resch. He will be presenting his experience there at the forthcoming London meeting.

Mr K Hinduja who visited Mangalore, will also be presenting his experience at the London meeting.

We hope that the Indo British Travel Exchange Fellowship will bring the orthopaedic surgeons of India and the UK much closer and enable them to learn from each other more than ever before. Equally we hope that the registrars' fellowship will go a long way in their training and IOS (UK) takes great pride in organising these fellowships.

## **IndoBritish Travel Fellowship Programme March 2006**

Mr Edward Jago and Mr Balakrishnan Ilango travelled to India. They attended the Tamilnadu Orthopaedic Association Conference on 5<sup>th</sup> March 2006. Mr. Ilango gave a guest lecture on Hip Replacement-Current Concepts. Mr Jago's guest lecture was on Surgical Principles of Unicompartmental Knee Replacement.

On 5<sup>th</sup> March they visited Ramachandra Medical College and University. They were taken around the hospital. Mr Ilango conducted an interactive teaching session in the afternoon and Mr Jago presented a talk on rapid discharge programme and joint replacement.

On 6<sup>th</sup> March they visited a temple and an Indian village, interacting with the local villagers.

On 7<sup>th</sup> they flew to Coimbatore, visited Ganga Hospital. A night's stay was organised at Raj Bhavan in Ooty, a historic place built by British in 1870's.

The following day clinical cases were discussed and guest lectures were given at Ganga Hospital.

They spent a morning visiting the Government General Hospital in Chennai. 11<sup>th</sup> March was the day for shopping and the trip ended on 12<sup>th</sup> March 2006.

This programme proved highly successful. They were invited again to conduct future courses and discussions took place with regard to setting up telemedicine for future link ups between UK and Chennai.

Professor Mayilvahanan, the current president of IOA provided generous hospitality and had agreed to speak at the next IOS (UK) meeting taking place in London.

The fellows are grateful to Biomet for providing the sponsorship and their Indian Colleagues, Professor Mayilvahanan, Dr Vijayaraghavan, Dr Rajasekar, Dr. Singaravadivelu and others for their hospitality in making this trip such a success.

## **News and Events**

The first instructional course in shoulder surgery in Bangalore organised by Dr M Reddy (Manipal Hospital in Bangalore) led by the UK faculty, Mr Len Funk, Mr B N Muddu, and Mr Leo Jacobs, was a grand success. In addition to lectures and live arthroscopic surgery, workshops were conducted to create and foster enthusiasm among the local senior as well as the junior orthopaedic consultants. The course will be run on an annual basis every October in Bangalore under the chairmanship of Mr M Reddy, Consultant at Manipal Hospital.

## ***IOS (UK) Website***

Please visit the website for all the latest news and information. We are constantly striving to improve its content and usefulness. We welcome your comments and suggestions. Please feel free to do so via the comments form.

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