

IOA-IOS UK FELLOWSHIP REPORT

DR MANISH CHADHA (SPINE FELLOW)

13th June, 2009.

The fellowship began on the 13th of June 2009 when all 3 of us (Manish Chadha-Spine fellow, Ajay Puri-Tumor Fellow and Dheena Dhayalan-Trauma and Reconstruction fellow) reached London after a long flight from India. Our stay in London was at the Kings Hotel right next to the Kings Cross station and after the long haul flight we all took a well deserved break. The stay, though basic, was understandable considering that this tour was organized to a tight budget.

14th June, 2009.

The next morning was a Sunday and we decided to play the “tourist” before the start of our academic endeavor. All 3 had visited the city before but somehow had not got around to visit the ‘London eye’ so we decided to go there and had a good time. Later we went to the Hyde Park and the famous ‘Speakers Corner’ where anyone could talk on anything under the sun!!! In the evening we were invited to Mr. Venu’s home for dinner and we got to meet Venu and his charming daughter and Mr. Anand Arya for the first time. They welcomed us and briefed us on the planned schedule for us.

15th June, 2009

My first academic day was at the King’s college and hospital where I was to see spine surgeries with Mr. Kulkarni who is a neurosurgeon. Mr. Venu was kind enough to show me around. Mr. Kulkarni meticulously did a cervical discectomy with cage and ACP and a lumbar microdiscectomy. The evening was free for us and spent ‘bonding’ with each other.

16th June, 2009

I again went to the King’s college and this time Mr. Irfan Malik (another neurosurgeon) did an instrumentation for a L1 osteoporotic fracture and instrumentation for a metastatic carcinoid tumor D11, L1. In the evening we were treated to a lavish dinner arranged by Mr. Krishna of the Queen’s Hospital.

17th June, 2009

For the next three days I was to visit the Mecca of Orthopaedic surgery namely the Royal National Orthopaedic Hospital, Stanmore and it took one and a half hours to reach but that could not dampen my enthusiasm. I reported to the Seddon teaching center and was directed to the secretary of Mr. Sean Molloy who I was scheduled to be with. But unfortunately they had no confirmation of my visit and moreover Mr. Molloy was not going to be in the hospital for the duration of my visit over the next 3 days!!! It was an embarrassing situation for Ms Pretha (Mr. Molloy’s secretary) and me to say the least and she made all the effort to make me comfortable and salvage the situation. It was then a chance meeting with Mr. Raman Kalyan, Senior lecturer and Registrar in the office of the Spine unit that I explained the situation to him and he was kind enough to arrange for my being in the OR with Mr. Adrian Casey (a neurosurgeon) who was operating on a patient of cervical injury with a syrinx and doing a posterior stabilization and shunt. He was quite helpful and enthusiastically answered all my queries. So all’s well that ends well!!! In the evening we all went to a Dinner meeting hosted by Biomet and on our way back we visited the famous “London Dome”.

18th June, 2009.

Mr. Raman Kalyan had arranged for me to be with him and Mr. David Harrison in the OR where they were operating upon a case of LCS where already fusion had been done along with an X

Stop, being revised to a higher level decompression and fusion. After this I went to attend the clinics with Mr. Harrison where I saw a variety of spine deformity cases that were enough to satisfy my insatiable academic pursuits. In the evening Mr. Raman Kalyan took me to his home and we had a lovely dinner cooked by his mother and I will relish the taste for a long time to come.

19th June, 2009.

The annual Seddon Society meeting of the Registrars of the London rotation was hosted at Stanmore on Friday and I got an opportunity to see the excellent work on all aspects of orthopaedics showcased in the presentations. The entire faculty was in attendance and it was amazing to see the quality of work presented. I left for the hotel by the afternoon since we had a train to catch for Llandudno, which was the venue for the annual conference for the IOS-UK. We were received by Mr. Amit Sinha, the organizing secretary and his charming wife and they dropped us at the hotel. The relaxed and casual feel of Wales was in the air and we got a feel of it soon when the Manager informed us that there was no booking for most of the delegates!!! After a few hiccups the rooms were arranged and we went out to dinner at a nice Indian restaurant after a leisurely walk along the promenade. We slept late at night since Ajay and I shared our fellowship experiences till date and there was no dearth of memorable moments!!

20th June, 2009.

The day began on a relaxed note and after breakfast we all strolled to the sea facing conference venue (Venue Cymru), which was magnificent. After a welcome address by Mr. Amit Sinha who was the organizing chairman, there was a host of free papers and invited guest lecturers by luminaries such as Prof W Angus Wallace, Prof Joe Dias, Prof Robert Owen and Prof P Kay among others. There was a presentation by myself on Craniovertebral tuberculosis managed conservatively and by Dr Ajay Puri on the management of GCT of the lower end of the radius by ulnar translocation. Dr Dheena Dhayalan made a presentation on our collective experiences up till now. We also got to interact with the fellows of the Karnataka Orthopaedic Association (Dr Anand Galagali and Dr Anup Kumar). All in all it was a satisfying day academically and to top it was the lavish sit down 4-course dinner at the Reagent Hotel over 4 hours!!

21st June, 2009

The morning was spent at a leisurely pace away from the hustle-bustle of a busy city life. After a relaxed breakfast we all took the cable car ride to the mountaintop arranged for the delegates by Mr. Sinha. Unfortunately the rain god chose this very moment to make us aware of the vagaries of the English weather and the view was hidden for most of the time. But it was a great experience and we thank Mr. A Sinha for all the efforts he put in to make this annual event a grand success.

We returned to the hotel and bid adieu to Dr Ajay Puri who was off to Birmingham, and Dr Dheena Dhayalan and myself accompanied Mr. Murti Gollapudi and his wife who were kind enough to take us to Leeds. We reached Mr. Murti's place just in time for the climax of the T20 world cup finals which all 3 enjoyed immensely and this was followed by dinner that was cooked for us by Mrs. Gollapudi in spite of being tired from all the travel. Lovely home cooked meal at their place rejuvenated our spirits and at the same time made us homesick!! Mr. Murti then dropped us at our hotel in Wakefield with the promise of coming back in the morning to pick us up for the hospital. We are grateful to him as he went to all the efforts to make our stay comfortable in Leeds and we were touched to know that he had taken time off his work to do so. Sir, we thank you for all that you did for us.

22nd June, 2009

The beginning of the second week of our fellowship and the next 3 days were to be at Leeds General Infirmary with Mr. Abhay Rao. He welcomed us at the LGI and then I accompanied him to the OR where he was operating on a thoracolumbar scoliosis with a posterior instrumentation and correction. I was impressed with the precision and clockwork execution of the procedure and

this was followed by another case of a double thoracic curve where he performed a posterior instrumented correction.

In the evening Mr. Venkateswaran took us for a great evening at the Canary Wharf and then dropped us to our hotel.

23rd June, 2009

It was an early start yet again and this time I was in the OR to watch an anterior release for a rapidly progressing curve of around 110 degrees. I took time out in the afternoon for a visit to the city center and then Mr. Murti Gollapudi picked us up for the evening get-together organized. I presented my paper on tubercular spondylolisthesis and Deenu presented the Ganga Trauma Score and this was followed by dinner.

24th June, 2009

Early start again meant that we were packed and ready by 6.30 a. m. Mr. Gollapudi dropped me at LGI where I spent time with Mr. Abhay Rao at the clinics and saw a variety of spine deformity cases in the morning session. He then introduced us to Prof Peter Giannoudis who took time out especially for us in spite of being engaged with the concurrently running AO course. He gave us an excellent talk on damage control, the systemic inflammatory response syndrome and his technique of fixing lateral compression fractures of the pelvis. At the end he presented both of us with his autographed book that we will treasure.

In the evening Mr. Gollapudi took us to Manchester where we rested after a tiring though immensely satisfying stay at Leeds.

25th June 2009

The day began early with Mr. Rajat Verma who picked me up from the hotel for the Hope Hospital and he showed me a plethora of cases that they had operated over the past few months. I spent the day with the neurosurgeons in the OR. In the evening Mr. Rajat Verma and Mr. Nikhil Shah took me out to dinner at a lovely Mexican place and we had a good time.

26th June 2009

Today was the last official academic day of the fellowship and it was Hope hospital with Mr. Verma once again. He was to operate on a spondylolisthesis L5S1 doing a PLIF with pedicle instrumentation. Unfortunately the case got cancelled since the anesthetist called in sick and we spent time in the department having a look at the cases operated in the past. I took a break early since I needed to pack and spent my evening taking a stroll around the Worsley village.

The fellowship ended after a fruitful 2 weeks which included a great mix of academics and socializing and I take this opportunity to thank Mr. Murti Gollapudi, Mr. Venu, Mr. Anand Arya and the IOS UK for making our visit a memorable event. For the coming years some suggestions to be given a thought, and if deemed reasonable, to be incorporated while finalizing subsequent fellowship programs are

1. The visit to too many centers becomes difficult to manage for both the IOS and the fellows since by the time they get used to a place they are out of it. Hence it would be preferable if the fellows go to either one institution only for 2 weeks or at the most to 2. This would help the fellows to follow the schedule of the unit and build a rapport with the local hosts. Since the travel would be less, it would be financially and physically less taxing.
2. The main aim of the fellowship is academics and the schedule of the fellowship should be confirmed beforehand. The logistics would be easier if the fellowship is at only 1 or at the most 2 centers.
