

ISKSAA JOD FELLOWSHIP 2018 REPORT

I would like to begin by expressing my gratitude towards Dr. Pushpinder Bajaj, Dr. Mani Arora, and Dr. John O'Donnell for considering me worthy of this opportunity. Special thanks to supporting staff at *St. Vincent's Private Hospital (East Melbourne)* and *Hip Arthroscopy Australia*, for making me feel at home.

The duration of fellowship was from 19th February to 19th April (2 months). I arrived in Melbourne a couple of days earlier to settle into the new accommodation. I stayed in a suburb (Tarneit), well connected to the city center by rail and bus. Thanks to the amazing public transportation system of Melbourne, getting from one place to another was like a walk in the park.

On the first day of the fellowship (19th Feb), I joined Dr. John O'Donnell in the operation theatre at the St. Vincent's Private Hospital. The OT staff and other surgeons at the hospital were welcoming and friendly. Although I had exposure to Knee and Shoulder arthroscopy before, I had never seen Hip arthroscopy before.

I saw the whole gamut of Hip arthroscopy procedures, including Ligamentum teres debridement, Anterior capsular plication for instability, resection for FAI (Femoro-acetabular impingement), Labral debridement and repair, Endoscopic management of Psoas impingement, capsule-labral adhesiolysis in revision cases, etc. I was also fortunate enough to see a case of Ligamentum teres reconstruction using allograft tendon, which only a handful of surgeons worldwide are doing at the moment. Dr. O'Donnell being an anterior hip surgeon, I had the opportunity to see numerous anterior hip replacements too. The Medacta table, which was specifically designed for Hip arthroscopy and Anterior Hip replacement (AMIS) was truly amazing. I hope they introduce it to the Indian market soon.

Apart from being a flawless surgeon, Dr. O'Donnell is also an astute physician. I got to learn a lot about diagnosing and planning the management of common hip disorders, especially sports injuries and FAI.

Dr. O'Donnell had a busy OPD schedule, but he graciously introduced me to every patient he saw, which was very generous of him. Throughout the fellowship, I was joined by another fellow from UK, Dr. Weber. Towards the end of the fellowship, we were joined by a third fellow, Dr. Djaja, from Indonesia. Interacting with other fellows was also a great learning experience and an opportunity to make new friends.

A couple of weeks before the end of the fellowship, Dr. O'Donnell invited all the fellows to his home for a pool side barbeque. He also introduced us to his family members. It was truly an enjoyable experience.

On the whole, a comfortable stay and a great learning experience, coupled with an opportunity to explore Melbourne, one of the best places to live in the world, made the overall experience a truly memorable one. I will cherish these memories for a long time to come.

Again, special thanks to Dr. Pushpinder Bajaj and ISKSAA fellowship committee, for creating such opportunities for young surgeons. Lastly, special thanks to MEDACTA for providing funding.



with Dr. O'Donnell



From left to right: Dr Weber, Me, Dr. Djaja