

ISKSAA Midlands UK Fellowship 2019 Report

With the grace of Almighty, I was fortunate to be selected for the ISKSAA Midlands fellowship 2019. I express my gratitude to the ISKSAA fellowship committee and Dr Ved Goswami for helping me pursue this prestigious opportunity. My fellowship was scheduled from September 1st to 30th, 2019 along with my co-fellow Dr Kunal Aneja from Delhi.

I reached Birmingham on September 1st. I settled in the cozy subsidised accommodation provided in Coniston block, located conveniently within the hospital premises. Our fellowship was mainly based in Solihull Hospital (NHS) on all days except Tuesday. We visited a private hospital - Spire Parkway Hospital on all Tuesdays with Dr Goswami. Once we got our identity cards and occupational health clearance, we were allowed to scrub in the cases.

Dr Ved Goswami was a versatile surgeon with an inspirational personality. He was quick, focused and religiously followed his operative steps. He used to explain each step and clear our doubts. He was very humble and easily approachable. We assisted him in arthroplasties of hip and knee, arthroscopic surgeries of shoulder and knee. We also got to assist him in revision arthroplasties of the knee using revision cones and augments.

We also got to observe and assist a number of other consultants including Dr Shrivastava, Dr Rehman, Dr Syam, Dr Nicolaidis, Dr Arbuthnot, Dr Mansoor, Dr Lawrence, Dr Srinivasan, Dr Nikhil, Dr Salama, Dr Ajinin, Dr Ramos and Dr Ahmed. We had a very good exposure of both arthroplasty and Arthroscopy of hip, knee and shoulder. We also got to see foot & ankle and wrist surgeries as well. To name a few interesting surgeries - Rotator cuff repair, Bankarts

repair, SLAP repair, ACL reconstruction, Meniscal repair, Haglunds deformity correction, Hallux valgus correction, Reverse shoulder arthroplasty, Dupuytrens contracture release, Trigger finger release, Carpal tunnel release and wrist arthroscopy. Overall we had a sumptuous academic and surgical feast.

The theatre staff (Michelle, Gracy, Ginnie, Carmen, Neelam, Juliano, Mark and a lot many more) were very friendly and helpful. They were well trained and well coordinated. The anesthesia team (including Dr Shilling, Dr Dinesh, Dr Lakshmanan, Dr Gnanasekar and many more) was very effective making sure that there is no delay in between cases. The whole set up was very smooth without any hiccups. Hats off to the entire team!

We also got to roam around the city during the weekends. We also visited nearby attractions in Birmingham, Bournville, Oxford, Coventry, Stafford and London. We enjoyed the local cuisines and picturesque landscapes. We also thoroughly enjoyed the Indian food at the dinner hosted by Dr Goswami at Bilash. Overall it was a lifetime experience. I strongly recommend this fellowship for aspiring young Orthopods. Once again, I thank ISKSAA for granting me this pleasant opportunity!

- Dr Balaji Saibaba