

ISKSAA-BESS FELLOWSHIP-2023

I was fortunate to have been selected for ISKSAA-BESS FELLOWSHIP for the year 2020, which was offered again in 2023 in view of the Pandemic in 2020 by Dr. Pushpinder Bajaj, Dr. Lalith Maini and the ISKSAA overseas team. It was an interesting exposure, different in every bit and I wholeheartedly thank the whole team of ISKSAA & BESS faculty. I enjoyed the time with energetic colleague in Dr. Pratik Mundhara from Kolkata.

We both started communicating with Mr. Rish Parmar in U.K. & the N.H.S. during Feb. 2023 to get the confirmed dates along with the Invitation Letter which is necessary for VISA. Vaccination & Occupational Health formalities were conveyed as per N.H.S. requirement. We booked into our Subsidized Broad green Hospital Campus Stay on 11-06-2023. We were introduced to BESS Fellows Mr. Govind Chouhan and Mr. Darren by Mr. Rish Parmar during the MDT i.e. Multi-disciplinary Team meet wherein the interesting, complicated cases were discussed for management i.e. failed Latarjet following recurrent trauma, Re-tear of a Revision Rotator Cuff Tear and open RC Repair. The Formalities in entering into Operation Theatre appeared overwhelming initially but all the Staff were aware of it and cooperated to put us at ease. We watched and assisted different Consultants in action including Mr. Peter Brownson, Mr. Chang, Mr. Thomas Kent, Mr. Davidson doing the same procedure in different ways using different instruments. We also interacted with Anesthesia team and the Operation Theatre Assistants regarding the protocols being followed. Though the N.H.S. appeared outdated with waiting lists for procedure running up to three months, some of the steps like Call out, Call in, Equipment Count, Counter check by different Staff nurses and availability of every implant, instrument and Bio-material just on asking appeared overwhelming for us. We also witnessed a day of Junior Doctor's Strike to obtain N.H.S. attention to upgrade Remunerations and working conditions. Trauma and Electives are broad categories to be practised by all Consultants along with Subspecialities. We visited Aintree Hospital also to witness interesting cases. We witnessed Multiple SLAP Reconstruction, Open Latarjet Procedure, Arthroscopic excision of Heterotopic Ossification Elbow, Arthroscopic Arthrolysis of Elbow, Total Ankle Arthroplasty, Patellofemoral Arthroplasty and Periacetabular Osteotomy for DDH. Most memorable Case was Ulnar Collateral Ligament Reconstruction with irradiated Cadaver ST Graft for Chronic Elbow Instability. We attended OPD & could witness the meticulous discussion that takes place with the Patient providing all relevant details, possible complications, estimate of outcome, plan to recovery and detailed consent for procedure. Cost of treatment is Conspicuously absent in discussion as N.H.S. absorbs the cost of treatment completely for all Citizens.

We also noted that Arthroscopic Subacromial Decompression + Biceps Tenotomy + ACJ Debridement is a regular Procedure for Impingement Syndrome.

We visited Albert Dockyard, The Cavern (Where the Beatles played), Mersey Riverfront on free days along with U.K. BESS Fellows. On our own visited the nearby Sifton Park, Crosby Beach and the Famous Liverpool Cathedral.

All in all, we had good time spent on certain aspects of Shoulder & Elbow. We even wondered if ISKSAA or IOA could tie up with N.H.S. to send Indian Consultants in a time bound manner to clear their long waiting Lists.

For Three days We spent visiting different historical places in London and West Minster before boarding the Bus to Newport, Wales for BESS 2023 Conference. ICC Wales was a large Convention Centre where we could interact with other U.K. Consultants along with attending the Conference. It was an excellently arranged Sub-speciality Conference with attention to variety of Shoulder & Elbow disorders along with peek into the future of this field. After completing the conference, we boarded the Bus on 1-7-2023 to Heathrow on our return Journey back Home.

I would like to conclude that we put all our efforts sincerely to see that the Objective desired by Dr. Bajaj, Dr. Maini and Dr. Rish Parmar in instituting this Fellowship are achieved and to emulate them by taking active part in passing the skills to others at every chance.



