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# ISKSAA BESS FELLOWSHIP 2023

Fellowship Report

## INTRODUCTION

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ISKSAA has been doing a wonderful work of arranging conferences and fellowships for orthopaedic surgeons in India and around the world . I heard of the society through my seniors and after becoming a member applied for fellowship and gave my interview in the ISKSAA annual congress held in New Delhi in 2019 . I along with Dr. Madan Temker from Bangalore got selected for ISKSAA BESS Fellowship 2020 and happily started preparing for it when the dreaded COVID started in 2020 and the whole world faced a deadly pandemic which no one was prepared for . All the fellowships got cancelled and the rest is history we all have witnessed to .

## Places Visited

BROADGREEN HOSPITAL ,  
LIVERPOOL

AINTREE UNIVERSITY  
HOSPITAL , LIVERPOOL

LONDON

BESS ANNUAL CONGRESS  
ICC WALES , NEWPORT



## PRESENT

Fast forward to 2023 we were again approached by Dr. Pushpinder Bajaj to restart the preparations and off with guidance from Mr. Rish Parmar , Consultant Trauma & Upper Limb Orthopaedic Surgeon , Broadgreen Hospital , Liverpool , we again started our preparations for VISA , Accommodation and Logistics

We all at some times with the stress and hectic nature of our work do get plagued with the MONOTONY of it. Taking time for breaks , though at times difficult rejuvenates the mind , but there is sometimes guilt in the backdrop of mind of staying far from work and FOMO as what they say it nowadays FEAR OF MISSING OUT .

Just Kidding !! : D , in my case it always is like " thank god , now i will get some fresh air "

But this is to say about the beauty of these fellowships , you not only get to learn but enjoy also . You meet new people , you gather new ideas , see new places and bring home lots of memories both of fun and related to our work .



## Reaching UK

So in the month of "HOT" July 2023 after a long wait of 3 years I finally boarded my flight from Kolkata to London . It was a long tiring connecting flight via Delhi but i tell you , as the plane started preparation for landing and landscape below started getting visible . Pictures may not do justice but the lush green landscape and the clear visibility outside made my tired eyes bright again .



I met Dr. Temker , Senior Consultant Orthopaedic Surgeon from Bangalore and we proceeded to Liverpool together and reached by midnight . Our accomodation was within the Broadgreen hospital campus . The next working day , we met two other fellows Mr. Govind and Mr. Darren who had completed their FRCS and were doing their fellowships in Shoulder and Elbow subspeciality there . They guided us with regards to how we can extract and learn maximum during our stay .

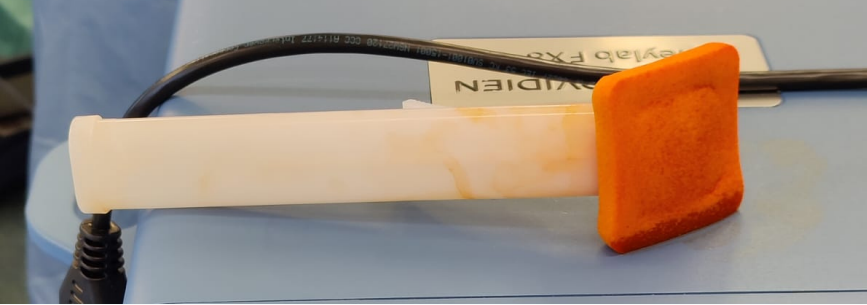


## "Learning" PART

Our stay in Liverpool was enriched with experiences from visiting two hospitals Broadgreen Hospital and Aintree University Hospital .Broadgreen hospital was mainly where we saw elective shoulder and elbow procedures and Aintree University Hospital where mainly trauma surgeries were performed . Our fellowship there was supervised by Mr.Rish Parmar , who was our chief fellowship co-ordinator , Professor Peter Brownson and Mr. Matthew Kent . We were greeted with great warmth by all of them and had regular discussions in the OT and clinics . Both the hospitals under NHS were well equipped with latest machinery as we expected and we got to experience how the plethora of crucial data was managed in the NHS . The number of patients pertaining to each subspeciality and systematic data keeping explains how the surgeons in NHS have contributed so much to the world of research in orthopaedics .

We saw key procedures of the shoulder like Latarjet , Rotator cuff repair , Subacromial decompression to name a few . An interesting case of elbow LUCL reconstruction was also performed by Mr. Matthew Kent . We saw few clavicle surgeries and also an interesting case of Elbow arthroscopic removal of bony block due to myositis ossificans . Though our fellowship was based on shoulder and elbow , our mentor there Mr. Rish Parmar on our request arranged for us to see surgeries in other subspecialities also as per our interest . We saw a case of total ankle arthroplasty which was a first for both me and Dr. Madan Temker .

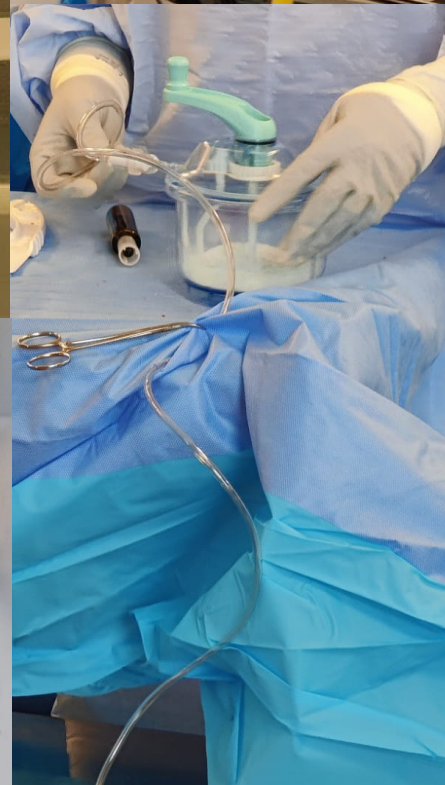
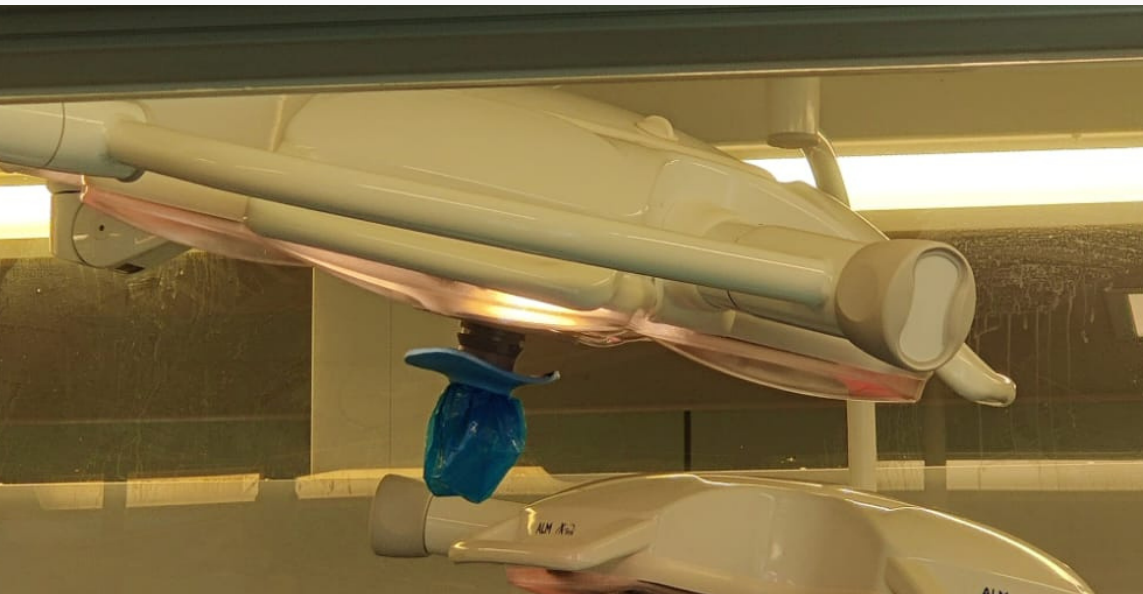




## "Learning" PART

There were some major learning points and there were few small but significant things adopted by the surgeons and hospitals there which as we say "made life easy". Some of these small yet new to me observations have been shown here in pictures.

Apart from that, I dare to say my "fellow colleague" in a light way but much senior to me Dr. Madan Temker was himself a source of knowledge to me during this fellowship which added to the overall learning I had during this visit.



## "Fun" PART

We had the opportunity to visit three places during our fellowship . Liverpool and Newport for fellowship purpose and attendance of the BESS ANNUAL CONGRESS respectively . In between we had three days where we managed to squeeze in a short London Tour .

The United Kingdom has a work culture of working the week and weekends to be off . It is quite contrasting to our hectic life here in India where Saturdays are universal working days and for us on Sundays work is always there and you have to choose to avoid it if you want a day off .

And so during the weekends we managed to take a tour of Liverpool's historic landmarks like the Royal Albert Dock , the well maintained museums and the large Liverpool cathedral .

I got to understand that Orthopaedic Surgeons no matter from whichever part of the world had the same core and within no matter of time we were well connected to everyone .

Mr. Govind and Mr. Darren both were very helpful throughout our fellowship and were kind enough to give us a dinner and we had a memorable evening at the Cavern Club , the birthplace of THE BEATLES who are an integral part of the history of liverpool .

We also had a dinner party thrown to us at an Indian Restaurant by Mr Rish Parmar and Mr. Matthew Kent . With me and Dr. Temker cooking our dinner everyday the change was really welcoming and stomach filling :D





## "Fun" PART

In our three days of short London tour we did all the "touristy" things time could permit including the open rooftop bus tour and the mandatory London bridge picture .

Dr. Temker who was more of a friend and advisor during this trip made this trip all the more memorable .





## BESS ANNUAL CONGRESS 2023

ICC WALES , NEWPORT

From London we headed forward to attend BESS Annual Congress which was scheduled this year in ICC Wales, Newport. The conference was filled with three days of papers, masterclasses, upcoming recent advances, Artificial Intelligence. There were speakers from different parts of the country and from outside the country as well.

We also attended the conference dinner and enjoyed warm moments of fellowship with other surgeons. The post dinner dance was the same how we experience here in India. Moments of happiness, free from worldly affairs and close to your friends.





# GOODBYE

## ALL GOOD THINGS END

United Kingdom is a beautiful country with clean and fresh cool air and green trees everywhere .Since most of the areas have houses not more than two floors , the sky is visible almost from one horizon to the other. I visited the country during summer time when daylight lasted from morning 4 am to 10 pm. I have never felt more close to nature in my life and give the credit to the people of the country in maintaining it .

General people whom i mostly encountered in liverpool were warm and humble .



With a heavy heart and mind full of new learnings and new ideas we departed back to london from newport . I took a final picture with Dr. Temker before departing and shared my gratefulness with all the people back there in Liverpool , UK after reaching India .

HOPING FOR MORE SUCH MOMENTS TO COME