

ISKSAA PUNJAB TRAVELLING FELLOWSHIP REPORT 2023

Dr Sandesh Madi Sural

I am very pleased to present the report on my ISKSAA PUNJAB travelling fellowship 2023.

I was thrilled to know that I was selected for the prestigious ISKSAA PUNJAB travelling fellowship 2023 after I attended the ISKSAA Annual Summit 2022 at New Delhi.

At the outset, I am very grateful to ISKSAA President Dr Pushpinder Singh Bajaj sir and Chairman Prof Lalit Maini sir for short listing me for the prestigious ISKSAA PUNJAB travelling fellowship 2023.

After the announcement of the fellowship interview results, I contacted my mentor, Dr Avtar Singh, Chief Surgeon and Director of Amandeep group of Hospitals. He readily agreed to host me at his Hospital in Amritsar, Punjab in the month of February 2023.

I reached Amritsar on 31st January 2023 and for the first time met Dr Avtar Singh at his clinic in Amandeep Hospital. Despite running a very busy OPD on that day, I was warmly greeted by him and his team of FNB fellows and DNB students. Sir had made necessary arrangements for my stay at a nearby fully furnished guest house that was very comfortable with all the necessary amenities. The HR team helped me with all the hospital formalities. One of the 1st year DNB student, Dr Ashish Agarwal, took me to a tour of the Hospital (Emergency triage, wards, OT, & OPD). I was also added to Hospital Orthopaedic WhatsApp group so that I get timely updates on OT schedules and cases presenting to the emergency triage.

During my OT time I made acquaintance with several in-house Orthopaedic consultants like Dr Rajeev Vohra (Foot & Ankle Specialist), Dr Kanwar Kulwinder Singh, Dr Darshan Patel, Dr Babaji Thorat and Dr Harish. I also exchanged pleasantries with Anaesthetists, Plastic Surgeons and a Neurosurgeon who were all working in same theatre complex. The FNB & DNB

candidates were very helpful in explaining the *SOP* of the operation theatre. I was impressed by the huge OT complex with eight fully functioning Theatres with all modern amenities. Besides this, there was a separate theatre on a different floor exclusively to take up infected cases. They also had a huge inventory to stock a variety of trauma and joint replacement implants. Furthermore, there was another hospital, Amandeep Medicity, which had additional three modern OTs where most of the Robotic knee replacement and Arthroscopic surgeries were performed.

It was a privilege to scrub with Dr Avtar Singh sir in Joint replacement and complex trauma surgeries. During the cases, he taught numerous technical pearls and how to avoid the common pitfalls. He was easily approachable and readily cleared any doubts that I had. He was very candid during our academic discussions and shared his vast experience on a variety of cases. Besides, the nitty-gritty of surgical procedures, discussions included patient selection, pre-operative work up, implant choices, post-operative rehabilitation, follow-up, complications and outcomes.



(Dr Avtar Singh sir performing a Robotic Knee replacement with first assistant Dr Babaji

Thorat and me as second assistant)



I am also very grateful to Dr Babaji Thorat, Dr Vinay Kakkar (FNB 2nd yr) and Dr Atul Jaspal (FNB 1st yr) and scrub nurse (and sir's man Friday) Mr Diwakar who not only helped me with the logistics but also shared a lot of clinical and academic experiences.

Some of the cases and features that captured my attention here include:

Arthroplasty: Robotic (CORI, Smith and Nephew, US) total Knee & Unicondylar replacement surgeries (including cruciate retaining & posterior stabilised knees), Tourniquetless TKRs, subvastus & medial parapatellar approaches, bilateral TKRs in same sitting, revision TKR, and all types of Hip replacement (cementless, cemented stems, cemented cups, bipolar, Short stems).

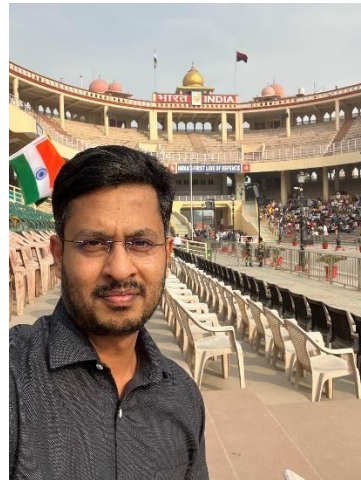
Trauma: Pelvi-acetabular surgeries, complex non-unions of long bones, scapula fixation, ORIF for periprosthetic fractures, ORIF/corrective osteotomies for neglected fractures and peri-articular fracture fixations and wrist arthrodesis.

Apart from experiencing surgeries from close quarters, I also attended the academic theory classes that were part of the Institute's DNB curriculum. Seminar topics like septic arthritis of Hip joint and malunited distal radius fractures were presented by the DNB candidates. There was a journal club discussion on past, present and future of Osteoporosis management. Further, x-ray discussions were also held on a few selected cases that were operated in the past few days.

I was also fortunate to witness Dr Avtar Singh sir perform *a live surgery* demonstrating Robotic unilateral knee replacement using CORI system at Punjab Orthopaedic Association Annual Meet on 18-02-2023.



A fellowship is not only for academic enrichment but also provides an opportunity to explore new places and experience new culture, people and food. I am grateful to the OT staff and doctors for offering me several local delicacies to try during lunch break sessions. I would also like to extend my gratitude to the HR team of Amandeep Hospital for arranging a private visit with a VIP seating at Attari-Wagha Border and experience the flag retreat ceremony that is conducted by the Indian Border Security Force (BSF) and Pakistani Rangers.



A visit to Amritsar is incomplete without offering prayers at the holy Gurdwara at Golden temple (Harmandir Sahib).



With this, I would like to conclude my report by extending my appreciation and gratefulness to all the people at Amandeep Hospital, Amritsar for the exceptional hospitality and wonderful memories. Further, I would also like to strongly endorse this fellowship Centre for anyone interested in visiting a high-volume joint replacement and complex trauma surgery centre to further their learning and career in these subspecialties.

Thank you.

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