

# **ISKSAA ABERDEEN TRAVELLING FELLOWSHIP 2022**

**Title:** *ISKSAA Aberdeen visiting Fellowship*

**Awardee:** *Dr. Gajanand Dhaked*

**Mentor:** *Dr. Kapil Kumar*

**Duration:** *2 weeks (15 may to 29 may 2023)*

## **Objectives:**

- \* Opportunity to gain exposure to basic science and clinical application in Arthroscopy, sports injuries involving upper limb.
- \* Cultivate surgical expertise to manage joint preservation as well as replacement.
- \* Research and academic activities

## **Background:**

- \* Proper training is most important aspect
- \* Holistic approach; clinical examination, logical diagnostic approach, conservative vs Operative management and postoperative rehabilitation

## **Rationale:**

- \* Inadequate Advanced sports related injuries and joint preservation facilities
- \* Awareness lacunae
- \* Intellectual and technical demand

## **Project execution:**

I had appeared for ISKSAA Fellowship interviews which were held on 2nd March 2019 at ISKSAA BESS annual conference New Delhi and was declared winner of the prestigious ISKSAA Aberdeen traveling fellowship.

After a few email communications with Dr. Kapil Kumar and confirmation of the dates, I joined on 15th may 2023 at Woodend hospital Aberdeen (UK) under the mentorship of Dr. Kapil Kumar. I was Briefed about the fellowship programme and provided with a detailed schedule for the upcoming 2 weeks.

I visited and worked with Dr. Kapil Kumar and other surgeons where I got exposure to a wide range of surgical procedures including arthroscopic reconstruction of Knee, shoulder and ankle ligaments, joint preservation, shoulder Arthroplasty, Robotic Assisted hip and knee arthroplasty.

While attending his outpatient clinic at Woodend as well as Albyn hospital I learned a lot by detailed discussion about clinical examination, diagnostic approach and management based on evidence-based medicine and its application in the clinical scenario. I was fortunate enough to work with Dr Kapil Kumar. He is an excellent teacher who's always ready to explain and resolve my queries, making it a wonderful working experience. I learned the importance of following protocols and being meticulous in addressing each and every aspect of clinical practice. Whether it is preoperative planning, data collection, MRI study, rehabilitation and research work.

I had the opportunity to observe/ assist 2-3 surgeries per day with something different and unique to learn from every surgeon at Woodend hospital such as

- \* Reverse Shoulder Arthroplasty
- \* Arthroscopic RC repair, Bankart repair, Remplissage, Latarget, Superior capsular reconstruction (SCR), adhesive capsulitis release, Lateral clavicle resection
- \* ACJ Reconstruction
- \* Robotic Assisted Total knee and Hip replacement.
- \* ACL / PCL reconstruction
- \* High Tibial osteotomy
- \* Meniscus repair, Root repair

### **Acknowledgement:**

I would like to express my sincere gratitude to ISKSAA for giving me this opportunity. I am also very thankful to Dr Pushpendra Bajaj sir for providing young professionals with a unique opportunity to learn from the stalwarts in the field.

I am certain that this experience would be a stepping stone for me to progress further in my professional career and for that I am forever grateful.

### **Outcomes**

- \* Broadened my horizon and would ultimately reflect in my clinical practice
- \* Learn the intricacies of the Arthroscopy/sports injuries and joint preservation
- \* Future work in joint preservation and active participation in the ISKSAA academic activities.

Sincere Regards,  
Dr. Gajanand Dhaked  
Consultant Orthopaedics & Sports medicine  
SN Pareek Memorial Hospital Kota  
Rajasthan