

I want to express my sincere gratitude to Dr. Pushpinder Bajaj and Prof. (Dr.) Lalit Maini for choosing me for the ISKSAA-BOSTAA U.K. Travelling Fellowship. It was just my second foreign fellowship and the first one in England. I always wanted to see NHS from close quarters and this fellowship of two weeks allowed me to do so. Dr. Sanjeev Anand of University of Leeds was the ISKSAA-BOSTAA travelling fellowship coordinator, who managed our visitations. I spent the two weeks at London visiting two different hospitals of University College of London- UCLH and Whittington Hospital.



Our host surgeon in London, Dr. Mazin Ibrahim, gave us a warm welcome. He ensured that we were able to get a holistic experience from the fellowship. He himself is an expert of knee, hip, and lower limb surgeries. We attended his theatres at both the hospitals mentioned earlier. We were able to see a couple of trauma cases in addition to conventional Total Hip Arthroplasty, robotic Total Knee Arthroplasty, and knee arthroscopy cases. Cases involving knee arthroscopy included meniscal repairs or partial meniscectomies, Lateral Extra-articular Tenodesis, primary and revision ACL Reconstructions, etc. We also went to the operating rooms of upper limb surgeons- Dr. Aditya Prinja and Dr. Omar Haddo. We could observe cases of shoulder arthroscopy pertaining to rotator cuff repairs, SLAP repair, subacromial decompressions (including one case involving the debridement of calcific deposits), and Bankart repairs. There were many cases which I was watching for the first time being done in a comprehensive manner like fasciectomy in a case of Dupuytren's contracture, ORIF with BG in scaphoid non-union, PIN and AIN denervation in an arthritic wrist, and distal biceps repair with Tendoachilles Allograft.

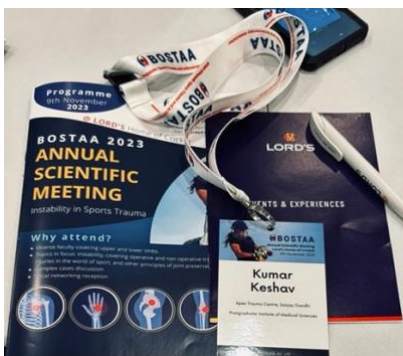


We attended the fracture clinics on all working days at 8:00 am. I got an opportunity to present my work on "360 degrees acetabular exposure during

Posterior approach to the hip for THA” which invited lively discussions. On most of the days, we had prior intimation of the cases posted for the day, courtesy- Dr. Apoorva, the specialist registrar and Dr. Hasan, the fellow under Dr. Mazin. That allowed us to come a bit prepared for the cases and clear our concepts of arthroscopy and arthroplasty. We were even free to ask questions that were not related to the cases. All our queries were addressed quite comprehensively. Seeing the working system of NHS from close quarters, wherein all the patients receive the same treatment irrespective of their economic background, was also a new experience for us.



We also had the great opportunity to attend the BOSTAA (British Orthopaedic Sports Trauma and Arthroscopy Association) Annual Meeting at Lord’s, London. We are highly thankful to BOSTAA for providing us the complementary registration for the meeting and an hour guided tour of Lord’s Cricket Ground. Visiting the ground and the museum gave a kind of finishing touches to our fellowship. We could meet few of the stalwarts of arthroscopy and sports medicine in the conference. This conference allowed us to witness the kind of research work going on in U.K. in this domain.



Lastly, on the social front, Dr Mazin took us out for a dinner with his residents and fellows. We went to Kibele restaurant, where we got a taste of Turkish cuisine for the first time. We had a great time together discussing about orthopaedics and all other things in general. Since it was winter time, by 5:30 p.m., it used to be quite dark outside and hence I was able to visit London only on weekends. I visited the important tourist attractions of London like the London Eye, London Bridge, Big Ben, several museums and the Hyde park. My fellowship report would be incomplete if I don't mention about my co-fellow Dr. Hatif, who was incidentally also from my city

Lucknow only. Doing the fellowship together helped us discuss the ways in which we could incorporate our learnings back home in India. We shared good camaraderie and rapport.



I will always remember this fellowship for the things I learnt, interactions I had and places I visited. Sincere thanks to the two orthopaedic bodies- ISKSAA and BOSTAA- for awarding the fellowship and making it a memorable one.

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