

It was one of the most memorable fortnights of my life. Actually it was my first visit outside India and it was planned since 2020 with the Visa and Flight tickets all arranged but then the covid pandemic stuck and put an end to plans for then. However I kept mailing to Mr Anand and he was most supportive and encouraging for us to go over there and he also helped us with the Honorary Contracts committee and the Residence Office at Leeds.

The 2 weeks can be divided between

1. Chapel Allerton Hospital: where most of the elective surgeries are done
2. Leeds General Infirmary : one of the largest trauma centres in UK
3. Private operating with Mr Anand where he allows us most graciously to be present.

I personally spent most of my time at

Chapel Allerton because I was mostly interested in Arthroscopy and Arthroplasty surgeries.

There are 4 dedicated Orthopaedic Theatres at CAH and all are running full swing with arthroscopy, joint replacement including a heavy dose of revision and complex replacements, Spine surgeries, Foot and Ankle work taking place.

Mr Anand gave me a full list of the scheduled surgeries of the 2 weeks and that helped me to plan ahead which surgeries to watch. Of course he had informed all the consultants of our arrival so we were free to shuffle between the 4 theatres to watch whichever surgery (or a part thereof) interested us most.

He is really extremely warm, welcoming and an amazingly wonderful person who

made us feel at home in so faraway a place.

I saw many new procedures, implants, instruments, practices, protocols and customs here at CAH both in the theatres as well as in the wards which has immensely enriched me and which will be a part of my lifelong learning curve.

Orthopaedics has such a wide array of topics to offer and such wider variations of any procedure that this was a really mind broadening experience for me.

TIPS FOR NEXT FELLOWS:

1. plan your stay and visa well in advance. Purchase flight tickets only when you get the visa. Our time of travel was June initially but our visa did not arrive in time because the British high commission was more concerned with the Ukrainian

refugees during the Russia-Ukraine crisis.

2. Unless you arrive in the morning in London, you have to stay at London for a night and plan it well in advance because the hotel rates increase later.

3. St James Hospital accommodation is the best. Being conversant with Uber is helpful.

4. Travel light. India to London to Leeds requires you to carry your luggage for distances so big luggage will be a headache.

5. In England, there is no bad weather, only wrong clothes (the saying was meant for Scotland but I tweaked it) so prepare according to the season. Best time to travel is May June.

6. Travel around UK in the weekends. I travelled to Scotland in the first and London in the 2nd weekend that I had.

CHALLENGES:

After lot of thinking, the only big challenge which I could come up with was that you are supposed to call your consultant by first name, or Mr (Surname) but not as Sir. Being trained in India it really proved a challenge for me.

WHAT I WOULD DO DIFFERENTLY THE NEXT TIME:

Probably go to Leeds General Infirmary at least for 2 days to see the trauma work.

All in all, it was a really wonderful,
enriching and heart warming experience
that I had here at Leeds and overall in UK.