

ISKSAA Netherlands Travelling Fellowship 2016

It was a year back when I was among the lucky ones who were chosen by ISKSAA and that's how a great opportunity to be a part of ISKSAA NETHERLANDS TRAVELLING FELLOWSHIP came into my hands.

When the excitement began to settle down, honestly speaking, for a moment I even wondered how much can a person learn in three weeks in a totally new setup, new country and among new people.

But as time came close, through e-mail exchanges with Dr. Pushpinder Bajaj, Dr. Lalit Maini and Dr. Jaap Willems, the schedule and programs were intimated to me and my co-fellow, now a very dear friend of mine, Dr. Madan Temker. Visa formalities along with MRSA cultures and hepatitis B vaccination certificate were completed and finally we landed in the beautiful city of Amsterdam on 18th June. We had pre-booked our stay through airbnb at Wembley laan and had no trouble reaching there by public transport, as guided by Dr. Willems. 18th and 19th were the days for us to rest and settle down in the new place. On 19th evening Dr. Jaap Willems picked us up for dinner and explained the programs details along with a lively insight into the intricacies of healthcare system in Netherlands. He gave us a tour of the city, its important landmarks and was kind enough to give us each, a travel card for easy and convenient use of public transport in Amsterdam.

Our academic journey thus began on 20th June with Dr. Jaap Willems at DC clinic, where we got the opportunity to attend his OPD, examine patients and discuss the knowledge nuggets, pearls, tips and tricks to diagnose and treat a wide variety of



shoulder cases, on both, 20th and 21st June. We were also introduced to the liberal use of ultrasonography to diagnose various shoulder pathologies, even before ordering an expensive MRI scan, something that I was able to incorporate in my practice soon after coming back. Jaap

sir also shared various articles with us, as we discussed cases in OPD and planned the next OT list.

On 22nd June we had our first OR exposure at DC clinic and we were fortunate enough to assist, get supervised hands-on exposure on various cases like calcific tendinitis, Recurrent rotator cuff repair, hook plate for AC joint dislocation, Ossificoracoclavicular ligaments and Latarjet procedure.



For 23rd June, we were introduced to Dr. Tjarco Alta, a young and dynamic shoulder and elbow specialist at SpaarneGasthuis Haarlem. Dr. Tjarco made us feel immediately at home with his warm hospitality and showed us around his setup. We again had a great surgical exposure with him where we assisted in various surgeries like bankart repair, reimplissage, biceps tenodesis with

interference screw and arthroscopic lateral clavicular resection.

Then came the weekend and the “Dutch” for sure know how to make the best use of theirs. Dr. Jaap played a more than perfect host to us as he took us around the famous canals in his boat and treated us



to amazing food and local hospitality.



On 26th June, We met Dr. Derek van Deurzen, at OLVG hospital, who extended an extremely warm welcome and treated us to a surgically stimulating day where we assisted cases like

subpectoral tenodesis of biceps, total shoulder arthroplasty, rotator cuff tear etc.



Next 2 days were again spent with Dr. Jaap Willems in OPD in a highly charged academic atmosphere, discussing and examining patients. Jaap sir also introduced us to the use of 3D printing in designing patient specific jig for shoulder arthroplasty at one's own PC. The concept was further explained by none other than Dr.

Walch himself when we got the opportunity to meet him at a meeting at AlmereKamers where he explained, in detail, his technique of shoulder arthroplasty, shared tips n tricks for few difficult cases with the use of 3D printing. On 29th June, we again got the opportunity to assist Dr. Willems in surgeries ranging from superior capsular reconstruction for irreparable rotator cuff tear, osacromiale to biceps ganglion cyst.

We again went to Dr. Tjarco Alta at SpaarneGasthuisHoofddorp on 30th June and assisted in surgeries like Total shoulder arthroplasty, bankart repair, slap repair and periarthrits shoulder.

1st and 2nd July, the second weekend, we had time to ourselves to explore the city. Dr. Madan Temker was a real great company and I learnt many things from him, both in professional and



personal fronts. We finally packed up and left for Utrecht when Dr. Jaap Willems personally drove us there for advanced cadaver course on 2nd July evening. This prestigious course, a huge thanks to ISKSAA, Dr. Pushpinder Bajaj and Dr, Jaap Willems, was fully sponsored including the stay, amounting to €3000.

The whole duration of Utrecht cadaveric course, over the next week, took the idea and concept of arthroscopy and arthroplasty, in upper limb, to a whole new level. The limited number of people on each cadaveric limb made the workshop highly fulfilling. The instructors were there to help us with any difficulty we faced. Dr. Willems, there too personally ensured that we got the best places to practice and guided us



in performing some of the advanced arthroscopy and arthroplasty procedures. We performed surgeries like wrist arthroplasty, PIP and DIP arthroplasty, elbow and shoulder arthroscopy and shoulder arthroplasty.

At the end of cadaveric course, Dr. Jaap Willems drove us back to airport and we can never be thankful enough for all his kindness, thoughtfulness, his teachings and the confidence he instilled in us.

While on my way back to India, I just couldn't help smile to myself at the initial silly thought that I had regarding how much can a person actually learn in three weeks. I realized, a lot can be achieved in that time span if you have the correct guidance and a stimulating environment. There I was, the same person but much wiser, much knowledgeable, more confident and even much more happy and humbled. All the credit goes to ISKSAA, my mentor Dr. Pushpinder Bajaj and Dr. Jaap Willems, Dr. Tjarco and Dr. Derek for bestowing me with the life changing opportunity and for introducing me to a very dear friend, Dr. Madan Temker. It sure has left me asking for more - More quest for knowledge and experience.

Dr. Rohit Nara