

ISKSAA MIDLANDS UK TRAVELLING FELLOWSHIP REPORT 2019

I had appeared for Fellowship interviews during the ISKSAA 2019 Annual Conference held in New Delhi where there were a lot of candidates with impressive CVs for the interviews, making it very competitive. After a few weeks, I received the pleasant news as an email notification from Dr. Pushpinder Bajaj that I was amongst the two successful candidates to be selected for the fellowship programme.

Following this, I got in touch with my colleague Dr. Balaji from Chennai to coordinate regarding our accommodation, NHS registration and necessary documentation.

We were required to submit documentation like our qualifications, medical registration certificate, evidence of blood investigations, immunization documents, Police Clearance Certificate etc. to the NHS administration to obtain clearance for work. We finalized our fellowship to be undergone in the month of September after mutual agreement with Mr. Goswami and completion of VISA requirements.

We flew to Birmingham on the 1st of September and were put up at the hospital accommodation (Coniston Block) within Solihull Hospital campus. It was a comfortable apartment with non en suite rooms, attached kitchen and living room.

First day involved getting the pre employment checkup and physical verification of documents done for working in NHS system. Following this we got our individual NHS Identification Badges which granted access to theatres, wards and library of the hospital. From the very first day, Mr. Goswami introduced us to the staff and allowed us to scrub in, assist and actively take part in the surgeries. His usual list comprised of primary, complex or revision Knee Replacements, Hip Replacements, Knee arthroscopies for ligament reconstruction/ meniscal or cartilage lesions and Shoulder arthroscopies. We used to assist him in Solihull Hospital and Spire Parkway Hospital. On the days he wasn't operating due to Outpatient clinics, he ensured we were involved in the surgeries with other Orthopaedic consultants of the hospital.

Other than Mr. Goswami, we got the opportunity to work with and learn from Mr. Shrivastava, Mr. Srinivas, Mr. Nikolaidis, Mr. Arbuthnot, Mr. Mansoor, Mr. Rahman, Mr. Ahmed, Mr. Sadiq, Mr. Salama, Mr. Kharwadkar, Mr. Ramos, Mr. Morgan, Mr. Lawrence and Mr. Shyamalan.

We got exposed to a variety and large number of surgeries during our time there. They were: Shoulder Rotator Cuff repairs, SLAP repair, Reverse Shoulder Arthroplasty, TKR (Stryker Triathlon CR Single radius cemented knees), knee arthroscopies for meniscal tears, THR (Stryker accolade 2, posterior or antero lateral approach, uncemented or cemented using Exeter stem), pre patellar bursa excision, arthroscopic thermal chondroplasty, microfracture, Arthroscopic ACL reconstruction, TKR for complex primary knee with multiple bone defects (Stryker Triathlon TS with eccentric cone and intramedullary rods on both femoral, tibial sides), Revision TKR for instability, Patellar Tendon Repair, Arthroscopic Partial Meniscectomy, all inside arthroscopic meniscal repairs, Oxford Unicompartmental Knee Replacement (UKR) (mobile bearing insert, uncemented, using medial parapatellar limited incision), Revision THR, Haglund deformity excision and Tendoachilles repair with suture anchors, Carpal Tunnel Decompression, Tennis Elbow debridement, dupuytren's contracture release, Trigger finger open release, 1st MTP arthrodesis (using ball and socket reamers and staple fixation), hallus valgus correction (akin and scarf osteotomy, fixed with self drilling, self tapping screws and staples), ulnar nerve decompression, Wrist

synovectomy, stabilization of DRUJ instability, Biceps tendon repair using Arthrex system of lasso suture + endobutton and bioscrew)

Over weekends we got the opportunity to explore Birmingham city, visited Cadbury Chocolate Factory in Bournville, did some shopping at Bullring mall (Birmingham), visited Oxford city: Blenheim palace, Oxford university, Coventry transport museum, and Manchester city.

Mr. Goswami graciously invited us over to spend an evening with him at his home and thereafter took us out for dinner at a famous Indian resto "Bilash" with Resident Ed, Mr. Sumitra, Mr. Makrides. He shared his journey over the years and various anecdotes making the evening quite a memorable one.

During this fellowship I learned new skills, got exposed to new implants/ prosthesis/ instrumentation, learned the approach for management of various Orthopaedic conditions from a different perspective. Mr. Goswami ensured that we were well taken care of and kept us busy in the theatres learning along with interacting with various consultants. He was always easily approachable and readily cleared all our queries, demonstrating each and every step of the surgical procedure which he performed with finesse and consistency in all the patients. During surgeries, he was quick, precise, had clear management principles with an action plan for all his patients which was executed to perfection with the help of his team. He is quite popular amongst his colleagues and patients, with a huge clinical practice in the Midlands area. He kept us involved with patient management in the ward rounds, pre-operative WHO discussion with the surgical team including the anaesthetist and made us aware of the NHS protocols.

I was extremely benefitted professionally due to the skills learnt and knowledge gained during this fellowship. On a personal front, I made new connections, befriended the residents/doctors there and gained insights from the consultants working there. I am sure this fellowship has expanded my horizon that would take me a long way in my professional career. We feel fortunate to have been mentored as fellows by Mr. Goswami as he would be retiring from NHS soon. I would like to thank ISKSAA for organizing this fellowship and Mr. Goswami for guiding us.

Dr. Kunal Aneja

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Pic 1: With Mr. Goswami and his Resident Doctor Ed during Morning Ward Rounds



Pic 2: With Mr. Ramos (Foot and Ankle Surgeon) and my colleague Dr. Balaji



Pic 3a: Solihull Hospital



Pic 3b: Solihull Hospital



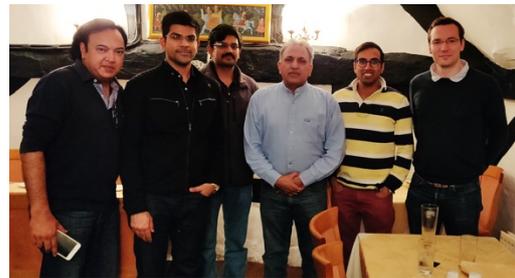
Pic 4a: With Mr. Goswami and surgical team



Pic 4b: With Mr. Goswami and surgical team



Pic 5: With Mr. Shrivastava in Solihull Hospital.



Pic 6: Socializing with Mr. Goswami over dinner at an Indian Restaurant in Solihull.