

COMPREHENSIVE REVIEW OF THE IFAS- GOLDEN JUBILEE NATIONAL HOSPITAL FOOT AND ANKLE FELLOWSHIP

I have been privileged to be awarded the IFAS (Indian Foot & Ankle society)- FOOT AND ANKLE FELLOWSHIP at the GOLDEN JUBILEE NATIONAL HOSPITAL, GLASGOW. The orthopaedic department comprises 17 consultants specializing in knee/hip arthroplasty, hand, soft tissue knee, foot and ankle. Two senior consultants run the foot and ankle service- Mr Kalpesh Shah and Mr Manal Siddiqui. I am posted with Mr Shah and have the privilege to assist and learn from Mr Siddiqui as well from time to time.

MY MAIN OBJECTIVES OF THE FELLOWSHIP WERE:

- To gain further experience and learn the latest techniques in foot and ankle surgery- Total/revision ankle replacement-evaluating & managing complications of ankle replacements from a world leader in this field.
- To increase my surgical exposure in managing complex deformities of the foot and ankle (Foot & ankle arthritis, arthroscopic fusion, triple fusion and osteotomies).
- To enhance my decision-making skills and avoid pitfalls in the management of common foot and ankle conditions (hallux valgus, lesser toe abnormalities & ligament reconstructions of ankle) from a centre of excellence.
- To understand the host country's healthcare model
- To use this unique opportunity to interact, as well as exchange knowledge and experiences with orthopaedic surgeons from host centres and visiting fellows. There is plenty of opportunities to get hands-on experience in other orthopaedic specialities as well including arthroplasty of the knee & hip, hand surgeries and soft tissue surgery of the knee from some of the eminent surgeons in the department.
- To create avenues for networking and collaboration for future research

Description of clinical activities during the fellowship.

My job plan consists of two operating lists a week, one review clinic and one outpatient clinic a week. There is a Saturday theatre list, which comes on rotations where we get the opportunity to assist other surgeons. We have one academic session per week to discuss and reflect on our views on the previous week's surgical cases. There is a dedicated CME day each month where we have a comprehensive foot and ankle session in the afternoon, which comprises discussions on quality improvement projects, seminars on topics and recent advances. We also have workshops on every CME day specifically to help the fellows familiarize themselves with the latest technology including the MAKO/ROSA robotic arthroplasty systems, navigated hips/knees, minimal invasive chevron/akin (MICA) /DMMO and various foot and ankle replacement systems (STAR-Scandinavian). I attended the Writhington arthroplasty conference 2022 held in Trafford park Manchester for the foot & ankle sessions, which has helped me gain valuable insights in to weight bearing CT, custom made jigs for total ankle arthroplasty and correction of complex ankle/foot deformities during arthroplasty.

Mr Shah is an excellent mentor and always straight to the point and gives fellow plenty of opportunity to learn and develop. I was allowed to scrub and assist for cases from DAY-1, and in due course of time, I was allowed to do cases under supervision. There is a structured mentorship approach where the fellow's skills are evaluated and sculpted to the level of performing complex surgeries independently. I got to assist and manage some interesting

complex cases ankle/ subtalar arthritis, complex pes cavus, adult acquired flat foot, ligament reconstructions of ankle and cartilage reconstruction of the ankle. At present, I perform cases independently under the supervision of Mr Shah & Mr Siddiqui. I have been involved in the surgical management of 200 cases till date and performed independently / supervised in 70 cases. My mentors guide me at becoming a better surgeon by improving my communication skills, team building & leadership qualities.

Description of academic activities during the fellowship

The department is highly involved in research concentrating on basic and applied research in Orthopaedics and Trauma surgery. I am currently undertaking one research topic and two audits, out of which one of the audits has neared the completion phase.

- Analysis of PROMS between ankle fusion and total ankle arthroplasty (STAR).
- Audit on PROMS for Minimal invasive hallux valgus surgery (MICA).
- Prospective study comparing the efficacy of SRS questionnaire and Smokelyser in patients undergoing foot and ankle fusion.
- Audit on prospective analysis of outcomes between MTP fusion and arthroplasty (swanson prosthesis).

Technical skills that I learned during the fellowship.

- Arthroscopic ankle/subtalar joint fusions
- Approach, evaluation and case selection for TOTAL ANKLE ARTHROPLASTY
- Evaluation and management of an unhappy total ankle arthroplasty
- ERAS (Enhanced recovery), DOSA (Day of surgery admission) & day case surgery management and comprehensive pain management.
- Popliteal and ankle blocks-USG guided.
- MICA (Minimal invasive Chevron/Akin).
- Complex foot and ankle fusions (Triple fusion, TTC) and osteotomies.
- Evaluation and management of complex PES cavus, Adult acquired flatfoots, hallux valgus & revision of hallux valgus.

New knowledge and skills that I can implement in my practice.

- Daycare foot and ankle surgery
- Minimal access- foot and ankle surgery
- Total Ankle arthroplasty
- Comprehensive Pre-habilitation- Foot school for patients undergoing foot & ankle surgery

Description of social aspects of the fellowship

I managed to pick up a lot of Scottish Slang words ‘theatre words’ during these six months of fellowship. There are also several other fellows working in the orthopaedic department hailing from various corners of the globe (Zimbabwe, New Zealand..Etc.), making this a diverse multicultural experience. I enjoyed the cultural exchange and interaction with them and learnt about their healthcare model and how different “trauma and orthopaedics” is practised in their country. During my free weekends, I visited numerous museums, hiking

trails, and beaches and also went on a couple of fishing trips. The historical sights in Scotland are breathtaking and very pretty. I also found time to visit the surrounding areas during my fellowship (Edinburgh, Manchester, and The great LOCHs). Being an avid football fan, I visited the old Trafford stadium the home of the “Red devils- Manchester united”. I miss the sumptuous Indian dishes, Mr.Shah kindly invited me to his residence a couple of times for dinner and treated me to some splendid Indian food which helped me fight the initial homesickness.

To wrap it up, the fellowship is a rich structured learning experience for young surgeons interested in foot & ankle surgery. This is an excellent opportunity to get exposed to a wide variety of foot & ankle pathologies.

Regards

Chandan noel Vincent
IMG fellow.