

Fellowship report

Dr. Shekar Mudramaiah,

Period of fellowship: March 2020 to Feb 2022

Place: Golden Jubilee hospital, NHS, Glasgow (UK)

First of all, I would like to thank Indian foot ankle society for giving me an opportunity to learn foot & ankle sub speciality at one of the reputed foot & ankle centre in UK.

I was fortunate enough to be selected for the above fellowship during the interview at IFASCON 2019 in New Delhi, which was conducted by Mr. Kalpesh Shah, mentor of the fellowship programme. After fulfilling all essential criteria to enter UK health system, I was included in MTI programme by Royal college of Surgeons, Edinburgh (RCSEd), who sponsored GMC registration and later got Tier 5 visa from AoMRC. All these took around 3 months for paper works.

I arrived in UK on 5th March 2020 and completed permanent registration at GMC, Manchester and later came to Birmingham on same day for 3 days induction programme by RCSEd along with many international post graduates who had arrived through MTI scheme to get in to UK health system.

I arrived at Glasgow on 8th March 2020 afternoon and landed at temporary hotel accommodation given by the hospital. I got a warm welcome in chilly winter of Scotland. I reported to duty on 9th March 2020 and joined to work under Mr. Kalpesh Shah, consultant foot & ankle surgeon, my mentor and fellowship co Ordinator at the hospital. I was under shadow duty for a week to get adjusted to the work pattern and health system there.

It was a good start for me where I got familiar quickly and started work in clinics & theatre with exposure to foot & ankle practice exclusively. Unfortunately, the covid 19 pandemic struck and the country went in to lock down during third week of March. All elective surgeries were stopped. The hospital is a high volume elective surgical centre for Arthroplasty and Foot & Ankle practice and also known as National waiting time centre. Hence, my fellowship was affected for a wee time. But, since we had plenty of free time, my mentor arranged for teaching classes wherein I presented some topics related to foot & ankle problems and also discussed about clinical examination. He also arranged for saw bone workshops related to some surgical treatment for foot problems. It went on for 4 months and fortunately elective surgeries were reinstated. I started seeing patients in

outpatient clinic along with my mentor and later did independent clinics and was discussing the cases with him. It was good learning period for me. I had opportunity to scrub for all the cases in the theatre. I had three theatre days including one with another foot & ankle surgeon by name Mr. Manal Siddique, one follow-up clinic and one outpatient clinic for new cases in a week. One day was admin day for academic and other paper works.

I had exposure to most of elective foot & ankle surgeries including total ankle replacement with hands on experience. I was fortunate enough to do many surgeries both under supervision and independently, thanks to my mentor. On an average there used to be 4 cases in each theatre list. Even with pandemic effect, I was able to scrub for 567 cases, out of which I performed 240 cases under supervision and 47 cases independently during my 2 years of training period. There was monthly departmental CME where I presented few foot and ankle topics and journals. I had a chance to do an audit on day case total ankle replacement done at our hospital which I also presented in national conference by British Orthopaedic society at Aberdeen in Sept 2021. I was also enrolled in to ISCP curriculum by RCSEd who did periodic evaluation of my training in the hospital from the regularly updated log book of mine and academic activities. I also underwent annual appraisal necessary for GMC registration. I had chance to do cadaveric workshop on total ankle replacement by DJO, STAR implant in Glasgow. I participated in virtual meetings of local foot and ankle society.

Overall, it was a wonderful experience in learning with a well-structured fellowship programme and made use of it to full extent. I got experienced with British health system and learnt managing most of the foot & ankle problems, which I lacked before. It was a great learning under Dr Kalpesh Shah who helped me in many aspects during my stay in Glasgow. I am very much grateful to him. I also made new friends there with ever lasting memories after touring many places in UK. I had a final review meeting with my mentor & AES Mr. Kamal Deep after submitting my completed log book and other academic credentials necessary for certification by RCSEd at the end of my training. I was entitled for completion of my training and awarded with Member of International Post graduate Deanery (MIPD) degree from RCSEd and also received certificate. I returned back to my work place at Sanjay Gandhi Institute of trauma & Orthopaedics in Bengaluru, India after completion of fellowship in Feb 2022 to start foot & ankle practice.

Regards

Dr Shekar Mudramaiah

