



# IITOS Training Times

March 2019, Issue 30

## Through the Looking Glass



PULL

PULL



Overview of topical issues being addressed  
by the Trauma and Orthopaedic Clinical  
Programme



## Through the Looking Glass

David Moore

The Trauma & Orthopaedic Clinical Programme led by Mr Paddy Kenny and David Moore continue to work at improving service delivery to patients guided by IITOS. Some of the more important items currently being promoted are:

### 1. Implementation of the Trauma Network Report:

There is a widespread lack of understanding of the resources, (human and facilities) required to provide the service outlined in the report of the trauma review group. Too much focus on the Major Trauma Centre is misleading. Most injured patients will continue to be managed in the Trauma Units around the country. There is inappropriate emphasis on the Major Trauma Audit (MTA) report. Major trauma is only a small component of the entire trauma workload.

### 2. Fragility Fractures, Bone Health, Fracture Liaison Services

There is a disappointing lack of interest in this, it appears, as the future is worrying when looking at the demographics. Almost €520 million is the estimated annual spend in dealing directly with the sequelae of falls and fractures in the absence of implementation of a National Strategy. If Ireland fails to take decisive action now, this annual figure is expected to quadruple by 2031, given our ageing demographics (National Falls and Bone Health Project AFFINITY). For a fraction of this cost a preventative programme can be introduced in all sixteen trauma hospitals initially - then extended into Primary Care in line with the Slainte Care objectives.

### 3. Spinal Services

The current service is inefficient for patients and clinicians. It needs to be reconfigured and pathways put in place which take account of the entirety of the patient pathway - from the management of backache to the provision of reconstructive surgery. Reorganisation will provide a better, safer service without major investment. This can be done on a phased basis starting with the tertiary centres and supporting initiatives such as the Back Pain pathway development which will educate GP's and reduce the rate of inappropriate referrals.

### 4. Planned Surgery Taskforce

Waiting lists continue to rise. To address this there is a need to establish a national taskforce to review the current model of delivering planned orthopaedic services, with the remit to explicitly consider the entire planned orthopaedic care pathway (including reablement and rehabilitation in the community). This would be in alignment with Slainte Care and the Department of Health objectives of providing equitable access to healthcare and maintaining clinically appropriate waiting times.

# IRISH INSTITUTE OF TRAUMA & ORTHOPAEDIC SURGERY

## IITOS TRAINING TIMES

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IHSS Conference  
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RCSI Charter Day, 8th February. Trauma & Orthopaedic Surgery / Neurosurgery parallel session. Mr Keith Synnott talking about Orthopaedic spine referral patterns and the future. See [paper](#) on p6. Also presenting was Mr David O'Brien, Consultant Neurosurgeon and Co-Chair along with Mr Joseph Butler.

## UPCOMING EVENTS

### MARCH

#### 8-10th, Friday-Sunday

Mayo Arthroplasty Conference  
Knockranny House, Westport, [Link](#)

#### 22nd, Friday

SpR Interviews, RCSI

#### 25th, Monday

Core Curriculum, RCSI, Interface day -  
Plastics/ Radiology/ Infectious Diseases,  
Prof Ruairi Mac Niocaill, Ms. Ciara Egan

#### 29-30, Friday, Saturday

International Congress on Cartilage  
Repair of the Ankle, RCSI  
[Registration](#)

### APRIL

#### 12th, Friday

Core Curriculum, Castlebar, Primary Hip  
Arthroplasty, Ms Bridget Hughes, Mr Paul  
McKenna

### MAY

#### 9th, Thursday

Core Curriculum, Tallaght Trauma, Pelvic  
and Acetabular Surgery, Mr Michael  
Leonard, Mr Brendan O'Daly

#### 10th, Friday

Cappagh Foundation Meeting  
Chair - Ms Olivia Flannery

### JUNE

#### 8th, 9th, Saturday, Sunday

Orthopaedic Train the Trainer Course  
Heritage Hotel, Killenard, to register, [email](#)  
\*\* Places still left \*\*

#### 14th, 15th, Friday, Saturday

Irish Orthopaedic Association Meeting  
Galmont Hotel, Galway, [link](#) [registration](#)

#### 17th, Monday

Core Curriculum, Waterford  
Polytrauma; long bone fractures; open  
fractures, Mr Terence Murphy, Mr Fiachra  
Rowan

#### 22nd, Saturday

RITA G Sign Off  
Council, Trainers Meetings, RCSI

### AUGUST

#### 28th-30th, Wednesday-Friday

8th Fragility Fracture Global Congress  
Oxford, UK. [First announcement](#)

## Recent Events



Mock Vivas / Trainee Reviews took place on Saturday, 26th January in the Exam Hall, RCSI. Mr Finbarr Condon would like to thank all examiners, reviewers and Mr Mark Crowthers, Extern, who volunteered their time. Thanks also goes to Mr Francis O'Neill for inputting all the Viva Scores and to Leah Daly and Barbara White for the months of preparation which enabled this day to run as smoothly as it did. A special thanks to Dr Helen Harty who worked meticulously during the day updated ISCP trainee information.



Irish Shoulder and Elbow Society 3rd Annual meeting held in the RCSI on Saturday, 12th of January. Organisers Mr Kieran O'Shea and Mr Diarmuid Molony with parallel physiotherapy session organised by Ms Michelle Clark and Ms Clare Gilsean. Special guests were Dr Evan Flatow, world renowned shoulder surgeon and current president of Mount Sinai West in Manhattan, NYC and Dr Lori Michener, Dr Lori Michener is Professor of Clinical Physical Therapy at the University of Southern California Laboratory. Next year's meeting will take place on Saturday, 11th January 2020.

## Quick Links

[IITOS Discussion Board](#)

[RCSI Surgical Affairs](#)

[RCSI Events Calendar](#)

[ISCP](#)

[Joint Committee on Intercollegiate Exams](#)

[Irish Orthopaedic Foot and Ankle Society](#)

[Irish Shoulder & Elbow Society](#)

[Irish Spine Society](#)

[American Orthopaedic Association](#)

[British Orthopaedic Association](#)

[Childrens Orthopaedics](#)

The wide catchment area we cover ensures a steady stream of referrals, which although can result in busy calls leads to many teaching opportunities which I hope ultimately will aid the transition onwards from ST2. I am grateful for my time in Galway prior to starting the surgical training programme, as I was able to learn the fundamentals of orthopaedics while completing the MRCS exams, and pursue an MCh which greatly aided my research capabilities. This made my transition to ST1 in Tallaght much smoother as I was able to focus on improving my orthopaedic knowledge and skills as well as ensure my logbook was staying above the mean! I enjoyed my time in Tallaght thoroughly, while living in Dublin meant there was never a shortage of extra-curricular activities. To students or interns who may be reading this and considering jumping straight into surgical training I would recommend taking some time and considering the significant amount of work that goes into exam preparation and research that can be difficult when on a busy training programme. Start early and remember that it's a marathon not a sprint!

The training days held in RCSI are important for the development of our practical and interpersonal skills. The state-of-the-art facilities available to us provide the most realistic clinical environment without actually being in the hospital. Although being filmed and watched by your peers breaking bad news to a patient may be daunting, you always come away with valuable lessons that are immediately applicable to your own practice. The ST2 Orthopaedic specialty day that was held in RCSI in November was excellent. Throughout the day we had discussion of clinical cases and examination techniques followed by a practical Exeter hip arthroplasty workshop. The discussions provoked debate over many topics and we had ample opportunity to speak with and ask questions of the consultants present.

Many people who haven't lived in Tullamore may be wondering what one might get up to outside of working hours. It is a bustling town with many bars and restaurants available to head to after work or at the weekend to unwind. We also have the famous Tullamore Dew distillery, which offers tours to educate you on the fine art of whiskey-making. There are great sporting facilities in the town, the Kilbeggan races are nearby as well as some fantastic golf courses such as Esker hills, Shane Lowery's home course. Admittedly however, one of the main benefits of living here is the relative element of safety from Mayo football jokes that I had become accustomed to in Galway and Tallaght, although I won't be keeping my breath held for too long!

### Winner of the €100 OTAI Caption Competition

Congratulations to **James Broderick** with his caption "...and this little piggy is going to Sheffield..."



<https://www.ortho-trainee.ie/>

## Life as an ST2

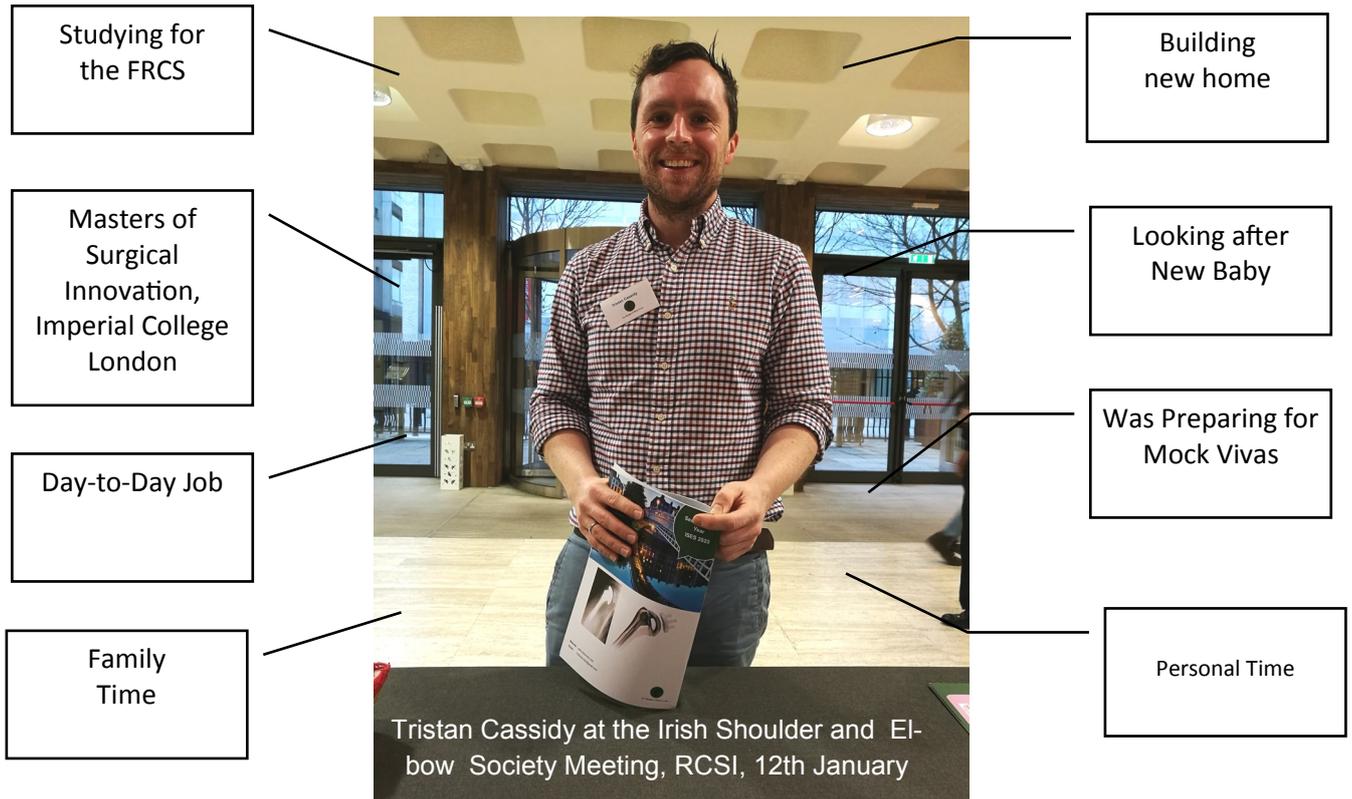


### Kevin Clesham – ST2 Tullamore Hospital

I was recently asked by Amanda to write an article about my experience to date on the ST2 programme.

The progression from ST1 to ST2 is an enjoyable challenge. You have the luxury of spending the entire year in your desired specialty, however with it comes more RCSI days and forms to fill out than before as well as planning and preparing for upcoming ST3 interviews. As a graduate from NUIG, I have worked in a number of departments having interned in Sligo/Galway, with SHO placements in orthopaedics in Galway, Tallaght and now Tullamore. With the progression to ST2 comes a higher level of responsibility. As the senior SHO here in Tullamore, I am in charge of organising the rota, involved in managing junior trainees as well as building on my operative and clinical experience.

## How Do You Manage Your Time?



I'm sure time management is a chapter in every management textbook and self help book all of us have never read. To be honest I couldn't tell you how I manage my time and don't think I am the best person to offer advice. Most of the habits I have I learned from other trainees in the years ahead. Tristan

### IRISH NATIONAL ORTHOPAEDIC REGISTER (INOR)

is live in six Hospitals nationally, SIVUH, MRHT, Croom Orthopaedic Hospital, Kilcreene Regional Orthopaedic Hospital and Our Lady's Hospital, Navan. The most recent Hospital to Go Live is Merlin Park University Hospital under the clinical leadership of Mr Colin Murphy, Consultant Orthopaedic Surgeon.

INOR is planned to Go Live in Cappagh National Orthopaedic Hospital in Q2 2019 and implementations has commenced in Kerry University Hospital. The remaining sites are due for implementation in 2019/early 2010. There has been initial engagement with the Private Hospitals regarding implementing INOR.

If you wish to receive any information by us in your Hospital, please email [inor@noca.ie](mailto:inor@noca.ie) or contact 087 9781008.

### Trauma Assessment Clinic Workshop

The National Clinical Programme for Trauma & Orthopaedic Surgery held a very successful seminar/workshop on Friday 25th January in the Albert Lecture Theatre, RCSI. The event was organised by Mr Eoin Sheehan, Clinical advisor and Ms Niamh Keane, project manager. Attendees included: orthopaedic and Emergency Medicine consultants, nurses, physiotherapists and hospital management. The keynote speaker was Ms Helen Shortt, Assistant National Director, Specialist Acute Services - Acute Strategy & Planning, HSE. The event was a learning and experience sharing event and it generated great discussion and debate. TAC is a safe, cost-effective and efficient care model for simple stable fractures. It has been proven to be beneficial for both staff and patients alike.



## Irish Hand Surgery Society 2019 Annual Mtg Thursday 7th and Friday 8th March

Boyne Valley Hotel, Dublin Road, Drogheda. Phone  
041 9837737 [email](mailto:caroline.mcbride@hse.ie)

Guest speakers - Marc Garcia Elias from Spain  
and Brian Labow from the USA.

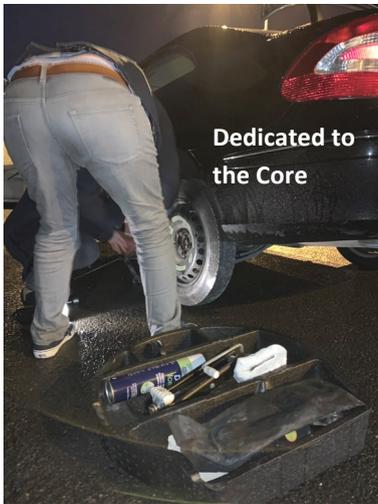
Dr Garcia Elias is an orthopaedic hand surgeon  
who is renowned for his expertise in DRUJ,  
Wrist and Carpal pathologies. Dr Labow is a  
paediatric plastic surgeon with a special interest in  
congenital hand deformity.

Send abstracts to [caroline.mcbride@hse.ie](mailto:caroline.mcbride@hse.ie),

or by fax: 041 6861336



IOTA donated a console system to the  
ortho-paediatric department in CNOH over  
the holidays. L-R Theresa CNM Pauls  
ward, Barbara and Anna - paediatric nurses,  
Enda Kelly and Adrian Gheiti.



Dedicated to  
the Core

When time is  
of the essence  
and travelling  
from Cork to  
the Tullamore  
Core, flat tire,  
little visibility  
it's calm under  
pressure.



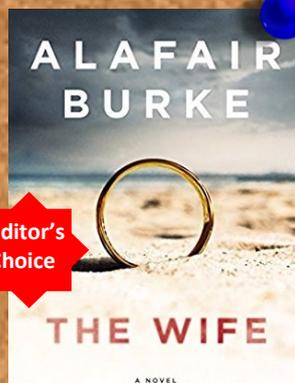
AO Course in  
the Radisson,  
Dublin, with  
faculty member  
Mr Brendan  
O'Daly.  
Organisers,  
Prof May  
Cleary and  
Mr Diarmuid  
Molony.



# Info Board

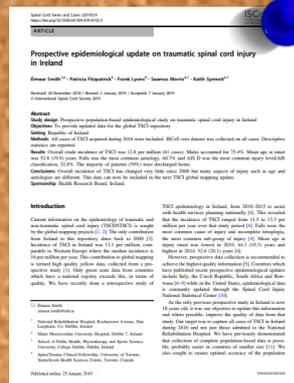


RCSI SCOPE Magazine  
[Link](#)



Editor's  
Choice

"Great page turner  
Style of Gone Girl"  
Tom McCarthy



Prospective  
epidemiological update  
on traumatic spinal cord  
injury in Ireland ([view](#))



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