December 2018 Issue 29

IITOS
THE IRISH INSTITUTE OF TRAUMA AND ORTHOPAEDIC SURGERY

IITOS Training Times

Happy Holidays

Wishing You a Very Happy Christmas and New Year

From David, Amanda, Tom

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Front Cover:

L-R Ms Catherine Bossut
and Ms Grainne Colgan.

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UPCOMING EVENTS

DECEMBER

14th, Friday
Core Curriculum, Beaumont. Foot and Ankle, Mr James Walsh, Mr Stephen Kearns

JANUARY 2019

16th, Wednesday
Core Curriculum, Tullamore.
Shoulder and Elbow trauma, Mr Muiris Kennedy, Mr Kieran O'Shea

18th,
Mock Clinicals, Mater
Convener - Mr Keith Synnott

26th, Saturday
Mock Vivas / Trainee Reviews
RCSI

FEBRUARY

5th-9th, Tuesday-Saturday
Charter Day, RCSI

8th, Friday
SpR Shortlisting, RCSI

12th, Tuesday
Core Curriculum, Temple Street.
Paediatric foot and ankle / lower limb deformity, Mr Conor Green, Ms Paula Kelly

MARCH

8-10, Friday-Sunday
Mayo Arthoplasty Conference

22nd, Friday
SpR Interviews

25th, Monday
Core Curriculum, RCSI.
Interface Day, Plastics, radiology, infectious diseases, Mr Ruairi McNiocaill, Ms Ciara Egan

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

13th-17th, Monday-Friday
OTAI Croatia, Mr Keith Synnott, Mr David Moore

Great Ormond Street Hospital Congenital Hand Fellow

Grainne Colgan

Greetings from London and Merry Christmas to All.

Following on from my recent trip to Texas Scottish Rite in Dallas for a month long fellowship in Congenital Hand – I took up my post in Great Ormond Street as the Congenital Hand Fellow with Mr Sivakumar & Ms Smith from the Plastic Surgery team. There are only five such fellowship posts worldwide – so it is a really unique opportunity for me to pursue my subspecialty interest in a field which both interests and challenges me.

GOSH is a world renowned centre of excellence and is an international quaternary referral centre for rare conditions – including congenital hand anomalies – and that means that the volume and complexity on a daily basis is quite astonishing. There are over 250,000 outpatient visits a year to the hospital – so it is also extremely busy. To put it into perspective – there have been more separation of conjoined twins than appendicectomies in the history of GOSH! It is truly a special and inspiring place and I genuinely feel very honoured to be working here and involved in providing care to some of the sickest and neediest children. What struck me most in my first week is the level of experience and expertise, and the atmosphere of collaboration and willingness that is evident in all aspects of clinical care.

In addition to the 3 weekly congenital hand clinics, there are several specialist clinics I attend such as the arthrogryposis clinics, Proteus clinic, vascular anomalies clinic etc which run in a multidisciplinary setting between plastics and orthopaedics, vascular surgery and interventional radiology. As many of the cases we see are unique and complex – everyone's opinions and expertise are valued and considered – and I find this one of the most enjoyable and important parts of the fellowship experience. Theatre days are twice per week with additional theatre slots set aside for shared complex cases. Reading up in advance can prove rather challenging as many of the operations are quite "bespoke". There are 15 theatres which run to capacity every day – and all fellows are welcome to attend and observe in any theatre they wish. Since starting in October the hospital have undertaken the UKs first foetal surgery for spina bifida and the separation of craniopagus twins so there is plenty going on to keep me occupied while I'm away from home. As part of the Plastic Surgery team – I am also involved with Craniofacial, Cleft and Max-fax teams. We provide cross cover for ward rounds and on-calls – so there was rather a steep learning curve for me at the start!!! Thankfully there is great support and collegiality between all the fellows which makes working life easier, not to mention social life! I'm enjoying my time in London – it's a great city with much to see and do, and I plan on making the most of this time away.

Many of the cases are managed in a multidisciplinary setting.

Spreading Good Cheer

Amanda Wilkinson

Is there a colleague, friend or relative who has made a difference in your life or perhaps someone you have lost touch with - why not give them a call. Maybe it's someone you pass by during the week who needs some Christmas cheer. A small act of kindness can bring great personal rewards.

NEWS Bites

The IITOS 46th Annual General Meeting took place on Friday, 30th of November in the Albert Lecture Theatre, RCS. Below are the following updates and new members:

New Director of Training
From June 2019, Mr Eoin Sheehan will take over from Mr Finbarr Condon.

New Assistant Director of Training
From June 2019, Mr Brendan O'Daly will take over from Mr Eoin Sheehan.

New Hon Clinical Secretary
Mr Tom McCarthy has taken over from Mr Seamus Morris.

SICOT Representative
Mr Anant Mahapatra is the new SICOT Representative for Ireland.

New IITOS Members

Mr Anant Mahapatra
Mr Derek Cawley
Mr Joe Queally
Mr John Kelly
Mr Khalid S. Mohamed
Ms Natasha O'Malley
Mr Neil Burke
Mr Parnell Keeling

The 2017 Irish Hip Fracture Database was launched in the RCSI on Thursday, 29th November. Over 220 people attended. Link to the report on p8.

IRISH NATIONAL ORTHOPAEDIC REGISTER (INOR)

is live in five Hospitals nationally, SIVUH, MRHT, Croom Orthopaedic Hospital, Kilcreene Regional Orthopaedic Hospital and recently in Our Lady's Hospital, Navan.

We would like to thank everyone in all hospitals who engaged and worked with the National Implementation Team (NIT) to successfully roll out the INOR project in three hospitals this year. INOR is planned to Go Live in both Cappagh National Orthopaedic Hospital and Merlin Park University Hospital in early 2019. The remaining sites are due for implementation in 2019. There has been initial engagement with the Private Hospitals regarding implementing INOR.

INOR received a Commendation at the recent Irish Healthcare Awards.

Suzanne Rowley
INOR Coordinator
SuzanneRowley@noca.ie

INOR Irish National Orthopaedic Register

The RCSI MILLIN MEETING

took place in the Royal College of Surgeons on Friday, 9th of November with the prestigious 41st Millin Lecture given by Mr Padhraig F. O'Loughlin entitled, "New Technology in Orthopaedic Surgery: A Surgical Deux Ex Machina". Padhraig is only the second orthopaedic surgeon to give this lecture. Professor Kevin Mulhall was the only previous orthopaedic speaker at this event.

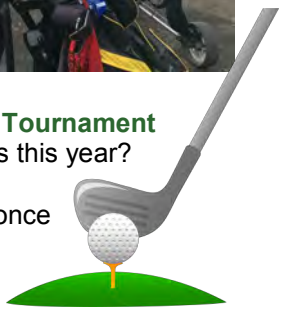
Click on image to view programme

L-R Mr David Moore, Mr Padhraig O'Loughlin, Professor John O'Byrne.

Cappagh v Tallaght Annual Golf Tournament

Can you guess who the winner was this year?

Looks like Tallaght was victorious once again!



Atlantic Orthopaedic Meeting

Convener: Mr Barry O'Neill

The Atlantic Orthopaedic Meeting took place on Saturday, 24th November in the Radisson Blu, Sligo. Guest lecture was given by Mr Andrew Macey. The organiser would like to thank all the sponsors for their generous support.

Congratulations to all Winners

Session 1 (Spine):

David Dalton, Is current cervical spine imaging adequate in trauma patients in Irish Hospitals? Galway University Hospitals, Senior author Prof McCabe

Session 2 (Arthroplasty & Upper Limb):

Rosie McColgan, Do randomised-controlled trials performed in the UK change clinical practice in Ireland? Galway University Hospitals, senior author Mr O'Sullivan.

Session 3 (Oncology & Trauma):

Conor Keady, A five year review of the outcomes of talar osteochondral lesions treated with matrix associated stem cell transplantation. Galway University Hospitals, senior author Mr Kearns.

Session 4 (Fractured Neck of Femur):

Michelle Horan, Impact of anticoagulation on time to surgery and transfusion rates in hip fracture patients. St Vincent's University Hospital, senior author Mr Hurson.

Overall winner - **Conor Keady** who received a further prize.

Anthony Shaju (Letterkenny), Dermot O'Farrell (Limerick), Aaron Glynn (Navan & Drogheda), Andrew Macey (Sligo - retired), Bill Gaine (Sligo), Barry O'Neill (Sligo), Finbarr Condon (Limerick), Brendan Healy (Sligo - retired), Michael O'Sullivan (Galway), John Kelly (Sligo), Lester D'Souza (Limerick).

IOTA CAPTION COMPETITION

Send in your caption by Thursday, 27th December and You could win €100

FRCS STUDY TIME

Arthoplasty Fellowship, Christchurch

Mary Nugent

I'm currently on a one year fellowship in Christchurch, New Zealand. I arrived in New Zealand about a week before I started work which is necessary to finalise medical registration. The hospital also require MRSA screening to be done in New Zealand prior to starting work and that obviously takes a few days to get a result. But, realistically, if you move to a new country you need a little time to sort out practical aspects of living in a new place anyway. Luckily for me, John Galbraith was the outgoing upper limb fellow and he was still around for my first week and minded me well (thanks John!). I then took over his house rental when he left which was certainly a lot easier than looking for another place. Also my predecessor was still around and was able to give me a handover and show me around work before he left. I also had good advice from Sarah Kelly (Neil Burke's better half) as they were in Auckland for the previous year.

Burwood hospital which is where the public elective work is done.

My job mainly involves working with Professor Gary Hooper although there are opportunities to work with other surgeons too (there are a total of 24 orthopaedic surgeons in this unit). The fellowship is based at four different hospitals (two public and two private) in Christchurch. Trauma is done at Christchurch public hospital with only minimal amounts of elective work there as most public elective work takes place at Burwood hospital about 10km away. There are elective arthroplasty lists at both St George's and Southern Cross private hospitals. I'm predominantly doing hip and knee arthroplasty but also a small amount of knee arthroscopy and trauma work. My weeks vary a little but typically would include something like four to seven half day elective lists, a half day or full day trauma list and two elective clinics. There are good opportunities to operate and also some flexibility to schedule the weeks as I see fit to get as much as I can from my time here.

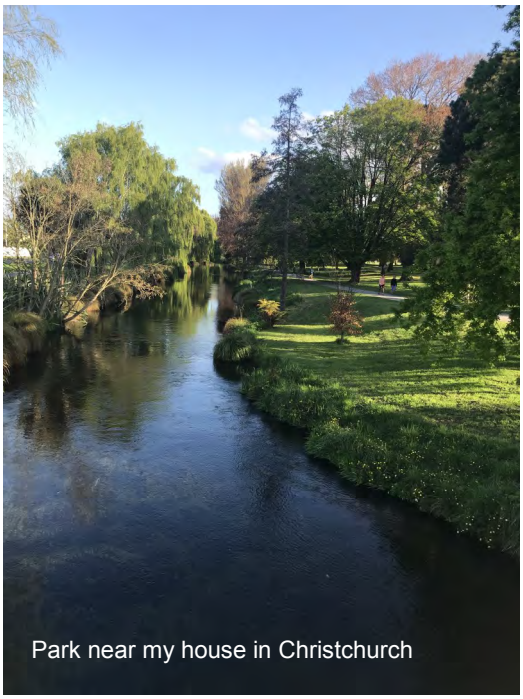
Out of hours call and weekend work is optional. A small amount of research is expected but this isn't a major component of the job. There is also a small teaching commitment for the University of Otago Christchurch final year medical students (as an honorary clinical lecturer). This isn't very onerous – I have taken small groups of students for scheduled clinical examination tutorials with patients, examined OSCE stations a couple of times and will be supervising a student's summer research project over the next two months. It's an enjoyable unit to work in and I have been treated very well to date. There are two orthoapedic fellows here – the other is an upper limb fellow from Canada.

It's a great country to live in, despite Christchurch having not yet rebuilt everything that fell down in the 2011 earthquake – lots to do outside work and so many places to go that I think the difficulty will be fitting it all in within a year. And don't forget the nice wine everywhere. For anyone who is thinking of coming to New Zealand for fellowship, I would encourage you to do so – it's been a very positive experience for me so far. There is definitely a little bit of organization to be done beforehand – I know that in previous fellows' write ups of their experiences abroad there has been reference to stressful times sorting out paperwork etc. in the 6 months prior to arrival and that is something that's difficult to control from the other side of the world.

My biggest delays were with hospital administration. Thankfully the medical council and immigration were actually quite efficient but I didn't have a visa approval until less than three weeks before departure and I did have some concerns that it wouldn't happen in time. However these are all manageable things and, really the only downside is that for some people it's just a little bit too far away from friends and family.

If anybody has any questions about my experience here, feel free to get in touch.

Mary



Park near my house in Christchurch

IITOS SCOPE OF ACTIVITIES

SURGICAL EDUCATION

Postgraduate Training (CCST)

Fellowship Programmes

Examination and Curriculum Setting

Public Health and Patient Education

Research and Innovation

DELIVERY OF PATIENT CARE

Clinical Programme

Consultative role in National Clinical Governance

Voluntary Overseas Patient Care

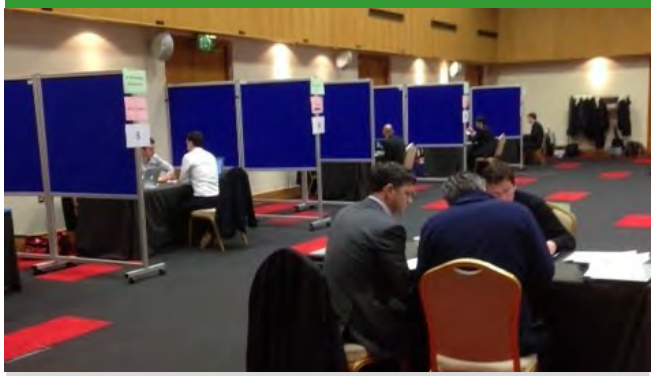
Audit

Sub Specialty Organisations

If you wish to get involved in any of the above IITOS activities, for **Surgical Education**, email **Prof John O'Byrne,** jmobyrne@rcsi.ie, for **Patient Care**, email **Ms Catherine Farrell**, catherinefarrell@rcsi.ie.

MOCK VIVAS / TRAINEE REVIEWS

Saturday, 26th January RCSI



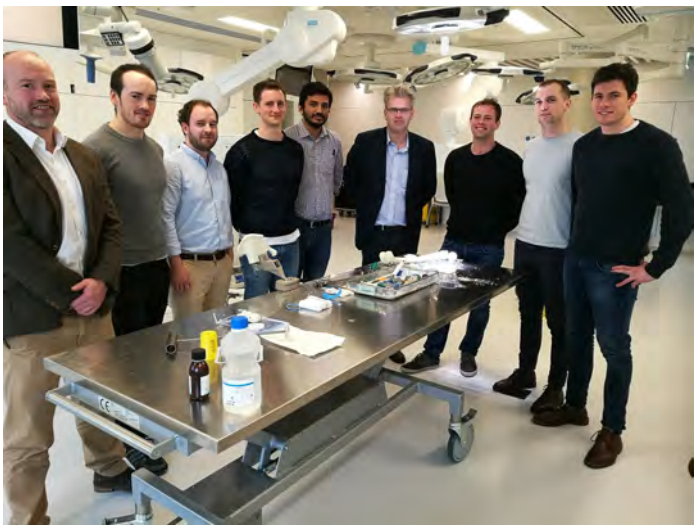
Have you met with your mentor?

Is your paperwork up-to-date on ISCP?

RECENT EVENTS

Irish Hip Fracture Meeting, 29th November, RCSI. L-R Mr Conor Hurson, Clinical Orthopaedic Lead, Ms Louise Brent - Irish Hip Fracture Database & Major Trauma Audit Manager, Dr Emer Ahern - Clinical Geriatric Lead

Mr Patrick O'Toole presenting at the **Irish Paediatric Orthopaedic Society Meeting**, 12th and 13th October in the Boucher Hayes lecture theatre, RCSI.



Mr Eoin Sheehan with the ST2 trainees in the RCSI simulation lab, York Street.

RCSI – BEACON HOSPITAL StAR MD PROGRAMME 2019

Further information about RCSI research can be found at rcsi.ie/researchinstitute and further information about Beacon Hospital can be found at beaconhospital.ie. For more information please see here: rcsi.ie/starmdprogramme

INTERCOLLEGIATE EXAM

The FRCS (Tr & Orth) Part II exam is scheduled to be held in Cappagh Hospital on Sunday, 3rd of February 2019.

If you have patients that you consider to be suitable we would very much appreciate if you could try recruit them for the exam as the College plans it's biggest ever staging of the exam. From their point of view they will get the opinion of the many examiners on the day which will be officially fed back to the consultant in charge of their care. We are looking for patients suitable for short and long cases. Upper limb pathology (arthritis, rotator cuff pathology, impingement, Erb's / brachial plexus palsy or other neurological conditions), lower limb (CMT, polio, arthritis, hallux valgus, foot drops etc) and spine conditions such as scoliosis etc. Essentially patients demonstrating the broad breath of Orthopaedics. Gary O'Toole

OTAI Annual Conference

13th-17th May 2019 in Croatia

OTAI ORTHOPAEDIC TRAUMA ASSOCIATION OF IRELAND

Places available

Contact:

keithsynnott@gmail.com

ST2 trainees awarded scholarships to attend the Resident's Fracture Course at the Orthopaedic Trauma Association annual meeting that was held in Orlando Florida last month. From left to right (current hospitals in brackets): Kevin Clesham (Tullamore) Kunal Mohan (St James) Michael Kelly (Tallaght).

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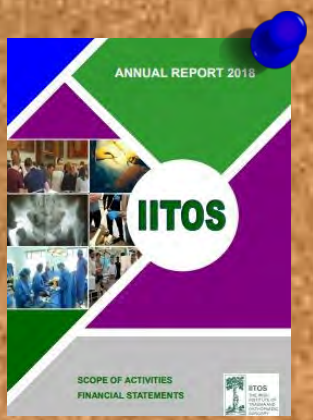
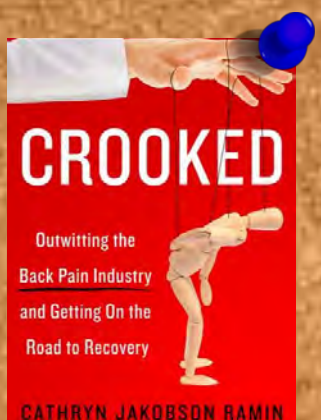


IITOS Annual Report 2018 here

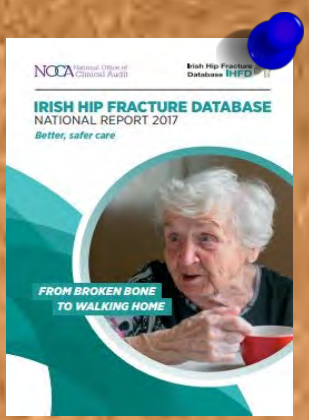


Recommendation by Mr Seamus Morris

RCSI

RCSI GYM Holiday Opening Hours

Gym Opening Hours Click here



Hip Fracture Database 2017 Report here