



RLHOTS 2023

The Royal London Hospital Orthopaedic
and Trauma Society
14th Annual Academic Meeting



June 16th 2023
The Barbican
Conservatory



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Agenda



- 0830-0900 Registration and breakfast**
- 0900-0910 Introduction and Welcome**
Miss Sarah Stewart- Academic Secretary, RLHOTS committee
- 0910-0920 RLHOTS President's address**
Mr David Goodier - Consultant Orthopaedic Limb Reconstruction Surgeon
- 0920-1000 Scientific Papers Session 1**
- 1000-1030 'MIS and arthroscopic surgery of the foot and ankle: a 25 year odyssey'**
Professor Alastair Younger - Foot and Ankle Orthopaedic Surgeon, St Paul's Hospital, University of British Columbia, Vancouver, Canada
- 1030-1045. 'Innovations in Extremities'**
Mr Oliver Watkins - DePuy Synthes
- 1045-1115 Coffee**
- 1115-1145 'Infections, stability and the compromised host'**
Mr Will Eardley - Consultant Orthopaedic Trauma and Limb Reconstruction Surgeon
The James Cook University Hospital, Middlesbrough
- 1145-1215 The Swee Ang Travelling Fellowship**
- 1215-1245 'Hip and Knee Traumaplasty: fix or revise?'**
Miss Chloe Scott- Consultant Orthopaedic Complex Hip and Knee Surgeon,
The Royal Infirmary, Edinburgh
- 1245- 1350 Lunch**
- 1350-1430 Scientific Papers Session 2**
- 1430-1500 'Innovation to transform the NHS'**
Professor Tony Young OBE- Consultant Urological Surgeon and National Clinical Lead for Innovation, NHS England
- 1500-1530 Coffee**
- 1530-1600 Trainer and Hospital of the Year**
Miss Emily Crane - British Orthopaedic Trainees Association (BOTA) representative
- 1600-1640 'Ice Maiden: Crossing Antarctica'**
Major Nics Wetherill RAMC MBE, Army GP and Polar Explorer
- 1640 -1700 Training Programme Director address**
Mr Kash Akhtar, Training Programme Director, Royal London Hospital rotation
- 1700 Close**

RLHOTS President's Welcome



I am honoured to be able to welcome you all to the 2023 annual meeting of the Royal London Hospital Orthopaedic and Trauma Society in my new role as President of the society. My first duty is to thank my immediate predecessor, Gareth Scott, who has been a friend, colleague and mentor since he was Senior Registrar to my Registrar back in the early 1990s. Gareth took over from another of my mentors, Tom Bucknill, some ten years ago, and thus I've got some large shoes to attempt to fill.

For my part, it is both welcome and a little strange to be here today. I started as a medical student at The London (before it had Royal Patronage!) back in 1980; of my year there are over a dozen orthopaedic consultants around the country so about 10% of the year! Having done house jobs at the London, an SHO rotation at Bart's, and registrar and senior registrar jobs on The London rotation I ended up as Consultant at Bart's and The London (as it was by then) in 1996, along with two of my 1980 class mates, Colin Natali and Matt Barry. I left to go to The Royal National Orthopaedic Hospital, Stanmore in 2011, having spent 15 years as a consultant at The London, so as you can imagine, to return as President of RLHOTS has a special meaning for me.

Of course, today is not about me, it is about you all as Specialist Registrars; your training, your research and your exams. It is not easy these days to fulfil clinical commitments at a major traumacentre, (and all the online forms that go with it), look after patients who have complex needs, and still find time for study. For my part I was an FRCS(Orth) examiner for ten years, so I often do mock vivas for trainees coming up to their exams, though those who have taken me up on the offer often regret it...

Today we will hear about the research being done by current trainees, and there will be prizes for the best abstracts presented, as judged by the committee. I am also impressed by the committee who have put together a list of speakers who I am sure will inform, educate and entertain you. It promises to be a great meeting, and if you are not coming to dinner tonight, at least come for a drink and a chat afterwards; I did make the rather rash promise of buying a drink for any of the 'old boys' who turn up!

On a final note, I have to thank our sponsor companies for their support of the event. Without them there would be no meeting, so please can I ask you all to engage with them at break times as much as possible.

Your president,

David Goodier



Training Programme Director Welcome



It is with great pleasure that I welcome you all to the RLHOTS Annual Academic Meeting 2023.

Whilst we are now thankfully on the other side of Covid-19, these are still turbulent times, meeting up as we are today during the latest junior doctors strike (although I am writing this a few weeks ahead of the meeting, sadly I have little faith that things will have been resolved in time). I am confident that the consultants in the region all fully back our trainees and I want them to know they have our unwavering support. That aside, it will be wonderful to see everyone in person again and to catch up with friends and colleagues in a relaxed and contemporary setting.

Today's venue, the renowned Barbican Centre, holds the distinction of being the largest performing arts centre in Europe. Known for hosting a variety of classical and contemporary music concerts, theatre performances, film screenings, and art exhibitions, it offers a vibrant, dynamic and diverse atmosphere that reflects the Royal London Rotation.

There have been some notable changes in surgical training over the past few years, particularly the introduction of the new T&O curriculum and the Multiple Consultant Report (MCR). The MCR relies on the professional judgments of consultants working with each trainee. This assessment aims to measure trainees' performance against the benchmark of a Day 1 consultant, ensuring their progress and addressing any challenges in a timely manner. Used correctly, this can be a valuable tool for trainers and trainees alike, as we saw close up during our recent ARCPs. However, it is of limited value when only one or two consultants participate, and then it becomes a tick box exercise that offers little. I encourage you to embrace the MCR and arrange dedicated time from your departments to fully engage with it.

I wish to thank our distinguished guest speakers for making the time to join us today and enriching the day for us all. We have a diverse series of talks from Professor Alastair Younger, Mr Will Eardley, Miss Chloe Scott, Professor Tony Young and Major Nics Wetherill, and I am looking forward to hearing from them all.

I would like to express my thanks to the committee of Sarah Stewart, Ajay Asokan, Raashad Hasan, Kate Atkinson, Emily Crane, Elliot Onochie and Harman Khatkar for their diligent efforts in putting together a fantastic programme.

Thank you also to all our sponsors for supporting us today and allowing us to put on a meeting in such a unique venue. We could not run this meeting without you and are appreciative of your involvement.

I am grateful to all of you for taking time out of your busy practices to attend and support this meeting. I eagerly anticipate the opportunity to reconnect with old friends and establish new relationships. I am confident that today will be a stimulating day filled with engaging and educational talks, culminating in a memorable dinner tonight.

May I take this opportunity to thank all the fantastic and committed trainers at Barts and throughout the region for enabling us to provide the highest quality of training and education in Trauma & Orthopaedics. Please do continue your support for the Royal London Rotation and if you have any consultant posts coming up, make sure to grab me for a chat!

Godspeed,

Kash Akhtar





RLHOTS: a brief history

The London Hospital has resided on its present site at Whitechapel since 1757. As early as 1760, a long tradition of orthopaedic surgery has existed at The London Hospital, when the first archives relating to surgery appeared. These included the setting of fractures and drainage of abscesses.

In 1791 William Blizard, a general surgeon, performed the first amputations following the advice of John Hunter. Blizard's manual became the standard text of the ship's surgeon on Nelson's fleet. In 1839 William John Little, an ex-student of The London Hospital Medical College was elected as Assistant Physician to The London. He later went on to raise funds and founded the Institute of Orthopaedics in Bloomsbury Square, known today as the Royal National Orthopaedic Hospital.

Orthopaedic surgery was not separated from general surgery at The London Hospital until 1943 when the Orthopaedic and Accident department was established by Sir Reginald Watson-Jones and Sir Henry Osmond-Clarke. Based upon the experience of Watson-Jones in pre-war Liverpool, his famous book *Fractures and Joint Injuries* became a major work of reference and influenced orthopaedic departments worldwide. With the addition of Scotty Law and Oliver Vaughan-Jackson, a formidable orthopaedic department was established.

Michael Freeman joined The London Hospital Orthopaedic department in 1968. He began work on what would turn out to be the first cemented condylar total knee replacement. Freeman began and co-directed the Biomechanics Unit of Imperial College with the engineer Alan Swanson PhD, and together they designed the the Freeman-Swanson knee prosthesis.

In 1990, the hospital was awarded a royal charter and renamed the Royal London Hospital. The present building was built in 2016, whilst the original 'The London Hospital' building has been renovated to become the Tower Hamlets Town Hall.

The Royal London Hospital Orthopaedic and Trauma Society (RLHOTS) was founded by four Royal London Hospital registrars (Ali Noorani, Wai Weng Yoon, Nima Heidari and Nic Wardle) in 2007 who continued to organise the yearly event in its entirety until 2011 when the baton was handed on to a new committee. The annual RLHOTS meeting continues to be part of the RLH rotation's academic timetable to the present day.

The Royal London Hospital Orthopaedic and Trauma Society is a group of like-minded individuals with a common passion for orthopaedics, trauma and excellence in surgery. We aim to create the next generation of outstanding orthopaedic consultants, ready to serve our patients and our NHS.



Early 20th century photograph of the Royal London Hospital

Venue history



An icon of Brutalist architecture, the Barbican is one of the UK's architectural treasures.

Working with a site almost completely razed by the Blitz during World War II, the Barbican's architects, Chamberlain, Powell and Bon, seized the opportunity to propose a radical transformation of how we live in buildings and cities. The result is one of London's most ambitious and unique architectural achievements: a city within a city that is raised above street level and draws on a rich palette of references, from ancient Roman fortresses and French Modernism to Mediterranean holidays and Scandinavian design.

Home to some 4,000 residents across 2,000 flats, organised around schools, a church, a library, an artificial lake, conservatory and an entire arts centre, no detail was left unconsidered, from the top of the 40 storey towers to the basement theatre and cinemas. It was originally designed and built for affluent City professionals and their families, with a number of high-profile politicians, lawyers, judges, and bankers making their home here. In 2009, the Barbican was also used to represent the MI6 headquarters in the James Bond film *Quantum of Solace*. The Barbican Estate's Lauderdale Tower is home to fictional character Alice Morgan, a psychopathic murderer, in the BBC series *Luther*.

The conservatory where we find ourselves today is the second largest in London (surpassed only by the main glasshouse at Kew Gardens), and contains a wealth of rare and tropical plant species.

In 2001 the entire complex received Grade II listed status, for its unique example of Brutalist architecture. Brutalist architecture is an architectural style that emerged during the 1950s in the United Kingdom, among the reconstruction projects of the post-war era. Brutalist buildings are characterised by minimalist constructions that showcase the bare building materials and structural elements over decorative design. The style commonly makes use of exposed, unpainted concrete or brick, angular geometric shapes and a predominantly monochrome colour palette. Today you can explore the site freely, from the Centre's many public spaces, cafes and restaurants to the highwalks and estate gardens.



This Barbican Estate brochure from the late 1970s, produced by the Corporation of London, shows the envisaged target market for the flats.

Lauderdale
Tower



RLHOTS Committee 2022-2023



Sarah Stewart ST5
Academic Secretary



Ajay Asokan ST4
Treasurer



Kate Atkinson ST5
Social Secretary



Raashad Hasan ST4
Webmaster and Comms



Emily Crane ST4
BOTA rep



Elliot Onochie ST5
Mentorship



Harman Khatkar ST3
Social Media



Guest speaker profiles



Professor Alastair Younger MBChB MSc ChM FRCSC

Professor Younger grew up near St. Andrews in Scotland and completed his medical degree in Aberdeen in 1985 and trained for a short time in the NHS before moving to Canada to complete his residency at the University of British Columbia.

In 2000, Professor Younger set up a fellowship training program for foot and ankle surgery, and secured funds to start the Footbridge clinic in downtown Vancouver. Prof Younger was a founding member of the Canadian Orthopaedic Foot and ankle society (COFAS) in 2002, and was the president between 2006 and 2008.

He was appointed to full Professor at the University of British Columbia (UBC) in 2014 in recognition of his contribution towards the research and teaching of foot and ankle conditions. Prof Younger is also a partner at Footbridge clinic, a clinic designed to increase the access to foot and ankle care within the province of British Columbia.

He is currently the Head of the division of Distal Extremities at the (UBC) Department of Orthopaedics, and has been the British Columbia Orthopaedic Association President for the last three years. He has been active on many committees of the Canadian Orthopaedic Association (COA), the American Orthopaedic Foot and Ankle Society (AOFAS), and the Arthroscopy Association of North America. He is currently the editor-in-chief of the COA bulletin, chair of the communication committee, and sits on the board and the practice management committee.

He has published over 160 peer reviewed articles and 35 book chapters. He has also been awarded the AOFAS Roger Mann award four times and the Takaura award from the International Federation of Foot and Ankle Societies in 2015.

Mr Will Eardley MSc PgCertMedEd DipSEM(UK&I) MFST(Ed) FRCSEd(Tr&Orth) MD

Will Eardley is an academic orthopaedic surgeon. He has a specialist interest in orthopaedic trauma surgery and the management of post-traumatic complications including fracture fixation failure, non-union, deformity and osteomyelitis.

Will trained in surgery throughout Northern England and was appointed as Consultant in Trauma and Orthopaedic surgery to the South Tees Hospitals National Health Service (NHS) Foundation Trust in 2014. Having left the British Army in the rank of Lieutenant Colonel after nineteen years of service, Will has worked in an operational capacity in Kosovo, Iraq, Afghanistan and Sierra Leone.

Will has an acknowledged reputation in orthopaedic trauma research, publishing numerous papers, letters and book chapters. He has completed a formal period of study at the Defence Science and Technology Laboratory, successfully defending his thesis to be awarded Doctor of Medicine. He is a research associate at the Clinical Trials Unit at the University of York.

He holds a number of senior research and leadership positions, including vice-chair of the British Orthopaedic Association (BOA) Trauma Committee, orthopaedic clinical lead of the National Hip Fracture Database and vice-chair of the Royal College of Surgeons of Edinburgh orthopaedic surgical speciality board.





Guest speaker profiles



Ms Chloe Scott MD BSc MSc FRCSEd(Tr&Orth) MFSTED

Ms Scott is a specialist knee and hip surgeon with particular expertise in unicompartmental knee replacement, difficult knee replacement surgery and hip replacement surgery. Ms Scott completed her registrar training in Edinburgh and was appointed as a trauma and orthopaedic consultant at the Royal Infirmary of Edinburgh in 2017 after completing travelling fellowships to Massachusetts General Hospital and the Cartilage Repair Centre in Boston.

Ms Scott has a busy elective and trauma NHS practice and is trained in both manual and robotic assisted knee replacement surgery. She is an active researcher concentrating on maximising outcomes of joint replacement surgery and implant design. Ms Scott received her MD from the University of Edinburgh for her research on partial knee replacement designs and she serves on the executive committee of the British Association for surgery of the knee (BASK). She is also an associate editor for the Bone and Joint Journal (BJJ). In 2020, Ms Scott was awarded the Hunter-Doig medal for excellence in surgery by the Royal College of Surgeons of Edinburgh.



Professor Tony Young FRCS OBE

Professor Young is a practising frontline NHS surgeon, Director of Medical Innovation at Anglia Ruskin University, and the founder of four Med-Tech start-ups. In 2014, Professor Young was appointed as National Clinical Director for Innovation at NHS England; in February 2016 he became the first National Clinical Lead for Innovation.

As Clinical Lead, Professor Young provides clinical leadership and support in delivering improved health outcomes in England. He drives the uptake of proven innovations across the NHS, promotes economic growth through innovation, and helps make the NHS the go-to place on the planet for medical innovation.

In 2015, Tony founded the NHS Clinical Entrepreneur Programme. This has become the world's largest entrepreneurial workforce development programme for clinicians and under the NHS Long Term Plan is set for a major expansion to include intrapreneurs. Professor Young is also a Consultant Urological Surgeon and Clinical Lead for Innovation at Southend University Hospital NHS Foundation Trust, Associate Medical Director, Mid and South Essex Hospitals Group, and President of the Institute of Decontamination Sciences.

In the 2019 New Year's Honours list, Professor Young was awarded the OBE for services to clinical leadership.



Major Nics Wetherill RAMC MBBS MRCGP MBE

Major Nics Wetherill is an Army GP in the Royal Army Medical Corps. She undertook her undergraduate medical training at University of Southampton and her Foundation Programme in Portsmouth. Shortly after completing Army officer training at the Royal Military Academy Sandhurst, she hatched a plan to lead the first all-female team attempting to cross Antarctica by muscle power alone. In December 2017, she led five other female soldiers to a successful 1700km crossing of Antarctica in 62 days, braving temperatures as low as -40°C.

Nics was awarded an MBE for her role in organising and leading the Ice Maidens expedition in the 2019 New Years Honours. She is currently serving as the Regimental Medical Officer to 24 Commando Royal Engineers based in Chivenor, Devon.

The Swee Chai Ang Travelling Fellowship



The Swee Chai Ang (SCA) Travelling Fellowship intends to honour the life and work of Miss Swee Ang: trauma and orthopaedic surgeon, aid worker, activist and author.

Taking opportunities to work abroad can foster professional relationships, broaden a person's experience of the world, and give individuals the opportunity to explore how orthopaedics can be practiced beyond the UK. The RLHOTS committee 2022-2023 would like to celebrate the life and work of Miss Swee Ang by naming a travelling fellowship in her honour.

The intent is that a RLHOTS trainee will annually be awarded the sum of £500 (drawn from the RLHOTS charitable fund) to go towards an opportunity to work or study abroad. This can range from undertaking a short pre-CCT 'visiting' fellowship where travel is planned to meet potential future fellowship directors, to longer post-CCT 6-12 month fellowships abroad. Out Of Programme (OOP) experiences abroad are also eligible for the SCA Travelling Fellowship award.

Applications will be open between 1st January and 31st March on an annual basis. The shortlist will be judged by a panel including the RLHOTS president, Training Programme Director and one of the current RLH international fellows.

Swee was born in Penang, Malaysia but raised in Singapore in 1948. She attended Kwong Avenue Primary School, Raffles Girls' School, and the National University of Singapore where she studied medicine. She received a master's degree in Occupational Medicine in 1976, for which she was awarded the gold medal.

In 1977, Swee married Singaporean human rights lawyer Francis Khoo. Two weeks after the marriage, she was briefly detained during a government crackdown on dissidents as the authority attempted to arrest her husband. She fled to London to be with her husband and as political refugees, they were granted asylum there. Ang trained to be an orthopaedic surgeon in the UK, where she obtained her FRCS (Eng) and completed her training in Newcastle. She later became the first female consultant orthopaedic surgeon at St Bartholomew's Hospital in London.

In August 1982, Swee responded to an appeal for medical personnel from Christian Aid to treat war casualties in Lebanon and went to work at the Gaza Hospital near the Sabra and Shatila refugee camp in Beirut. The following month, she became witness to the Sabra-Shatila massacre during the Israeli invasion of Lebanon in 1982. She and two other hospital staff testified to the Israeli Kahan Commission on the Sabra and Shatila massacre in September 1982.

With her husband, Francis Khoo, and some friends, Swee formed the British charity, Medical Aid for Palestinians, following the 1982 massacres. She is now patron of this charity. She continues to perform humanitarian work for the United Nations in Gaza, the World Health Organisation in the West Bank, and after the Kashmir earthquake in Pakistan.

Swee has been inducted into the Singaporean Hall of Fame in 2016. Swee has written two books. Published in 1989, *From Beirut to Jerusalem: A Woman Surgeon with the Palestinians* is her account of the Sabra and Shatilla massacre. It's been translated into a dozen languages including Chinese. She also co-authored *War Surgery, Field Manual*, a detailed handbook for setting up field hospitals and handling cases in a war zone.





RLHOTS trainees



Cameron Dott

ST8

Cameron qualified from medical school in 2012 having studied at Cambridge University and Barts and the London medical school. He is a current ST8 registrar and will be completing his training in October 2023. He will be specialising in shoulder and elbow surgery and has secured subspecialty fellowships at Addenbrookes Hospital (February 2024 – August 2024) and Guy's and St Thomas' Trust (August 2024 – August 2025). As well as these substantive fellowships he has also been awarded the Watanabe travelling fellowship.

Cameron is a BESS member and through this has been involved in the guideline development group for the BESS lateral elbow tendinopathy national guidelines. He is also currently the associate PI for PROFHER-2 at the Royal London Hospital.

He has three young children and enjoys spending time with his family while away from work.



Suroosh Madani Pour

ST8

Suroosh Madani Pour is an ST8 with a specialist interest in hip and knee surgery. He read medicine at St John's College, Cambridge and University College London. He completed core surgical training in North Central London before undertaking higher surgical training on the Royal London Rotation, attaining the FRCS in 2022. He has been awarded one-year fellowship positions in Adult Hip and Knee Reconstruction at the University of British Columbia, Vancouver for 2023 – 2024 and the Nuffield Orthopaedic Centre, Oxford for 2024 – 2025.



Wahidun Nabi

ST8

Wahidun completed his medical education at the University of Southampton and gained an Intercalated BSc (Hons) from Kings College London. Wahidun has an interest in medical education and completed a Simulation Fellowship at the Barts Education Academy.

Additionally, he pursued a masters in Medical Education (MEd) from Imperial College London. Wahidun is an ST8 orthopaedic registrar with clinical interests in lower limb arthroplasty, soft tissue knee surgery and trauma.

On completion of his registrar training, Wahidun plans to undertake a knee fellowship at Guys and St Thomas Hospital, followed by a hip fellowship. His ideal consultant post would include lower limb arthroplasty with soft tissue knee surgery and trauma, with a role for medical education and teaching.

Outside of clinical activity Wahidun enjoys playing football, keeping fit and hiking.



Neil Chotai

ST8

Neil Chotai is one of the 'old guard' on the rotation. He is known for his hard-working attitude and persistence as well as his sense of fun and humour. He enjoys hip and knee arthroplasty as well as lower limb trauma. Neil enjoys teaching and mentorship and likes to impart 'words of wisdom' to his colleagues. He was also previously part of the CQC (Care Quality Commission) and involved in hospital inspections. Outside of work Neil enjoys spending time with his young family and enjoys an occasional game of squash.



RLHOTS trainees



Ravi Chekuri

ST8

Ravi qualified from India and also did his post graduate training in Orthopaedics there. Soon afterwards he came to UK and underwent higher surgical training in Trauma & Orthopaedics on the Royal London Rotation. He obtained FRCS(T&O) in 2022. He is currently a ST8 trainee registrar, training in different subspecialties in orthopaedics and trauma. He is due to undertake fellowship training in spinal surgery which is his subspeciality interest.



Hassan Raja

ST8

Hassan qualified from Guy's Kings and St Thomas' Medical School in 2013 after obtaining a BSc in Sports and Exercise Medicine from Bart's and The London in 2011. He completed his core surgical training in the East Midlands at The Queens Medical Centre in Nottingham and The Royal Derby Hospital. He then secured a training number on the Royal London Rotation and has spent time at The Royal London Hospital, Royal National Orthopaedic Hospital Stanmore and University College London Hospital. He completed his FRCS (Tr & Orth) in 2023.

Hassan has an interest in upper limb surgery with a particular interest in the Shoulder and Elbow. He is currently finalising his fellowship plans. Alongside his own surgical training he has developed an interest in Medical Education and is on the faculty for the BSc in Sports and Exercise Medicine at QMUL and hopes to develop these skills further by completing an MSc in Medical Education which he is due to start in October.



Shahanoor Ali

ST8

Shahanoor Ali is an ST8 registrar currently working at RNOH, Stanmore. He is an aspiring Hip and Knee surgeon. Shahanoor graduated from St. George's, University of London."



Georgios Mamarelis

ST8

Georgios is currently an ST8 on the Royal London rotation. Georgios completed his training in May 2023. He has a special interest in shoulder and elbow and will commence a 12 month fellowship in Upper Limb Department at Calgary University Hospital, Canada this July.

Georgios is actively involved in research and has conducted several projects during his training, including podium/poster presentations at international and national conferences as well as publications in peer reviewed journals. Georgios has always been interested in academic medicine, which led him to enroll on a MSc in "Emergency surgery and trauma" in National and Kapodistrian University of Athens in March 2023.

Georgios is passionate about teaching and training projects. He is currently an ATLS instructor and during his training has had the opportunity to get involved in medical students education. He has recently been accepted for a postgraduate certificate in Medical Education which is due to start in September 2023.



RLHOTS trainees



Moritz Lebe

ST7

Moritz Lebe is a doctor who read medicine in Germany and Switzerland and qualified in 2011. He completed a postgraduate research fellowship from Bochum, Germany and gained clinical experience during core surgical training at Bonn, University Hospital. He then transitioned training to London in 2014 where he completed an MSc in Orthopaedic and Trauma sciences from Queen Mary's University with distinction. Moritz has a keen interest in research and has published and authored multiple peer-reviewed papers in journals and orthopaedic text books as well as completing the NIHR- aPI scheme for the FAME trial. He has developed an interest in shoulder and elbow surgery and has secured an international, accredited fellowship in St. Gallen, Switzerland for 2024, which is funded by the AO and EFORT.



Joe Bacarese-Hamilton

ST7

Joseph Bacarese-Hamilton is in his fifth year of Orthopaedic specialty training, and is focussed on a career in lower limb arthroplasty surgery. He graduated from Imperial College School of Medicine in 2013, with distinction in clinical science, a merit in medicine, and a BSc in Surgery & Anaesthesia. He has a passion for teaching, and has developed a simulation model for surgical skills training; he is also a trained OSCE examiner with QMUL Medical School. Joseph is actively involved in research collaborative projects, and is a cited author in various subspecialty fields. He was the local lead for a national GIRFT audit, and has led a quality improvement project to improve patients' discharge process. He is currently expanding his skills in the Joint Reconstruction Unit at RNOH Stanmore.



Vish Shetty

ST7

Vish graduated from T.N Medical College in Bombay and moved to the UK in 2012. He completed the MSc SHO program from QMUL and started on the Royal London Rotation in 2018. He has an interest in P&A Surgery and Complex Trauma and is enjoying his MTC tour at St. Mary's, having worked at Royal London and Addenbrooke's last year and is due at King's later this year. This will be followed by the Orthopaedic Trauma Fellowship at Vancouver General Hospital (University of British Columbia) in July 2024. His career aims are to work as an Orthopaedic Trauma Surgeon at an MTC and to obtain a Nando's Black Card; efforts are underway on both fronts.



Ahmed Zaghloul

ST7

Ahmed Zaghloul is a ST7 who is currently doing the PNI rotation at RNOH, Stanmore. He successfully passed the FRCS (T&O) this year. He is aspiring to become a Consultant in Orthopaedic Oncology and will be pursuing the renowned Adelaide fellowship after CCT in 2024. Mr Zaghloul graduated from the prestigious Alexandria University (Egypt) and has done all his postgraduate training in the UK. He is married and a proud father of three daughters.



RLHOTS trainees



Jason Wong

ST6

Jason Wong qualified from Imperial College London in 2012. He undertook his foundation years training in the North Central Thames rotation and subsequently his core surgical training years in the London rotation. He is now currently a ST6 trainee in the Royal London rotation. His interests lie in hip and knee primary and revision arthroplasty along with joint preservation surgery. He has written book chapters and has published in peer reviewed journals. Currently he is looking to take his FRCS and plan his fellowship at home and abroad.



Nicholas Birkett

ST6

Nick is an ST6 on the Royal London Rotation with a subspecialty interest in paediatric orthopaedics.

Nick graduated from The University of Manchester in 2014, after completing a BSc at St Andrews University in 2011. He completed Foundation Training and Core Surgical Training in London and Essex and obtained a Master's degree in Trauma and Orthopaedic Science before entering registrar training.

Nick has an interest in paediatric orthopaedics and has published a systematic review on the treatment of lateral condyle fractures in children. He will shortly be undertaking year out of programme to work as the Medical Director's Fellow at Great Ormond Street Hospital.

Away from work, Nick enjoys golf, football and playing poker.



Edward Karam

ST6

Edward grew up in Switzerland and came to the UK to attend the University of Nottingham, where he graduated Medical School in 2015. He completed his basic surgical training in the East Midlands Deanery and gained membership of the Royal College of Surgeons.

He has now been part of the Royal London Rotation since 2019 and is currently an ST6. Edward has been awarded several prizes throughout his training and most recently has been the recipient of the Bhargava Cup, recognising outstanding achievements by one of the registrars working at Broomfield hospital's Trauma & Orthopaedics department.

Edward was one of the creators of the Royal London Rotation's website, which was nominated for the BOTA Web Awards 2021. He has also been an author in more than 15 publications to date.

Edward plans to subspecialise in Shoulder & Elbow surgery and is currently applying for fellowships.



Anthony Kinnair

ST6

Anthony is a fourth year Royal London Rotation trainee. He graduated from King's College London Medical School in 2013. In 2018 he completed an MSc in Orthopaedic Trauma Science at Queen Mary's University London. His interests lie in the upper limb with a particular interest in arthroscopic work. He also enjoys complex trauma. He enjoys teaching and has previously been an OSCE examiner for QMUL.



RLHOTS trainees



David Ensor

ST6 (Out Of Programme, OOP)

David Ensor, having finished his ST6 year, opted to take a year off to further his studies. He's presently enrolled in a Master's program at Imperial College, where he's delving into Health Data Analytics and Machine Learning. David has a keen interest in upper limb and the crossroads of healthcare and technology.

Whilst taking a break from training, he will be engaged in healthtech work. His focus is on utilising virtual reality and machine learning to enhance the way clinical teaching is delivered. His goal is to combine orthopaedics with technology to improve the effectiveness of medical education and healthcare.



Sarah Stewart

ST5

Sarah completed her undergraduate training in 2010 at the University of Edinburgh, and is a military trainee on the rotation. Following completion of her foundation programme, she attended the Royal Military Academy Sandhurst. This was followed by three years spent as a regimental medical officer, including an operational deployment to Afghanistan.

Sarah completed a PhD at Imperial College London 2018-2021, where she explored the osteogenic properties of blast waves as a novel therapy for fracture non-union. She has presented her work internationally, and was recently invited as a guest speaker at the American Orthopaedic Foot and Ankle Society's (AOFAS) 2022 annual meeting. She has published extensively and has a post-graduate certificate in medical education.

She was awarded the Montefiore Memorial Prize in 2022 for excellence in surgical training within the military, and plans to sub-specialise in foot and ankle surgery. Outside of orthopaedics, she runs for the Victoria Park Harriers, and enjoys downhill skiing and tennis.



Elliot Onochie

ST5

Elliot Onochie is an ST5 trainee who completed medical school at Imperial College London. He is also a current Honorary Lecturer at the Centre for Medical Education, Queen Mary University of London.

Elliot held professional and semi-professional contracts in football and represented England as a schoolboy international. He was awarded the European Educational Sports Forum Award for academic achievement by elite sportspeople, presented at the House of Lords.

Elliot holds a particular interest in teaching, mentoring, and also the recognition of the specific needs of young people from less resource-rich backgrounds. He has maintained his connection with football, including work with the Professional Footballer's Association helping young athletes with educational and future planning.

Elliot has a keen interest in trauma, arthroplasty, and knee soft tissue surgery.



RLHOTS trainees



Kate Atkinson

ST5

Kate Atkinson is currently an ST5. She completed her undergraduate training in the North West of England, undertaking an intercalated MSc (by Research) in Biomedical Science. Following her graduation in 2016, she moved down to London to start her career and has remained in the area since, continuing to build on her research portfolio.

Kate has delivered talks on both regional and national levels on important DEI topics and is passionate about improving diversity within orthopaedics. She has been involved in multiple DEI research projects and has organised the inaugural BOA & BOTA Culture & Diversity Day. She has multiple committee roles, including the BOTA Culture & Diversity Representative, the BOA & BOTA Culture and Diversity Champion for London, Social Secretary for RLHOTS, and is the founder of London Women of Orthopaedics.

Outside of work she is a violinist in the Enfield Chamber Orchestra and a keen dancer.



Pierre Sinclair

ST5

Pierre was born in Jamaica, arriving in the UK shortly before commencing his secondary school education. He read medicine at the University of Sheffield and stayed relatively local for foundation training, prior to completing his basic surgical training in the Thames Valley deanery.

After completion of his Masters in Sports Medicine, Exercise and Health at University College London, he was successfully appointed as a registrar on the Royal London rotation where he is almost half-way through his training.

He enjoys recreational sports, travelling, music and coding. He is uncertain to which direction his career path will take; however, he remains determined to provide the best care he can for his patients.



Deovrat 'Toohey' Parmar

ST5

Toohey joined the Royal London Rotation in 2020 and is developing a keen interest in Paediatric Orthopaedic surgery. Time spent at the RLH, Great Ormond Street & Stanmore provided great exposure to complex paediatric cases.

Alongside clinical work he obtained a distinction for his MSc from the University of Oxford with a thesis focussed on healthcare management & leadership. He has run the Royal Free ST3 interview course for the last two years helping numerous junior doctors secure training numbers.

He enjoys learning about healthcare in a developing world and completed outreach visits at Bombay Hospital, India and the Children's Surgical Centre, Cambodia.

He has recently completed his first half marathon (in a respectable time!) and aims to break the 1h30 mark next year. This, alongside a passion for surfing, bode well for the Paediatric Orthopaedic fellowship he plans to attend at the W&C hospital, Adelaide, SA.



RLHOTS trainees



Ben Gabbott

ST5

Ben loves cycling, and owns three bikes. In his spare time he is an ST5 at Whipps Cross University Hospital. He has an interest in hip and knee arthroplasty and trauma. Outside of clinical work, he has an interest in research and academia, being successfully selected as the National Joint Registry Research Fellow. In October, he will be starting a PhD at Queen Mary University London, looking at the 'Effects of Mental Health disorders on Total Knee Replacement Outcomes'.

He has previously held leadership roles as Educational Top Slot, and academic secretary for the RLHOTS Rotation. He also enjoys teaching regularly and is faculty on regional and national teaching courses. He previously organised an international trauma course in a rural region of Sierra Leone, winning the 'GASOC Global Surgery Prize' in 2021.



Ajay Asokan

ST4

Ajay is an ST4 Registrar and the current treasurer for The Royal London Rotation. With an undergraduate degree from St George's University of London and an intercalation in Regenerative Medicine at Kings College London, he embarked on Basic Surgical Training in the South Thames and East of England deaneries.

He completed a Clinical Research Fellowship at UCLH, which focused on robotic-assisted arthroplasty and elite sports injuries. This endeavour led to numerous publications, international presentations, and book chapters. Ajay continues as a reviewer for the Bone & Joint Open and Orthopaedic Journal of Sports Medicine.

Passionate about education, Ajay completed a Postgraduate Certificate in Medical Education and aspires to pursue an MSc in the future. Ajay aims to complete an international fellowship, with view to specialise in arthroplasty and arthroscopy. If not in theatres, he can usually be found hiking through Epping Forest with his wife and dog!



Emily Crane

ST4

Emily graduated from Bristol University in 2016. Following her foundation training she worked in Wellington, New Zealand, where she discovered her fervour for Orthopaedics, igniting a resolute drive to pursue it as her career. Committed to collaborative projects, Emily actively contributes to influential studies like GlobalSurg and Orthopod, which have gone on to be published in renowned journals. She also regularly serves as a reviewer for the Bone and Joint Journal. As an avid Women in Surgery member, she passionately advocates for accessibility and diversity within the Orthopaedic field, actively promoting these values through engaging events and mentorship initiatives. Motivated by her training, Emily consistently hones her technical skills and deepens her knowledge, fostering a subspecialty interest in paediatrics.



RLHOTS trainees



Raashad Hasan

ST4

Having completed his undergraduate degree at St George's, Raashad completed his foundation years in Manchester, before working as an Anatomy Demonstrator at the University of Cambridge and pursuing an MSc in Musculoskeletal Science (Distinction) at University College London. He has an interest in trauma and limb reconstruction, as well as in medical education, having completed a PGCert in Medical Education and being a core member of the very successful Fundamentals of Orthopaedics team. Having been born in Bangladesh, starting in Whitechapel was "like returning home" and he has fully embraced the role of being resident patient interpreter.



Harman Khatkar

ST3

Harman Khatkar is an ST3 on the RLH rotation. He completed his medical training at University College London, graduating with an intercalated BSc in Orthopaedics, followed by foundation and core training in the Thames Valley deanery.

Alongside his core training, he completed an MSc in musculoskeletal sciences from Balliol College Oxford, which has cemented his interest in musculoskeletal research; specifically, the use of virtual reality simulation in training the next generation of Orthopaedic surgeons. He has a clinical interest in lower limb joint replacement surgery, trauma and orthopaedic oncology.

Away from clinical work, Harman enjoys keeping fit, travelling, and playing the saxophone.



Jack Kingdon

ST3

Jack is an orthopaedic registrar on the Royal London Rotation, with a specialist interest in lower limb arthroplasty and sports surgery. He graduated with distinction from King's College London (GKT) in 2018 and was the recipient of the RCSEng Elective Fellowship to undertake a Trauma Elective in Tygerburg, South Africa. Jack undertook the Academic Foundation Program in London and has presented his research internationally. He completed Core Surgical Training in the London Deanery and subsequently was awarded a training post on the prestigious Royal London Rotation. Prior to studying Medicine, he read Biomedical Sciences at the University of Southampton and has a Masters in Surgical Sciences from the University of Edinburgh.



Free Papers Session 1

0920-0930hrs

An increasing incidence of distal radius fracture open reduction and internal fixation related to electronic scooter use in an urban trauma centre.

Liang Zhi Wong, [Anthony Kinnair](#), Chirag Rao, Ademola Adejuwon, Alistair Hunter

University College London Hospital

Introduction

City centres in the UK have seen an increase in the popularity of electric scooters as a form of transport and recreation, with minimal regulation relating to their use. The motorised nature of this mode of transport results in higher energy trauma that may otherwise not occur with self-powered locomotion.

This study explores the changing profile of distal radius fractures (DRF) treated with open reduction internal fixation (ORIF) at our trauma unit and any association with e-scooter involvement.

Methods

A retrospective analysis of all operatively treated distal radius fractures between January 2014 and December 2021 was conducted. The electronic patient records were reviewed for patient demographics, injury characteristics as well as management details. Radiographs were reviewed for fracture patterns.

Results

390 DRF ORIFs were performed over the study period. There has been a steady increase in the percentage of DRF ORIFs caused by E-scooter injuries. Five cases occurred in 2021, representing 7% of all DRF ORIFs that year.

E-Scooter related DRFs were associated with a significantly greater proportion of polytrauma than other modes of transport ($p < 0.001$). A greater proportion of E-scooter riders also required a second operation ($p < 0.001$), and longer hospital stay ($p < 0.001$). 44.5% of e-scooters exceeded the speed limit at the time of accident, with a strong positive correlation to polytrauma (Cramer's $V = 0.8$).

Conclusions

The incidence of e-scooter-related DRF ORIFs has rapidly increased at our centre in recent years and are associated with greater polytrauma rates than other vehicles, caused primarily by speeding. Tighter regulations and public awareness campaigns on speed limits should be considered to stem the worsening trend that, if left unchecked, could have a wider socio-economic toll.



Free Papers Session 1

0930-0940hrs

Clinical outcomes and complications of the Zadek calcaneal osteotomy in Insertional Achilles Tendinopathy: A systematic review and meta-analysis

Freideriki Poutoglidou, [Isabella Drummond](#), Neil Jones, Amit Patel, Francesc Malagelada, Luckshmana Jeyaseelan, Lee Parker

The Royal London Hospital

Introduction

The Zadek osteotomy, a dorsal closing wedge osteotomy of the calcaneus, has been described as a treatment option in patients with Insertional Achilles Tendinopathy (IAT) that have failed conservative management. The aim of this study was to evaluate the clinical outcomes and the complications of the Zadek for the management of IAT.

Methods

PubMed, EMBASE and Cochrane Central Register of Controlled Trails (CENTRAL) were searched for all studies to November 2022. PRISMA guidelines were followed. The overall estimates of effect were presented as Weighted Mean Difference (WMD) and 95 % confidence intervals (CIs). Meta-analysis was conducted using the Review Manager Software (RevMan, Version 5.4).

Results

Ten studies with 232 patients were included. Functional scores and pain levels were significantly improved after the Zadek osteotomy ($p < 0.00001$). There were a total of 22 complications reported in the included studies and they were all considered minor. The most common complications were superficial wound infection and sural nerve paraesthesia.

Conclusions

The Zadek osteotomy is a safe and effective procedure for patients with IAT. There are no well-designed randomized controlled trials in the literature assessing the outcomes of a Zadek osteotomy against alternate surgical treatments and future research should focus on this.



Free Papers Session 1

0940-0950hrs

Incidence of ramp lesions in Anterior Cruciate Ligament Injuries

M. Samir, E Alieldin, A. Waly, T. Elkhadrawy

El Hadara Main University Hospital, Alexandria, Egypt

Introduction

The medial meniscus is crescent shaped and it is wider posteriorly than anteriorly. It covers up to 60 % of the articular surface of medial tibial condyle and helps with the loading distribution in the medial compartment. Meniscal lesions occur in association with ACL tears in 60 % of the time. The posterior aspect of the menisco-capsular junction is known as the meniscal rampzone. If not addressed during surgery, it could lead to unfavourable results.

Methods

This was an observational study on 100 patients at EL Hadara Main University Hospital who underwent anterior cruciate ligament reconstruction. MRI and arthroscopic diagnosis was performed to detect Ramp lesions associated with ACL ruptures in November 2017 till November 2019.

Results

The incidence of ramp lesions was 9%. Duration of injury and increased medial meniscal slope were associated with increased incidence of ramp lesion. MRI signs were present in 79% of cases without a ramp lesion, 100% in . Mode of Injury and presence of locking or giving way symptoms were not associated with increased incidence.

Conclusions

The ramp lesion at the posterior aspect of the meniscus is difficult to visualize from standard anterior portals and is, therefore, frequently missed and can be underestimated. Also, there are no specific MRI signs of this lesion. The overall incidence of ramp lesions in 100 cases that had undergone ACL reconstruction in our study was 9 %. It was found also that the longer the duration from injury, the more likely ramp lesion would occur.



Free Papers Session 1

0950-1000hrs

Clinical outcomes of a novel 'all-suture' fixation for valgus impacted proximal humeral fractures

N Chotai, C Brooker, H Mohan, M Lebe, T Baring

The Homerton Hospital

Introduction

Conventional techniques for the fixation of displaced proximal humeral fractures include the use of locking plates, intramedullary nailing, hemiarthroplasty, and reverse shoulder replacement. Valgus impacted fractures are a common subtype of proximal humeral fracture, but there is limited published work on outcomes of treatment. This study aims to review outcomes following an 'all-suture' technique for this fracture subtype without the use of transosseous sutures.

Methods

All patients over the age of 18 who presented with 3- or 4-part valgus impacted proximal humeral fractures and who underwent 'all-suture' repair at our centre were included. We reviewed their post-operative imaging and collected data on post operative complications and patient reported outcome measures.

Results

We identified 15 patients who had undergone all suture fixation. The cohort's mean age was 56 and 11 patients were female. Eight patients had 3 part fractures and seven patients had 4 part fractures. There were no major post-operative complications. All fractures united successfully. The mean Oxford Shoulder Score was 43.7 and the mean Single Assessment Numerical Evaluation score was 85.9 at final follow up.

Conclusions

Our results suggest that all suture fixation of proximal humeral fractures presents an attractive alternative to conventional techniques, whilst avoiding complications relating to metalwork implantation.



Free Papers Session 2

1350-1400hrs

Epidemiology of patella tendon injuries and patella fractures, and the complication profile of their operative interventions

J Bacarese-Hamilton, S Madanipour, S Ali, S Millington

The Royal London Hospital

Introduction

Patella tendon ruptures and patella fractures can occur from direct forces, frequently causing comminuted fractures, or from indirect forced flexion against an eccentrically loaded quadriceps, typically causing transverse fractures or tendon rupture. Numerous techniques exist for patella fracture fixation, from traditional tension band wiring through to all-suture methods, with various complications encountered.

Methods

We conducted a retrospective study identifying patients undergoing surgery at our institution in one year, who were treated for either patella tendon rupture or patella fracture. Electronic records were reviewed for admission data, radiographs, peri-operative records, and follow up clinic letters.

Results

We identified 53 patients (34 fractures, 19 tendon ruptures) with an average age of 46 (range 15-81), with 16 high energy injuries, 9 trauma calls, and 3 open fractures. 10 patients were multiply injured, one had bilateral tendon ruptures, and 3 had previous injuries to their extensor mechanism. Patella tendon rupture patients had an average age of 37 (89% male), compared to age 51 for fractures (62% male). Tendon repairs were mostly conducted through a transosseous suture technique, and had good outcomes; only one patient suffered complications (bilateral tendon ruptures with post operative stiffness requiring MUA, and suffering a pulmonary embolus). Fracture fixation patients had 15 complications with 7 further operations (3 needed a 3rd operation). Of 9 diabetic patients, 4 required further surgery (44%), and 22% had 3rd operations for failure of their revision fixation. The complication rates were not significantly different for high energy injuries, a longer time to surgery, or comminuted fractures.

Conclusions

Patella tendon injuries occur in younger, fitter patients, and they recover well after operative fixation. Patella fractures present in a more varied cohort, with higher complication and re-operation rates. Diabetic patients show worryingly high failure rates of surgical fixation and subsequent re-operations.



Free Papers Session 2

1400-1410hrs

Open talar dislocation injuries with total or partial extrusion of the talus – a case series with mid-term functional results.

Kayaththery Varathan, Shilpa Jha, Kate Atkinson, Amit Patel, Lucky Jeyaseelan, Lee Parker, Francisc Malagelada

The Royal London Hospital

Introduction

Open talar dislocations with total or partial extrusion are rare high energy injuries associated with major complications. Historically these were treated with talectomy and tibiocalcaneal arthrodesis but debridement and reimplantation is preferred with preservation of the extruded talus.

We evaluated mid-term functional outcomes, complications and need for secondary surgery treated with reimplantation to provide prognostic information associated with this management strategy,

Methods

A UK database search of Level 1 major trauma centres was performed (2015-2018). Inclusion criteria included open talar dislocations with either complete or partial extrusion of the talus.

Case-note review was performed collecting data including demographic, injury mechanism, Gustilo-Anderson grade and surgical management timing. Follow-up included a combination of outpatient and telephone review. Complications including avascular necrosis, infection and need for secondary surgery were recorded. Functional outcome scores were collected using the Manchester-Oxford Foot Questionnaire (MOx-FQ) and results grouped by the Hawkins classification.

12 patients were identified with a mean follow-up of 3 years (minimum 26 months).

Results

Mean age at injury was 37.8 years (range 17-74 years). All were Gustilo-Anderson grade III and reimplanted with 8/12 undergoing single stage surgery and 4/12 having staged surgery upon admission.

During follow-up one patient developed avascular necrosis, three developed infection and one underwent secondary surgery. The mean MOx-FQ scores for total versus partial talar extrusions with fracture were 79 vs 41 for walking, 65 vs 42 for pain and 63 vs 48 for social.

Conclusions

Persistent functional deficit and pain should be expected at mid-term follow-up. The low incidence of complications supports reimplantation as treatment strategy.

Our data demonstrates better functional outcomes in patients who have partial extrusion of the talar dome with associated fractures, compared to ligamentous total talar extrusion injuries.

Given the range of functional scores and rare nature of this injury, we recommend multi-centre studies to help identify modifiable factors influencing outcomes.



Free Papers Session 2

1410-1420hrs

Functional outcome of Arthroscopic Bone Block stabilisation using Distal Clavicular Autograft

R Naskar, H Mohan, T Baring

The Homerton Hospital

Introduction

Arthroscopic distal clavicular autograft (DCA) is an effective alternative to coracoid or iliac autograft in shoulder instability surgery with glenoid bone loss. This study aims to report the outcomes of arthroscopic anterior bone block glenohumeral stabilisation with distal end clavicle autograft.

Methods

This is a single-center retrospective, observational study of all cases of anterior bone block stabilisation with lateral clavicle bone graft done by a single surgeon (TB). Data were collected on patient demographics, post-operative PROMs (Oxford Instability Score OIS) and complications. Post-operative CT scans were analysed to assess the position of bone graft and union.

Results

18 patients with a mean age of 32 years (± 8), who presented with recurrent shoulder instability underwent stabilisation with this technique and had a minimum follow-up of 6 months. Most of these patients (72%) were involved in moderate to high-demand work or sports. 9 (50%) patients had medium to large Hill-Sachs defects. The average glenoid bone loss was 10%. 6 patients had previously failed soft tissue stabilisation. The average pre-operative OIS was 21 (± 7). The mean follow-up period was 10 (± 3) months. The average post-operative OIS at the last follow-up was 36 (± 8). Proper graft positioning in the antero-inferior quadrant was seen in all cases. 11 patients had a union of the graft confirmed by post-operative CT. Two patients had partial-union of graft although had remained stable thus far, and 5 patients were lost in follow-up. One patient had a traumatic dislocation 5 months post-surgery. No cases of infection, nerve injuries or adhesive capsulitis have been reported. No cases experienced donor site morbidity (ACJ pain or instability).

Conclusions

The lateral clavicle provides an excellent alternative bone graft to previously established options with no donor site morbidity and cost-effective than allografts. Healing is equivalent to other techniques and early clinical results are reassuring. Further follow-up is required to assess the long-term results



Free Papers Session 2

1420-1430hrs

Ischial screw fixation can prevent cup migration in 3D-printed custom acetabular components for complex hip reconstruction

Suroosh Madanipour, Daniel Lemanu, Chethan Jayadev, Will Aston, James Donaldson, Jonathan Miles, Richard Carrington, Robert McCulloch & John Skinner

The Royal National Orthopaedic Hospital, Stanmore

Introduction

Custom acetabular components have become an established method of treating massive acetabular bone defects in hip arthroplasty. Complication rates, however, remain high and migration of the cup is still reported. Ischial screw fixation (IF) has been demonstrated to improve mechanical stability for non-custom, revision arthroplasty cup fixation. We hypothesize that ischial fixation through the flange of a custom acetabular component aids in anti-rotational stability and prevention of cup migration.

Methods

Electronic patient records were used to identify a consecutive series of 49 custom implants in 46 patients from 2016 to 2022 in a unit specialising in complex joint reconstruction. IF was defined as a minimum of one screw inserted into the ischium passing through a hole in a flange on the custom cup. The mean follow-up time was 30 months. IF was used in 36 cups. There was no IF in 13 cups. No difference was found between groups in age (68.9 vs. 66.3, $P = 0.48$), BMI (32.3 vs. 28.2, $P = 0.11$) or number of consecutively implanted cups (3.2 vs. 3.6, $P = 0.43$). Aseptic loosening with massive bone loss was the primary indication for revision. There existed no difference in Paprosky grade between the groups ($P = 0.1$). 14.2% of hips underwent revision and 22.4% had at least one dislocation event.

Results

No ischial fixation was associated with a higher risk of cup migration (6/13 vs. 2/36, $X^2 = 11.5$, $P = 0.0007$). Cup migration was associated with an increased risk for all cause revision (4/8 vs. 3/38, $X^2 = 9.96$, $P = 0.0016$, but not with dislocation (3/8 vs. 8/41, $X^2 = 1.2$, $P = 0.26$).

Conclusions

The results suggest that failure to achieve adequate ischial fixation, with screws passing through the flange of the custom component into the ischium, increases the risk of cup migration, which, in turn, is a risk factor for revision

Trainer of the Year



The Trainer Of The Year (TOTY) prize is awarded annually to the consultant orthopaedic surgeon who by his or her ability as a trainer has most distinguished him/herself in the field of training and education. It is voted for by the registrars on the rotation, and represents those trainers who go the extra mile and deliver exemplary surgical teaching and training.

The following consultants have been nominated this year. The citation is a collation of those submitted by the nominating trainees:



Mr Wisam Al-Hakim

Sub-specialty: Upper Limb

Hospital: Whipps Cross Hospital

"Mr Al-Hakim is an exceptional trainer. He consistently ensures that the content of elective and trauma lists are of maximal learning benefit to the trainee. Mr Al-Hakim takes every opportunity to teach, be it in trauma meetings, clinics or theatre. He will give the trainee the opportunity to lead on every operative case, whilst providing the level of support needed for the trainee's abilities. He is an extremely gifted trauma surgeon, being able to turn his hand to any trauma case with unparalleled ease."



Mr Nick Aresti

Sub-specialty: Shoudler and elbow

Hospital: Whipps Cross Hospital

"Mr Aresti is an exceptional young consultant, with a passion for training. What truly distinguishes him is his encouraging and holistic approach, which consistently elevates his trainees in every aspect. He seizes every opportunity to offer teaching, be it a busy clinic or through presentations at weekly theatre lists. Additionally, Mr Aresti's accomplishments in management, research, and wider ventures serve as a remarkable source of inspiration for his trainees. He actively encourages and supports their involvement in these areas, thereby significantly enhancing their overall portfolio. As a trainer, Mr Aresti consistently advocates for his trainees, striving to prioritise their best interests, and is unparalleled in his proactive approach to facilitating training. In an increasingly disheartening training environment, he creates a more enjoyable workplace, ultimately bringing out the best in his trainees. He is an all-round sound bloke, who I am privileged to call a boss, mentor, and friend."



Mr David Butt

Sub-specialty: Shoulder and elbow

Hospital: Royal National Orthopaedic Hospital, Stanmore

"Mr Butt looked for opportunities to teach in clinic, often calling me into his room to review patients with pathology likely to be seen in the FRCS exam. In theatre he gave me the opportunity to consolidate what I knew and build on it to help develop my arthroscopy skills as well as giving a strong foundation to build on for my arthroplasty practice. He was a pleasure to work with and alongside the entire department he supported the trainees in the department to complete both parts of the exam whilst also developing our upper limb knowledge and skills."

Trainer of the Year



Mr Peter Domos

Sub-specialty: Shoulder and elbow

Hospital: Barnet Hospital



"I am nominating Peter Domos for the Trainer of the Year 2023 award. Mr Domos is an outstanding shoulder surgeon at Barnet Hospital who loves to share his expertise and experience with others. He is committed to teaching his trainees comprehensive shoulder examination techniques in clinics and readily passes on his wealth of knowledge and current research. Mr Domos helps his trainees improve their surgical skills and judgment in a wide range of trauma and orthopaedic cases and advances them into independent and skilled decision-makers. He respects his trainees as fellows, gives them plenty of opportunities to operate and supports them in developing their career and portfolio.

Mr Domos also has a strong international network and has introduced me to many senior surgeons from different countries at courses and conferences, which was very helpful for getting my post-CCT fellowship. He is a hard-working, skilful and friendly colleague."

Mr Lucky Jeyaseelan

Sub-specialty: Foot and Ankle

Hospital: Whipps Cross Hospital



"Mr Jeyaseelan always goes above and beyond to help trainees regardless of whether he is their supervisor. He always makes himself available to help if needed. He is extremely approachable, friendly and down to earth,

Mr Jeyaseelan really cares about trainees. He takes the time to ensure that trainees have training opportunities and will go above and beyond to protect this time. He remembers that being a registrar is not just about service provision and is exceptional in his teaching and research opportunities,"

Mr Rashid Khan

Sub-specialty: Hip and knee

Hospital: Princess Alexandra Hospital, Harlow



"I wholeheartedly recommend Mr Rashid Khan as the exceptional Trainer of the Year. It is with great enthusiasm that I put forth his name for this prestigious recognition, as his unwavering dedication and remarkable personality have left an indelible mark on all the trainees fortunate enough to work with him.

Mr. Khan's passion for teaching and commitment to fostering growth at both the professional and personal level make him an exemplary trainer. Regardless of the challenges that may arise in the surgical theater, such as limited theatre time or complex cases, Mr. Khan consistently goes above and beyond to provide the maximum possible training opportunities for his trainees. His ability to navigate and overcome obstacles sets him apart as a true leader.

Having had the privilege of working with Mr. Khan, I can attest to the positive impact he has on the surgical team and the broader medical community. His dedication, passion, and willingness to go the extra mile make him an invaluable asset in the field of training."

Trainer of the Year



Mr Satish Kutty

Sub-specialty: Hip and knee

Hospital: Princess Alexandra Hospital, Harlow

"I am pleased to nominate Mr Satish Kutty from Princess Alexandra Hospital for his exceptional training skills in orthopaedics. Mr Kutty's teaching approach is evidence-based and he has outstanding teaching skills in both clinic and theatres. He is dedicated, efficient and approachable, and provides ample hands-on practice to trainees to consolidate surgical knowledge. Mr Kutty has closely monitoring my progress and he continued to provide me with support even after moving to different hospitals. He has been instrumental in supporting my fellowship application and I am grateful for the opportunity to have worked with him. I am confident that any trainee who works with him will receive excellent training opportunities."



Mr Joshua Lee

Sub-specialty: Hip and knee

Hospital: Royal London Hospital

"Mr Lee has been one of the best trainers on the rotation for years, and can now lay claim to have trained a whole generation of young surgeons. He has confidence in supervising cases, a broad scope of practice and does not hold back from direct and honest feedback, meaning development on his firm is fast paced and far reaching."



Mr Jehangir Mahaluxmivala

Sub-specialty: Hip and knee

Hospital: Princess Alexandra Hospital, Harlow

"Mr Mahaluxmivala is often nominated for this award and rightly so. He is dedicated to teaching registrars, and uses both clinics and theatres as teaching opportunities. He took time to establish my personal training needs and worked with me to achieve them, even though he wasn't my primary consultant. He also runs a well renowned FRCS revision course and the Harlow knee course."



Ms Anna Panagiotidou

Sub-specialty: Peripheral Nerve Injury

Hospital: Royal National Orthopaedic Hospital, Stanmore

"Ms Panagiotidou is a great trainer. She guided me from assisting to independent operating in a complex specialty like PNI, and took every opportunity to teach."

Trainer of the Year



Mr Dan Williams

Sub-specialty: Wrist and hand

Hospital: Whipps Cross Hospital

"Mr Williams is an excellent trainer whom I had the privilege to work for. He is engaged in the training process, and the clavicle-to-fingertip nature of his practice makes this an invaluable experience. Having worked for Mr Williams, I can appreciate substantial improvement in my own surgical abilities as a direct result of his training methods. His unparalleled soft-tissue dissection and handling has proved to be a fundamental and transferable skill, that has enhanced my own abilities. He consistently endeavours to take his trainees through all cases whenever possible. He has an extremely methodical and meticulous approach whilst operating, but takes time at each stage to provide teaching, making any list a valuable training opportunity. Even in the midst of busy clinics, Mr Williams goes out of his way to identify suitable patients for teaching and WBAs, thereby reinforcing important concepts. As a young consultant, he perfectly strikes a balance between providing leadership, delivering exceptional service, and offering comprehensive training. I consider myself fortunate to have had the opportunity to work under his guidance."



Mr Lee Van Rensburg

Sub-specialty: Shoulder and elbow

Hospital: Addenbrookes Hospital, Cambridge

"Mr Van Rensburg is an excellent trainer. He is profoundly knowledgeable and shares his knowledge with his trainees. He grasps every teaching opportunity in a clinic and theatre setting with excellent hands-on practice too.

He went above and beyond during my placement in Addenbrooke's to secure that my training will be outstanding. I am very grateful to have worked with him as I had the opportunity to develop my clinical and surgical skills to a higher level. I feel that working for Mr Van Rensburg is definitely one of the best training opportunities that we can have."

Previous Trainer of the Year Winners

2021/2 Ms Claudia Maizen

2020 Mr Jeh Mahaluxmivala

2019 Mr Adrian Carlos

2018 Mr Livio Di Mascio

2017 Mr Matthew Barry

2016 Mr Jeh Mahaluxmivala

2015 Ms Swee Ang

2014 Mr Mark Loeffler

2013 Mr Peter Bates

2012 Professor Gareth Scott

2011 Mr Thomas Bucknill

RLHOTS alumni



John King. - Retired
Robin Chapman. - Retired
William Griffiths. - Retired
David Lightowler. - Retired
Chris Spivy. - Retired
Richard Todd. - Retired
Abe Zahir. - Retired
Sean O'Riordan. - Deceased
Bill Grange. - Retired
Tim Turnbull. - Royal Sussex County Hospital, Surrey
Brian Levack. - Private Practice
Ben Bolton-Maggs. - St Helen's Hospital, Merseyside
Chris Bulstrode. - The John Radcliffe Hospital, Oxford
Mark Paterson. - Deceased
Gil Railton - Kingston Hospital
Andrew Waterfield. - The New Queen Elizabeth II Hospital, Welwyn Garden City
Farid Khan - The Queen Elizabeth Hospital, Woolwich
Gareth Scott. - The Royal London Hospital
Boyde Goldie. - Retired
Roger Hackney. - Leeds General Infirmary
Mark Proctor. - Kingston Hospital
Mark Loeffler - Colchester Hospital
David Goodier. - The Royal National Orthopaedic Hospital, Stanmore
Colin Natali. - Private Practice
Salah Atrah. - Hillingdon Hospital
Peter Binfield. - Warwick Hospital
David Moore. - Deceased
Raman Dega - Wexham Park Hospital
Shiv Shanker. - Colchester Hospital
Rupi Grewa. - Basildon Hospital
Sam Chockalingam - Kauvery Hospital, Chennai, India
Ian Garnham. - Whipps Cross Hospital
Robert Carew. - Basildon Hospital
Rakesh Kucheria. - Wexham Park Hospital, Slough
Jeremy Parker. - Colchester Hospital
James Youngman. - University College of London Hospital (UCLH)
Paul Jarrett. - St John of God Murdoch Hospital, Perth, Australia
Peter Calder. - The Royal National Orthopaedic Hospital, Stanmore
Ray Chari. - King's Mill Hospital, Nottinghamshire

RLHOTS alumni



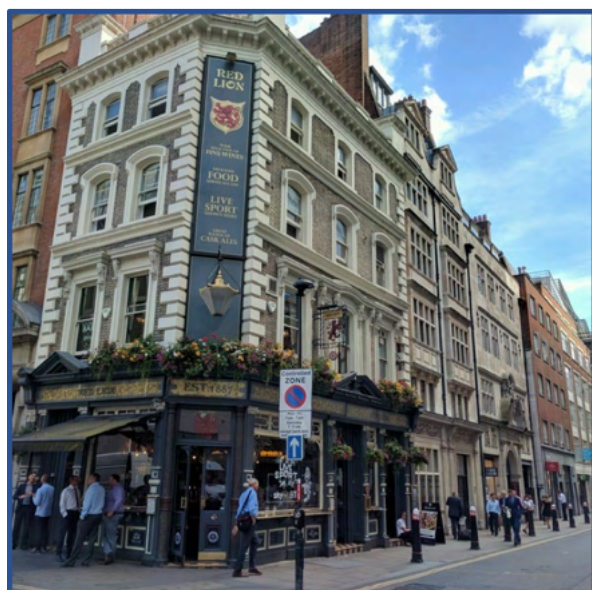
Matthew Hyne. - Colchester Hospital
Peter Rosenfeld - St Mary's Hospital
Tony Greer - Southend Hospital
Rohan Rajan. - Derby Hospital
Shilpith Shetty - Royal Hampshire County Hospital, Winchester
Masood Shafafy - Queen's Medical Centre, Nottingham
Mark Mullins. - Swansea Hospital, Wales
Hans Bhinda - Southend Hospital
Alex Watson - Private Practice
Algapappan Sivaraman - Private Practice
Krishna Vemulapalli - Queen's Hospital, Romford
Vikas Khanduja - Addenbrookes Hospital, Cambridge
Philip Sloper - Colchester Hospital
Joyti Saksena - Barnet Hospital
Haroon Mann - The Royal Free Hospital, London
Trevor Seepaul - San Fernando General Hospital, Trinidad
Simon Matthews - Riverina Clinic, NSW, Australia
Ken Mannan - Scarborough Hospital
Andrew Flood. - Southampton ISTC
David Crone - Royal Sussex County Hospital, Brighton
Jitendra Mangwani. - University Hospitals of Leicester
Adam Way. - Frimley Park Hospital, Surrey
Ramon Tahmassebi. - King's College London
Ali Noorani. - The Royal London Hospital
Zaher Dannawi - Southend Hospital
Natasha Rahman - Royal Sussex County Hospital, Brighton
Nima Heidari - The Royal London Hospital
Anish Sanghrajka. - Norfolk and Norwich University Hospital
Nic Wardle - Colchester Hospital
Steven Millington - The Royal London Hospital
Wai Weng Yoon - Queen's Medical Centre, Nottingham
Mabs Alam - Colchester Hospital
Ed Britton - York Hospital
Hilary Bosman - Broomfield Hospital, Chelmsford
Alasdair Thomas - Private Practice
Wisam Al-Hakim - Whipps Cross Hospital, London
Joanna Thomas - University Hospital Southampton NHS Foundation Trust
Charlie Jowett - York Hospital
Sam Heaton. - Yeovil District Hospital

RLHOTS alumni



Asif Parkar - Queen's Hospital, Romford
John Stammers - St George's Hospital, London
Steve Key - The Royal National Orthopaedic Hospital, Stanmore
Chethan Jayadev - The Royal National Orthopaedic Hospital, Stanmore
Sulaiman Alazzawi - St George's Hospital, London
Simond Jagernauth - North Middlesex Hospital
Senthoran Raja - Northwick Park Hospital
Ibraheim El Daly - King's College Hospital, London
Jagwant Singh - Lewisham & Greenwich Hospital
Rishi Dhir. - Princess Alexandra Hospital, Harlow
Mohamed Sukeik - Dr Sulaiman Al Habib Hospital, Saudi Arabia
Jagwinder Dhaliwal - Lewisham & Greenwich Hospital
Ramsey Chammaa- The Whittington Hospital
Nathasa Picardo-Green - Royal Berkshire NHS Foundation Trust
Sherif El-Tawil - Northwick Park Hospital
Anna Berridge - Ipswich Hospital
Sarah McMahon - Great Ormond Street Hospital for Children, London
Emeka Oragui - Royal Surrey NHS Foundation Trust, Guildford
Ishvinder Grewal - University of Texas Southwestern Medical Centre/Parkland Hospital, Dallas, USA
Sirat Khan. - The Royal Free Hospital
Oghor Obakponovwe St Richard's Hospital, Chichester
Zafar Ahmad - Royal Sussex County Hospital
Alex Charalambous Guys & St Thomas's NHS FT
Shilpa Jha - University Hospitals of Leicester NHS Trust
Iris Kwok - King's College Hospital

Post-meeting



Post-meeting Drinks

The Red Lion

1 Eldon St

London

EC2M 7LS

From 5pm

ALL WELCOME



Meeting Dinner

South Place Hotel

3 South Place

London

EC2M 2AF

Champagne reception - 7pm

Dinner - 7:30pm



We hope you enjoy the day,

The Royal London Rotation



www.royallondonrotation.com