

ISKSAA PUNE TRAVELLING FELLOWSHIP 2017

To begin with, first of all I would like to thank Dr. Pushpinder Bajaj, Prof. Lalit Maini, and Dr. Ashish Babhulkar for providing us such a great and splendid opportunity.

After due communication and coordination with Dr. Pushpinder and Dr. Ashish Babhulkar, I selected my period of observership cum fellowship under Dr. Babhulkar from 16th April to 28th April.

Before reaching Pune, I coordinated with the current fellow at Deenanath Mangeshkar Hospital under Dr. Babhulkar i.e. Dr. Rajendra, who helped me to get cheaper accommodation.

As soon as I began my fellowship on 16th April in Deenanath Mangeshkar Hospital, I was simply amazed by the local hospitality of the staff working in the hospital under Dr. Babhulkar in shoulder and sports injury unit. On top of it, I felt jubilant to see a very simple and sweet personality of Dr. Ashish Babhulkar. He welcomed me in a very warm manner and he maintained the zeal and enthusiasm during the fellowship period by teaching me the basics of shoulder examination and surgical tips. Moreover, he used to ask simple questions which again increase the enthusiasm to study and keep going.

As the fellowship progressed, I got an opportunity to witness a variety of shoulder arthroscopy procedures like rotator cuff tear, Bankart repair, Ramplissage procedure, SLAP repair, arthroscopic Latarjet, and arthroscopic AC joint reconstruction. Moreover, I also got an opportunity to assist 2 cases of Reverse shoulder Arthroplasty, which not only enhanced my learning experience but also kept my interest high during all the surgeries. I was fortunate enough to observe and assist a variety of surgery, which nearly completes the spectrum of commonly performed surgeries around the shoulder. In this 2-week period, I witnessed around 30 surgeries of the shoulder only and it was really a rewarding and enriching experience to say the least.

The best part of the fellowship apart from surgical skills is to enrich our basics of shoulder examinations. I went through a shoulder examination protocol laid by Dr. Babhulkar himself along with the physiotherapy regimen protocol known as PSRP (Pune shoulder rehabilitation program). I learnt a simplified version of shoulder examination and a succinct way to reach to a correct diagnosis in shoulder pathologies and also learnt the importance of often underestimated role of physiotherapy.

Moreover I was fortunate to attend one of the highlighted conference during my fellowship tenure i.e. Pune Knee Course which held from 19-21st April. Course was awesome which included live surgeries on PCL, PLC, MCL, MPFL repair with worthy didactic lectures.

Pune is also famous for nearby hill stations. I got an opportunity to visit one of the famous places i.e. Mahabaleshwaram. I was carried away by breathtaking natural beauty of the place and calm and serene ambience.

I witnessed such a polite, affectionate behaviour of Dr. Babhulkar towards their patient, fellows and hospital staff, which I feel is one the finest way to treat our patients. To add to our learning was the different work culture and hospital management system.

Overall this wonderful and cherished opportunity provided by Dr. Pushpinder Bajaj, Prof. Maini and their team ISKSAA, made further special by the guidance of Dr. Babhulkar, was one of the best thing. Apart from clinical and surgical knowledge, we got to learn a different sphere and stupendous paradigm of living which would surely go a long way in shaping my academic and professional career.

I sincerely thank everyone for providing me for this marvellous opportunity.

Fellow:

Dr. Amit Sharma

Duration of Fellowship: 16/04/2018 to 28/04/2018

