

ISKSAA Aberdeen UK Travelling Fellowship

I would like to express my sincere gratitude to Dr Pushpinder Bajaj Sir for giving me an opportunity for this fellowship programme from 31st March – 14th April 2025 under Dr Kapil Kumar and other Stalwarts of the Orthopaedic Department at Woodend Hospital, Aberdeen. I was awarded this fellowship in ISKSAA annual meeting in April 2024.

My special thanks to my mentor Dr Kapil Kumar Sir (Consultant Orthopaedic Surgeon, Orthopaedic Department, NHS, Woodend Hospital, Aberdeen) for such a nice arrangement for this observership program. 2 weeks fellowship program was very well planned and OT list was provided to us each day to guide us for variety of cases. First day, I met my program coordinator who helped in meeting to Kapil Kumar Sir. Just before the operation theatre he used to brief all the staff involved in operation theatre about whole day program, what are they going to do today, what are the critical steps in the surgery and about arrangement of special equipment etc. We attended the preop case discussion and crucial steps of RSA, TSA, Hemiarthroplasty in traumatic and degenerative scenarios along with some instability and cuff repair cases. During the surgery also, he used to explain all minute and necessary details of the surgery along with all our queries.

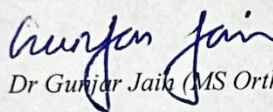
We also got the privilege to meet Dr David Cairns who was very precise and clinical about each and every aspect of the surgery. He was very generous to allow me in to his OT. He taught me surgical techniques for total shoulder and reverse shoulder arthroplasty, capsular release for adhesive capsulitis, subacromial decompression, and rotator cuff repair. He also explained his technique to decompress the carpal tunnel. We also discussed his protocol for managing tennis elbow, frozen shoulder, calcific tendinitis, shoulder instabilities, and other common shoulder and elbow pathologies. He demonstrated us elbow arthroplasty and distal biceps repair also.

I also got the opportunity to observe the surgeries of Dr James Bidwell. He was a knee arthroscopy surgeon and explained me his techniques to manage various knee pathologies including ACL reconstruction, meniscus repairs, and MCL reconstruction.

Thus, my fellowship in Woodend Hospital was whole package of good academic learning and weekend visit to Edinburgh, Stonehaven, and Newburgh. I really loved the time I spent there, met such nice people, made good friends like Devansh and Adi and accumulated tons of stunning memories.

Thanking You

Regards



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