

Hand and wrist FRCS (Tr & Orth) revision course





Date: 12–13 September 2024

Venue: The Clermont London, Charing Cross

CPD: 12 credits

Hand and wrist FRCS (Tr & Orth) revision course

 12–13 September 2024
 The Clermont London,
Charing Cross

Registration fees

**Lectures with vivas
and clinicals:**£385

Lectures only:£285

This course has been organised jointly by Orthopaedic Research UK and Let's Talk Dr.

Course convenors:

Mr Rishi Dhir

Consultant Upper Limb Surgeon,
The Princess Alexandra Hospital NHS Trust

Educational aims and objectives

This course is designed for candidates preparing for the FRCS (Tr & Orth) exam, and trainees who are in their earlier years of training and would like to gain hand and wrist surgery knowledge and viva experience. It is particularly unique as it is completely exam focused giving you the exact buzz words and key concepts to help you in the exam.

In the mornings, we will deliver a comprehensive lecture programme covering the core components of hand and wrist surgery topics for the FRCS (Tr & Orth) exam.

In the afternoons, mock viva stations will provide you with the opportunity to refine and test your hand and wrist surgery knowledge, practise your exam technique, and clarify any issues with an experienced specialist faculty.

Cancellation policy & filming notice

To view our cancellation policy and filming notice, please visit the ORUK website here: www.oruk.org/event-cancellation-policy

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Programme: Thursday 12 September 2024

08:40	Registration and refreshments
ELECTIVE LECTURES	
09:00	Welcome and introduction Mr Rishi Dhir, Consultant Upper Limb Surgeon, The Princess Alexandra Hospital NHS Trust
09:05	Hand and wrist anatomy Mr Ravi Mallina, Consultant Hand and Wrist Surgeon, Croydon Health Services NHS Trust
09:20	General surgical approaches Mr Aparjit Bhalla, Consultant Orthopaedic Hand Surgeon, North Middlesex University Hospital NHS Trust
09:35	Clinical approach to wrist pain Mr Michael Elvey, Consultant Orthopaedic Hand and Wrist Surgeon, University College London Hospitals NHS Foundation Trust
09:50	Carpal and wrist biomechanics Mr Dafydd Edwards, Consultant Hand, Wrist and Elbow Surgeon, Barts Health NHS Trust
10:05	Dupuytren's disease Mr Simon Wimsey, Consultant Trauma and Orthopaedic Surgeon, University Hospitals Sussex NHS Foundation Trust
10:20	Inflammatory arthropathy (RA, psoriatic, gout) Ms Nicola Evans, Consultant Orthopaedic Surgeon, University Hospitals of Morecambe Bay NHS Foundation Trust
10:35	Osteoarthritis Mr David Bodansky, Locum Consultant Hand Surgeon, Maidstone and Tunbridge Wells NHS Trust
10:50	Refreshments and exhibition
11:10	Kienbock's disease Mr Jonathan Compson, Consultant Orthopaedic & Trauma Surgeon, King's College Hospital NHS Foundation Trust
11:25	Compressive neuropathies Mr Terence Savaridas, Consultant Hand and Upper Limb Orthopaedic Surgeon, Forth Valley Royal Hospital
11:40	Plexus and nerve conduction studies Mr Rishi Dhir, Consultant Upper Limb Surgeon, The Princess Alexandra Hospital NHS Trust

11:55	Congenital hand Mr Rishi Dhir, Consultant Upper Limb Surgeon, The Princess Alexandra Hospital NHS Trust
12:10	Hand and wrist lumps Mr Timothy Hardwick, Consultant Orthopaedic Surgeon, University Hospitals Sussex NHS Foundation Trust
12:25	Lunch
VIVAS	
13:15	Viva (3 x 21 minutes)
14:18	Refreshments and exhibition
15:18	Viva (3 x 21 minutes)
16:21	Summary and key learning points
16:36	5 questions and closer
17:00	Close of course

Viva Faculty:

Mr Rishi Dhir, Mr Aparjit Bhalla, Mr Ravi Mallina, Mr Timothy Hardwick, Mr Simon Wimsey, Mr David Bodansky, Ms Aanchal Jain, Ms Suan Khor, Mr Dafydd Edwards, Mr Terence Savaridas, Ms Nicola Evans, Mr Jonathan Compson, Mr Chris Little, Mr Diab Diab



Programme: Friday 13 September 2024

08:40 Refreshments

TRAUMA LECTURES

09:00 Welcome and introduction

Mr Rishi Dhir, Consultant Upper Limb Surgeon, The Princess Alexandra Hospital NHS Trust

09:05 Scaphoid fracture

Mr Benjamin Dean, Consultant Hand and Wrist Surgeon and Research Fellow, Oxford University Hospitals NHS Foundation Trust

09:20 Distal radius fracture

Mr Timothy Hardwick, Consultant Orthopaedic Surgeon, University Hospitals Sussex NHS Foundation Trust

09:35 PIPJ and MCPJ dislocation

Mr Kunal Kulkarni, Consultant Hand and Wrist, University Hospitals of Leicester NHS Trust

09:50 Base of thumb fractures and thumb MCPJ injuries

Mr Jeetender Peehal, Consultant Orthopaedic Hand and Wrist Surgeon, New Cross Hospital Wolverhampton

10:05 Metacarpal and phalangeal fractures

Dr Nicola Evans, Consultant Orthopaedic Surgeon, University Hospitals of Morecambe Bay NHS Foundation Trust

10:20 Soft tissue and tendon injuries including mallet injuries

Ms Kohila Sigamoney, Consultant Trauma & Orthopaedic Hand & Wrist Surgeon, North Manchester General Hospital

10:35 Soft tissue infection

Mr Danilo Vukanic, Orthopaedic Senior House Officer, University Hospital Watford

10:50 Refreshments and Exhibition

11:10 Peripheral nerve injuries

Mr Michael Elvey, Consultant Orthopaedic Hand and Wrist Surgeon, University College London Hospitals NHS Foundation Trust

11:25 Fingertip injuries

Mr Aparjit Bhalla, Consultant Orthopaedic Hand Surgeon, North Middlesex University Hospital NHS Trust

11:40 Lunate and perilunate dislocation

Mr Simon Wimsey, Consultant Trauma and Orthopaedic Surgeon, University Hospitals Sussex NHS Foundation Trust

11:55 Hand and forearm compartment syndrome

Mr Kashif Memon, Consultant Upper Limb and Trauma Surgeon, Queen Elizabeth Hospital Birmingham

12:10 Tips for short cases

Mr Rishi Dhir, Consultant Upper Limb Surgeon, The Princess Alexandra Hospital NHS Trust

12:25 Lunch

VIVA

13:15 Viva (3 x 21 minutes)

14:18 Refreshments and Exhibition

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16:21 Summary and key learning points

17:36 5 questions and closer

17:00 Close of course

Viva Faculty:

Mr Rishi Dhir, Mr Aparjit Bhalla, Mr Benjamin Dean, Mr Timothy Hardwick, Mr Simon Wimsey, Mr Jeetender Peehal, Ms Nicola Evans, Ms Kohila Sigamoney, Mr Kashif Memon, Mr Danilo Vukanic, Mr Kunal Kulkarni, Mr Diab Diab

How to get here



Venue address

The Clermont London, Charing Cross,
Strand , London, WC2N 5HX

Finding the venue

Directly next to Charing Cross station. Just a few steps away from Trafalgar Square, a stone's throw from the National Gallery and a five-minute stroll to the West End or the River Thames.

Travelling by tube or train

The nearest mainline train station is London Charing Cross.

The nearest tube stations are Charing Cross and Embankment (1 minute walk).



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