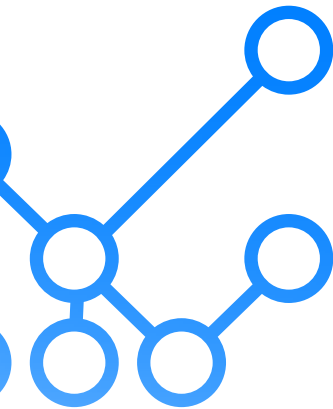




The London basic science **FRCS** (Tr & Orth) revision course



Date: 3–4 October 2024

Venue: The Clermont London, Charing Cross

CPD: 12 CPD hours (approved by the RCSEd)

Course programme

Thursday 3 October 2024

08:00	Registration and refreshments
08:25	Welcome and introduction
08:30	Nerve and muscle Mr Kapil Sugand, Locum Peripheral Nerve Injury Consultant, Royal National Orthopaedic Hospital
08:55	Orthopaedic pathology/oncology Ms Martina Faimali, Consultant Orthopaedic Surgeon, Royal National Orthopaedic Hospital
09:25	Biomechanics of total knee replacement Mr Sebastian Dawson-Bowling, Consultant Orthopaedic Surgeon & Orthopaedic Clinical Network Director, Barts Health NHS Trust
09:50	Basic science of foot and ankle and orthotics Mr Amit Patel, Locum Consultant in Trauma and Orthopaedics (Foot and Ankle), Barts Health NHS Trust
10:20	How to handle vivas: the candidate's perspective Mr Rishi Dhir, Consultant Upper Limb Surgeon, Princess Alexandra Hospital
10:45	Refreshments
11:05	Musculoskeletal imaging techniques Mr Rishi Dhir, Consultant Upper Limb Surgeon, Princess Alexandra Hospital
11:35	Biomaterials and tribology Mr Henry Willmott, Consultant Orthopaedic Surgeon, East Sussex Healthcare NHS Trust
12:05	Basic science of shoulder and elbow Ms Claire Fitzgerald, Consultant Orthopaedic Surgeon, Barts Health NHS Trust
12:30	Biomechanics of total hip replacement Mr Jeya Palan, Consultant Trauma and Orthopaedic Surgeon, Leeds Teaching Hospitals NHS Trust
12:55	Lunch
13:45	Paeds 1 Mrs Kathryn Price, Consultant Paediatric Orthopaedic Surgeon, Nottingham University Hospitals NHS Trust
14:10	Paeds 2 Mrs Kathryn Price, Consultant Paediatric Orthopaedic Surgeon, Nottingham University Hospitals NHS Trust

14:35	Comfort break - room turnaround
14:50	Vivas (Each individual viva is 7 minutes long: 5 minutes for questions, 2 minutes for feedback)
16:20	Refreshments
16:35	Vivas (Each individual viva is 7 minutes long: 5 minutes for questions, 2 minutes for feedback)
17:40	Close of day

Viva faculty:

Ms Anouska Ayub, Mr Jamie Buchanan, Miss Helen Chase, Ms Martina Faimali, Ms Claire Fitzgerald, Mr Shehzaad Khan, Mr Jeya Palan, Mr Amit Patel, Mrs Kathryn Price, Mr Puneet Tailor
Mr Henry Willmott

Friday 4 October 2024

08:15	Refreshments
08:30	Stats for FRCS Professor Ben Ollivere, Associate Pro-Vice Chancellor, Faculty of Medicine & Health Sciences, University of Nottingham
08:55	Physiological response to trauma Professor Ben Ollivere, Associate Pro-Vice Chancellor, Faculty of Medicine & Health Sciences, University of Nottingham
09:20	Basic science of spine, injury patterns Mr Alexander Montgomery, Consultant Spinal Orthopaedic Surgeon, Barts Health NHS Trust
09:45	Basic science of fracture fixation Professor Ben Ollivere, Associate Pro-Vice Chancellor, Faculty of Medicine & Health Sciences, University of Nottingham
10:10	Basic science of bone and fracture healing Professor Ben Ollivere, Associate Pro-Vice Chancellor, Faculty of Medicine & Health Sciences, University of Nottingham

10:35	Refreshments
10:55	Genetics Mr Anish Sanghrajka, Consultant Orthopaedic Surgeon, Norfolk and Norwich University Hospitals NHS Trust
11:20	Meniscus and cartilage Professor Iain McNamara, Consultant Orthopaedic Surgeon, Norfolk & Norwich University Hospital
11:45	Basic science of hand and wrist Mr Phil Johnston, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital
12:10	Paeds 3 Miss Helen Chase, Consultant Paediatric Orthopaedic Surgeon, Norfolk & Norwich University Hospital and West Suffolk Hospital
12:35	Paeds 4 Miss Helen Chase, Consultant Paediatric Orthopaedic Surgeon, Norfolk & Norwich University Hospital and West Suffolk Hospital
13:00	Lunch
13:45	Ligament and tendon Mr Anish Sanghrajka, Consultant Orthopaedic Surgeon, Norfolk and Norwich University Hospitals NHS Trust
14:10	The intercollegiate orthopaedic examination: Examiner's perspective Mr Jamie Buchanan, Consultant Orthopaedic Surgeon, Conquest Hospital
14:35	Comfort break - room turnaround
14:45	Vivas (Each individual viva is 7 minutes long: 5 minutes for questions, 2 minutes for feedback)
16:15	Refreshments
16:30	Vivas (Each individual viva is 7 minutes long: 5 minutes for questions, 2 minutes for feedback)
17:30	Close of course

Viva faculty:

Ms Anuska Ayub, Mr Jamie Buchanan, Miss Helen Chase, Ms Claire Fitzgerald,
Mr Phil Johnston, Professor Iain McNamara, Professor Ben Ollivere, Mr Jeya Palan,
Mr Anish Sanghrajka, Mr Puneet Tailor, Mr Henry Willmott

Faculty biographies (where supplied)

Ms Anouska Ayub, Consultant Paediatric Orthopaedic Surgeon, Barts Health NHS Trust

Anouska is a paediatric T&O consultant at the Royal London Hospital. She has a particular interest in education, with an MSc (MedEd) and sits on the BSCOS Education Committee.

Mr Jamie Buchanan, Consultant Orthopaedic Surgeon, Conquest Hospital

Jamie trained at St Mary's Hospital before completing his orthopaedic training in West London. Appointed to the Conquest Hospital, Hastings in 1998 where he continues as a full time NHS upper limb surgeon.

He spent 10 years as an FRCS examiner and continues to teach and run regular viva sessions for his trainees.

Unashamed by his lack of academic research he regards training the next generation as one of the most important aspects of the job. He remains enthusiastic, robust and excitable and refuses to be down trodden by the inefficiencies of the NHS.

Miss Helen Chase, Consultant Paediatric Orthopaedic Surgeon, Norfolk & Norwich University Hospital and West Suffolk Hospital

Helen studied medicine at UCL, obtaining an intercalated BSc in physiology and pharmacology. She was part of the East Anglian region for her speciality orthopaedic training, gaining her FRCS in 2015.

Helen undertook her fellowship at Adelaide's Women and Children's Hospital. Since 2017 She's been a consultant paediatric orthopaedic surgeon at the Norfolk and Norwich University Hospital and the West Suffolk Hospitals and is the lead for paediatric neurodisability in orthopaedics. Helen is the college tutor for orthopaedics at NNUH. She is consultant lead for the East of England mentoring programme and she has been on the editorial board for the Bone and Joint 360 since 2018.

Mr Sebastian Dawson-Bowling, Consultant Orthopaedic Surgeon & Orthopaedic Clinical Network Director, Barts Health NHS Trust

Sebastian is a consultant orthopaedic and trauma surgeon at Barts Health NHS Trust, London, dividing his time between the Royal London Hospital and the newly formed Barts Health Orthopaedic Centre. He was appointed in 2013, and specialises in all aspects of lower limb surgery, most predominantly primary and revision arthroplasty, as well as undertaking general trauma surgery at the Royal London.

He completed his undergraduate training at Magdalene College, Cambridge and Guy's and St Thomas' Hospitals, and was then an orthopaedic trainee in London before undertaking subspecialist training at the Royal National Orthopaedic Hospital, Stanmore and the Hospital for Special Surgery in New York. He was also president of the British Orthopaedic Trainees Association.

He has contributed book chapters on orthopaedics, trauma and medical law to volumes published by Oxford University Press and PasTest, and has himself co-authored or co-edited 3 orthopaedic textbooks.

Mr Rishi Dhir, Consultant Upper Limb Surgeon, Princess Alexandra Hospital

Rishi trained for six years at Edinburgh medical school, achieving first class honours in an intercalated BSc in neurosciences and his primary medical degree. He subsequently trained in London from 2006 specialising in trauma and orthopaedics on the prestigious Royal London rotation, completing his training in September 2017. He has subsequently completed upper limb elective and trauma fellowships in Melbourne, Australia; Edinburgh and Wrightington.

He has a long-standing interest in teaching and has built a great reputation with a particular interest in techniques and FRCS strategies. He has developed this, being faculty on numerous courses including Wrightington, Oswestry, Southampton, Chesterfield, Queen's, Royal College, Royal Medical Society and ORUK as well as convening his own courses at MRCS and FRCS level. He has been a lecturer for Barts Health, surgical tutor for Imperial College, Masters tutor for Royal College of Surgeons, Edinburgh, anatomy demonstrator at St George's and Imperial Hospital and OSCE examiner at finals level (Barts) as well as editor of Hamilton and Bailey surgery and published extensively. He has also written and produced the FRCS video series, Let's Talk Dr and is a dynamic teacher, developing national and international courses and links.

Ms Claire Fitzgerald, Consultant Orthopaedic Surgeon, Barts Health NHS Trust

Claire is a consultant orthopaedic surgeon with a specialist interest in upper limb surgery.

She completed her medical school training at the University of Wales College of Medicine Cardiff and went on to complete her foundation and core training in South Wales. Following this she joined the UCH Orthopaedic Rotation in London and was awarded CCT in 2013. She completed 18 months of post CCT fellowship training in shoulder and elbow surgery at UCH and then Guy's and St Thomas' Hospital.

She was appointed as a consultant in 2015 at Barts Health NHS trust and works in The Royal London Hospital MTC, Barts Health Orthopaedic Centre and Whipps Cross Hospital.

She has a keen interest in clinical teaching and was awarded a PGDip in Clinical Education in 2014.

She teaches on a number of FRCS level courses and is also an ATLS instructor.

She has published in peer reviewed journals, and set up an NIHR RCT during her fellowship. She is actively involved in the recruitment for a number of multicentre trials.

Mr Phil Johnston, Consultant Orthopaedic Surgeon, Addenbrooke's Hospital

Phil works at Addenbrooke's Hospital in Cambridge, the MTC for the East of England. His practice is therefore divided between treating the more standard hand and wrist patients, and those with complex trauma and reconstruction needs, often jointly operating with the plastics colleagues in the most challenging cases. Having previously served as training programme director and still maintaining a faculty role for ORUK and AOUK, Phil has a strong pedigree in education and in trainee support. He remembers an adage from a previous mentor that the FRCS basic science portion is based on "science" but should also be "basic"! He therefore advocates a sound knowledge of orthopaedic principles, which can then be applied to novel situations (even under duress).

Mr Shehzaad Khan, Consultant Trauma and Orthopaedic Knee Surgeon, Frimley Health NHS Trust

Mr Shez Khan is a locum consultant at Frimley Health NHS Trust with a subspecialist interest in sports and reconstructive knee surgery. He has trained on two prestigious orthopaedic rotations, Oswestry and Stanmore. He has completed specialist fellowship training with world renowned knee surgeons, Andy Williams and Tim Spalding, treating elite professional athletes with Premier League clubs, and performing specialist procedures such as meniscal allograft transplants and cartilage repair and regeneration.

Mr Khan is passionate about teaching and training and is a regular faculty member of the ORUK FRCS Basic Sciences course.

Professor Iain McNamara, Consultant Orthopaedic Surgeon, Norfolk & Norwich University Hospital

Iain was appointed at the Norfolk & Norwich University Hospital in 2013 where his elective work covers all aspects of knee surgery including primary and revision arthroplasty as well as ligament reconstruction and a tertiary referral practice or patellofemoral surgery.

Iain took over as lead of the Orthopaedic Research Unit in 2016 and was appointed as an honorary professor at University of East Anglia in the same year. His research is focussed around prevention, diagnosis and treatment of infected joint replacements, improvement in outcomes of knee replacement and novel ligament reconstruction techniques.

He is very proud to be one of the authors on the two books published with ORUK and to still be talking to the other two authors, which none of them can truly believe!

Mr Alexander Montgomery, Consultant Spinal Orthopaedic Surgeon, Barts Health NHS Trust

Alexander is a consultant spinal orthopaedic surgeon who set up the Spinal Unit at the new Bart's and the Royal London Hospital. He has a large practice in both adult degenerative, major trauma surgery and sports related injuries, treating elite and professional athletes. He has featured in both Spine News International and the Evening Standard.

He initially developed his interest in spinal surgery working at the National Hospital for Neurosurgery, and at the Royal National Orthopaedic Hospital (Stanmore) as a junior doctor, and at Great Ormond Street, and Bart's as a registrar.

His first spinal fellowships were at Addenbrooke's Hospital (Cambridge), Ipswich and the Norfolk and Norwich Hospitals. This included spinal trauma, neurosurgery, degenerative, tumour and complex deformity surgery. He was trained to use a microscope and use minimally invasive surgical techniques.

He followed this with 18 months on a complex spinal fellowship in New Zealand. He was trained to use anterior, lateral, and posterior approaches, and worked in a practice which treated top-flight sportsmen. In all his fellowships he was exposed to innovative, evidence based multidisciplinary ways of managing spinal conditions. He has done several visitations to the United States of America as well.

He has had his research presented nationally as well as in Europe, Australia, New Zealand, Canada and the United States of America.

Professor Ben Ollivere, Associate Pro-Vice Chancellor, Faculty of Medicine & Health Sciences, University of Nottingham

Associate Pro-Vice Chancellor, Faculty of Medicine and Health Sciences
Chair of Orthopaedic Trauma, School of Medicine
Theme Lead, Nottingham Biomedical Research Centre
University of Nottingham

Mr Jeya Palan, Consultant Trauma and Orthopaedic Surgeon, Leeds Teaching Hospitals NHS Trust

Jeya Palan is a consultant revision hip and knee arthroplasty surgeon at Leeds Teaching Hospitals NHS trust. He has completed revision arthroplasty fellowships in Coventry and Nottingham and a sarcoma fellowship at the Nuffield Orthopaedic Centre, Oxford. He was a T&O registrar in the East Midlands Leicester Deanery. He has been an Associate Editor for the BJJ (2012-2016) and was the National Joint Registry/RCS fellow in 2013/14. He was awarded the BMA Doris-Hillier research grant in 2014/15. He was awarded his PhD from the University of Leicester, looking into outcomes after hip and knee replacements. He has a specialist interest in the management of periprosthetic joint infections and fractures. He has published and presented extensively on hip and knee arthroplasty surgery. He was President of the British Orthopaedic Trainees Association (BOTA) in 2013/14. He is a member of the European Knee Society, ODEP and T&O ST3 National Selection Design Group.

Mr Amit Patel, Locum Consultant in Trauma and Orthopaedics (Foot and Ankle), Barts Health NHS Trust

Amit is a triple fellowship trained foot and ankle surgeon working at Barts NHS Trust. His clinical interests include ankle arthroplasty, diabetic foot reconstruction and trauma. He teaches on multiple FRCS courses including ORUK Foot and Ankle Vivas and Basic Science.

Mr Anish Sanghrajka, Consultant Orthopaedic Surgeon, Norfolk and Norwich University Hospitals NHS Trust

Anish Sanghrajka is a consultant paediatric orthopaedic surgeon from the Norfolk & Norwich Hospital. He is also training programme director for the East of England T&O programme.

To the surprise of many, he does actually have MBBS and FRCS (Tr&Oth) qualifications. He even has a Masters in Surgical Education (with distinction!).

He feels he is eminently qualified to speak about genes, tendons and ligaments, having a huge number of each of these himself.

Mr Kapil Sugand, Locum Peripheral Nerve Injury Consultant, Royal National Orthopaedic Hospital

Kapil is triple board certified in Trauma and Orthopaedics from the North West London rotation. He is now a Peripheral Nerve Injury Locum Consultant at the Royal National Orthopaedic Hospital, Stanmore. Kapil is a Chartered Scientist, and has been awarded Postgraduate Certification in Healthcare and Biomedical Education from St George's University London as well as a PhD in Trauma Simulation and Educational Technology from Imperial College London. He has written numerous textbooks on medical education and has led several international research collaboratives with over 60 PubMed publications and 120 conference presentations credited to his name. He is an honorary research fellow and senior clinical teacher at Imperial College London. Further information can be found on his professional webpage at www.imperial.ac.uk/people/kapil.sugand04.

Mr Puneet Tailor, ST8, Birmingham Orthopaedic Training Programme

Graduated from University of Sheffield in 2009 with BMedSci in neurodegeneration and MB ChB in 2011, he was previously an anatomy demonstrator for Sheffield and continues as an OSCE examiner and internal exam quality assurance assessor. Gained his MRCS while on his academic foundation programme in Hull investigating autonomic dysfunction. Then having graduated from Edinburgh's Surgical Science Masters with Distinction for developing an electrophysiological measure of cervical nerve root conduction he continues as a university tutor for the MSc. Embarked on basic surgical training in neurosurgery and head & neck themed core surgical programme in Newcastle and continued there until 2020 as an associate clinical research fellow at Newcastle University's ICM and SNES institutes supervising marine biology undergraduate dissertation projects in biofilms and rheology. Now is post FRCS(Orth) and ST8 on the Birmingham Orthopaedic Training Programme and faculty on a variety of clinical, cadaveric and revision courses round the country.