



Visiting Fellowships Report

Name: Nietiayurk Aminake Ghislain

Country of residence: Cameroon

Country of visiting fellowship: United Kingdom

Name of the host: Princess of Wales Hospital, Bridgend, Wales

Dates of visiting fellowship: 07/10/2019 to 03/01/2020

I was very fortunate to be awarded 2017 Microport-Efort visiting fellowship grant , after going through a long process of finding a suitable supervisor and making arrangements for my travel , i was able to spend the last 3 months at Princess of Wales Hospital (POWH) in the quiet and lovely town of Bridgend , exactly half way (20 miles)from Cardiff to Swansea in Wales(United kingdom).

I arrived in Bridgend on October 7th, 2019 and was immediately welcomed and integrated into the Trauma and Orthopaedics (T&O) unit workflow by my supervisor, a pleasant, kind and very professional consultant Mr Rahul Kotwal.



Me and Mr Rahul Kotwal

During my fellowship, my typical week could be described as follow:

On Mondays morning we had a knee clinic at a partner hospital where Mr Kotwal will consult patients with a variety of knee complaints, from sport related injuries to degenerative



diseases. Immediately after the clinic I will rush back to POWH, have a quick lunch then attend a 1h X-ray meeting during which interesting x-rays and cases are discussed among multiple consultants. After the meeting, I will join Mr Kotwal for a generally busy fracture clinic before closing for the day.

On Tuesdays, we generally had a surgery list for the whole day at the partner hospital where Mr Kotwal will perform knee surgeries such as Total knee replacements, ligaments reconstructions and cartilage repairs.

Wednesdays morning starts with a fracture clinic during which we will see a wide range of patients with general orthopaedics complaints. In the afternoon, we will be in Theatre for a Trauma list including procedures such as ankle, patella, tibia plateau and hip fractures.

On Thursdays morning I will generally join Mr Kotwal's partner, the extremely friendly and talented Mr Chandratreya for his Day Surgery list where I will observe him perform procedures such as MPFL reconstruction. After the Day surgery list, I will attend the second X-ray meeting of the week then travel with Mr Kotwal to a private hospital where he generally performs primary total knee replacements using Microport Advance knee system. Fridays morning I will be in theatre for Mr Chandratreya's trauma list, after lunch I will meet with Mr Kotwal and other colleagues to work on our research projects.

We would generally do ward rounds before or after morning clinics depending on if there are new admissions or patients with complications.

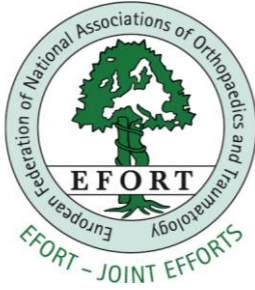
During surgeries I was not allowed to have direct contact with patients because I didn't have a General Medical Council(GMC) registration, however I was allowed to scrub in some cases to allow me to stand closer to the field so that I can observe and listen better.

This fellowship gave me opportunity to attend multiple interesting educational events and courses. The first event I attended was the MSK(musculoskeletal) educational day hosted by Ossur and the Bridgend clinic and chaired by Mr Chandratreya on October 23rd, 2019 at the beautiful Coed-Y-Mwstwr Hotel in Bridgend. During this event, we had presentations in the morning session and supervised workshops on joints assessment, injections and bracing in the afternoon. Later on I was invited by Mr Chandratreya to present a talk on proximal femur fracture nailing during a PFN(proximal femur nailing) workshop held at POWH on November 7th, 2019. One of the highlights of my fellowship was definitely the sport knee meeting I attended on December 9th, 2019 and hosted by the renowned Robert Jones and Agnes Hunt Hospital (RJA) Orthopaedic Institute in Oswestry, England. During this course we had a few talks on knee ACL, meniscus and patella pathology in the morning then we spent 6 hours in the cadaver lab practicing and polishing our arthroscopic skills.

During my fellowship I was involved in three (3) clinical research projects. The first one evaluated the efficacy of tibial crest alignment technique to determine the coronal alignment of the tibial component during total knee arthroplasty(TKA). The second study evaluated the clinical and functional outcomes of ACL reconstruction with tibial attachment preserving quadrupled hamstring graft. The abstracts of these two (2) studies have been submitted for consideration for the 21st EFORT congress Vienna, Austria 2020. The 3rd study I was involved in is still ongoing and it's evaluating the effectiveness of knee lateral unloader bracing.

On the social aspect, I felt extremely welcomed at POWH, especially by the fracture clinic sisters and the registrars who were always available to help. I was invited to the annual Christmas party and a farewell outing (bowling then dinner at a nice Indian restaurant) was organized towards the end my visit.

I would like to take this time to thank EFORT for this exceptional career and professional opportunity. This fellowship enabled me to advance my knowledge in trauma and sports medicine and at the same time boost my confidence with regards to procedures such as



knee arthroplasty and arthroscopy. This is something i'm now seriously looking forward to introduce in my practice back in my home country.

I thank the staffs at EFORT office, especially Miss Sanni Hiltunen for her wonderful support throughout.

Special Thanks to my supervisor Mr Rahul Kotwal for welcoming and sharing so much with me.

My appreciations to all the staffs i had the opportunity to exchange with at POWH, especially Mr Amit Chandratreya, Shaival Dalal, Randy Guro and Owain Davies for making me part of the team from day one.

Dr Ghislain Aminake