



EFORT FOUNDATION

Report Clinical Research Fellowship

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Country of residence: Israel

Country of visiting fellowship: United Kingdom

Name of the host: Professor Leela C Biant

Dates of visiting fellowship: 01/09/2019- 31/08/2020

General:

First, I would like to thank you very much for this opportunity. I deeply appreciate your help through the process. It was a hectic year that was greatly affected by the Covid-19 outbreak. However, I do feel I took the most out of this year and I think it will be a major step in my career. This report will summarize my thoughts and conclusions of this year. I would like to thank Professor Leela Biant who guided me throughout the year. I certainly look forward to future collaboration.



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1. Description of clinical activities during the fellowship

From the start I was a part of Professor Biant's research team which ran several research projects, one of which includes gait analysis laboratory. However, all the projects were affected by the covid-19 outbreak.

Whilst the focus of this fellowship was clinical research, Professor Biant and I were aiming to combine some clinical training as well. To be able to do so, I applied for a UK medical license and was granted it.

During my time in Manchester, Professor Biant let me join her once a week for her clinics.

Unfortunately, due to the Covid-19 outbreak, all elective surgeries were postponed. Another obstacle was the incapability of human resources (HR) to give me the needed clearance for clinical work so even after reopening of the operating rooms I was not able to join Professor Biant in her surgeries during my last month of fellowship.

2. Description of scientific activities during the fellowship

During my time with Professor Biant I participated in two conferences:

- OPN Orthopaedic Knee Conference on 1 November 2019 at The Royal Armouries, Leeds
- London Research Course on Friday 4th September 2020

During my time in Manchester I was involved in over 15 projects, some of which as the leading researcher and author and in others as a co-researcher and author with major contribution. A complete list of the previous and active projects is attached to this report.

As part of my work with Professor Biant's research team, a weekly meeting was held, both before and after the lockdown (by zoom video communication). During those meetings, we discussed our active and future projects, discussed other elements of



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research, and practiced critical reading through our journal clubs. Due to the current format of online meeting, and with the approval of Professor Biant, I am planning to keep participating in these meetings as I feel part of the team.

3. Description of social aspects of the fellowship

I arrived in Manchester with my wife and my two kids. This created a solid rock for me to lean on throughout the year. I think the city of Manchester was really kind to us and we created beautiful relationships during our stay.

Regarding the fellowship itself, despite the many changes that occurred over the year, including changes in the members of the research team, and the Covid-19 outbreak, we were able to create a stable process of research and teamwork. I believe that many of the relationships that were created will keep flowering and will continue to be productive.

4. Technical skills that I learnt during the fellowship

During this year I learned and practiced several skills which helped me fulfil my assignments and projects. These include planning and performing a clinical trial, focusing on writing the research question, and planning the methodical aspect of the trial. Due to the Covid-19 outbreak, we also dived into the world of systematic reviews, learning the process and practicing how to write a review through several projects, which were all completed and sent to high impact journals by the end of my fellowship period.

As mentioned before, the Covid-19 outbreak interfered with our plans on getting involved in clinical work which was unfortunate. I really hope that with the relationship and connection that were created, perhaps in the near future I'll be able to return occasionally and learn from Professor Biant.

5. Theoretical knowledge that I learnt during the fellowship

I feel that the main thing I have achieved during my fellowship is the theoretical knowledge I have gained. During my research projects I had to dive in my books and online databases to get a better understanding of knee surgeries, looking at the



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history of the implants, the current designs, as well as the different available techniques, with personal interest in kinematic vs. Mechanical alignment.

6. New knowledge and skills that I can implement in my own practice

I think that I am returning to my home country with great foundations to support the research at my department, taking it on to the next level. I feel that I can lead projects, a feeling that I did not have before.

7. Overall reflective statement over how the fellowship contributed to my professional development

In this day and age, I think that it is important for a clinician to be involve in research. I believe that people who practice research tend to ask more questions, leading them to look for answers. This in turn could affect their daily practice looking for a solution to benefit their patients but also looking at the big picture, bringing more general hypothesis. I am grateful for the opportunity I was given by your distinguish foundation, hoping it will be the start of a great career as a clinician and researcher.

8. What are your future plans?

I am going back to my home country of Israel, to continue my residency (PGY-3). I am planning to keep practicing research during my clinical training as I believe it will make me a better surgeon and clinician.



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Expenses:

Travel: VISAs (4400) Flights 1650 GBP (including the luggage, for 3 paying passengers+one baby, and travel from and to the airport)= 5050 GBP

Accommodation (including electricity, water and taxes):~15,600 GBP

Nursery (1 child) – for the entire year – 4813.37 GBP

Groceries- ~500 per month (Range-350-600). ~ 5500 GBP

Phones- 200 GBP per account. Total 400 GBP

Home internet connection- ~300 GBP

Car, tax and car insurance- 4,000 GBP

Estimation of the total expenses (not including public transportation fees, car gas, entertainment, holidays, registration for GMC medical license) = 35663 GBP = ~38516 EUR



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Topic	Please tick one of the boxes <input checked="" type="checkbox"/> 1 (poor) to 5 (very good)					Your comments, thoughts, recommendations
	1	2	3	4	5	
Education						
Could you improve your knowledge and gain new experiences?				X		
Host Department						
How was your communication with your host centre (regarding accommodation, programme, etc.)?	X					*1
Did they offer you a social programme?	X					*2

1. I want to separate between Professor Biant who was more than kind to me, and my host centre. The host centre was not ready for my arrival at all. From the moment I was informed that I was accepted for this programme and until this moment, the human resources (HR) in Manchester NHS trust was incompetent. Between May to August 2019 I was chasing the HR team to make the necessary formalities in order for me to apply for a VISA. Unfortunately, due to bureaucratic issues including the need to find me a position in the trust I would be able to apply for, and other reasons I can't point out, they managed to get the necessary forms on August 23rd, 2019, when I was already in Manchester with my family. In order to apply for a VISA, I had to go back to Israel (as I informed you at the time). Unfortunately, this was just the start. When I arrived in Manchester the second time, they did not know how to get me the right clearance in order to work as researcher with Professor Biant. As I was granted a scholarship, they could not figure out how to give me an honorary contract and I was not able to get any clearance, ID card or access to the



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hospital systems, nor the University. All this time, I had to count on one of the research team to let me in the building or the systems. At first, I thought it was because of me lacking a European passport but even after I received my European passport in March 2020, they still could not find a way to give me the appropriate contract nor clearance. I really think that with an appropriate clearance process I would probably be able to enjoy the professional environment better. I think that this should serve as red flag and should prompt changes in future fellowship programmes. When I got the scholarship, I was told specifically that the foundation will not be able to help me with the VISA process. I would like to thank the foundation again for the extra funding that was added to the scholarship to cover the unexpected expenses in the VISA application. If there is a possibility, I think that it would be worth considering to be more actively involved in the process, especially in regard to the upcoming BREXIT, which may affect future fellows arriving to the UK.

2. I would like to note that Professor Biant and the members of her research team gave me an excellent social environment aside the professional one. I would expect some social programme from my host centre, but again, as I was never introduced as a hospital/university employee (due the HR problems I encountered), I missed on any social connections/programmes outside those of the research team.



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List of projects:

Projects in Process	
Prevalence of core injuries in patients presenting with FAI: A Systematic Review	
Post-run T2 mapping changes in knees of pediatric basketball players: an early sign for cartilage damage?	
Professional Footballers Performance Following ACL Reconstruction: A mid-term retrospective cohort review using an online data analytics provider	
Sacral Stress fx in athletes – a Systematic Review	
Methods of assessing graft maturity after ACL reconstruction- A Systematic Review	
The “linked soft tissue guided technique”: comparative study between Mechanically aligned TKA and a novel kinematic aligned TKA	

Sent/Under review	
MRI Findings in Youth Healthy Basketball Players	J Sports Med Phys Fitness
Registries review	JISAKOS
Epithelioid sarcoma-systematic review	Journal of Plastic Surgery and Hand Surgery
Bespoke Implants for Primary Knee Arthroplasty: A Systematic Review	CORR
Midflexion Instability Following Total Knee Arthroplasty: A Systematic Review	CORR
Gas Forming Infection of the Spine: A Systematic and Narrative Review	ESJ
High success rate of pre-hospital and en route cricothyroidotomy performed in the Israel Defense Forces: 20-years' of experience	MMR

Accepted/Published Papers	
The “linked soft tissue guided technique”: a novel method for cutting the tibia while performing a kinematic femoral alignment in total knee arthroplasty	AOJ
Supracondylar Fracture	NEJM
Gas Forming Infection of the Spine: a Case Report	SNCM
Bacterial contamination of protective lead garments in an operating room setting	JIP
The Impact of Body Mass Index on the Accuracy of the Physical Examination and MRI of the Shoulder	Accepted to the OJSM
Book chapters	
Managing concomitant cartilage injury with ACL tears (Book Title: Cartilage Injury of the Knee: State-of-the-Art Treatment and Controversies)	ISAKOS, Springer nature



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