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## Report Visiting Fellowships

**Name:** Mr Ruban Ambikaipalan  
**E-mail address:** rubanambi@gmail.com  
**Country of residence:** Australia  
**Country of visiting fellowship:** United Kingdom  
**Name of the host:** Joint Replacement Unit, Royal National Orthopaedic Hospital, Stanmore  
**Dates of visiting fellowship:** mid-July 2020 to mid-January 2021

**Expenses:**

Travel: EUR...6000 flights, transfers etc  
 Accommodation: EUR...7500 rental  
 Other expenses: EUR...2000. petrol, parking etc

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	
<b>Education</b>						
Could you improve your knowledge and gain new experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Yes, the overall experience was very useful and improved my knowledge immensely
<b>Host Department</b>						
How was your communication with your host centre (regarding accommodation, programme, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The HR department at Stanmore were unaware of my Fellowship but Mr Gikas and other Unit at the hospital managed to support me
Did they offer you a social programme?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Severely disrupted due to COVID pandemic and lockdowns



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## EFORT FELLOWSHIP REPORT

**Mr RUBAN AMBIKAIPALAN**  
**MBBS / FRACS / FAOrthA / DipSurgAnat**  
**MELBOURNE, AUSTRALIA**

### **Fellow:**

Mr Ruban Ambikaipalan is an Orthopaedic & Trauma Surgeon in Melbourne, Australia. After graduating from The University of Melbourne Medical School, he completed his Fellowship from the Royal Australian College of Surgeons in 2017 and worked as a Consultant Orthopaedic and Trauma Surgeon at the Royal Melbourne Hospital and Box Hill Hospital in 2018-2019.

In early 2020, prior to his EFORT Fellowship he worked at the Royal London Hospital, Barts Health NHS Trust, London U.K. in the Pelvic and Trauma Unit. His subspecialty interests are in Pelvic, Hip and Knee Surgery and specifically in complex primary and revision hip and knee arthroplasty.

### **Fellowship & Hosts:**

It was an honour to be awarded the 2020 EFORT Fellowship in Anterior Hip Surgery and Robotic Hip and Knee Arthroplasty. I spent 6 months at the Royal National Orthopaedic Hospital (RNOH) in Stanmore, London – the largest elective Orthopaedic Hospital in the United Kingdom.

I worked with the Joint Replacement Unit at Stanmore which specialises in Hip and Knee Arthroplasty. The Unit is a major referral centre for complex primary hip and knee arthroplasty cases as well as revision surgery including proximal and distal femoral replacements. The Fellowship also had a strong focus on Anterior hip replacement as well as Robotic Assisted Hip and Knee Arthroplasty.



My interest in Anterior Hip / AMIS Surgery stems from my exposure to the procedure during my Registrar Training years as well as during 2018 – 2019 when I worked as a Consultant Orthopaedic Surgeon in Melbourne, Australia. The purpose of this Fellowship was to enable me to hone my skills and broaden my experience by working with Surgeons throughout the U.K. and in Europe.

Despite the COVID Pandemic, elective Surgery at Stanmore was operating at full capacity by July 2020 when my Fellowship had commenced. My fellowship consisted of participating in Operating Lists, Outpatient clinics and Clinical Meetings such as Weekly X-Ray Meetings, Multidisciplinary Team discussions and Ward Rounds. This gave me an insight into how complex hip and knee cases were managed at Stanmore.

Many of the Surgeons at Stanmore have a specific interest in Robotics as well as patient specific implants. I was exposed to the MyHip Medacta prosthesis which provides a 3-D implant of the patient's hip anatomy and pre-prints implant guides to assist in implant templating, femoral neck osteotomy and acetabular reaming & prosthesis implantation.



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Whilst in the UK I also worked with Professor Richard Field at the South West London Elective Orthopaedic Centre (SWLEOC), fine-tuning my skills in Anterior hip replacement Surgery and revision surgery via the Anterior Approach. I also trained with Mr Ed Crawford who is a highly experienced Hip and Knee Surgeon from Northampton who is involved in proctoring Surgeons in the U.K. who are learning the Anterior approach.



As an extension of my Fellowship I was able to work with Surgeons in Europe where the anterior approach is far more commonly used. I was hosted by Professor Hans Gollwitzer and Dr Martin Nolde who are pioneers of AMIS surgery and was given the opportunity to operate with them in Munich, Germany.



My time on Fellowship also enabled me to attend several International conferences both in the U.K. and on the European continent. The highlight was the AMIS Learning Centre in Brighton, England which gave me the opportunity to operate on cadaver specimens with the assistance of Proctoring Surgeons and attend lectures and small group tutorials with other U.K. Surgeons learning the Anterior approach.





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Overall, the Fellowship has been a fantastic educational, cultural and learning experience. I was fortunate to meet some wonderful Surgeons who have become Mentors and friends and I look forward to hosting them in Melbourne, Australia in future.

My thanks to Medacta for supporting the Fellowship as well as EFORT for their ongoing support and training of young Surgeons. In particular, I would also like to thank the Joint Reconstruction Unit at RNOH Stanmore who welcomed me as part of their team during my time in the U.K.