



IITOS
THE IRISH
INSTITUTE OF
TRAUMA AND
ORTHOPAEDIC
SURGERY

InBox News



Special Fellowship Issue

**SHOULDER
AND
ELBOW
SURGERY
Fellowship
in Sydney**



**More
stories
inside
from Lyon,
Perth,
Auckland,
Dublin...**

**Moving a
family
across the
globe**



David O'Briain



Grainne Colgan



Padhraig O'Loughlin



John Kelly



Neil Burke



Patrick Groarke



John Galbraith

Orthopaedic Trauma Association
of Ireland

6th ANNUAL CONFERENCE

Majorca

30th March - 2nd April 2018



[Trip Itinerary and Costs](#)

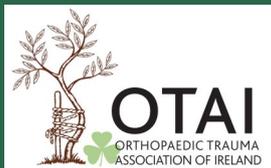


Organisers:

Mr Keith Synnott, Mr David Moore

4* Aparthotel in Alcudia, Majorca

5* Hotel in Alcudia, Majorca



7th FFN Global Congress DUBLIN

5-7th July 2018

Royal College of Surgeons in Ireland

“Patient centred multidisciplinary care”

We are looking forward to welcoming you in
Dublin in July.

Emer Ahern & Conor Hurson, Congress Chair

Paolo Falaschi, FFN President



[Link](#) to further details

Congress information [here](#)

IRISH INSTITUTE OF TRAUMA & ORTHOPAEDIC SURGERY

INBOX NEWS



Wishing You a Very Happy Christmas

TOM, DAVID, AMANDA

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Adjudicated by Roddy Doyle



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Irish Hip Fracture Meeting, L-R, Aisling Connolly-NOCA, Mr Conor Hurson, Dr Emer Ahern, Minister Jim Daly, Ms Louise Brent-NOCA, Ms Colette Tully - NOCA, Mr Paddy Kenny. Photo by Oliver O'Flanagan, RCSI.

Front cover - main photo Mr David O'Briain and his daughter. With kind permission of David O'Briain.

Special Fellowship Section



Shoulder and Elbow Fellowship Sydney, DAVID O'BRIAN

I arrived in Sydney on July 1st 2016 with my wife and 3 kids in tow. My fellowship in shoulder and elbow surgery was due to start three weeks later. Those who have done it before will know that 3 weeks is not a long time to organise AHPRA accreditation, hospital accreditation for 7 hospitals, accommodation, cars, schools and a million other little things. And that's after 10 months of intense paperwork! Despite this period of exciting chaos, we managed to find a cosy 2 bed apartment in Mosman, a lovely neighbourhood just north of the harbour and still managed to get a few days on the beach with the kids before work. July in Sydney, it turns out, is quite like July in Ireland, so we were more than happy to enjoy the sunshine and explore the beaches and bushwalks around the Mosman peninsula. All the while the locals remained wrapped up in coats, scarves and gloves to stave off the 20 degree chill!

We met some of the other orthopaedic fellows and their families at a BBQ before starting which was a great way to help settle in. Several of them had been there for the previous six months and had loads of helpful advice. The Sydney Shoulder Research Institute (SSRI) consultants also held a BBQ for the shoulder fellows and families. Ben and Gabby's incredible, warm hospitality was another welcoming feature of our introduction to Sydney life and this hospitality was repeatedly shown throughout the year by all the faculty.

The SSRI fellowship, under the supervision of Ben Cass, Allan Young, Jeff Hughes and Prof David Sonnabend, is based mainly in the Royal North Shore and Mater Hospitals, with monthly assignments to Dubbo an hours flight into rural New South Wales. I enjoyed 3 and a half days in theatre per week with plenty of opportunity for first operator experience in both the public and private settings. I found the level of trust displayed and supervision provided to be well balanced and

perfectly tailored to my training, increasing as the year progressed. From an operative perspective, I was exposed to the full range of sports, joint preservation and arthroplasty surgery of the shoulder and elbow. The quality of surgery I experienced during my fellowship was excellent, and I certainly gleaned an enormous amount of tips, trick and techniques to add to those I learned at home. Aside from the surgical experience, there was also a weekly clinic and allocated research time. There were weekly "bone breakfasts", bi-weekly shoulder radiology conferences and elbow tutorials. The SSRI facilitated my attendance at the biennial SESA meeting in Darwin in August, which was an excellent meeting, showcasing the quality of the shoulder and elbow surgeons in Australia and New Zealand.

"It also exposed me to some local idiosyncrasies, such as getting the local aboriginal tribe to approve and commence the meeting and dropping the guest speaker into a crocodile tank after a few schooners."



George Athwal, from Canada, having survived his encounter with a big salty croc, proved an excellent foil for the local contingent, providing a balanced north American perspective on the research presented. Interestingly there is certainly much more of a culture in Australia of surgeons getting involved in implant design, with a few different implants and devices discussed over the course of the meeting. The SSRI consultants all have experience in implant design, both for shoulder and elbow prostheses and anchors for various major companies.

As well as the SESA meeting, I was able to attend three other large local meetings, including cadaveric labs, providing great education and many discussion points. The Kolling institute biomechanics laboratory, affiliated with the University of Sydney, provided us with research space and my co-fellows and I undertook several experiments, including studies of suture material properties and knot friction within tissues. *Cont'd p 4*

Cont'd from p 3

Clinically we studied the function of some of the pump systems used in arthroscopy, shoulder instability in athletes and the use of TXA in shoulder arthroplasty.

Outside the work environment, we made some great friends and my wife and I both have family in Sydney and we had a fantastic time catching up with them as often as possible. During the year we went to the Zoo, the Aquarium, the Wax museum, the Maritime museum, the Opera House, the Botanic Gardens and loads of Sydney beaches.



We hiked many trails and bushwalks and explored some of the national parks. We went up to the Blue Mountains and the Jenolan Caves, we took a week up in Byron Bay and camped out in the mountains while somehow avoiding being eaten, stung bitten or otherwise killed by the surplus of lethal animals and insects.

In short, personally and professionally it was a fantastic year and we were sorry to have to pack our bags to head on to our next port of call, Tampa, Florida for another year on the fellowship trail.



Hip & Knee Fellowship, Perth JOHN KELLY

I am currently on a Hip and Knee Arthroplasty fellowship in Perth, Western Australia.

I am working with two of Australia's leading high volume arthroplasty surgeons; Dermot Collopy, a member of the design team for the Accolade II hip and the Triathlon knee, implants and Gavin Clark, innovator in the field of robotic arthroplasty. Together they have introduced the Mako Robot to Australia and have been using it for the last year when performing Partial & Total Knee arthroplasty and Hip arthroplasty.

This fellowship affords plenty of opportunities for independent operating using conventional, navigation and robotic technologies.



There is a wealth of data in this field providing me with an abundance of scope to publish research on the applications of new technologies in arthroplasty. The fellowship is based both in public and private hospitals and provides valuable insights into how an alternative healthcare system functions. Robotic arthroplasty is ushering in a period of disruptive innovation to the Orthopaedic specialty. This is delivering an exciting new era of tailored, specific and precision surgery, and ultimately will redefine the way we perform arthroplasty surgery

Arthroplasty Fellowship, Auckland NEIL BURKE

Kia Ora!

I am currently on an arthroplasty fellowship in North Shore, Auckland, New Zealand. Paul Magill is the other arthroplasty fellow here, and so he has been a great help at work and with settling in. We get plenty of theatre time with the other consultants, as well as opportunities to have our own theatre lists. I have had great exposure to the use of navigation in total knee replacements, revision knee arthroplasty, along with its use in lower limb realignment osteotomies. The practice here is similar to Ireland in many ways, so the transition has not been too difficult. The six months before you go on fellowship can be hectic. Just try to keep organised with regards to work visas, spouse visas, kids schooling, medical council registration, flights etc. It can be quite stressful before you leave, but it is all worth it.

"The best advice I got before I left was "to make sure my family enjoyed the year as well". This is important as something that can be easily overlooked."

A fellowship really is an adventure to look forward to! It is a wonderful opportunity to travel, enjoy another culture, and see first-hand another orthopaedic practice. I would highly recommend Auckland to any Irish orthopaedic trainee.



Registration

**AOTRAUMA COURSE—
BASIC PRINCIPLES
OF FRACTURE MANAGEMENT**

22nd-25th of January

Radisson Blu, Golden Lane, Dublin

Organisers: May Cleary, Diarmuid Molony, John Quinlan

Fellowship Dublin GRAINNE COLGAN

I am currently spending one year as the first Dublin Hand Fellow. This follows the UK model of the interface fellowship between two specialties. I am training with both plastic and orthopaedic hand surgeons, with full access to trauma/elective lists and clinics across multiple hospital sites in Dublin including paediatrics. The post is funded by the PMET.

On any given day there are a number of hand lists and clinics across the capital, and supernumerary funding allows the flexibility to pick and choose which cases I need to see. Following on from my non-standard ortho training - It is both exciting and challenging to be the first person to be completing subspecialty training in a non-traditional domestic setting. While there are drawbacks to not leaving the country – the volume and expertise of hand surgery in the country lend themselves well to training. In addition to a busy clinical schedule, I will be sitting the FESSH exam in March, and am conducting clinical research in congenital hand surgery.

Fellowship, France PADHRAIG O'LOUGHLIN

I am currently pursuing an Arthroplasty Fellowship at Centre Orthopedique Santy in Lyon. It is a world-renowned Orthopaedic and Sports Injury Clinic in the 8th Arrondissement of central Lyon. The centre offers a multidisciplinary approach to the treatment and rehabilitation of orthopaedic and sports-related injuries. The team consists of 14 orthopaedic surgeons offering the latest evidence-based surgical treatments for musculoskeletal injuries. In a typical year, over 800 joint replacements, 900 spinal procedures, 1500 shoulder procedures and over 1000 ACL reconstructions are performed. The centre is recognized as one of the most published and progressive organizations in sports medicine research in France. Each year the Centre hosts between 10 and 20 International Fellows. My focus is primarily on revision hip & knee arthroplasty.

Fellowship, Brisbane PADDY GROARKE

Hello from sunny Brisbane! I am doing a 1 year fellowship at the Brisbane Hand and Upper Limb Research Institute under Dr Mark Ross. I work at the very busy tertiary referral centre of Princess Alexandra Hospital as well as multiple private hospitals across the city. There are 4 fellows here - 3 orthopaedically trained and 1 plastic trained. Our call and trauma take can involve anything from fractures of the scapula all the way down to replants of the finger under the microscope. The hospital can have 4 to 5 upper limb theatres running at one time. There are 25 theatres across all surgical specialties. Like all fellowships, the change and challenges at the start can be daunting especially it is a completely-digital hospital. After a few weeks, you get up to speed with the way things work. Even comparing to 10 weeks ago, I feel I have learned a lot and have been a primary operator on hundreds of case (largely due to the frequency of my call). As the title of our unit suggests, the unit is heavily involved in research. They have multiple projects ongoing, some of which I am involved in. They will soon be publishing on their results for Pyrocarbon shoulder hemiarthroplasties in the young patient and on the back of this the implant will become widely available. Dr Ross has also been involved in the development of a total shoulder arthroplasty implant which is available.

Outside of work, Brisbane is a city that is booming, there are cranes everywhere...bit like Dublin in 2003....eeekkk!! Within a 1 hour drive are the aptly-titled Sunshine and Gold Coasts. Further north is the Great Barrier Reef, which I will visit once Australians stop cutting fingers off with circular saws!

Happy Christmas!
Paddy



Microvascular lab - working on chickens
Patrick Groarke

NATIONAL ORTHOPAEDIC LITERARY AWARD (NOLA)

The IITOS National Orthopaedic Literary Award (NOLA) was established by Professor John O'Byrne in 2016.

This short story competition is open to all medical students in Ireland in clinical years. It is shortlisted by a panel consisting of: consultant Orthopaedic Surgeons, a senior orthopaedic surgery trainee, a Consultant Orthopaedic Anaesthetist, an English Literature teacher and an academic administrator. The winner is chosen by Roddy Doyle. The prize is €500

In 2016, 23 entries were received and the winner was Medical student from Trinity College, **Stephen Flannery** with his story, 'Tender Loving Care' ([Link](#)). **Comment from Roddy Doyle,**

"This story got better and better as I read. The narrator seemed to become more confident in her or his ability to tell the story, to choose the right word, to end the sentence at the right, sharp point. The last two pages are brilliant – vivid, unsettling, so well paced. Much of the language is arresting and clever – 'Heads he sulks, tails he smacks.' The first two pages need more work, to bring them to the standard of the third and fourth."

This year 17 entries were received and the winner was 4th year medical student from Cork, **Catherine O'Mahony** with her story, "As many different ways to weather a storm as there will be storms to weather" ([Link](#)).

Comment from Roddy Doyle,

"The outstanding story is AS MANY DIFFERENT WAYS TO WEATHER A STORM. It's an excellent, very complete, story; a great piece of writing. Its pace and rhythm are particularly impressive, creating a tension that doesn't abate until the final sentence."



Mr Frank Dowling
Co Organiser
Eurospine 17
Dublin Convention
Centre
[Link](#)

Congratulations to Patrick Carroll winner of dinner for 2 in the Cliff Townhouse.

ATLANTIC ORTHOPAEDIC MEETING

Best Oral Presentations

Chris Fenelon

The operative treatment of ankle fractures: a ten year retrospective review of 1529 patients

Rosie McColgan

Urological trauma in pelvic fractures: 10 year retrospective review of incidence and management in the National Pelvic Centre

Patrick McCabe

Single posterior approach for 'terrible triad' repair

Best Poster

Mohammed Nouman Baig

Improving Management of Paediatric Buckle fracture in Orthopaedic outpatients: A completed audit loop

Best Med Student/Intern Presentation

Daniel Garcia

Superior capsular reconstruction for treatment of irreparable rotator cuff tears: early clinical results.

Fellowship, Christchurch JOHN GALBRAITH

I'm currently working as the Upper Limb fellow for 12 months in Christchurch, New Zealand. The fellowship is spread out over Christchurch Public Hospital, Burwood Elective Hospital and a couple of the private hospitals around the city. Christchurch Public Hospital is the largest tertiary hospital in the South Island with 550 beds and has the busiest Emergency Department in Australasia. There are 24 orthopaedic surgeons working here, 5 of whom do the majority of the shoulder and elbow surgery. It is the tertiary referral centre for the South Island for complex shoulder and elbow conditions. Geographically, the catchment area is widely dispersed with some people having to fly in for treatment from as far as the Chatham Islands, which are over 900 km away. Khalid Mohammed and Alex Malone do the highest volume of shoulder and elbow surgery in the unit and I spend most of my time working with them. There's flexibility to break off to go see interesting cases with other consultants when they arise. Khalid Mohammed has been in practice for 20 years and does a lot of work for the Crusaders and All Blacks based in the South Island. We've had quite a few professional rugby players coming through in my first 3 months. Alex Malone trained in the UK and did his fellowships in Royal North Shore, Sydney and the Mayo clinic with Bernard Morrey. He has a special interest in arthroscopic AC joint reconstruction. A few weeks after arriving here, we travelled over to a cadaver lab in Brisbane and I got the opportunity to perform arthroscopic AC joint reconstruction and other arthroscopic procedures for the day. It was great way to start the fellowship.

The week is split into 10 half day sessions. Most weeks comprise of 6 or 7 theatre sessions, 2 or 3 clinic sessions and 1 free session for research. Theatre sessions can often go up until 8pm. Theatres in both private and public are run pretty efficiently and in one half day session it's possible to get 5 cases done. There is a good mix of cases with a high volume of arthroscopic rotator cuff repair and labral repair being done. The clinics I attend are not overbooked, so there's plenty of time to discuss clinical findings and management. I'm assigned new patients, usually 5 per clinic. I see them first, make a plan and then we review them together. Then time is set aside for us to discuss management options. Usually, they'll call me in to see follow-up patients if there's a particular learning point to be gained. I'm one of two orthopaedic fellows here. The other fellow did his residency in Idaho, USA and he focuses mainly on on lower limb and trauma. It's great to scrub in for complex trauma cases together, to keep the trauma skills up. Orthopaedics also cover hand trauma here, so I get plenty of opportunity for tendon and nerve repair with the microscope available if needed.

The fellowship is run through the University of Otago and there is some excellent clinical and lab based research work going on here under the direction of the Professor Gary Hooper. There's a regular orthopaedic research meeting attended by interested orthopaedic consultants, trainees and PhD students from the university. I'm currently looking at the medium term follow-up (5 to 9 years) of arthroscopic rotator cuff repair using Pascal Boileau's tension band technique. I'm also writing up case series that underwent a novel technique of delayed biceps reconstruction using a tubularised lacertus fibrosis with a palmaris longus autograft. Helpfully, all new patients seen in clinics here are given relevant scoring questionnaires (ASES, Oxford and SF-12) to fill out electronically at their first visit. Also, all notes are kept electronically which facilitates data collection. There is a weekly education meeting where x-rays of difficult cases are shown and a couple of patients are brought in. It's well attended by consultants (usually about 15 of them) where they proceed to grill the two FRACS examination candidates for a full hour and a half on management and their clinical exam technique. It's fairly brutal but the trainees here are at fairly high standard. Similarly to Ireland, they have a high pass rate for their exam compared with their Australian counterparts.



UPCOMING EVENTS

DECEMBER

14th, Thursday

Core Curriculum, Pelvic and acetabular surgery, Tallaght Mr Michael Leonard.
Mr Brendan O'Daly

2018

JANUARY

22nd-25th, Monday-Thursday

AO Basic Principles in Fracture Management
Ms May Cleary, Mr John Quinlan, Mr Diarmuid Molony. Radisson Blu, Dublin 2

27th, Saturday

Mock Vivas / Trainee Reviews, RCSI

FEBRUARY

2nd, Friday

Charter Day, RCSI
Shortlisting

MARCH

8th, 9th Thursday, Friday

Irish Hand Surgery Society Meeting
Mr Pat Fleming

23rd, Friday

Specialty Training Interviews, RCSI

30th - 2nd April

OTAI Meeting, Majorca
Mr Keith Synnott, Mr David Moore

APRIL

20th-22nd

MAC18, Mr Derek Bennett
Knockranny House, Westport [Link](#)

MAY

25th, Friday

Cappagh Foundation Meeting and Resident's Prize. 'Models of care in Paediatric Orthopaedics'

JUNE

15th, 16th Friday, Saturday

IOA Meeting, Heritage, Killenard

JULY

5th-7th

7th Fragility Fracture Network Global Conference, Royal College of Surgeons
Mr Conor Hurson, Dr Emer Ahern

MOUSE-CLICK



[RCSI Surgical Fellowships and Awards](#)

[RCSI Fellows and Members](#)

[Professional Competence Scheme](#)

[Trainee Information](#)

[Irish Surgical Training Group \(ISTG\)](#)



Cappagh Operative Management & Casting Techniques Course with
Ms Eleanor Hogan, Maura Shanahan, Dr Kevin McSorley, Mr Niall Hogan,
Ms Rachel Flannery.

On Tuesday 11th July, the National Clinical Skills and Simulation Centre in RCSI opened its doors for the first time for surgical boot camp 2017. The new intake of surgical trainees got to experience these new world class facilities first hand, and have a taste of what is to come as they embark on careers in surgery. For the first time ever, the department of surgical training are able to have all technical skills courses under one roof in the brand new wet lab. This enables the trainees to practice basic surgical skills such as wound closure techniques with synthetic material, and also practice a bowel anastomosis using real animal tissue, under operating lights and our learning space cameras.

The new Centre has had learning space technology installed in every learning room, with over 50 cameras in total. This enables technicians to record sessions and assessments remotely in order to monitor trainee performance and progress.

The trainees had a full session on Orthopaedics, led by Mr. Brendan O'Daly. In this session, trainees were shown upper limb casting as well as how to correctly inject into shoulder and knees with the use of mannequins. This session received excellent feedback from the trainees.

Adam Roche
Clinical Skills & Simulation Technician
Health Profession Education Centre, RCSI



Photo taken by Rebecca Kirrane Clinical Skills & Simulation technician of orthopaedic session at RCSI surgical boot camp in July in the new 5th floor wet lab.

Irish Shoulder and Elbow Society Meeting

Saturday, 13th January 2018
Royal College of Surgeons



PROF PASCAL BOILEAU
Professor Boileau is head of Orthopaedic and Trauma surgery in Nice, France. He holds the position of Vice-Dean of Biomedical Research.



MS ANJU JAGGI
Consultant Physiotherapist, Royal National Orthopaedic Hospital Trust (UK) Deputy Director AHP Research & development .

www.isesociety.com

irishesociety@gmail.com



Irish Shoulder & Elbow Society

Cont'd from p6 Fellowship-John Galbraith

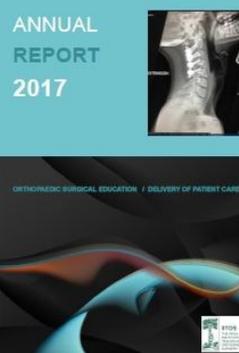
Christchurch itself is a pleasant place to live and people here are very friendly. They love their sport, and this week alone both the New Zealand Cup (horse racing) and a Rugby League World Cup Quarterfinal are happening in the city. The centre of Christchurch was pretty much destroyed in the 2011 earthquake. At this stage, much of the city centre has been rebuilt and modernised but there's still quite a bit of work to be done. There's a lot of Irish guys over here working on the rebuild. Several bars and restaurants have opened recently which has injected some life back into the city centre. There's plenty to do here all year round. During the winter, there are several excellent ski fields within a two hour drive from Christchurch. During the summer, there's beautiful beaches close by for surfing and fantastic cycling to be had in the Port hills on the edge of the city. The South Island has some spectacular scenery and offers excellent multiday hiking. We recently had the pleasure of doing the 4 day Milford Track and we're looking forward our next trip. To finish I'd like to thank Diarmuid Molony, who previously did this fellowship, for putting me in contact with the fellowship director. I'd also like to thank the IOA for the Ethicon Foundation Travel Grant and Tekno Travelling Fellowship Bursary.

IITOS Annual General Meeting

The IITOS Annual General Meeting took place on Friday, 24th November. Click on **Annual Report and Scope of Activities** document to view the Institute's commitment to training and the dedicated involvement of it's many members.

NEW MEMBERS

- Mr Alan Molloy
- Ms Ciara Egan
- Mr David Morrissey
- Mr Jim Kennedy
- Mr Martin Murphy
- Mr Michael Dodds
- Ms Ruth Delaney



Khalid Mohamed, Mater Core Curriculum, Nov.



Info Board



Submitted by **Padhraig O'Loughlin**

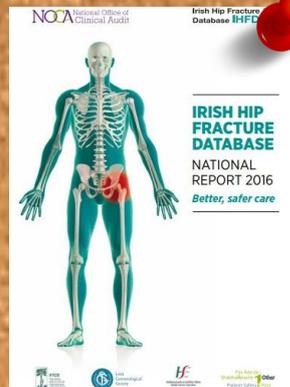
FEATURE

from past years of The

and includes some remarkable Christmas

Speciality interests

Big Thanks



"BMJ Christmas Crackers". Link [here](#) and Click on cracker

RCSI Fellowships and Awards

Irish Hip Fracture Database Report 2016

Suggested Guideline for Thromboprophylaxis post Total Hip Arthroplasty HSE