

**RCSI Charter Day, Friday, 14th February**

The Orthopaedic Parallel Session with Emergency Medicine - 'Transitioning to Major Trauma Care'  
Conveners: Mr Joseph Queally, St James's Hospital and Mr Barry O'Neill, Sligo University Hospital. Read more on page 2.

# IITOS Training Times

March 2020

## Orthopaedic Trainer Engagement



**SURVEY**

**Fellowship Survey** - Please take a few minutes and answer 5 questions regarding fellowships - [link](#)





**2020 IAOS Orthopaedic Symposium** will be held Thursday, August 27<sup>th</sup> and Friday, August 28<sup>th</sup> at the Royal College of Surgeons .

<https://www.iaos.net/annual-meeting/>

Call for Abstracts [here](#)

This important conference will feature presentations and symposia on issues of current interest to practicing orthopaedists, as well as presentations of scientific papers by orthopaedic surgeons, fellows and residents. We expect physicians from Ireland, Europe, and the United States to participate and attend, making this conference the perfect venue to collaborate and exchange ideas.



Hands / Paeds Station, L-R Dr John Gibbons, Mr David Moore, Ms Catherine Bossut.

## Orthopaedic Trainer Engagement Mock Vivas / Trainee Reviews

Over 60 people helped out including 40 consultants, plus post exam trainees, administrators and Edel Meredith, the invigilator. The day ran very smoothly and was a testament to the dedication and engagement of the trainers. A big thanks to Mr Eoin Sheehan, Director of Training, SAC Rep Mr Mark Crowthers, who travelled from the UK even with his leg in a brace from a meniscus tear. Thanks also are due to Ms Helen Harty, ISCP and Ms Samantha Henson for organising and helping to coordinate and ensure the smooth running of the day.

# IRISH INSTITUTE OF TRAUMA & ORTHOPAEDIC SURGERY IITOS TRAINING TIMES

**Editorial Director:** Mr David Moore, **Editor:** Mr Tom McCarthy

**Associate Editor:** Ms Amanda Wilkinson

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## RCSI Charter Day took place on Friday, 14th February.

Conveners of the parallel Orthopaedic / Emergency Medicine session were Mr Joe Queally and Mr Barry O'Neill. Speakers: Mr Keith Synnott, Mr Conor Deasy, Emergency Medicine, Mr David Morrissey, Mr Brendan O'Daly, Mr Fergal Hickey, Emergency Medicine, Mr Lee Van Rensburg, Orthopaedics, Cambridge, Mr Michael Kelly, Orthopaedics, Bristol.



Charter Day - T&O Session with Emergency Medicine, Transitioning to Major Trauma Care. Full programme [here](#)

## USMLE EXAM Gerry Sheridan

Decide Early in your training if you want to pursue a fellowship in the U.S.

If you do decide to go to the U.S., **target your institution of interest early** on (fellowship application deadlines are often 18 months to 2 years in advance of the start date. You also need to allow time to build a rapport with the department before you apply – Another reason to start early!).

**Enquire as to whether the fellowship programme of your choice requires you to have Step 3** completed or if they accept ECFMG certification (Step 2 CS completed but not step 3) – This often varies depending on the state to which you are applying. You should also enquire as to whether the fellowship is accredited or not as you will need to go through the 'SF Match' if it is accredited.

**Ideally aim to sit all exams as close to final Med as possible** (ST 5, 6 and 7 of your training should be reserved to prioritise study for the FRCS – Although it is possible to sit them all closer to the FRCS as I did. I would recommend ideally finishing them earlier however).

The **'First Aid' books (Step 1, Step 2 CK and Step 2 CS)** were all that I used to prepare. They are big books, but simple to read and seemed to cover the syllabus adequately enough to allow you to pass without too much difficulty.

I paid for the **Step 1 MCQ bank 'UWorld USMLE'**. This was a useful tool. Word of warning – do not be disheartened if your practice scores using this bank are below the pass mark, you will score higher in the real exam. For the Step 2 MCQ bank I used 'Pastest USMLE'. This a bit cheaper than the 'UWorld USMLE' bank and perhaps not just as comprehensive. I found it to be enough to pass first time however. These are physically challenging exams (7 hours and 8 hours with only 40 mins break!) so be prepared.

**Step 2 CS is back to basic clinical examinations** (wash your hands, ask for consent, make eye contact etc). I found that this was well covered in the First Aid book. You really should utilise the online resource on the 'USMLE' website where you can find sample video recordings of how ideal candidates would interact with the patient actors. Find a friend or partner who is willing to let you practice history taking and physical examinations. This is my most useful piece of advice for step 2 CS. The thing that will likely catch you out the most is your timing, it goes by very fast and you have a lot of bases to cover. I found the FRCS to be very useful for training me to keep to time for this aspect of the exam.

Practically, **Philadelphia is the closest test centre to Europe**. The flight over is quite short and the city itself is a great place to visit!

Best of luck if you decide to sit them!

## Irish Shoulder and Elbow Society 4th Annual Meeting

The 4th Annual meeting of the Irish Shoulder and Elbow Society meeting took place on Saturday, 11th January in the Royal College of Surgeons. Guest speakers were Mr Gilles Walch and Ms Jo Gibson. Executive Committee: President - Mr Hannan Mullett, Secretary - Mr Kieran O'Shea, Treasurer - Mr Diarmuid Molony. Founding President - Mr James Colville.



Native of Lyon, France and a product of the Lyonnaise Orthopedic school, **Doctor Gilles Walch** is truly a legend in the world of shoulder surgery. At the end of his orthopaedic training, he took the advice of his mentor, Pierre Chambat, and went to the USA, intending at that time to specialise in knee surgery (at this point he had numerous publications on patello-femoral instability and natural history of cruciate ligament rupture). He visited Dr Frank Jobe and Dr Charlie Rockwood in the US and those experiences drew him to shoulder specialisation, which at that time was virtually unheard of in Europe.



Jo Gibson is a Clinical Physiotherapy Specialist who has specialised in rehabilitation of the Shoulder since 1995 and works at the Liverpool Upper Limb Unit and as a Consultant in private practice. She lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex and is a Consultant to several elite sports teams regarding shoulder rehabilitation.



Irish Shoulder and Elbow Society Group



**The World Health Organisation**  
provides a general

introduction to COVID-19 and emerging respiratory viruses and is intended for public health professionals, incident managers and personnel working for the United Nations, international organizations and NGOs.

Short Course [here](#)



## Arthroplasty Fellowship, Musgrave Park Hospital Belfast

### Francis O'Neill

I am currently doing a 12 month Arthroplasty Fellowship in Musgrave Park Hospital Belfast. Supervising Consultants are Prof Beverland, Mr. D.Molloy, Mr. L. Cusick, Mr Mockford and Mr S. O'Hagan. They all work together within the Arthroplasty unit at Musgrave Park Hospital. There are two fellows, one local and one from outside Northern Ireland. The fellows are staggered, starting 6 months apart.

The Consultants were all taught by Prof Beverland so they teach his surgical technique with their own minor modifications. This surgical technique is refined such that, they have removed what they have deemed to be unnecessary steps. The result of this streamlined surgical technique means that total hip replacements can be performed in 30 minutes and tourniquet times in total knee replacements can regularly be as low as 25 minutes. Incisions are kept small with minimal disruption to the soft tissue. Being able to perform surgery quickly with minimal tissue disruption has benefits that they are able to exploit. Two of the consultants run lists where they perform 6 to 7 joints on a list and are still finished by 4.30. They also routinely perform bilateral total hip replacements and bilateral total knee replacements and because of the short operating time for each side, the bilateral procedure is able to be performed under the one spinal without any issues. In my time there so far, I have seen a man come in for bilateral total hips on the morning of surgery and be discharged home that evening.

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L-R, Mr Francis O'Neill, Dr Rebecca Lyons, Prof Beverland and Dr Mark Curtin.

## UPCOMING EVENTS

### MARCH

#### 5th-7th, Thursday-Saturday

Sylvester O'Halloran Symposium  
Limerick, Registration [here](#)

#### 9th, Monday

**Core Curriculum**, St Vincent's University Hospital, Adult and paediatric musculoskeletal oncology, Mr Gary O'Toole, Mr Alan Molloy

#### 27th, Friday

SpR Interviews. RCSI

### APRIL

#### 3rd, Friday

Current Controversies in Management of Infection (Infected Arthroplasties) Convener: Mr James Cashman  
National Orthopaedic Hospital Cappagh

#### 3rd-4th, Friday, Saturday

MAC20, Organiser - Mr Derek Bennet  
Knockranny House, Westport [Link](#)

#### 3rd-4th, Friday, Saturday

Graf Infant Hip Ultrasound Course  
Rotunda Hospital, [link](#)

#### 23rd, Thursday

**Core Curriculum**, RCSI, Medicolegal, disclosure, resilience RCSI, Prof Ruairi MacNiocaill, Mr Eoin Sheehan

#### 23rd, Thursday

The Challenging Uncemented Primary THA  
Hardiman Hotel, Galway  
Email: [mantlej@pei.ie](mailto:mantlej@pei.ie)

### MAY

#### 9th, Saturday

13th IOFAS Scientific Conference  
La Mon Hotel & Country Club, Belfast [Link](#)

#### 18th, Friday

**Core Curriculum**, Waterford, Foot and Ankle. Mr Lester DeSouza, Mr Paul Moroney.

### JUNE

#### 19th-20th Friday, Saturday

Irish Orthopaedic Association Annual Meeting  
Limerick Strand Hotel. To register, email: [irishortho@gmail.com](mailto:irishortho@gmail.com) [www.ioa.ie](http://www.ioa.ie)

#### 22nd, Monday

**Core Curriculum**, RCSI, Applied Surgical Anatomy/ Approaches, Mr Paddy Kenny, Ms Olivia Flannery.

### AUGUST

#### 27th-28th, Thursday, Friday

Irish American Orthopaedic Society  
Royal College of Surgeons [Link](#)

## Exeter Hip Meeting - 50 Year Anniversary

Supported by Tekno Surgical

This meeting took place on the 31st January, in the Royal College of Surgeons

Link to programme [here](#)

**Joint Chairmen:** Mr Paddy Kenny and Mr Fintan Shannan.

**Sessions:** Basic Science, Technique, Revision and Case Presentation.

**Faculty:** Mr Matthew Hubble, Mr Jonathan Howell, Mr Graham Gie, Mr Finbarr Condon, Mr Graham Baily, Prof John O'Byrne, Mr Parnell Keeling, Mr Shane Guerin, Mr Stephen Brennan.

### Save The Date

### Current Controversies in Management of Infection (Arthroplasties)

**Chairman:** Mr James Cashman

**Date:** Friday, April 3rd

**Venue:** National Orthopaedic Hospital Cappagh

**Faculty:** Professor Javad Parvizi, Mr Rhidian Morgan-Jones, Mr Paul McKenna, Mr Eoin Sheehan, Mr Jason Webb, Consultant Orthopaedic Consultant, Bristol, Dr Brid McGrath, Consultant Anaesthetist, Dr Deirdre Brady, Consultant Pathology, Consultant in Infectious Diseases, Dr Eavan Muldoon, Mr John Conneely. Consultant General Surgeon.

#### Topics:

Infected Arthroplasty: The Future is Now,  
Challenges in Infection/infected arthroplasty/  
management of infection  
Diagnosis and management of the infected joint  
Diagnosis/surgical treatment/different implants



A meeting took place in National Orthopaedic Hospital Cappagh - **Enhancing Patient Outcomes Through Practice Innovation** on the 11th February.

**Speakers:** **Ms Angela Lee**, CEO Cappagh, **Mr Paul Reid**, CEO HSE **Professor Stephen Eustace**, Director of Radiology, Expansion of the Radiology service in the hospital and new developments in Radiology, **Mr Alan Molloy**, The hospital's role as the National Patient Referral Centre for Primary Bone and Soft Tissue Tumours **Dr Brid McGrath**, Consultant Anaesthesiologist and **Mr James Cashman**, Consultant Orthopaedic Surgeon, Same Day Discharge Total Hip Replacement Surgery, **Mr Connor Green**, Rapid Access Paediatric Scoliosis Clinic and Limb Lengthening/reconstruction surgery, **Professor John O'Byrne**, Consultant Orthopaedic Surgeon, **Professor Mary Day**, CEO Ireland East Hospital Group **Mr John Wilkinson**, Chairman of the Board.

**If you have a meeting or conference that you would like advertised, please email us [here](#)**

### IRISH NATIONAL ORTHOPAEDIC REGISTER Current Live Sites

South Infirmary Victoria University Hospital  
Midlands Regional Hospital Tullamore  
Croom Hospital  
Kilcreen Orthopaedic Hospital  
Our Lady's Hospital, Navan  
Merlin Park University Hospital  
Cappagh National Orthopaedic Hospital  
University Hospital Kerry

**2020  
Implementation  
Plan [here](#)**





# NEWS Bites

## The First NATIONAL TRAUMA SYSTEMS MEETING “Implications for Surgeons Present and Future”

This took place on **Saturday 8th February 2020** in the RCSI. Session 1: **Setting out the Goals for the National Trauma Service** - International Perspectives and Lessons Learned, Bumps along the road in Trauma Network Implementation, The Resuscitative Trauma Surgeon - What they do and how they learn to do it, Session 2 **Steps Towards Re-organisation** - The Trauma Team in an MTC, The Trauma Team in a TU, The Network and how it Works Together – Triage, Transport and Repatriation, Implications for Training.



The Irish Knee Society will hold it's inaugural meeting at the IOA 2020 and welcomes all consultant orthopaedic surgeons with an interest in knee surgery including paediatric conditions, soft tissue and arthroplasty. We would ask that if you haven't already

completed the survey circulated by Amanda Wilkinson to please do so. It was sent to IITOS members in January. We look forward to seeing you in Limerick in June.

Best wishes,

Ray Moran, President  
Fintan Shannon, Treasurer  
Fiachra Rowan, Secretary  
Mihai Vioreanu, ESSKA Representative

Cont'd from p 4

That is the other thing that they have perfected, same day surgery or significantly reduced inpatient stay. Patients done early on a list, that are up to it, go home the same day. Otherwise, the vast majority of patients go home on day one post op with only a few remaining to day 3. The surgical technique, preoperative and postoperative care are all structured to facilitate early discharge and I would hope to be able to bring some of these methods back with me. It is all the small things that they do that make the difference. There is also access to revision surgery with revision THRs and revision TKRs regularly being performed within the unit. Unicompartmental Knee replacements are also performed within the unit and it is possible to learn to do these. These are done as another 20 minute operation. Mr Molloy does Hip Arthroscopy and Mr Cusick does some of his tumour work in Musgrave park and I've had the chance to scrub in for a few total femoral replacements.

Musgrave Park hospital is an elective hospital so there are no on call commitments but roughly once a month, you need to spend a weekend in Belfast to cover the wards and the outcomes unit in case there are any surgical issues with post operative patients. It is a nice place to work, everyone is very nice and helpful and once they have indoctrinated you in their techniques, you get to operate.

In summary, if you are interested in learning surgical techniques for THR and TKR to help minimise operating times and length of stay, be involved in complex primaries, revision surgery, unicompartmental Knee replacements and Hip Arthroscopy, this fellowship is worth a look. I would hope to take a lot from what I learnt in this fellowship with me going forward.

Francis O'Neill



Core Surgical Training day for Orthopaedics, November 2019, RCSI with Mr Eoin Sheehan.

## PLAY YOUR PART

### UN Sustainable Development Goals



Which Ones do You think apply most to Orthopaedics? We want to hear from you.



Read all about them [here](#)



## Hobby: Whitewater Kayaking Nuala McAuley

Whitewater kayaking is my preferred hobby. It always seems like a great sport for Ireland as it's one of the few where it is better when it's raining heavily as there's water in the rivers. We have a great variety of rivers in Ireland with excellent runs – from easy flat water with a few more enjoyable weirs on the lower Liffey to the steeper exciting rivers in the Wicklow mountains which become fast moving, technical whitewater with plenty of boulders, waves, and rocks to make things interesting when there's been rain. The number of weekends where there is water to run the best stretches (and I'm not working) is less than you might think for a country famous for its rain, but when it works it's perfect.

There is no one key reason I like this above all other sports, but a lot of little ones. Some element of it is the challenge – taking a difficult, potentially dangerous piece of fast moving water, reading how the water behaves, planning how you would navigate it and then executing that plan is satisfying; and when it goes well the sense of speed and power you get is truly exhilarating. That is only small part though – kayaking gives you stunning views of Ireland and the world, both the nature and the cities. I have had kingfishers and other hard to spot birds close enough I could have touched them, and been on rivers where there is not a man made structure in view. Probably the most remote I have got to was in the US when I went with a group of

friends on a trip down the Grand Canyon. It was an amazing experience. The canyon is impressive enough to look down into but to be on the river at the floor, looking up at the rock colours, and carvings and pre-historic paintings (while also having to navigate powerful rapids) was truly special. We were thirteen days on the water, camping at night, with no road access or phone signal, covering two hundred and eighty miles in total.



No sport is for everyone and many people may never even try kayaking. It's gear heavy, weather dependant, and has the potential to go seriously wrong if you over-estimate your abilities and take on something you shouldn't. But for me it's definitely my favourite way to spend my weekends or holidays.

# Extreme Sport!



Dr Nuala McCauley on the River Avonmore in Laragh. (Photo credit Jeremiah Dunne)



## Quick Links

[RCSI Fellowship Opportunities](#)

[RCSI Trainer Resources](#)

[RCSI Professional Competence Scheme](#)

[CPD Recognition and Approval of Events](#)

[USMLE](#)

[JCST Trauma and Orthopaedic Surgery](#)

[JCST Certification Guidelines](#)

[Equality and Diversity](#)

[Out of Programme Training](#)

[Maternity / Paternity Leave](#)

[Irish Orthopaedic Trainees Association](#)

[Bone and Joint](#)

[My Fellowship](#)

[Training Pathway](#)



### Are you planning a fellowship?

Check out the special back issue newsletter focusing on stories from training abroad - [here](#)

## THE CHALLENGING UNCEMENTED PRIMARY THA

Thursday, April 23<sup>rd</sup>, 2020  
From 17:30pm



## SAVE THE DATE



Further information, Julie Mantle, email: [mantlej@pei.ie](mailto:mantlej@pei.ie)  
tel 01 419 6926

Venue: **The Hardiman Hotel**, Eyre Square, Galway, Co. Galway



IRISH ORTHOPAEDIC  
FOOT & ANKLE SOCIETY

### 13th IOFAS Annual Scientific Conference

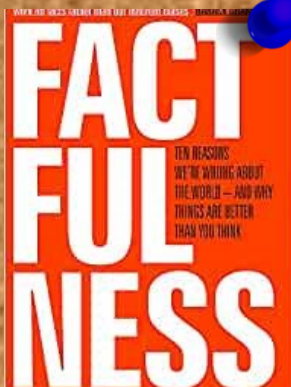
Saturday 9 May 2020,  
La Mon Hotel & Country Club, Belfast.  
Guest Speaker is Dr Martinus Richter, Germany.  
Scientific Programme [here](#)

<http://www.iofas.org/event/13th-iofas-annual-scientific-conference/>

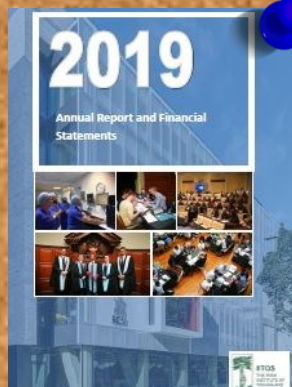


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SURGERY

# Info Board



 **Editor's Choice**  
Author - Hans Rosling



[IITOS Annual Report 2019](#)



[Irish Hip Fracture Database National Report 2018](#)



[Trainee Resources](#)