

5 YEAR ANNIVERSARY ISSUE

SAFE CLINIC NUMBERS

A systemic problem

Work-life balance

Taking time out amidst
demands of modern life



IRISH INSTITUTE OF TRAUMA & ORTHOPAEDIC SURGERY

INBOX NEWS

EDITORIAL TEAM

Editor Tom McCarthy

Content Editor David Moore

Designer Amanda Wilkinson

INSIDE THIS ISSUE

Page 3

News Bites
Safe Clinic Numbers
SAC Quinquennial Visit
Work-life balance

Page 4

Irish National Orthopaedic Register Update
CST T&O Training Day
Irish Shoulder and Elbow Society Inaugural Meeting
Irish Hand Surgery Society / Belgian Hand Group Conference
Core curriculum timetable

Page 5

Upcoming Events
New Kids On The Block

Page 6

**** Win a Dinner for 2 **** at the
Cliff Townhouse, D2
IOFAS Meeting
Conference in Kochi, India



L-R Prof Kevin Mulhall, Mr James Cashman, Dr Bryan D. Springer, Dr Daniel Kendoff, Mr Jonathan Miles, Mr Brendan Murray. Challenges in Revision Knee Arthroplasty, Cappagh Hospital, 28th April. Sponsored by Tekno Surgical.

Front cover - main photo Joe Queally in Mulranny **Bottom left** - Mr Conor Hurson, Mr Seamus Morris, Mock Vivas, **Middle** - Enda Kelly receiving his "Dr. Michael Floyd Memorial Medal for Best Orthopaedic Trainee 2016" from Dr. Marie Therese Floyd, widow of Dr. M. Floyd. **Right** - Irish Hand Surgery Society / Belgian Hand Group Conference - Mr Michael O'Sullivan, Dr Luc Van Overstraeten, with winner for Best Presentation - Dr John Galbraith, Ms Catherine Bossut.

The concept of **InBox News** was developed in July 2012 by Amanda Wilkinson starting off as a two page leaflet including a notice about the 'Management of Complications in Childrens' Orthopaedics' in Cappagh hospital. Then with the support of editors Tom McCarthy and David Moore it grew in popularity and interest. The first unit write up was about St James's hospital thanks to Mr Niall Hogan. Following on from that issue, we included a fellowship write up by Ms Olivia Flannery. Other write ups included: 'Why I Chose Orthopaedics?' and Interview with Mr Hugh Smyth (Dec 2012), 'A Day in Theatre' creative writing challenge and Interview with Mr Bill Quinlan (Feb 2013), 'Minimally Invasive Surgery' piece, Mr Dave Cogley and Interview with Mr Tom Burke (June 2013), A Visit To Shock Trauma, Baltimore, Md (Sept 2013), Tips for Mock Vivas by Ms Ciara Egan and Interview with Mr Ossie Fogarty (Dec 2013), Interview with Prof John McElwain (June 2014), Interview with Mr Frank Dowling (Dec 2014), Interview with Mr Gerry McCoy (Feb 2015), A Visit to the Spinal Injuries Unit with Mr Keith Synnott and Ortho Cool Tools Suite, Mr Padhraig O'Loughlin, Ms Amanda Wilkinson (Dec 2015), Top Gun Surgical Simulation Competition, Mr David Moore, Interview with Prof John O'Byrne (June 2015), Trauma Fellowship by Mr Joe Queally (Feb 2016), 'Anatomy of Our Training' by Mr Eoin Sheehan (June 2016), 'First Year as a Consultant by Mr Paul McKenna (Sept 2016).

This publication has been growing in popularity and readership and we would like to thank all consultants and trainees for their input and support. Keep those photos coming in!

Tom, David, Amanda

For copies of any back issues, email amandawilkinson@rcsi.ie



Year anniversary issues. Click on each one to read full issue.

NEWS

Bites

We wish to acknowledge the following trainees who will receive their Certificates of Completion of Surgical Training in June:

Ms Grainne Colgan, Mr Emmet Cullen, Mr John Kelly, Mr Padhraig O'Loughlin, Mr Neil Burke, Mr Paddy Groarke and Mr John Galbraith.

A First!

Site approval has been received from the Nursing and Midwifery Board of Ireland (NMBI), for University Hospital Limerick for the first Registered Advanced Nurse Practitioner in Trauma and Orthopaedics. Audrey Butler has received excellent support from her trauma and orthopaedic consultant colleagues. This is a very significant milestone for the Trauma and Orthopaedic Service. Hopefully we will see many more ANP's in Trauma and Orthopaedics. Well done Audrey!

10-12th May saw the Quinquennial visit of the SAC (Specialty Advisory Committee) to Ireland. A team of eight, all members of the SAC representing the four surgical colleges of UK & Ireland, were invited by the RCSI to inspect and provide a quality assurance report on higher surgical training in Ireland. The team was led by the current and immediate past SAC Chairs, Mark Bowditch and David Large respectively. They were joined by Vice Chair Karen Daly, QA lead Rob Gregory, Ian Mawhinney, Gautam Chakrabarty, Andy Wainwright and Phil Walmsley.

Split into four pairs, we started blessed in spring sunshine in different quarters of the country and gradually worked back towards Dublin, visiting two hospitals on each of the three days. The local hospitality was as warm as the sunshine in every town and hospital we visited. Whilst the full reports are being compiled, what is very clear is that the Irish programme provides a huge volume of experiential training from very committed and dedicated trainers working in an incredibly resource restricted environment. The visiting team was very grateful for the extremely warm welcome from all but our special thanks go to, Amanda Wilkinson and Barbara White at the RCSI, Finbarr Condon, Eoin Sheehan, Pat Kiely, John O'Byrne, not least for the dinner at the RCSI and the Guinness after at the Swan!

Mark Bowditch, SAC Chair

SAFE CLINIC NUMBERS

David Moore

Historically, our Fracture and Orthopaedic Clinics numbers have been inappropriately high because of manpower deficits and practices that developed in a different era; one with less patient expectation, less clinical governance and fewer medico legal concerns. Compared to our colleagues in the UK, we run shamefully large clinics. When things go wrong here, lawyers regularly use experts from the UK to comment on our practices

Surgical error, such as operating on the wrong patient, wrong site, or performing the wrong procedure are all avoidable in an ideal hospital world. It has been shown that 40% of surgical errors are generated in the outpatient setting.

Consider what a proper consultation might involve: hand washing, introduction, review of notes / referral letter, assessment of symptoms and signs, ordering of x-rays, review of x-rays / scans, explanation of the problem, information on treatment options such as potential outcomes, side effects and complications, answering questions, informed consent, arranging further review or admission, documentation of all of the above and finally, communication with the GP or other colleagues. All in 5 - 10 minutes given the practice in many of our clinics.

Are you happy that you participate in a safe service? Do you feel that your clinics are run in a considerate manner? Are patients waiting for inappropriate periods to be seen once they arrive at your clinic? Are they given enough time once seen? Are they seen by a doctor with the appropriate skills to manage their problem correctly?

Recognising the large burden of outpatients waiting to be seen, orthopaedic surgeons have developed the habit of running running inappropriately large, unsafe clinics. Pressure from the HSE on hospital management to solve the problem of long waiting lists encourages us to see too many patients. This causes unnecessary stress for all involved. Our pleas for more manpower resources are undermined by this habit - the more we do to solve the problem of long waiting lists, the less the issue is seen as a problem and therefore

there is less likelihood of the service being provided with increased manpower. The cycle then continues. The IITOS has based its recommendations ([link](#)) for Safe Clinic numbers on the BOA guidelines. When consultants were last surveyed on this topic, 93% felt that their clinics did not meet these standards.

WORK-LIFE BALANCE

Taking time out is now more essential than ever as the demands of modern life encroach upon our ability to maintain a healthy work-life balance. I try to spend time outdoors and like to go either kitesurfing or mountaineering. Both are great ways to chill out, exercise, challenge yourself and can be done in solitude or as part of a group. Kitesurfing is a challenging sport that with experience can be done in contrasting locations from Achill island to the Brazilian coast. Front page - An evening's kite surfing in Mulranny. Mountains are also a great option and exploring them can involve simple hiking to more technical climbing. Every year I try to get to the Alps and spend time hiking/climbing/ski mountaineering depending on conditions. For those interested in more technical climbing there's some great basic alpinism courses in Chamonix that allows one to learn basic alpinism and try out high altitude climbing from the comforts of a French mountain village.

Joe Queally



The Breithorn in Zermatt, Switzerland



Ms Dorothy Niall using INOR in MRHT

Irish National Orthopaedic Register (INOR)

In March 2017, INOR went live in a second site collecting arthroplasty data in pre op, theatre and post op assessment clinics in MRH, Tullamore. We would like to thank the local clinical team, nursing staff and business managers in MRHT who engaged and worked with the National Implementation Team (NIT) to successfully roll out the INOR project. SIVUH is now at a stage where it is collecting data at the two years post operatively time point for some patients. Over the past few months, the NIT are currently engaged with the National Orthopaedic Hospital, Cappagh and also Croom Orthopaedic Hospital to ensure a successful implementation at these sites. The NIT will be meeting with Clinical Leads and Hospital CEOs of Merlin Park Hospital, Galway and Kilcreene Orthopaedic Hospital in the coming months. The INOR will host a stand at the Irish Orthopaedic Association (IOA) meeting in June and we would welcome you to drop by and get some information and an update on the project. Suzanne Rowley, INOR Audit Coordinator inor@noca.ie Photo on p 3

New Skills Classes in Trauma and Orthopaedic Surgery for CST 2 trainees

As part of the curriculum changes occurring in the structured education programme for Core Surgical Trainees, Mr. Brendan O'Daly has been working with Ms Dara O'Keeffe MRCS to design and deliver new skills classes in Trauma and Orthopaedics for CST 2 trainees. CST 2 trainees now attend the college for six days of structured skills teaching rather than the previous nine days. The content of the technical and clinical skills days is exclusively trauma and surgical emergencies which apply across all specialties. Human factors or non-technical skills teaching now consists of two half days sessions using mannequin-based acute



surgical crisis team management scenarios, and one day of resilience training. One additional full day of training for ST2 is Trauma & Orthopaedic specific and Mr. Brendan O'Daly has designed and delivered a curriculum covering case-based discussions and practical techniques in cemented total hip arthroplasty. This was facilitated by Tekno

Surgical. Mr. Alan Walsh, Mr. Pat Kiely, and Mr. Anant Mahapatra all assisted in the delivery of this Training Day on two occasions. The mannequin-based simulation immerses groups of trainees in scenarios involving multi-trauma patients and covers Crisis Resource Management principles such as teamwork, leadership, role allocation and communication. As the National Surgical Training Centre will move into the new state of the art simulation centre on York Street in September 2017, plans are to introduce more advanced simulation to the training program at all levels of training and across specialties.

Photo-Mr Brendan O'Daly and Ms Dara O'Keeffe Senior Lecturer and Simulation Lead for Postgraduate Surgery, RCSI prepare the 'Sim Man' for a trauma scenario.



Irish Hand Surgery Society / Belgian Hand Group Conference, 10th, 11th March, Royal College of Surgeons. Organisers: Ms Catherine Bossut, Dr Patricia Eadie, Ms Michelle O'Donnell.



Irish Shoulder and Elbow Society Conference. Organisers: Mr Kieran O'Shea, Mr James Colville - President, Mr Diarmuid Molony. 11th March, Royal College of Surgeons. www.isesociety.com

CORE CURRICULUM TIMETABLE		
June 26th Mon	September 18th Mon	October 17th Tues
Theatre Craft RCSI Ms Eimear Conroy Mr Ruairi MacNioacail	Soft Tissue Knee Cork Prof James Harty Mr Fintan Shannon	Polytrauma-Long bones Waterford Ms May Cleary Mr Paul McKenna
November 15th Wed	December 14th Thur	January 2018 15th Mon
Acute Spinal Injury Mater Mr Marcus Timlin Mr Seamus Morris	Pelvic and acetabular injury Tallaght Trauma Mr Mike Leonard Mr Brendan O'Daly	MPS Semiar RCSI Mr Ruairi MacNioacail Mr John Quinlan

UPCOMING EVENTS

2017

JUNE

16th-17th

IOA Conference

Lyrath Hotel, Kilkenny
Contact Ms Emer Agnew
irishortho@gmail.com [Link](#)

17th June, Saturday

Irish Paediatric Orthopaedic Society (IPOS) AGM, Lyrath Hotel

16th, Friday

RITA G Sign Off
Lyrath Hotel, Kilkenny

16th, Friday

Basic Science Lecture with Mr Keith Synnott at the IOA, 2-6 pm

24th, Saturday

ST8 Seminar Day, RCSI

26th, Monday

Theatre Craft Core Curriculum
RCSI, Ms Eimear Conroy, Mr Ruairi MacNiocaill

30th, Friday

ST3 Induction Session, RCSI
ST2 Information Session

JULY

1st, Saturday

Trainers, Council Meeting

SEPTEMBER

1st, 2nd

Sir Peter Freyer Memorial Lecture and Surgical Symposium

16th Saturday

FRCS Basic Science Course
Navan, Mr Mahapatra

18th, Monday

Core Curriculum. Soft Tissue Knee
Cork Prof James Harty, Mr Fintan Shannon

OCTOBER

11-13th, Wed-Friday

Eurospine, DCC [Link](#)

14th, Saturday

XXVII Waterford Surgical Meeting

17th, Tuesday

Core Curriculum Polytrauma, long bone fractures, Waterford
Ms May Cleary, Mr Paul McKenna

NOVEMBER

10th November, Friday

40th Millin Lecture, RCSI

15th, Wednesday

Core Curriculum, Acute Spinal surgery
Mater Mr Marcus Timlin, Ms Seamus Morris

24th, Friday

IITOS AGM, RCSI
National Orthopaedic Literary Award (NOLA) Presentation

New Kids on the Block - ST3's starting in July



Clíodhna NiFhoglu - Liking orthopaedics came as something of a surprise to me, but since 'discovering' it I haven't looked back, and am really looking forward to this training scheme. Outside of work, I enjoy strumming a guitar and occasionally singing. Once or twice a year I go for a run.



Fiachra Power - As a graduate entrant to medicine with a background in musculo skeletal therapy, orthopaedics was always going to be my natural home. The varied exposure to anatomy, physiology and biomechanics blended with trauma management, operative techniques and unique patient experiences in the excellent units I look forward to continuing this growth and development in each of the units. Outside of orthopaedics my main interests are hurling, golf and reading.



Robert Kenyon - I studied medicine as an undergraduate in Trinity College, graduating in 2011. As a student in school, mathematics and engineering based subjects were where my strengths lay. In my opinion no other specialty offers a surgeon such immediate and tangible feedback on their performance, a quality that promotes innovative thinking, but ensures one remains humble. Outside of surgery my interests include rugby, golf, hill walking.



Evelyn Murphy - My current hobbies include hiking and windsurfing. I love water based sports, being from the west of Ireland. I also have a keen interest in GAA, both supporting and participating.



Mark Curtin - Orthopaedics is a dynamic specialty consistently delivering good outcomes to patients and I am looking forward to starting the scheme in July. I enjoy travelling and sports; in particular following the annual rise and fall of the Galway footballers and hurlers.



Nuala McCauley - When not in the hospital, I head for the hills, either hiking or whitewater kayaking. Looking forward to meeting you all and training in this excellent specialty.



Matthew Lee - I am from Belfast and attended college in Dublin. I moved Down-Under for two years where I had early exposure to trauma care and management. This initiated my interest in Orthopaedics that was cemented during my BST. I took a year out to ski and sail, with other active hobbies including playing golf and rugby. I am looking forward to the next several years training with the SpR scheme.



Patrick Carroll - I'm delighted to be appointed to the Specialty Programme in Trauma & Orthopaedics. My research interests to date include systematic reviews and meta-analyses, the reconfiguration of trauma networks, virtual fracture clinics and medical device development. I completed a degree in Business and Law before pursuing a career in medicine. Outside of work, I enjoy rugby, cycling, skiing and diving.



Joss Moore - From Mountbellew in County Galway originally. NUI Galway graduate. I did my BST in Limerick and Cork. I enjoy all sports but my main interest is Gaelic football.



Mark Berney
After first training as a mechanical engineer I went back to med school to become an orthopaedic surgeon so it's a huge honour for me to start the SpR scheme in July. When I'm not in the hospital I like to make the most of my time by keeping fit, listening to live music, and travelling with my friends.



Ciaran McDonald - Interests include all sports! Playing football with Tipperary and I am a big Munster fan. Love the craic.



Irish Shoulder & Elbow Society

2nd Annual Irish Shoulder and Elbow Society Conference

Saturday 13th January 2018
Royal College of Surgeons
To book your place email
irishsesociety@gmail.com



Operation Walk Ireland was established by Mr Derek Bennett. This May, a 55 strong team of medical personnel travelled to Hanoi, Vietnam, to perform 64 joint replacements in 45 patients over 4 days and engaged in a surgical educational program with the Vietnamese Orthopaedic surgeons.
[Link](#)



Indian Orthopaedic Association Meeting, Kochi, India 15th-18th December 2016. L-R Mr Neil Burke, Ms Noelle McCoy, Mr Gerry McCoy, Mr Anant Mahapatra, Mr Sven O h'Eireamhoin, Mr Brendan Murray. Programme [here](#)



Irish Orthopaedic Association

IOA ANNUAL CONFERENCE

16th / 17th June 2017
Lyrath Hotel, Kilkenny
For more details, [click here](#)



Irish Paediatric Orthopaedic Society



IPOS Annual Meeting,
Saturday, 17th June, morning



Mr Ian Kelly with Prof Stefan Rammelt from Dresden, Germany - who gave five excellent lectures at the Irish Foot and Ankle Society mtg in May with over 60 delegates. Evelyn Murphy won the Best Paper award - "A

prospective evaluation of bone marrow aspirate concentrate & microfracture in the management of osteochondral lesions of the talus". **IOFAS 2018** - Friday/Saturday Saturday 11th/12th of May - venue tbc

Cappagh Non Operative Fracture Management & Casting Techniques,



Cappagh Hospital for NCHD's organised and facilitated by SpRs Paula McQuail and Michael O'Sullivan with lectures by Mr Connor Green and Mr Gavin McHugh.



22, ST STEPHENS GREEN

WIN

DINNER FOR TWO

OUR RESTAURANT-WITH-ROOMS IN DUBLIN SERVES THE CAPITAL'S FINEST MODERN IRISH CUISINE

To enter, please sign up to our mailing list by emailing SALES@CLIFFTOWNHOUSE.IE and referencing 'Ortho Competition' in the subject line. Winner will be announced 30.06.2017

www.clifftownhouse.ie



MOORE STEPHENS

CONSULTANT

[noun: person who provides expert advice in a professional manner]

Moore Stephens: consultants by definition

www.moorestephens.ie

trevor.leacy@moorestephens.ie

T +353 21 427 5176