

# CHRISTMAS

*Greetings to all*



5th National Hip Fracture Conference. Prof John Hyland, President RCSI and Mr Conor Hurson



Inaugural National Orthopaedic Literary Award (NOLA) for Medical Students. L-R Mr Paddy Kenny, Winner - Stephen Flannery, TCD, Prof John O'Byrne.



Retirement evening for Professor Tim O'Brien, founder of the GAIT lab. Write up and photo of Prof O'Brien, his wife, Dr Mary Jennings and staff at the GAIT lab, p 2

## 5th National Hip Fracture Conference



**New IITOS President**  
**PROF JOHN O'BYRNE**  
**Cappagh Hospital**





# HAPPY HOLIDAYS

## To All Consultants & Trainees from Tom, David, Amanda



**IITOS**  
THE IRISH  
INSTITUTE OF  
TRAUMA AND  
ORTHOPAEDIC  
SURGERY

**Editor**  
Tom McCarthy  
**Content Editor**  
David Moore  
**Designer**  
Amanda Wilkinson



Ms Audrey Butler



Mr Roddy Doyle



RCSI Surgical Simulation

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Irish Hand Surgery Society /  
Belgian Hand Group Conference.

### NEW PRESIDENT OF THE IITOS PROFESSOR JOHN O'BYRNE

Professor O'Byrne was elected as



President of the IITOS at the AGM on Friday, 25th of November. He has taken over from Mr Paddy Kenny, who completed his very busy three year term of office.

Professor O'Byrne has a large clinical practice, specialising in hip and knee surgery. His main practice interests are predominantly hip and knee arthroplasty, but also arthroscopy and sports injuries. His practice is based at Cappagh National Orthopaedic Hospital, Mater Private Hospital and Sports Surgery Clinic, Santry.

Professor O'Byrne is the founder and director of Taught MCh Programme, RCSI, which was established in 2009. It was an innovative programme with taught modules and an original research component. There were 55 students enrolled in the MCh programme for 2014-15. To date, 137 students have graduated. Professor O'Byrne is also Orthopaedic Surgeon to the Irish national soccer team and deals with extensive referral for sports injuries.



RCSI MyHealth Lecture Series held at RCSI on 27th April 2016. This was a three-part public talk, entitled, "Active Lifestyles – Helpful or Harmful?"

### PROFESSOR TIM O'BRIEN

A Retirement Evening for Professor Tim O'Brien, founder of the Gait Laboratory at the Central Remedial Clinic (CRC) in Dublin was held on Thursday, 24th of November. The Gait lab is one of the specialist medical services provided at the CRC and was established in 1989. The CRC has been providing medical, therapeutic, technical and educational services for children and adults with disabilities since April 1951, when Lady Valerie Goulding and Kathleen O'Rourke set up the clinic. They were responding to the needs of children and adults who were left with disabilities after an outbreak of poliomyelitis in Ireland in the 1940s and 1950s.

Mr. Michael Walsh, manager of the gait lab, chaired the evening. His welcome address was followed by the CEO's message delivered by Ms Stephanie Manahan. Also speaking at the event were Dr Owen Hensey, Medical Director of the CRC and Mr Martin Gough, orthopaedic surgeon from Guy's and St. Thomas's hospital in London as well as Prof Tim O'Brien himself. Messages were broadcast from orthopaedic and medical colleagues around the world as well as a former service user of the CRC Gait lab.

CRC staff and colleagues at home and abroad will miss Professor O'Brien and wish him well in his retirement.

Link to the GAIT Lab [here](#)



Left to right - Dr. Ailish Malone (senior physiotherapist), Mike Walsh (Manager of Gait lab), Dr. Diarmaid Fitzgerald (senior physiotherapist), Damien Kiernan (clinical engineer), Niamh Kavanagh (administrator), Rory O'Sullivan (clinical specialist physiotherapist), Colm Daly (senior physiotherapist). Centre - Prof Tim O'Brien (Orthopaedic Director of Gait lab) and his wife Dr Mary Jennings.



**ATLANTIC ORTHOPAEDIC MEETING**  
Convenor  
**MR FINBARR CONDON**

The Atlantic Orthopaedic Meeting took place on Saturday, 12th November in the Strand Hotel, Limerick. There were over 75 attendees, 25 consultants, 50 presentations and 16 posters.

**Best Overall Paper Atlantic Orthopaedic Club meeting 2016**

Irish Surgical Trainee Publication: what's the trend?

**Ciaran Mc Donald**, Tullamore

**Best Paper Arthroplasty Section:**

Consent documentation in elective orthopaedic surgery in Ireland/recall of the risk of THR after informed consent

**Eoghan Pomeroy and Rob Kenyon**  
Cappagh Hospital

**Best Paper Trauma Section**

Management of hip fractures in a regional trauma centre – is there a role for repatriation of post-operative patients to their local hospital?

**Paula Mc Quail**, Waterford

**Best Paper in Spine section**

A prospective clinical series evaluating radiofrequency ablation for the treatment of spinal metastases

**Laura Fahy**, Galway

**Best Poster Presentation**

Orthogeriatric service reduces need for medical review of patients with hip fractures

**Patrick Tobin**, Limerick

## PEOPLE



**MR EOIN SHEEHAN**

Assistant Director of Training in the ST1/ST2 years of core surgical training. He is also the Regional Lead for the Dublin Midlands Group for the T&O Clinical Programme.



**MR BRENDAN O'DALY**

Postgraduate Surgical Education and Training, Department of Surgical Affairs, RCSI. Brendan is very involved with the Operative Surgical

Skills courses in RCSI. He will also be organising the Orthopaedic section of Charter day next year.



**MR JOHN QUINLAN**

finishes his term as Core Curriculum Director at the end of this month. We would like to thank Mr Quinlan for all the hard work he has put in to developing this very

successful programme, whose initial concept was designed by Mr Keith Synnott. Mr Ruairi MacNiocaill, Waterford, will take over from Mr Quinlan as Core Curriculum Director in January with the first training day of the year taking place in RCSI, 'Tips for Trainees'.



**MR SEAMUS MORRIS**

Hon Clinical Secretary, Mr Morris, together with Ms Amanda Wilkinson, have worked over the past year in developing the

IITOS website. This new site includes an Orthopaedic Societies' page and a detailed patient information section [here](#), currently being updated. Thanks to all SpRs submitting details (checked by consultants) for this section. Also, new features include more detailed information for both Consultants and Trainees. Information included in the trainee section is for ST3-8s, ST1/2s and medical students. The, 'Find a Consultant section' is constantly updated by Amanda, [email](#)

### RECENT MEETINGS

The Irish Spine Society meeting was held on Friday, 4th November in NUI, GALWAY, Mr John McCabe-President, Mr Marcus Timlin. Secretary [Link](#)

**Irish Paediatric Orthopaedic Society (IPOS) Meeting** was held on the 10th and 11th of November in the Spencer Hotel, Dublin 1. The theme of the meeting, organised by Ms Paula Kelly, was 'Obesity in Paediatric Orthopaedics'. Guest speakers included: Prof Donal O'Shea and Prof Alain Dimeglio. There was also an instructional course for physiotherapists with an interest in paediatric orthopaedics.

### Basic Science Class

Held on Saturday, 24th of September in Navan run by Mr Alan Walsh and Mr Anant Mahapatra, It was a half-day program which focused on common FRCS(Tr&Orth) exam topics.

The course was attended by approximately 30 NCHDs from throughout the country.



**MR CONOR HURSON**

Orthopaedic Clinical Lead of the IHFD has been instrumental in its development along with Dr Emer Ahern and Ms Louise Brent.. The 5th National Hip Fracture conference

took place on Wednesday, 2nd of November in the Exam Hall, Royal College of Surgeons. The organisers, would like to thank all speakers, attendees and sponsors for their continued support. Winner of the best abstract was Ms Julie Craig of the Royal Victoria Hospital, Belfast with her paper, "THR versus hemiarthroplasty for displaced intracapsular fractures: predicting out-comes & selecting patients". The winner of the best poster was Peter Spence, Senior Orthopaedic Physiotherapist, Mater Misericordiae University Hospital.

**"Last year, in Ireland, 3,591 patients aged 60 years or over were hospitalised following a hip fracture".**

The Irish Hip Fracture Database IHFD, captures clinical audit data for 81% of all hip fracture cases nationally. With an ageing population, the IHFD is the catalyst towards addressing what is a significantly growing healthcare and societal challenge. For more details, go to the NOCA website [here](#)



[Click to view programme](#)

Winner of the the best poster, Peter Spence, Senior Orthopaedic Physiotherapist, Mater Misericordiae University Hospital pictured with Ms Louise Brent, National IHFD Audit Coordinator and Mr Conor Hurson.



## NEWSBITES

### Acknowledgement

We would like to thank Mr Finbarr Condon, Director of Training, for his dedication of purpose to the Specialty Training programme, especially with the introduction of ISCP. Finbarr was endorsed for another term of office at the recent AGM.

### New Core Curriculum Timetable 2016 / 2017 [here](#)

### New IITOS Website!

Have you seen our new look website? Click [here](#)

### Irish Hip Fracture Database National Report 2015 View [here](#)

### RCSI Fellowship & Awards 2017 Click [here](#)

### Photographs

We would like to thank the following people for submitting photos: Emmet Cullen, Frank Lyons, Kara Ledding, Maura Shanahan, Muji Nassiri and Peter Staunton who submitted the front and back cover photos for the IITOS annual report viewable [here](#)

## CANDIDATE ADVANCED NURSE PRACTITIONER ORTHOPAEDICS



My Nursing career began in 1998. I had a fantastic three years

training in Wexham Park Hospital Trust with Thames Valley University along with many other Irish nurses at that time. It was in my final year that I found my passion for Trauma Orthopaedic Nursing. I remained in the UK for a further year after qualifying and in 2002 I returned to Limerick Regional Hospital, now known as University Hospital Limerick (UHL) a model four hospital within University Hospital Group. The Trauma Ward was opened late in 2002. This new initiative enhanced services for trauma orthopaedic patients who were previously nursed on general surgical wards or transferred to Croom Orthopaedic Hospital for management. All staff were engaged, on the setting up of the new trauma ward, which enabled patients with orthopaedic trauma injuries be cared for in a specialist setting, by a nursing team with specific orthopaedic knowledge and skills.

I enhanced my academic and professional development through further education over the following five years. I attained a Bachelor of Science, Nursing Degree, with The University of Limerick, a Higher Diploma in Orthopaedic Nursing with the National University of Ireland Galway (NUIG) and a Certificate in Health Service Management for Staff Nurses in Dublin Institute of Technology (DIT). My continued professional development was also enhanced through attendance at many orthopaedic nursing courses and conferences. In 2007, when a Clinical Nurse Specialist (CNSp.) was advertised in Orthopaedic Nursing I was in an ideal position to apply and was overwhelmed when I was informed that I had been successful. I held the position of Orthopaedic CNSp. for nine years, where I gained a wealth of knowledge and experience in many different aspects of orthopaedics, including advanced clinical skills, undertaking clinical audit and research and led on many service improvement projects. I was afforded the opportunity to present at many orthopaedic nursing and medical

conferences nationally during this time I successfully completed the Certificate in Nurse Prescribing of Medical Ionising Radiation (X-Ray) course in 2010 followed by a Masters of Health Sciences (Advanced Practice) and a Certificate in Nurse/Midwife Medication Prescribing in NUIG which I concluded in 2014. I believe my time within my CNSp. role gave me the foundation that I need to prepare for my future role as an Orthopaedic Registered Advanced Nurse Practitioner (RANP). RANP's / RAMP's (Registered Advanced Midwife Practitioners) are not a new phenomenon. Currently in Ireland there are over two hundred RANP's / RAMP's, although none are in the area of orthopaedic nursing. The Report on the Commission on nursing (Government of Ireland, 1998) was the catalyst for the introduction of this a new clinical career pathway for nurses. This took place during a time of unprecedented health service reform in nursing which included major changes in nurse education and training and the development of the undergraduate nursing degree programme. Post graduate nurse educational programmes were developed and enhanced across many areas of specialist practice, including orthopaedic nursing. A Registered Advanced Nurse Practitioner must be educated to master's degree level or higher, this master's programme must be in the area which reflects the specialist field of practice (orthopaedics) and must have a substantial clinical modular component.

Currently you need to have seven years' post registration experience five of which must be in the area of specialist practice. I was appointed "Candidate Advanced Nurse Practitioner Orthopaedics (cANP)" in March of 2016. The role of the cANP in collaboration with the local RANP Orthopaedic Steering Group is to undertake the site preparation and job description development in line with post accreditation requirements set out by the Nursing and Midwifery Board of Ireland (NMBI). The cANP is responsible for the development of his/her professional portfolio for submission to NMBI for registration as a Registered Advanced Nurse Practitioner. The overall purpose of the RANP Orthopaedic role is to provide safe, timely, evidenced based care to orthopaedic out-patients with musculoskeletal injuries at an advanced nursing level.

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### INAUGURAL NATIONAL ORTHOPAEDIC LITERARY AWARD



Developed by Prof John O'Byrne and with support from the IITOS, this creative writing competition was open to all undergraduate medical students in their clinical years in Ireland. Twenty-three students sent in short stories and three were shortlisted and adjudicated by **Roddy Doyle**, Irish novelist, dramatist and screenwriter.

First place went to **Stephen Flannery**, final year med student, Trinity College. Stephen wins €500 compliments of the IITOS. Click [here](#) to read Stephen's short story, "Tender Loving Care". Second place went to an RCSI Student, **Gillian Ballenger**, story [here](#) and third place went to **Ivan Dudurych** of TCD, story [here](#). Congratulations to all and many thanks to Roddy Doyle.

## UPCOMING EVENTS

### 2017

#### JANUARY

##### 20th, Friday

Mock Clinicals, Cork  
Prof James Harty

##### 23-26th, Monday - Thursday

AOTrauma - Advanced Principles  
For ST3-8s  
Mr Finbarr Condon, Mr John Quinlan

##### 27th, Friday

Core Curriculum, Tips For Trainees  
RCSI. Mr Ruairi MacNiocaill, Ms Lisa Hadfield-Law

##### 28th, Saturday

Mock Vivas, Trainee Reviews  
RCSI  
IITOS Trainers Committee Meeting

#### FEBRUARY

##### 7th, Tuesday

CST Interviews, [link](#)

##### 10th, Friday

Charter Day  
ST3 Shortlisting  
Repeat Mock Vivas

##### 24th, Friday

Core Curriculum, Primary and revision  
knee replacement, Castlebar  
Ms Bridget Hughes, Mr Gerry McCoy

##### 24th-26th, Friday - Sunday

Mayo Arthroplasty Conference  
Organiser: Mr Derek Bennett  
[Link here](#)

#### MARCH

##### 10th, 11th, Friday, Saturday

Joint Irish Hand Surgery Society /  
Belgium Hand Group Conference  
Organisers: Ms Catherine Bossut,  
Ms Patricia Eadie, Ms Michelle  
O'Donnell

##### 25th, Saturday

Irish Shoulder and Elbow Society  
Inaugural Meeting (ISES)  
Royal College of Surgeon in Ireland  
Convenors: Mr Hannan Mullet,  
Mr Kieran O'Shea

##### 24th, Friday

ST3 Interviews  
Royal College of Surgeons

#### MAY

##### 13th May, Saturday 2017

IOFAS Annual Meeting  
Organiser: Mr Ian Kelly

##### Early Notice

##### 28th May, Friday 2018

Cappagh Foundation Meeting  
incorporating the Cappagh Prize lecture.  
Convenor: Mr Keith Synnott

[IITOS ANNUAL REPORT HERE](#)

## RCSI VIRTUAL REALITY MEDICAL SIMULATOR

### Donncha Ryan

Learning Technology Manager  
Royal College of Surgeons in Ireland.

VR has been around for around 20 years but it is only this year that commercially available head sets have been made available that deliver on the original idea. 2016 sees the release of all the major VR platforms including the official Oculus Rift, the HTC Vive, Playstation VR and the first to market: Gear VR. The Gear VR is unique in that it is the only fully portable version that can work on any of the newer Samsung phones. This is a major advantage in terms of access and distribution. RCSI (Donncha Ryan, Learning Technology Manager, Sean Tierney, Professor of Surgical Informatics, and Cuan Harrington, Surgical Research Fellow) with help from some external developers have developed and released the first truly interactive medical app for VR. Standing in the shoes of the Emergency Department trauma team leader, they must assess their patient, make critical decisions in real time and perform life-saving operative procedures step-by-step just like real surgeons do in emergency departments all over the world every day. This app includes an alternative, fully educational and didactic mode allowing those without medical training to practice their skills safely in this immersive virtual environment before they have to perform these procedures in real injured patients in the Emergency department. In the past RCSI has invested in high end surgical simulators, but recently has been focusing on making training available in a more mobile form. You can download this application for free on the Samsung Gear VR. To date it has had 75,000 downloads.

### What is the goal of the app?

This app provides a realistic accessible and safe environment for trainee surgeons to experience highly realistic clinical scenarios, make critical decisions and act on those decisions. This allows trainees to learn through experience in the simulator and better prepares them for real world experience where errors may be the difference between life and death.

### Who it is for?

This application is focused on providing both undergraduate medical students and post-graduate medical and surgical trainees with new learning opportunities. We have made it freely available so that those with an interest in the area can have some experience of what it is like to work in this pressured environment.

### Key features of the app?

The application features an interactive encounter with a patient after a high-energy road traffic accident. Make life or death decisions in managing this patient in the Emergency Room while the clock is ticking. The application features an alternative educational mode for the general public, providing those without medical training an immersive, didactic learning environment.

### Benefits it provides?

This application provides a safe and realistic training platform to rehearse and simulate commonly encountered, intense life or death scenarios without consequences.



The 'Medical Careers Day' on the 10th of September had Emergency Medicine and surgical stands, both demonstrating the app to prospective trainees. [Link](#) You can keep up to date with the VR developments by visiting this [link](#)

Join the newly established

**IRISH SHOULDER AND ELBOW SOCIETY (ISES)**

For membership form email

[ghualainn.uillinn@gmail.com](mailto:ghualainn.uillinn@gmail.com)



Cappagh vs Tallaght Golf Tournament.  
Any guesses who won?



cont'd from p 4 Adv Nurse Practitioner

This involves undertaking a complete episode of care which includes, assessment, diagnoses, development of a treatment plan, evaluation, discharge and follow up autonomously, according to collaboratively agreed protocols and scope of practice in the clinical setting. Within the Department of Trauma Orthopaedics at UHL the role is being developed around out-patient fracture services. It will involve some service developments over-time such as Trauma Assessment Clinics. The current agreed caseload includes new, review and post-op patients that can be manage in the fracture clinic setting autonomously by the RANP. I am orthopaedic nurse with extensive clinical experience who has been fortunate enough to work in an environment where I was encouraged and supported to learn and develop in the progression of my clinical career to an advanced level. It is envisaged that the RANP Orthopaedic role, in collaboration with Orthopaedic Consultants and the multidisciplinary team will enhance services for out-patients with musculoskeletal injuries across the UL Hospital Group. The process for the development of the RANP post is robust and ensures clear clinical and professional accountability for the RANP as a practitioner. It provides assurances for the safety and quality of the service provided to the patient attending the service.

I would like to acknowledge the support of all members of the RANP Orthopaedic Steering Group at UHL especially the expertise and advice from all Consultant Orthopaedic Surgeons, Senior Nursing Management Team, Perioperative Directorate Nursing Management Team, Ms. Carmel Hoey, Nursing Midwifery Development Officer, HSE-West Mid-West, Ms. Catherine Farrell Programme Manager, National Trauma and Orthopaedic Clinical Programme and Ms. Niamh Keane Project Manager from the National Trauma and Orthopaedic Clinical Programme. I am delighted to be appointed the first cANP in Orthopaedics nationally and look forward to evaluating the effectiveness of the role in the future.

Audrey Butler

## CHARTER DAY

Support your Orthopaedic Colleagues

[Register Here](#)





### Joint Irish Hand Surgery Society / Belgian Hand Group Conference

Friday, 10th /Sat, 11th March 2017  
Royal College of Surgeons in Ireland  
Organisers: Ms Catherine Bossut  
Ms Patricia Eadie, Ms Michelle O'Donnell

**TO REGISTER CLICK [HERE](#)**



Core Curriculum Waterford Primary and Revision THR  
Mr Terence Murphy, Mr Fiachra Rowan

**MAC17 Competition**  
**Open to All Orthopaedic Residents. Go to**  
**[www.facebook.com/MacWestport](http://www.facebook.com/MacWestport)**  
**and be the first one to guess which baby pictures are which faculty members to win the VIP Experience.**  
**2 nights upgraded accomodation in Knockranny free of charge, attendance to conference and gala dinner.**



Cappagh Paster Course. SpR Paula McQuail demonstrating. For further details [email](#) Ms Maura Shanahan.



**Sir Walter Mercer Medal Winner 2016**  
**Sven O'hEireamhoin**, with Mr Keith Synnott, winner in 2001. Mr Ruairi MacNiocaill also won this prestigious award in 2012. There have been only three orthopaedic surgeons who have won this award since it was established in 1991.

"I am truly honoured and delighted to join the previous Irish recipients of the Mercer medal. I believe it is a sign of the quality of the training programme and individual trainers we have and I fully expect to see more Irish winners in the near future. I would like to thank all my trainers past and present and particularly those who gave their free time to give extra tutorials. I would also like to thank the other exam candidates with whom I studied over the past few months. Finally I would like to acknowledge all the kind messages of congratulations from my fellow SpRs and numerous consultants - the genuine good wishes are truly moving". SVEN

**Operation Walk Ireland** would like to invite Orthopaedic Surgeons to join the 2017 mission to Hanoi, Vietnam, departing on Fri/Sat 28/29 April and returning on Sat/Sun 6/7 May. This will be the first Irish run mission and it promises to be extremely fulfilling, as well as great fun. The goal of the mission is to train the local Orthopaedic Surgeons in the techniques of Primary Hip & Knee Replacement. Contact: Mr Ian Kelly [ianpeterkelly@gmail.com](mailto:ianpeterkelly@gmail.com)  
Application form [here](#)

**Operation Walk is an American charity and an Irish surgical team were invited to join them on their Hanoi 2016 mission. 61 Surgeries and 81 Joints were completed and replaced.**



Video from last year's trip