

Report on the **ESSKA-EKA ZIMMER** Knee Replacement Fellowship

Duration: 4 weeks (from 14-10-2013 till 8-11-2013)

Location: University Hospital Southampton, Southampton, United Kingdom

Hosts:

Mr. Philip Chapman-Sheath, FRCS (Tr&Orth)

Consultant Orthopaedic Surgeon

Clinical Lead Trauma & Orthopaedics

Prof. David Barrett, BSc FRCS

Consultant Orthopaedic Surgeon

Professor of Orthopaedic Engineering

Fellow:

Dr. Ashraf Abdelkafy, MD

Consultant Orthopaedic Surgery &

Traumatology, Suez Canal University,

Ismailia, Egypt.

First of all, I would like to express my deep gratitude to the ESSKA-EKA board for selecting me and giving me the opportunity to participate in such highly valuable clinical fellowship. Also, I would like to thank Mr. Philip Chapman-Sheath & Prof. David Barrett for their great care and support. In addition, I'd like to thank the Zimmer Company for funding this fellowship and last but not least, I'd like to thanks Mrs. Marielle Cotinaut for her great help.

Fellowship Planning:

Planning started immediately after receiving the good news that I have been selected to participate in this great fellowship and after receiving the details regarding the location of the fellowship and the name of my host. I contacted Mr. Philip Chapman-Sheath and we discussed when would be the best time to start my visit to his department and we agreed that mid-October 2013 would be suitable for both of us. Then I started to look for accommodation and Mr. Chapman-Sheath informed me that there is no chance to have a place in the hospital residency (plan A), so I tried to search the internet for a suitable studio but this was also not possible in Southampton (plan B), so I moved to plan C which is a hotel. I managed to find a reasonable B&B 3 stars hotel (42 pounds per night) named Southampton Park hotel which was close to the city center and close to a bus station where bus number 3 from the FIRST Company goes direct to the hospital. I bought a monthly bus ticket for 54 pounds.



University Hospital Southampton (1200 beds).

Fellowship program:

7 consultants work in the knee unit of Southampton University Hospital; Prof. D Barrett, Mr. P Chapman-Sheath, Mr. W Tice, Mr. N Hancock, Mr. A Qureshi, Mr. Datte and Mr. S Telly.

Mr. P. Chapman-Sheath always operates on Tuesday and with him I observed several interesting cases of bi-compartmental knee replacements, complex knee revision surgeries and proximal and distal patellar re-alignment procedures. Prof. D. Barrett always operates on Wednesdays and with him I observed very interesting cases of uni-compartmental knee replacements, revision ACL surgeries with tendoachillis allografts and complex knee revision surgeries.



Prof. Barrett (on the left) performing revision knee



Mr. Chapman-Sheath performing a revision knee

Mr. Tice operates on Mondays and with him I observed complex knee revision surgeries, ACL revision surgeries as well as 1ry knee replacements. Mr. Hancock operates Thursdays or Fridays and with him I observed interesting cases of All-Inside

ACL reconstructions, revision ACL surgeries, as well as 1ry knee replacements.

Mr. A Qureshi operates on Thursdays and with him I observed 1ry knee replacements and revision ACL surgeries. Mr. Datte operates on Fridays and with him I observed hip arthroscopies, complex knee revision surgeries as well as 1ry knee replacements.

Mr. S. Telly operates on Tuesdays and with him I observed complex knee revision surgeries.



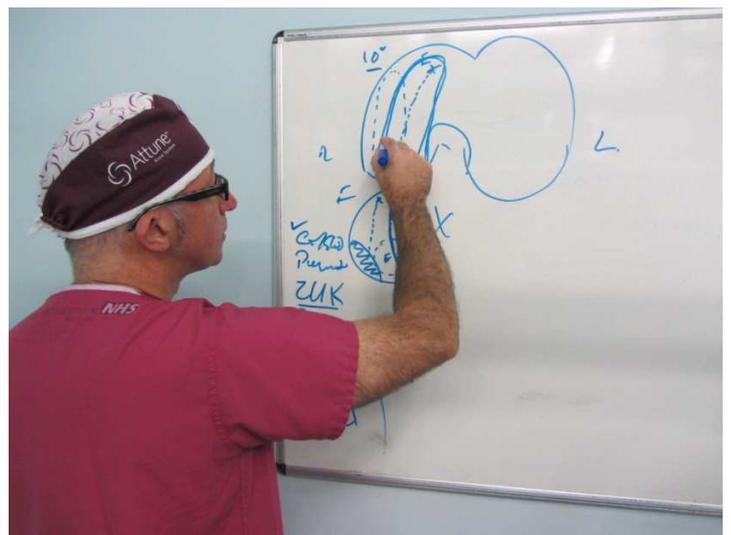
Mr. Tice performing a medial Uni



1ry knee arthroplasty by Mr. Nick Hancock



With Prof. Barrett in operation room. Me on the right.



Prof. Barrett explaining to me biomechanics

On the 2nd week of the Fellowship, 4 EKA Travelling fellows arrived to visit the department for 3 days, and this was really nice as me being an EKA-visiting fellow and the 4 EKA-travelling fellows have gotten together in the same place. In addition, really things spiced up at this particular week as there was a special program for the EKA-travelling fellows and I joined this program. Together we attended 3 operations, the 1st was knee arthrosis with frame (TSF) done by Mr. Qureshi & Mr. Hancock, the 2nd was a complex knee revision surgery done by Mr. Chapman-Sheath and the 3rd was a bi-compartmental knee replacement done by Prof. Barrett.



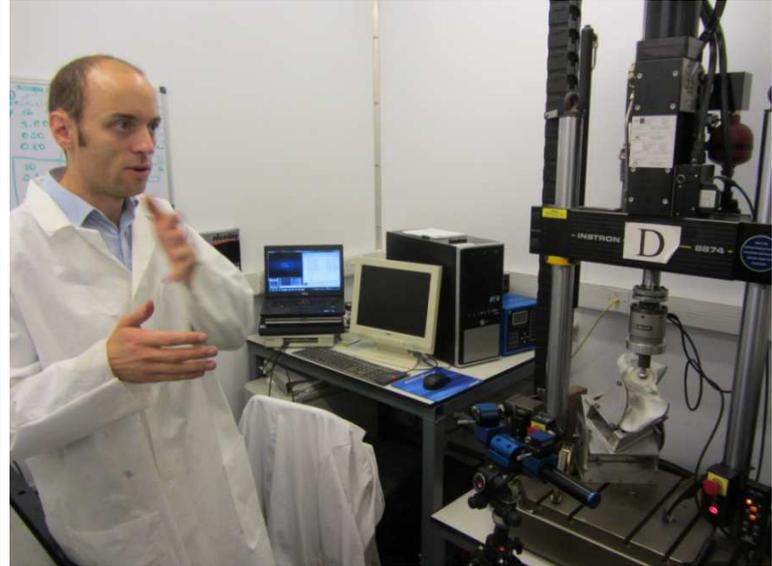
Me (2nd from left) with the EKA-travelling fellows in the operation room

We visited the University of Southampton to get an idea about the ongoing biomechanical orthopaedic research and there we met Prof. M Browne and other

biomechanical engineers. We had a scientific meeting prepared by Prof. Barrett, where all the EKA travelling fellows, me and the rest of the knee team in Southampton presented their research and work in knee surgery.



With Prof. Browne in Southampton University



Engineer explaining to us an ongoing biomechanical study

Social events:

I had a great dinner at Prof. Barrett's house with the EKA-travelling fellows and the rest of the department. I had a nice dinner with Prof. Barrett and the rest of the department in Skittles café where we had a Skittles competition and at this competition, we were divided into 3 teams one of them was the EKA team consisting of me and the 4 visiting fellows. I had a wonderful evening with Mr. P. Chapman-Sheath where he invited me with 3 consultants from the knee team for a nice curry at an Indian restaurant.



Dinner with Mr. Chapman-Sheath (2nd from right).



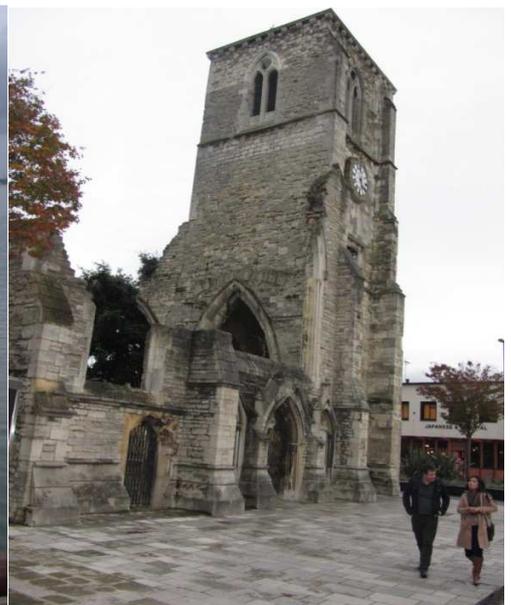
Dinner at Prof. Barret's house



EKA-Skittles team during the competition. Me (1st on the right)



Prof. Barrett in the Skittles competition.



Pics from Southampton

Tips to upcoming fellows in Southampton University Hospital:

- 1- The weather in October and November is cold, dark and rainy, so I suggest that you travel in earlier months.
- 2- Mentioning the names of Consultants in UK you have to say Mr. not Dr. because

Dr. is for young surgeons or trainees.

3- You won't be able to scrub in surgeries unless you have the UK license.

Finally, I would like to say that this fellowship was great as I learned a lot about knee replacement surgery and I enjoyed my stay a lot in Southampton during the 4 weeks.

Again, I'd like to thanks Mr. Chapman-Sheath, Prof. Barret for teaching me a lot and caring after me during my stay. I'd like to thank again the ESSKA-EKA, Zimmer Company and Mr. Marielle Cotinaut.

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Ismailia 10-11-2013