IBRA International Bone Research Association

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IBRA Scholarship report

Name	:	Amaleswaran Anbarasan
Country of Citizenship	:	Malaysia
Training Center	:	Hand and Upper Limb Unit – Wrightington Hospital, Wigan, United Kingdom
Name of Fellowship Director	:	Professor Adam C. Watts
Scholarship Type	:	Program C
Name of the research project	:	Psychometric evaluation of a modified Single Alpha-Numeric Evaluation (mSANE) for the Assessment of Upper Extremity (UE) function in the normal population.
Scholarship Date	:	01/01/2022- 31/03/2022

Professional and personal experience

What were your professional and personal expectations of the scholarship?

My expectations of this reputable scholarship were the great vision of being able to acquire new knowledge that is not routinely performed in my home country. Secondly, it allows me to step out of my comfort zone and see the practice of medicine from a different perspective with regards to environment, culture and work etiquettes.

What is the main focus of the IBRA training center (in general and of the department) you assisted in?

The main focus is mainly elbow pathology and surgery. The complexity of elbow pathology makes many shy away from taking it up as their common practice. However, in Wrightington,

a comprehensive service for elbow surgery allows one to learn more and obtain as much knowledge as possible. The knowledge imparted to the fellows will not only be beneficial throughout the life of a professional career but also embarks one's interest in the area of medical research and practice of medicine driven by evidence based.

Besides elbow surgery, comprehensive shoulder, wrist and nerve services are provided that makes one to have a complete package of knowledge with regards to upper limb pathologies that makes this center as a world class for upper limb fellowship.

What did you do during your scholarship/how were you incorporated in the training center's daily routines/activities?

During my stay, the schedule was compact from Monday to Friday, balanced between pre-operative planning, surgeries, outpatient clinics, and research. On Monday, I will be attending Professor Adam Watts operating theater to observe a variety of elbow surgeries throughout the day. Tuesday mornings will be operating theater with Mr Mike Hayton for hand and wrist surgery exposure followed by post-operative follow-up clinic and Multi Disciplinary Team meeting with Prof Watts in the afternoon and evening. Wednesdays were dedicated to research and data collection. Meanwhile, on Thursdays, I will be in clinics with Prof Watts again seeing new patients with a variety of elbow pathologies. Finally, on Friday, I will be back in the operating theater witnessing Mr CY Ng's variety of nerve surgeries, not only in the upper limb but the lower limbs as well.

Throughout my 3 productive months there, I was able to witness and learn about different types of surgeries involving the elbow, wrist, hand and nerve that were 75 in total. Total elbow arthroplasties, elbow arthroscopies, distal biceps tendon repairs, trapeziectomies, wrist arthroscopies, ulnar head replacement, PIPJ arthroplasties, Dupuytren's contracture fasciectomies and dermofasciotectomies, brachial plexus exploration, and common peroneal nerve releases were among those that I have seen and learn valuable points that to be adopted in my current practice.

Revision total elbow arthroplasties with allografts, elbow arthroscopies, variety of elbow collateral ligaments repairs and reconstruction using anchors, PEEK materials and

neoligaments, chronic distal biceps tendon repairs using allografts and three ligament tendon reconstruction of scapholunate instability are totally new to me and will be definitely a new skill and knowledge that I will look forward to impart in my practice.

One procedure that I will definitely bring back home to apply, practice and also hope to pass the knowledge forward to my peers will be elbow arthroscopy as this is not done routinely due to its complexity, lack of exposure and facility. Although it will not be an easy feat, one has got to start somewhere and sometime soon.

What was the most significant personal experience of the scholarship for you (e.g. cultural exchange etc.)?

This was a once in a lifetime and a lifechanging experience. Never a moment was short of amazement and it was a wonderful learning experience that I will carry forever in my career journey. From the professional perspective, the dedication and perfection in carrying out the surgeries were flawless.

Wrightington Hospital is located in the sub-urban area of Wigan, which is about 40 miles from Manchester, that is easily accessible via train. This center was the brainchild of Sir John Charnley that doesn't need an introduction among the fraternity of orthopaedics. It is a highly reputable center for scholars that intends to expand the horizon of learning and training not only in Upper Limb but Lower Limb as well.

I would like to extend my heartfelt appreciation to IBRA Upper Limb Education Committee for this lifetime opportunity. Lastly, I would also like to thank my fellowship director, Professor Adam C. Watts and his team members, especially Mr. Mike Hayton and Mr. CY Ng, for teaching and sharing their invaluable knowledge and experience as well as their remarkable hospitality.