



## SCHOLARSHIP REPORT

This report should be completed by recipients of awards and scholarships from the Royal College of Physicians and Surgeons of Glasgow on completion of the activity for which they received their award or scholarship. Please complete all sections of the report form.

Please return your completed report via email to: **[scholarships@rcpsg.ac.uk](mailto:scholarships@rcpsg.ac.uk)**

Or via mail to: **Scholarships Committee Administrator, Royal College of Physicians and Surgeons of Glasgow,  
232-242 St Vincent Street, Glasgow G2 5RJ, UK**

Please use typeface when completing this form.

SECTION 1   PERSONAL AND AWARD DETAILS			
<b>Title</b>	DR	<b>PID</b>	114099
<b>Surname</b>	ADULKAR	<b>Forename(s)</b>	NAMRATA
<b>Scholarship/award awarded</b>	Lachlan McNeil Scholarship in Ophthalmology	<b>Amount awarded</b>	5000

SECTION 2   PROJECT/VISIT DETAILS	
<b>Name/Title</b>	Fellowship in Oculoplastics and Orbital Surgery
<b>Location</b>	Eye Care Centre and Vancouver General Hospital, University of British Columbia, Vancouver, Canada
<b>Aims and objectives</b>	<p>I strongly believe different perspectives, protocols and approaches to oculoplastic and orbital surgery in a highly-evolved country will certainly add a new dimension to my skills and clinical approach. I was specifically looking forward to enhance my skills in the following areas:</p> <ol style="list-style-type: none"><li>1. Thyroid Eye Disease, a significant cause of ocular disability in Indian population</li><li>2. Recent advances in eyelid tumors and eyelid reconstruction surgeries. Non-surgical management of periocular and cutaneous lid malignancies is a recent development which is of particular relevance in India where lid malignancies are on the rise.</li><li>3. Endoscopic Endonasal procedures including dacryocystorhinostomies and orbital decompressions.</li><li>4. Aesthetic aspects of reconstructive surgery especially managing complex ocular injuries and burns which cause severe facial disfigurement and psycho-social suffering along with visual impairment.</li><li>5. Since ocular oncology is multidisciplinary in terms of management, i was keen to see the seamless working between the various disciplines like neurosurgery, plastic surgery, otorhinolaryngology, maxillo-facial surgery and radiation oncology during my fellowship. To assimilate and learn from a well-established oculoplasty and ocular oncology set-up and to integrate the practice patterns in a similar establishment in India was one of my goals.</li></ol>

<p><b>Summary</b></p> <p><i>Include methodology, results and conclusions if applicable</i></p>	<p>In my one year of training in Vancouver, i had the opportunity to learn from some of the most committed clinicians and academicians in the field of ophthalmology and oculoplastics. I would specially mention Dr Peter Dolman, who was my supervisor and a very competent orbital surgeon. Under him, i learnt the nuances of oculoplastics and orbital surgery. Dr Dolman has done tremendous pioneering work in the field of thyroid related eye disease. I had the privilege to learn clinical assessment, decision making and perform surgery under his deligent supervision. Medical and surgical management of thyroid eye disease is one of the most frequently debated topics in oculoplastics and Dr Dolman has a wonderfully logical and straightforward algorithm for it.</p> <p>On an average, i attended outpatient clinics on 2 - 2.5 days per week and other 2.5-3 days in the OR. Eyelid procedures were mostly performed as day care procedures and under local anaesthesia. I had the opportunity to assist and perform indepently over 500 eyelid procedures including ptosis repair(anterior and posterior approach), blepharoplasties, entropion correction, ectropion repair, lid lowering surgeries, lagophthalmos correction with gold weight implants, lower lid elevation with spacer grafts, eyelid tumor excsions and reconstructions(including various flaps and grafts). All lacrimal and orbital surgeries were performed at the main operating room at vancouver general hospital under general anaesthesia. I received training in endoscopic endonasal dacryocystorhinostomy (DCR) under the supervision of Dr David Rossman, an excellent dacryology surgeon. By the end of first 6 months i was able perform endoscopic dacryocystorhinostomy under his able guidance. I learnt the techniques of nonendoscopic endonasal DCR from Dr Dolman. It is a quick but fairly challenging technique and I am happy I was able to grasp it. Dr Dolman was always encouraging in his feedback and provided valuable tips in every case. He would discuss in detail how i performed every step and what were areas that I should improvise on. Alongwith clinical and surgical skills, communication was an important aspect of practice that i learnt from Dr Dolman. He was always very calm and ever smiling when he met all his patients. His gentle demeanour always put his patients at ease and help develop great physician-patient rapport. These interpersonal skills is something i hope to incorporate into my practice back home.</p>
<p><b>Learning outcomes</b></p> <p><i>Detail here how the aims and objectives were met</i></p>	<p>Dr Vivian Yin was the other ocular oncologist and oculoplastic surgeon I worked with in Vancouver. I attended clinics with her and we had at length discussions about every patient seen in the day. I attended a rotation with the ocular pathologist and had the opportunity to review pathology slides of patients i saw in the clinics. I assisted on complex oncology cases requiring combined neurosurgical and ENT approaches. I had the wonderful experience of observing and assisting Mohs surgery team at the Skin care center during my tenure.</p> <p>Vancouver program involvesa great deal of postgraduate teaching and i presented orbit rounds and also conducted oculoplasty oral exams for the residents. I regularly attended the weekly grand rounds that were conducted every Friday morning which helped me keep updated with other subspeecialties in ophthalmolgy.</p> <p>I had the opportunity to present the research project i was working on during the fellowship at the Asia Pacific ophthalmology conference held in Hongkong in February 2018 and Candaian ophthalmological society meeting in Toronto in May 2018. I have 3 papers under review for publication at the end of the fellowship.</p> <p>Overall, it was a fantastic opportunity to learn a variety of new techniques &amp; skills and fine tune my preexisting skills in the one year at Vancouver.</p>

**Evaluation**

*How has this scholarship/award impacted on your clinical/NHS practice or equivalent?*

I am extremely grateful to the royal college of physicians and surgeons of glasgow for granting this scholarship to enable me cover my expenses for the duration of my training. It has remarkably changed my clinicalexamination techniques and surgical competency. I am now able to offer the best care available to my patients in India.

It will certainly help me further this subspecialty of ophthalmology in my country and contribute to training younger aspiring oculoplastic surgeons in India

I am now headed back to my country and starting practice in the public health care system in Mumbai area and I feel equipped with all the requisite skills to have a successful practice in India.

**SECTION 3 | IMAGES**

with Dr Peter Dolman and Dr Vivian Yin





with Dr David Rossman



Presenting my work done during fellowship at Asia Pacific Ophthalmology Conference in Hongkong in Feb 2018



*Performing pediatric eyelid surgery under the supervision of Dr Dolman*



*last day at Eye Care Center at Vancouver, receiving my fellowship certificate with Dr Peter Dolman and Dr David Rossman*





*Performing endoscopic endonasal DCR under supervision of Dr Rossman*

#### SECTION 4 | EXPENDITURE

##### **Breakdown of expenditures**

*Please demonstrate how the scholarship/award funding was used to support your project/visit*

Roundtrip Airfare from Mumbai to Vancouver : 1333 GBP

Accommodation in Vancouver : 5148 GBP

Visa & Medical insurance fees : 282 + 884 = 1166 GBP

Food and daily subsistence : 3432 GBP

Medical licensing fees : 615.21 GBP

Total expenses : 11694.21 GBP

#### SECTION 5 | PUBLICATION

**Scholarship/award reports may be published in College News. Please tick here if you agree to your report being published.**

☒ I give permission for my report to be published in College News

*If your report is selected for publishing, the editor of College News will be in touch to discuss this with you.*

All Information we hold concerning you as an individual will be held and processed by the College strictly in accordance with the provisions of the Data Protection Act 1998. Such data will be used by the College to administer its relationship with you as a Fellow or Member. We will not, without your consent, supply your name and address to any third party except where (1) such transfer is a necessary part of the activities that we undertake, or (2) we are required to do so by operation of law. As an individual you have a right under the Data Protection Act 1998 to obtain information from us, including a description of the data that we hold on you. Should you have any enquiries about this right please contact Membership Services Administrator at the College.