



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**

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

Title	Mr	PID	46871
Surname	Dhamija	Forename(s)	Bhoresh
Scholarship/award awarded	Ethicon fund	Amount awarded	£900

SECTION 2 | PROJECT/VISIT DETAILS

Name/Title	Australian Institute of MusculoSkeletal Research (AIMS-R)
Location	Macquarie University Hospital (MUH), Sydney , Australia
Aims and objectives	<p>13 months complex spine fellowship focusing exclusively on adult spine surgery, namely on complex deformity, fusion, non-fusion and minimally invasive spinal technologies. Emphasis on advanced training in open and minimally invasive spinal surgery. This position being accredited by the Neurosurgical Society of Australasia.</p> <p>Fellowship designed to involve both clinical and research components with the expectation that at least one paper is prepared for presentation and publication for peer review.</p> <p>Learning Objectives</p> <p>To develop technical skills with optimum efficiency while developing other qualities including a commitment to lifelong learning, research, teaching, ethics and professionalism.</p> <p>Participate in the management, quality assurance and postgraduate education activities at MUH.</p> <p>Where possible, participate in the training and education of Junior Medical Staff including students and residents. Undertake necessary training and development of members of the neurosurgical / spinal department at MUH.</p> <p>The fellow will participate in weekly academic meetings, monthly M&M's and be expected to present in journal club and on evidence based searches. The educational program requires the Fellow to engage in an evidence based research project in spinal surgery.</p>

<p>Summary</p> <p><i>Include methodology, results and conclusions if applicable</i></p>	<p>Macquarie University Hospital (MUH), formerly known as ASAM, the Australian School of Advanced Medicine, is Australia's first private teaching hospital to be located on a university campus in Australia.</p> <p>Under the auspices of the neurosurgical and orthopaedics departments, the spinal team comprises a team of specialist surgeons from both backgrounds. Their work involves the whole spectrum of spinal surgery with a particular focus on complex deformity correction. In particular they are pioneers in the Anterior to Psoas (ATP) fusion technique, something not readily seen in the UK and certainly not experienced during my neurosurgical training in the West Midlands. The advantages of this approach over the more traditionally used transpsoas approach to the lumbosacral spine are several, including, it involves a less traumatic muscle splitting incision, it does not need neuromonitoring, it provides better access for endplate preparation and supplemental anterolateral fixation. ATP, in the opinion of the spinal surgeons at MUH, also makes interbody fusion at L4/5 consistently easier than any other interbody technique. In this regard one of the primary reasons for coming to MUH was to learn and familiarise myself with this surgical approach.</p>
<p>Learning outcomes</p> <p><i>Detail here how the aims and objectives were met</i></p>	<p>-Improvement in technical skills with optimal efficiency primarily attained through regular exposure to suitable surgical lists concentrating on the relevant techniques along with an appreciation of the specialist instruments used.</p> <p>-During the course of the 13 months, I have given regular presentations at various scheduled academic meetings including Journal Club and M & M.</p> <p>-Ward rounds are generally conducted with myself as the fellow often being the most senior member in attendance, hence leading the round. This often provided an opportunity for informal teaching of the junior members of staff in attendance. More formal teaching and training being conducted at scheduled teaching opportunities.</p> <p>- During the fellowship I have also reviewed the technique of Occipito-cervical fusion in a select group of patients with Ehlers-danlos Syndrome. There are only a few published reports on the surgical management of this condition. At MUH we have provided a case review of our experiences in this setting. This review I have written in conjunction with two consultant supervisors. It will be subject to peer review prior to publication.</p>

<p>Evaluation</p> <p><i>How has this scholarship/award impacted on your clinical/NHS practice or equivalent?</i></p>	<p>As a result of this fellowship, I have been given exposure to a wide spectrum of spinal techniques not readily practiced in the UK. In particular the Anterior To Psoas (ATP) approach to the lumbo-sacral spine. Some of the key advantages of this are mentioned above. Hence, this is something that I will incorporate in to my practice as a neurosurgeon with an interest in Spine on return to the UK. I would hope and expect that over time, that such innovative techniques become commonplace within the NHS.</p> <p>There are many positives and negatives identified by experiencing working in a relatively foreign culture and healthcare system.</p> <p>This includes working in an up to date advanced medical facility for example the use of an O-arm in virtually all cases of instrumental spinal fixation. MUH also has Australia's first gamma knife facility. Conversely there are other areas of Australia where clinicians clearly gain a better understanding of working in resource limited settings. Other considerations include for most clinicians a better work-life balance, improved remuneration as well as first class training opportunities not to mention gaining a greater appreciation for the National Health Service.</p>
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SECTION 3 | IMAGES

If available, please provide some images to support your report

Attached images 1 to 4:

Image 1 and Image 2: External view of Macquarie University Hospital and Clinic Buildings

Image 3: Demonstrating how patients are positioned pre-operatively for an ATP approach

Image 4: Local high school students watch an operating theatre demonstration at MUH

SECTION 4 | EXPENDITURE

<p>Breakdown of expenditures</p> <p><i>Please demonstrate how the scholarship/award funding was used to support your project/visit</i></p>	<p>This College Travelling Scholarship has kindly helped to fund my travelling expenses, this includes flights to Sydney as well as transport to and from my place of work during the fellowship period.</p>
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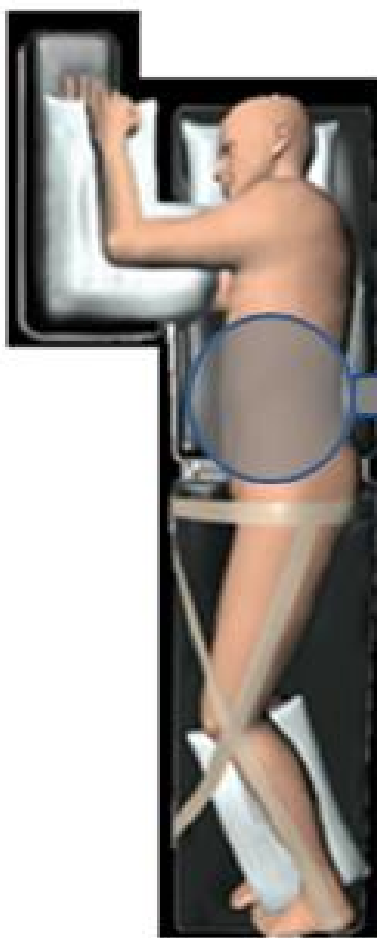
SECTION 5 | PUBLICATION

<p>Scholarship/award reports may be published in College News. Please tick here if you agree to your report being published.</p>	<p>✓ I give permission for my report to be published in College News</p> <p><i>If your report is selected for publishing, the editor of College News will be in touch to discuss this with you.</i></p>
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