



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	Miss	PID	90463
Surname	Chauhan	Forename(s)	Vidhya Nalita
Scholarship/award awarded	Medical Elective Scholarship	Amount awarded	£1000

SECTION 2 | PROJECT/VISIT DETAILS

Name/Title	Sports Surgery and Orthopaedics
Location	Massachusetts General Hospital, Boston, Massachusetts, U.S.A.
Aims and objectives	<p>Aims:</p> <ol style="list-style-type: none">1. Participate fully in all clinical activities accessible during the elective period.2. Continue to hone and apply clinical skills focusing primarily on orthopaedics.3. Continue to build a foundation of knowledge of trauma, orthopaedics and sports surgery.4. Integrate into and build a rapport with the MGH sports medicine service team to facilitate communication and learning for mutual benefit. <p>Clinical Objectives:</p> <ul style="list-style-type: none">• Review musculoskeletal anatomy of the knee, shoulder, hip, and hand/wrist.• Review common sports and orthopaedic injuries seen in clinical practice, focus on shoulder and knee.• Practice and improve history taking for sport injuries.• Review musculoskeletal physical examinations particularly of the shoulder and knee.• Practice and improve understanding of orthopaedic assessment.• Practice and improve interpretation skills of available diagnostic facilities.• Practice and improve imaging assessment of common pathologies of the joints.• Work in tandem with allied health professionals within the sports injury clinic.• Learn about current surgical techniques used in sport injury and joint repair.• Have effective communication with patients and colleagues.

<p>Summary <i>Include methodology, results and conclusions if applicable</i></p>	<p>My elective was based in Boston at the Massachusetts General Hospital Sports Medicine department in partnership with Harvard Medical School. Here I studied under the exceptional one-to-one supervision of Dr. Mark Price, Head Physician to the New England Patriots American Football Team, Team Physician to the Boston Red Sox and Instructor in Orthopaedics at Harvard Medical School. The focus of clinical activity was on sports and degenerative disease related shoulder injuries, and their non-surgical, surgical and post-operative management. Through a structured programme of clinic and operating room attendance I was exposed to a broad range of orthopaedic injuries which furthered my understanding of complex orthopaedic problems, innovative surgical management, tailored rehabilitation and current advances in sports medicine. During this placement I also had the opportunity to work with the MGH physical therapy team, physiatrists, medical assistants and orthopaedic trauma team. This teaching greatly enhanced my understanding and learning experience.</p>
<p>Learning outcomes <i>Detail here how the aims and objectives were met</i></p>	<p>This placement was my second time visiting this centre and on returning I felt determined to apply the skills and knowledge I have gained from my intercalated degree, clinical placements and orthopaedics SSC over the last 2 years. On returning I found I was able to better appreciate the complexity of the clinical cases this centre treats, as well as the astounding clinical and academic excellence of the sports medicine team. Since my last visit I have become resolute in my pursuit of a career in orthopaedic surgery and was looking forward to throwing myself into clinical activity and becoming a part of the sports medicine team. On a weekly basis I found myself working with Dr. Mark Price, Physician's Assistant Katie Schantz, his personal assistant Paula Sheppard, physiatrists, physical therapists, the sports medical assistants and theatre staff. Whole team extremely welcoming and inclusive and by the end of the 6 weeks I had gotten to know everyone well.</p> <p>Dr. Price's primary clinical focus is shoulder pathology and the majority of his patients, athletes and general orthopaedic patients alike, presented with pain, stiffness, decreased range of movement and a decreased ability to carry out their activities of daily living. Common sports presentations included shoulder instability, labral tears and rotator cuff/biceps/pectoralis major tendonopathy and tears. These pathologies, as well as occasional hamstring tears and ligamentous knee injuries, presented in a range of athletes from the amateur to the elite. By contrast, general orthopaedic patients tended to present with degenerative disease. Diagnoses in these patients included pathologies such as atrophic and calcific rotator cuff disease and osteoarthritis of the glenohumeral joint, acromioclavicular joint and knees.</p> <p>In an average week I spent 3 days in clinics and 2 days in theatre. Clinics were an excellent learning experience as I got to shadow both Dr. Price and Katie Schantz in clinic and learn about each case in one-to-one teaching. After spending the first couple of weeks observing Dr. Price, getting a measure of his typical case load and learning his approach, I was then able to play a more active role in the clinic team. I was eventually trusted to see patients</p>

by myself, perform an initial clinical assessment, offer my differential diagnosis and suggest a management plan, before reviewing patients with Dr. Price. I found these sessions a test of my history taking, clinical examination, anatomy, orthopaedic pathology knowledge, imaging interpretation skills and communication skills. This was a fantastic experience which rapidly sharpened my orthopaedic clinical skills and interpersonal skills.

I was most struck by Dr. Price's approach to new patients. For both sports patients and degenerative/ general orthopaedic patients Dr. Price used the same systematic approach in his history taking and examination. By acquiring the same baseline diagnostic information with every single patient Dr. Price was able to ensure absolute consistency in his diagnostic process, better monitor patients as they progress through their management plans and present patient information with accuracy. In order to tailor his care to fit the individual he then took great care to build a rapport with his patients, and understand their lifestyle and core values; this enabled him to provide more personalised and goal-directed management. Dr. Price's ability as a teacher was second to none; he was exemplary not only in training his clinical fellows and myself, but also in educating his patients. Watching Dr. Price in his consultations epitomised to me the importance of patient education. He empowered his patients by helping them understand their disease or injury, then clearly presented each management option and its respective risks and benefits. When given my own patients to see I initially found it was a challenge to adapt my diagnostic skills and management plans to these complex, multifactorial cases. Nonetheless, with the outstanding example and teaching of Dr. Price I was able to learn quickly his systematic approach and improve my ability to provide optimal orthopaedic care.

It was always exciting to have professional athletes come to the clinic and I always felt conscious of the gravity and privilege of being allowed to observe these consultations. As Head Physician for the New England Patriots Dr. Price was in constant demand by these elite athletes and was responsible for coordinating their medical care, enhancing their health and performance, and managing all sports injuries. In addition to this enormous responsibility he also ran his own sports medicine and orthopaedics practice seeing patients from all walks of life. These athletes are celebrities in sports and internationally recognised as elite. It was interesting to observe Dr. Price's interaction with these patients and I looked to him as an example. Given their professional understanding of sports and the physical capabilities of their bodies Dr. Price always showed the greatest respect for their discipline, sporting commitments and priorities. However, he was always sure to offer the same diligence, care and support as he does to his other patients; always advising a course of action which ultimately leads to the least harm and is in the best interests of the patients' global health. It was clear that when caring for elite patients such as the New England Patriots, trust and communication is of the utmost importance and is pivotal to choosing an appropriate management plan which will enable optimal performance.

During my days in surgery I was inspired by the rare and new techniques in common use; stemless total shoulder arthroplasty, reverse shoulder arthroplasty, the laterjet procedure, arthroscopic repair of complex tendon and cartilage tears and 3D-printed custom made shoulder prostheses, to name a few. The normality of these unusual procedures and the regularity of positive, often excellent, post-operative outcomes was quite surreal. Moreover, seeing the constant evolution of technique and effort to improve, even within the 6 weeks I was present, felt like seeing evidence-based medicine come to life. In addition to this I also had the opportunity to shadow Dr. Malcolm Smith and his Orthopaedic Trauma team. This was a very exciting department to shadow and I was

blown away by their efficiency, accuracy, team working and endurance in the operating room. This was the first time I truly came to appreciate the skill, creativity and adaptability a trauma surgeon requires to handle the variety and unpredictability of their case load.

Finally, outside of my clinical placement I spent every weekend sightseeing and travelling. Within Boston I took the time to visit Harvard University, the Freedom Trail, The Prudential Tower, the harbor, the New England Aquarium, the Institute for Contemporary Art, Quincy Market and many other exciting places. I also took trips to New York, Las Vegas and the South Rim of the Grand Canyon in Arizona. These were all unforgettable experiences which have satisfied my wanderlust for the summer.

Evaluation

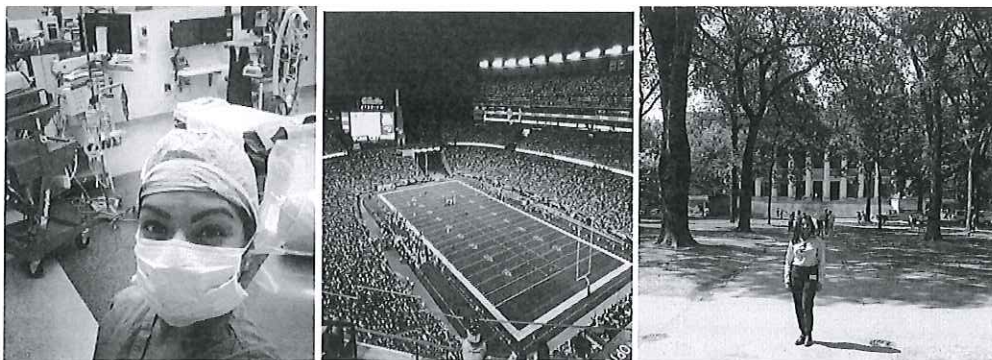
How has this scholarship/award impacted on your clinical/NHS practice or equivalent?

Working with Dr. Price and his team in the Sports Medicine department has completely changed my approach to clinical practice and massively improved my orthopaedic clinical skills. Beyond this I have come back to the UK inspired by the innovation and creativity of this team. I hope to apply these skills and my renewed enthusiasm for research and orthopaedics in my own clinical practice. Parallel to my clinical improvement I also felt I was able to hone my interpersonal and professional skills during. As with my last visit to Boston, I sometimes found it intimidating being surrounded by such internationally renowned surgeons and accomplished trainees. By communicating and working alongside these people every day I felt my confidence grow as they welcomed me into the team.

On reflection, I feel my clinical and professional improvement has been my greatest learning achievement. For future orthopaedic placements I will strive to study each pathology and surgical technique I come across in greater depth so I can ask more challenging questions of myself and the current evidence. I am certain I will utilise and continue to nurture the skills I have developed during this elective throughout my career, and feel this placement has left me revitalised and ready for my next career challenge. I would like to thank Dr. Mark Price and Dr. Matthew Provencher, as well as everyone on the Sports Medicine and Trauma teams at MGH, for their kindness, generosity and inspiration. Finally, this elective would not have been possible without this scholarship. I cannot express my thanks enough to Professor Matthew Walters and Professor Graham Watt, who conducted my final scholarship interview, or to those at the RCPSG who gave me this award and made this opportunity a reality.



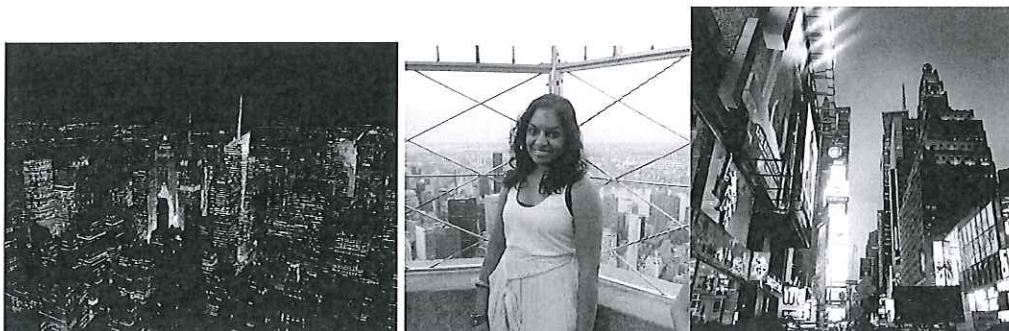
Left to Right: With supervisor Dr. Price, Sports Clinic, Physical therapy, Trauma Surgeon Dr. Malcolm Smith



Left to Right: In the OR, My view at the Gillette Stadium at the first New England Patriots game of the season, Harvard Yard



Left to Right: Overlooking the Grand Canyon (Arizona), Karate kicking by the Las Vegas Sign, The Las Vegas Strip, The Fountain show at the Bellagio



Left to Right: New York skyline, Top of the Empire State Building, Times Square

SECTION 4 | EXPENDITURE

Breakdown of expenditures

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

- Flights - £620
- Travel - £300
- Accommodation - £1275
- Visa - £100
- Phone - £40
- Sustenance and disposables - £250
- Las Vegas trip - £800
- New York trip - £150

TOTAL: £3,535

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.

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