

Zimmer/SCOT Travelling Fellowship Report

Fellow: Peter S E Davies

Fellowship: Brisbane Orthopaedic and Sports Medicine Centre (BOSMC)

Dates: Aug 2022 – Aug 2023 (12 months)

Supervisors: Dr Peter Myers and Dr Tim McMeniman

I am grateful to the SCOT committee for their support during my first of three year-long fellowships. The award helped me to make the most of the educational opportunities available during my 12-months in Brisbane, Australia. I am indebted to the fantastic training that I received in The East of Scotland (EOS) deanery, particularly with how I was supported to build a high level of independence and confidence in the operating theatre by the end of my training. This strong foundation meant I was able to hit the ground running at BOSMC and could immediately start performing ACL reconstructions on my independent public operating lists. I would like to acknowledge the consultants and senior trainees who I worked with in Ninewells, Perth, Stracathro and Raigmore hospitals over 8 years, many of whom remain close friends and mentors. I would also like to thank the consultants in Aberdeen who contributed so much to our combined regional teaching.

Fellowship Rationale

Having trained in an excellent but small deanery, I felt I would benefit from a longer than typical fellowship to experience the full spectrum of knee and hip surgery. I planned to combine both international and UK components to maximise the variety of experience. My fiancé has been able to move with me and work herself, making the extended fellowship more acceptable. Hence, I organised one year of fellowship in Brisbane (Soft tissue knee and arthroplasty at BOSMC); one year in Perth (6 months Fremantle Arthroplasty Fellowship and 6 months Perth Sports Surgery Fellowship) and one year at Oswestry (Soft tissue knee). This report refers to the first of these 3 years at BOSMC in Brisbane.



The Fellowship

The BOSMC fellowship has existed since 1992 and has a long list of distinguished alumni.

The focus of the fellowship is soft tissue knee surgery and knee arthroplasty, with a mixture

of private and public clinics and theatre sessions. The fellow gains a huge exposure through assisting in private cases, where skills are taught whilst generally remaining the second surgeon. The total number of cases logged during the year approached 900, with the fellow performing 50 ACLs as primary surgeon and assisting in a further 100, with similar numbers for meniscal repair. There is exposure to primary and revision total knee replacement, unicompartmental knee replacement, osteotomy, revision ACL and multi ligament knee injuries. The techniques used in ACL surgery are mixed, with the full variety of graft choices and fixation methods. The fellow is trained to use and is exposed to several primary and revision knee systems and robots/navigation for use in knee arthroplasty. The one half-day a week public operating list allows the fellow to build independence with an increasing complexity of caseload, supported by one of the main supervisors in an adjacent theatre. The half-day fellow's outpatient clinic allows the development of independent practice with support available if needed. There is no on call or trauma commitment allowing the fellow to focus on building subspecialty experience and knowledge.



The Supervisors

Working with Dr Myers is a constant education. Previous fellows will attest to his huge enthusiasm for discussing and teaching from a vast repository of cases, each with its own learning points. He has a consistent system and method, which allows the fellow to form their own treatment algorithms and stimulate their own reading. We spent countless evenings sat in the office after clinic, digesting MRI scans after the patients had left. The knowledge gained has already put me in a position where I feel confident running my own independent practice and could start as a consultant. I can now read a knee MRI scan without relying on the report which is crucial as a knee surgeon. Dr McMeniman and Dr O'Neill are at the peak of their game, dealing with an abundance of elite and professional athletes. I feel privileged to have been involved in their practice, gaining a real insight into the reality of performing as an elite surgeon at this level. I owe a huge gratitude to each of my supervisors for allowing me to operate on their patients. It has been amazing to be part of a consistent expert team in the operating theatre where each member knows their role, is good at it and is driven to work hard to achieve the best result for the patient.



Brisbane as a location

We took the recommendation from a previous fellow to rent an apartment adjacent to the public hospital in a wonderful location next to the Brisbane River. This was a truly magnificent place to live, with cycling and running routes immediately accessible. South Bank was a short walk away for shops and restaurants, and the CBD was directly over the river. We used the weekends to travel extensively, focusing on the east coast. I attended the Knee Society meeting in Queenstown, New Zealand, as well as various other courses in Sydney and Brisbane. We visited a range of coastal locations and islands, including taking a helicopter to Heron Island, flying from a makeshift beach runway on Fraser Island, sailing from Airlie Beach, surfing in 1770 and bush walking at O'Reilly's. We watched live AFL, Rugby league and union and were privileged to catch the Lioness's at a packed Suncorp stadium at the start of the world cup.



Summary

Overall, the BOSMC fellowship enabled my transition from a trainee to an independent surgeon, capable of starting independent practice should that have been the desire. We have had a fantastic time on the east coast of Australia, visiting many places that we would otherwise never have been able to. I have built trusted relationships with mentors who I am confident will support me throughout my career and have demonstrated to myself that I can perform well in a completely alien environment and gain the trust of new colleagues. Finally, I would like to thank Tim's practice manager, Hannah, for dealing with an abundance of emails and paperwork with an unmatched efficiency.

