



SOUTH WEST  
**ORTHOPAEDIC**  
CONFERENCE FEBRUARY 2020  
FOR MEDICAL STUDENTS AND JUNIOR DOCTORS



## South West Orthopaedic Conference 2020



Feedback - February 2020

## South West Orthopaedic Conference 2020

Following on from the success of last year's conference, the South West Orthopaedic Conference 2020 was organised by a committee of medical students, registrars and consultants based at the Princess Elizabeth Orthopaedic Centre, Royal Devon and Exeter NHS Foundation Trust.

The society hoped to educate and inspire medical students, foundation doctors and aspiring surgeons from around the country to pursue a career in Orthopaedics.

The morning of the conference consisted of lectures and career advice provided by orthopaedic consultants. This was then followed by a research poster presentation of the posters selected for presentation and a prize-giving. During the afternoon, attendees were given the opportunity to participate in practical workshops covering emergency fracture management, hip replacement, fracture fixation, suturing and knot tying.

### Course Information

<b>Course Date:</b>	<b>29<sup>th</sup> February 2020</b>
<b>Venue:</b>	<b>Royal Devon &amp; Exeter NHS Foundation Trust, Exeter</b>
<b>Attendance:</b>	<b>31 Delegates</b>
<b>Aimed at:</b>	<b>Medical Students Foundation Year Doctors</b>
<b>Faculty:</b>	<b>Surgeons</b>
<b>Conference Fee:</b>	<b>£15.00</b>





## Programme

0830 - 0900	Registration
0900 - 0910	Welcome and Opening - Mr Oliver Stokes
0910 - 0940	History of PEOC and Orthopaedics - Mr Matthew Hubble
0940 - 1005	Trauma: The Orthopaedic Perspective - Mr Adrian Hughes
1005 - 1025	The Orthopaedic Training Pathway and Building Your CV - Mr Alex Goubran and Ms Kimberley Shuttlewood
1025 - 1055	Sports Medicine - Mr Chris Smith
1055 - 1110	Panel (Q&A Session) - All Above Speakers

### **1110 - 1125** Break

1125 - 1220	Why I chose my career in: Shoulder Surgery - Mr Chris Smith Spinal Surgery - Mr Mazhar Iqbal Hip Surgery - Mr Al-Amin Kassam Knee Surgery - Mr Ben Waterson Foot and Ankle Surgery - Mr Adrian Hughes
1220 - 1245	Humanitarian Surgery - Miss Lydia Longstaff

### **1245 - 1340** Lunch and Poster Presentation

1340 - 1500	Workshops 1 and 2: Emergency Fracture Management Hip Replacement Fracture Fixation Suturing and Knot Tying
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### **1500 - 1515** Break

1515 - 1645	Workshops 3 and 4: Emergency Fracture Management Hip Replacement Fracture Fixation Suturing and Knot Tying
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### **1645 - 1655** Awards and Close

# Faculty

## PATRONS

**Mr Adrian Hughes, BMBS, MSc, FRCS (Tr&Orth)**

Consultant Foot and Ankle Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Mr Oliver Stokes, MBBS, MSc, FRCS (Tr&Orth)**

Consultant Spinal Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Professor Vikram S Devaraj, MBChB, FRCS (Eng), FRCS (Plast), PGDip Clin Ed, SFHEA**

Associate Professor at The College of Medicine and Health, University of Exeter  
Consultant Plastic, Reconstructive and Hand Surgeon  
Royal Devon and Exeter NHS Foundation Trust

## SPEAKERS

**Mr Alex Goubran, MBBS, BSc, FRCS**

Senior Registrar in Trauma and Orthopaedics  
Royal Devon and Exeter NHS Foundation Trust

**Mr Al-Amin Kassam, MBBS, BSc (Hons), FRCS (Tr&Orth)**

Consultant Hip Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Mr Ben Waterson, MBChB, FRCS, MD**

Consultant Knee Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Mr Christopher Smith, FRCS (Tr&Orth), MBBCh, MD, MSc, DipSEM, PGC Med Ed**

Consultant Shoulder and Elbow Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Ms Kimberley Shuttlewood, MRCS, MBBS, BSc**

Speciality Registrar in Trauma and Orthopaedics  
Royal Devon and Exeter NHS Foundation Trust

**Miss Lydia Longstaff, BSc, MBBS, MSc, MRCS**

Core Surgical Trainee  
Royal Devon and Exeter NHS Foundation Trust

## Faculty

**Mr Matthew Hubble, MBBS, FRCS (Tr&Orth)**

Consultant Hip Surgeon

Royal Devon and Exeter NHS Foundation Trust

**Mr Mazhar Iqbal, MBChB, FRCS, SN**

Consultant Spinal Neurosurgeon

Royal Devon and Exeter NHS Foundation Trust

### **ORGANISING COMMITTEE**

**Miss Nurhan Abbud (5<sup>th</sup> Year Medical Student)**

Chair / Lead Coordinator

**Mr David Hirschowitz (5<sup>th</sup> Year Medical Student)**

Sub-Lead Coordinator

**Mr Jonathan Abeles (5<sup>th</sup> Year Medical Student)**

Secretary

**Mr Nick Hubble (3<sup>rd</sup> Year Medical Student)**

Workshop Coordinator

**Mr Jonathan Musgrove (3<sup>rd</sup> Year Medical Student)**

Workshop Coordinator

**Mr Eamon Rawlins (4<sup>th</sup> Year Medical Student)**

Publicity

**Mr Ross Moore (5<sup>th</sup> Year Medical Student)**

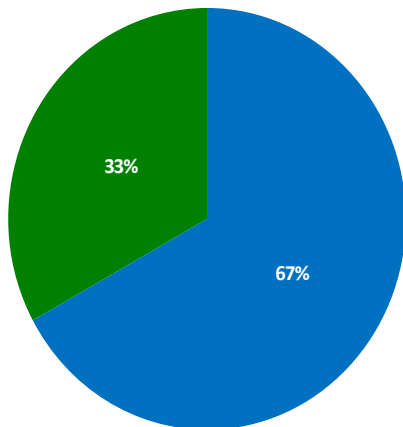
Publicity

**Mr Shivang Burman (4<sup>th</sup> Year Medical Student)**

Treasurer

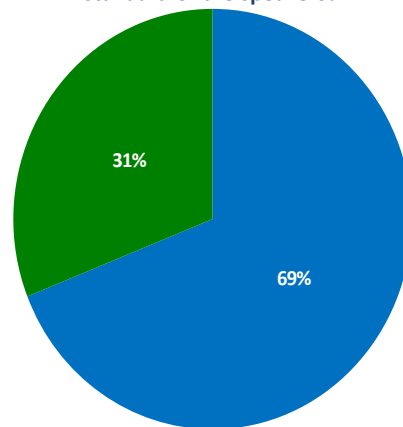
# Overall Feedback

How was the content of the conference?



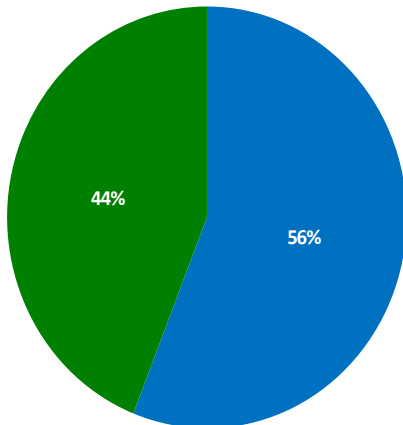
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the speakers?



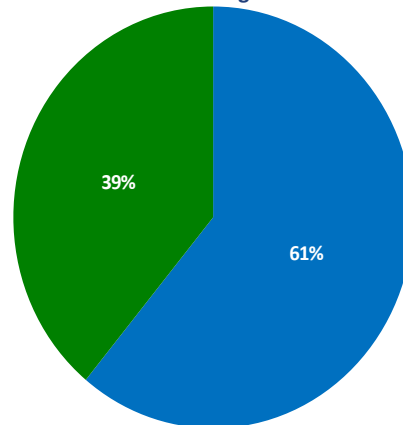
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

History of PEOC and Orthopaedics - Mr Matthew Hubble



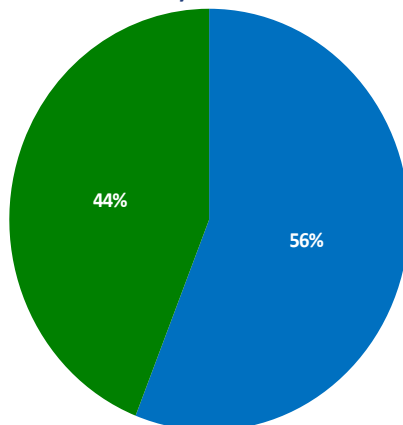
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Trauma: The Orthopaedic Perspective - Mr Adrian Hughes



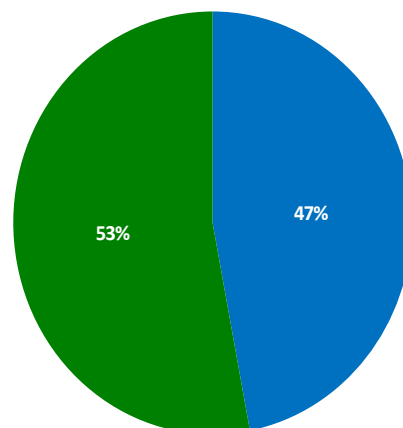
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

The Orthopaedic Training Pathway and Building Your CV - Mr Alex Goubran and Ms Kimberley Shuttlewood



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

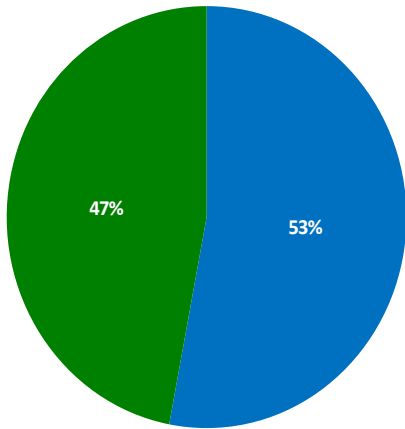
Sports Medicine - Mr Chris Smith



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

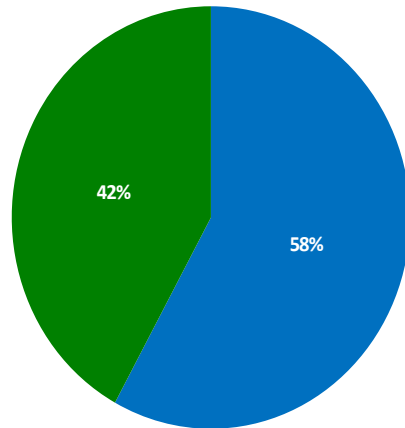
# Overall Feedback

Why I Chose My Career In: Shoulder Surgery - Mr Chris Smith



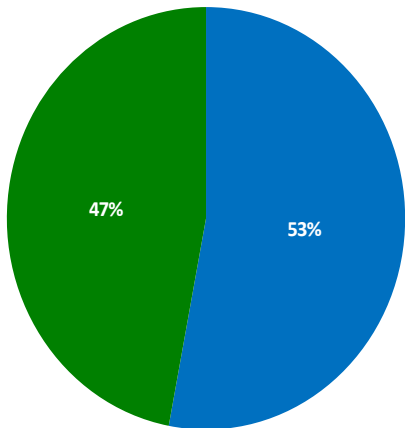
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Why I Chose My Career In: Spinal Surgery - Mr Mazhar Iqbal



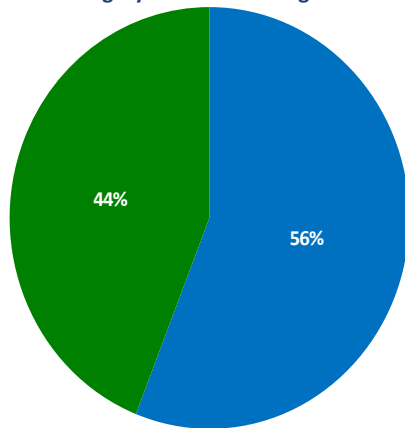
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Why I Chose My Career In: Knee Surgery - Mr Ben Waterson



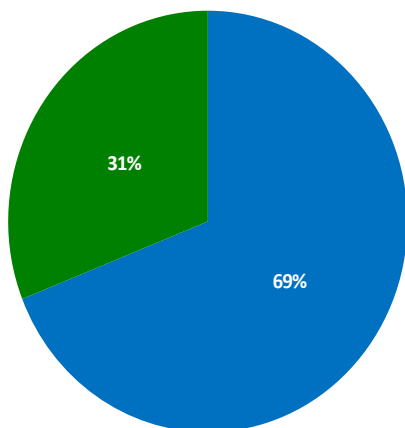
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Why I Chose My Career In: Foot and Ankle Surgery - Mr Adrian Hughes



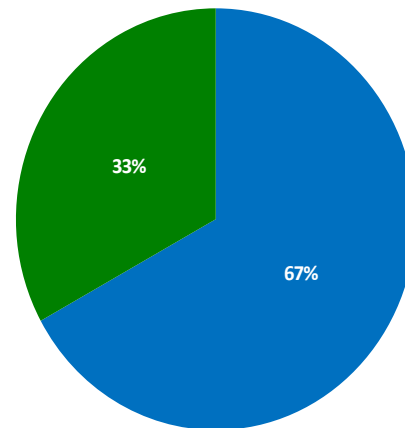
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Humanitarian Surgery - Miss Lydia Longstaff



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

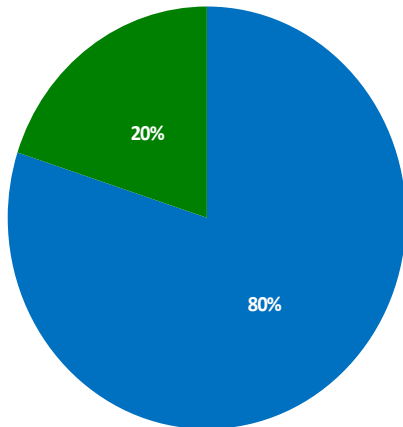
Workshop - Emergency Fracture Management



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

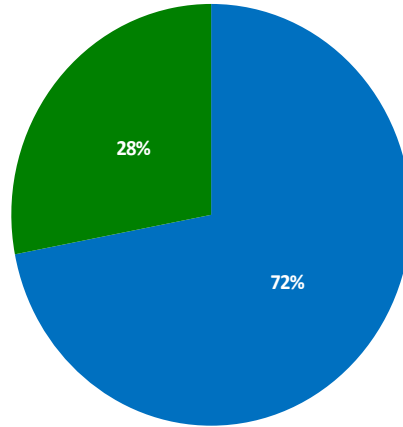
# Overall Teaching Feedback

Workshop - Hip Replacement



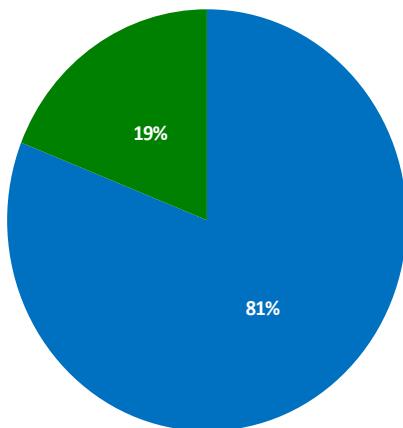
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not applicable

Workshop - Fracture Fixation



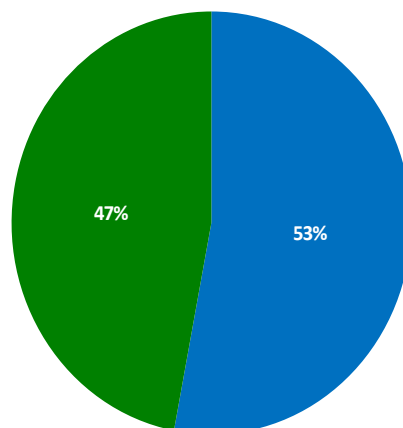
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not applicable

Workshop - Suturing and Knot Tying



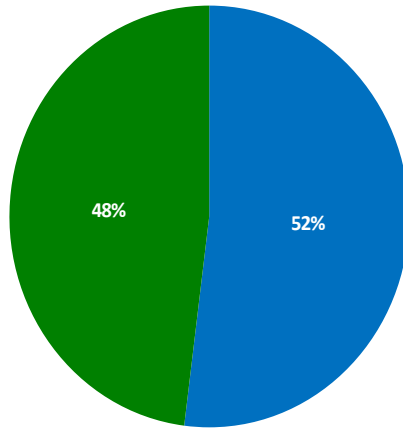
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not applicable

How were the facilities and venue?



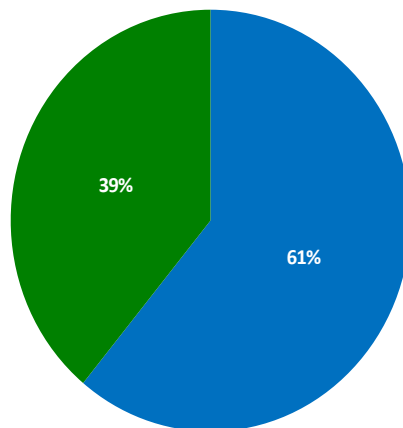
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?

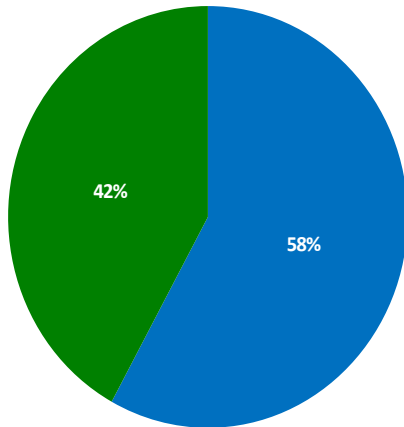


■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

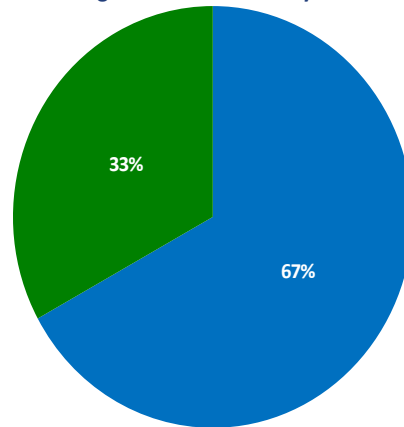


## Overall Feedback

Would you recommend this conference to a friend?



Do you think that this conference provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all ■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

## Individual Comments

It was a really good experience, and I really enjoyed it. I would definitely recommend it to a friend.

**EA**

***University of Exeter Medical School, Exeter, United Kingdom***

I am a first-year medical student and this conference has shown me that I do have an interest in surgery.

**AS**

***University of Exeter Medical School, Exeter, United Kingdom***

It was interesting and relevant to my studies.

**GV**

***University of Exeter Medical School, Exeter, United Kingdom***

It was very helpful in consolidating some of the musculoskeletal module. It was also very helpful in giving me some advice regarding my future career.

**BB**

***University of Exeter Medical School, Exeter, United Kingdom***

I really enjoyed the conference, especially the workshops.

**EC**

***University of Exeter Medical School, Exeter, United Kingdom***

It was very well structured, and the delivery was succinct.

**ES**

***University of Exeter Medical School, Exeter, United Kingdom***

I really enjoyed the workshops and thought that the content was very relevant.

**RG**

***University of Exeter Medical School, Exeter, United Kingdom***

This was a very informative conference with fun workshops. It has made me consider Orthopaedics as a career choice.

**MA**

***University of Exeter Medical School, Exeter, United Kingdom***

It was good.

**LR**

***University of Exeter Medical School, Exeter, United Kingdom***

## Individual Comments

It was very well organised and provided good information for those interested in the field.

**MK**

***University of Exeter Medical School, Exeter, United Kingdom***

I really enjoyed it, thank you!

**EC**

***University of Exeter Medical School, Exeter, United Kingdom***

I really liked it. It opened my eyes to the different types of sub-specialties involved in Orthopaedics. I enjoyed the hip replacement procedure and the fracture fixation. The advanced trauma life support session was also interesting and useful for the future.

**HM**

***University of Exeter Medical School, Exeter, United Kingdom***

This was an excellent conference! I liked that there was a mixture of speakers and hands-on workshops. However, I think the emergency fracture workshop had too much to cover in the 45 minutes, so it was rushed. I think that having a narrower focus for this emergency workshop would be more beneficial. Other than that, it was a great conference.

**FM**

***University of Exeter Medical School, Exeter, United Kingdom***

The event was very well organised, with some amazing and inspiring people presenting in it. The workshops were very interactive and fun. This has definitely encouraged me to consider Orthopaedics as a possible option for my medical career.

**KA**

***University of Exeter Medical School, Exeter, United Kingdom***

The conference was very structured, and the day ran very smoothly. The presentations were very insightful into the different specialties of Orthopaedics and the workshops were fun and interesting to do. The content was relevant to the anatomy of bone that we covered during our first term, especially during the workshop, which made it easier to get involved and understand what was going on.

**TC**

***University of Exeter Medical School, Exeter, United Kingdom***

It was very interesting, informative and well organised.

**AT**

***University of Exeter Medical School, Exeter, United Kingdom***

The organisation, teaching, presentation and relevance of the conference to my studies was good. It also helped me with my dissertation.

**JB**

***University of Exeter Medical School, Exeter, United Kingdom***

## Individual Comments

Orthopaedics is a specialty that I am considering doing in the future. This was a well organised conference.

**DN**

*University of Exeter Medical School, Exeter, United Kingdom*

The conference gave a good insight into the different specialties involved within Orthopaedics.

**LS**

*University of Exeter Medical School, Exeter, United Kingdom*

I really enjoyed the conference. The lectures were really interesting, it was well organised and I feel that it has increased my interest in a career in Orthopaedics.

**MH**

*University of Exeter Medical School, Exeter, United Kingdom*

I thought that it was an excellent conference.

**DL**

*University of Exeter Medical School, Exeter, United Kingdom*



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## Courses (a selection):

### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

### Postgraduate:

- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



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DoctorExams consists of 1000s of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. Questions are written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of topics. Based on past exams, these questions are carefully crafted to suit the requirements of undergraduate students & postgraduate trainees undertaking relevant speciality exams.

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- Medical Students
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- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
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