

**SWOC 2021**  
13th February



## South West Orthopaedic Conference 2021



Feedback - February 2021

## South West Orthopaedic Conference 2021

Following the success of the previous event, this year's South West Orthopaedic Conference was organised by medical students and doctors based at the Princess Elizabeth Orthopaedic Centre, Royal Devon and Exeter NHS Foundation Trust.

The event aimed to educate and inspire medical students, foundation doctors and aspiring surgeons to pursue a career in orthopaedics.

Due to the current COVID-19 pandemic, the event was held virtually.

In the morning, delegates were addressed by specialists who will discussed a variety of topics pertinent to orthopaedics.

In the afternoon, delegates were given the opportunity to participate in virtual activities including hip replacement, knee replacement and CV building. This was followed by specialists discussing career paths and, finally, a question-and-answer panel.

The day concluded with the presentation of awards for the best oral presentation

### Course Information

<b>Course Date:</b>	<b>13<sup>th</sup> February 2021</b>
<b>Venue:</b>	<b>Virtual Event</b>
<b>Attendance:</b>	<b>69 Delegates</b>
<b>Aimed at:</b>	<b>Foundation Year Doctors, Medical Students</b>
<b>Conference Fee:</b>	<b>£5.00</b>



## Programme

- 0900 - 0915 Introduction and welcome
- 0915 - 0945 Lecture (Trauma) – Mr Adrian Hughes
- 0945 - 1015 Lecture (Military) – Mr Michael Butler -The effect of military conflict – bombs and ballistics
- 1015 - 1045 Keynote Lecture 1 (British Red Cross) – Mr Peter Schranz

**1045 - 1100**

**Break**

- 1100 - 1130 Lecture - Sports medicine and shoulder
- 1130 - 1230 Keynote Lecture 2 – Mr Andrew Carrothers – Bone Cancer in Orthopaedics

**1230 - 1315**

**Lunch and Oral Presentations**

- 1315 - 1515 **Breakout Sessions A+B+C (40 mins each)**  
[Delegates will be split into 3 groups and will rotate between each session]  
Hip replacement (case-based discussion) – Mr Al-Amin Kassam  
Knee replacement (case-based discussion) – Mr Ben Waterson  
Building your Surgical CV (interactive lecture) – Ms Kimberley Shuttlewood and Mr Alex Goubran

**1515 - 1530**

**Break**

- 1530 - 1645 **Why I chose a career in...**  
Spinal – Mr Oliver Stokes  
Hip – Mr Al-Amin Kassam  
Knee – Mr Jonathan Phillips (recorded interview)  
Foot & Ankle – Mr Adrian Hughes  
Women in Orthopaedics - Ms Kimberley Shuttlewood
- 1645 - 1715 **Question and Answer Session**  
Mr Adrian Hughes  
Mr Oliver Stokes  
Mr Al-Amin Kassam  
Prof Vikram Devaraj
- 1715 - 1730 Close and awards

# Faculty

## Speakers

**Mr Michael Butler MBBS, MA, FRCS (Tr&Orth)**

Consultant Foot and Ankle Surgeon  
Royal Cornwall Hospitals NHS Foundation Trust.

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

Consultant Hip Surgeon  
Royal Devon and Exeter NHS Foundation Trust.

**Mr Alex Goubran, MBBS, BSc, FRCS (Tr&Orth)**

Specialist Registrar (SpR) in Trauma and Orthopaedics  
Royal Devon and Exeter NHS Foundation Trust  
Spinal Surgery Fellow, British Association of Spine Surgeons.

**Mr Peter Schranz LRCP, MRCS, FRCSEd (Orth)**

Consultant Trauma & Orthopaedic Surgeon  
British Red Cross Speaker.

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

Consultant Knee Surgeon  
Royal Devon and Exeter NHS Foundation Trust.

**Mr Jonathan Phillips, MBChB, MSc, FRCS (Tr&Orth)**

Consultant Knee Surgeon  
Royal Devon and Exeter NHS Foundation Trust.

**Mr Andrew Carrothers VR, MBChB, MA (Cantab), DipIMCRCSEd, FRCS (Tr&Orth)**

Consultant Trauma & Orthopaedic Surgeon  
Cambridge University Hospitals NHS Foundation Trust  
Carrothers Orthopaedics.

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

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

## Patrons

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

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

**Mr Matthew Hubble, MBBS, FRCS, FRCSI, FRCS (Orth)**

Consultant Hip 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.

# Faculty

## Organising Committee

### **Mr Jonathan Musgrove**

Chair

4<sup>th</sup> Year Medical Student

### **Mr Nick Hubble**

Chair

4<sup>th</sup> Year Medical Student

### **Mr Shivang Burman**

Treasurer

Intercalating Medical Student

### **Miss Miriam Beattie**

Publicity

Intercalating Medical Student

### **Miss Lucy Lee-Smith**

Publicity

5<sup>th</sup> Year Medical Student

### **Miss Hazel Awarah**

Publicity

4<sup>th</sup> Year Medical Student

### **Mr Dan O' Leary**

Session Coordinator

5<sup>th</sup> Year Medical Student

### **Mr Matthew Howells**

Session Coordinator

5<sup>th</sup> Year Medical Student

### **Miss Raffaella Melilli**

Session Coordinator

5<sup>th</sup> Year Medical Student

### **Mr Mohammed Elhassan**

Lecture Coordinator

4<sup>th</sup> Year Medical Student

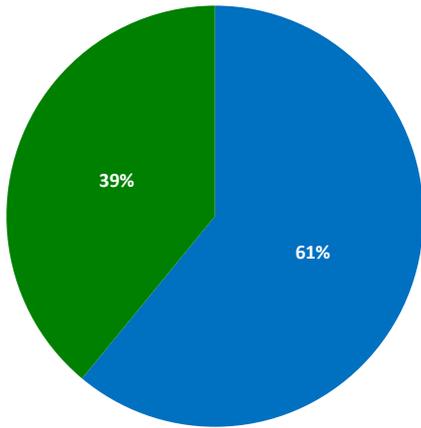
### **Mr Yusuf Sarwar**

Lecture Coordinator

3<sup>rd</sup> Year Medical Student

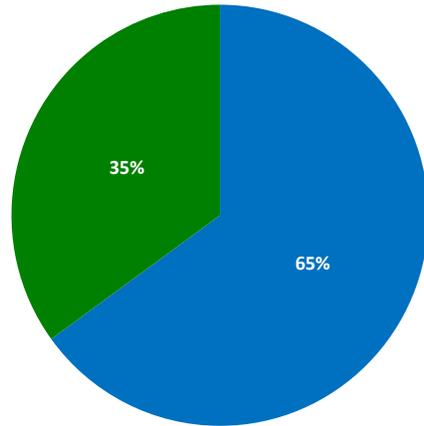
# Overall Feedback

How was the content of the conference?



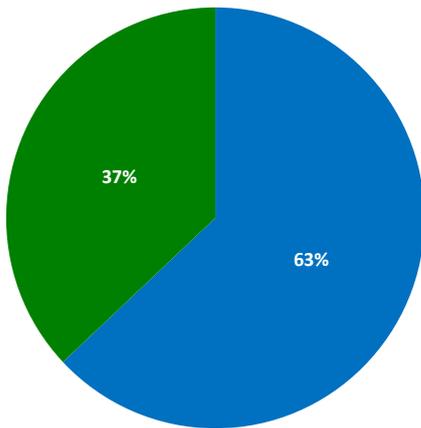
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



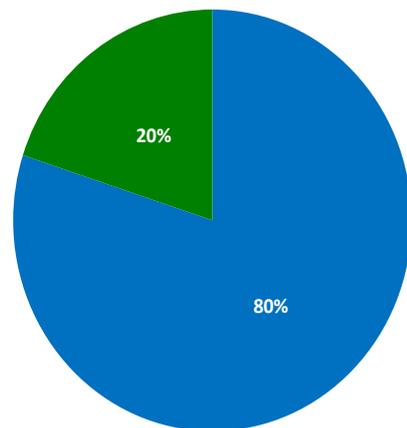
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Orthopaedic Trauma by Mr Adrian Hughes



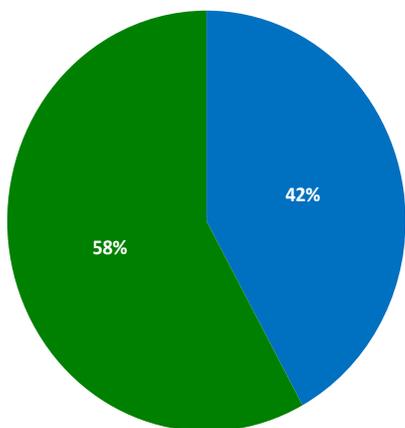
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Lecture (Military) – Mr Michael Butler -The effect of military conflict – bombs and ballistics



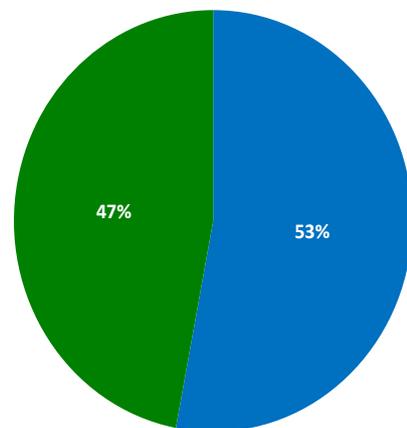
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Sports Injuries – Shoulder and Elbows by Mr Chris Smith



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

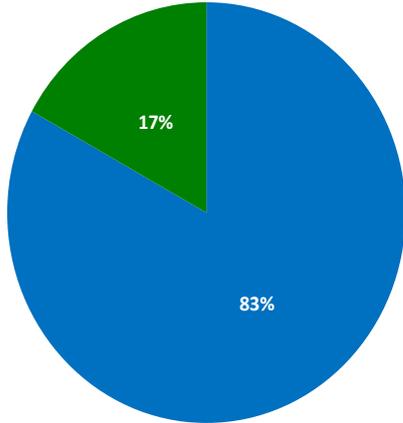
Pelvic Bone Metastases in Orthopaedics – A Common Problem yet Not Always Easy to Deal With by Mr Andrew Carrothers



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

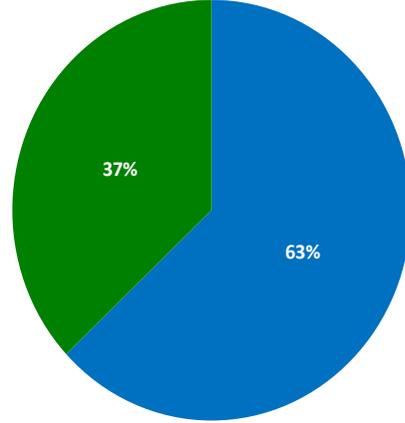
# Overall Feedback

From Malta to the Middle East, via Exeter and Bangladesh – A refugee’s 40-year Journey Mr Peter Schranz



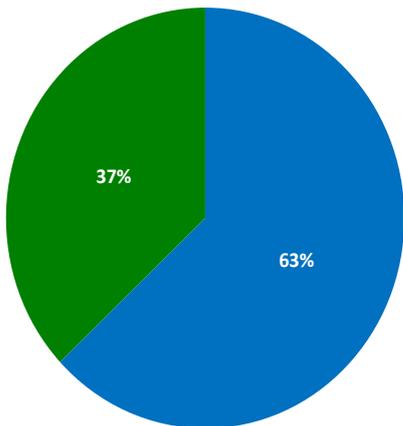
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Hip replacement (case-based discussion) – Mr Al-Amin Kassam



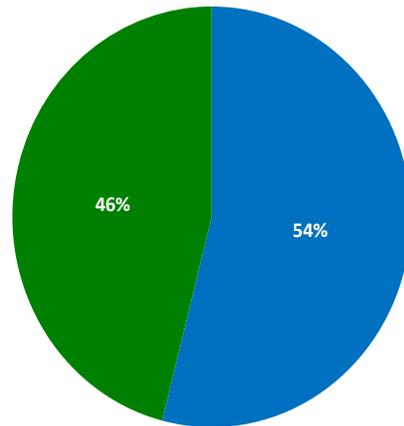
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Knee replacement (case-based discussion) – Mr Ben Waterson



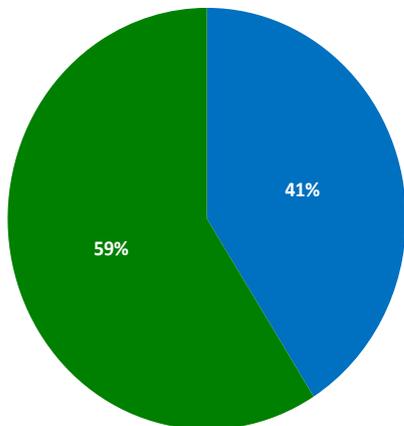
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Building your Surgical CV (interactive lecture) – Ms Kimberley Shuttlewood and Mr Alex Goubran



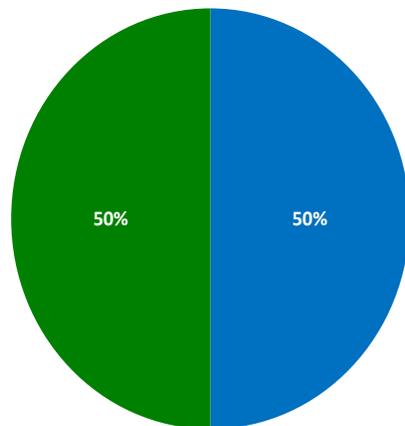
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Why I chose a career in Spinal – Mr Oliver Stokes



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

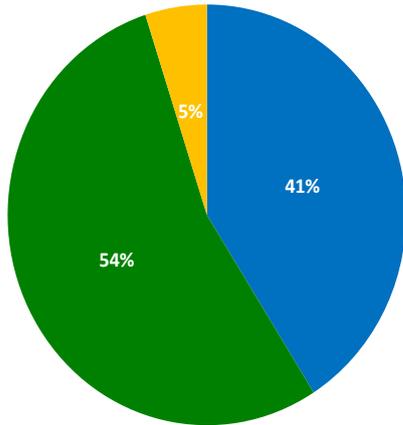
Why I chose a career in Hip – Mr Al-Amin Kassam



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

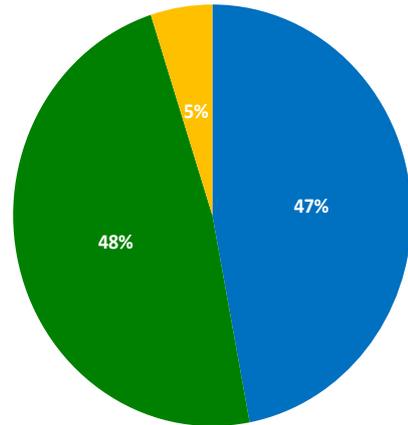
# Overall Feedback

Why I chose a career in Knee – Mr Jonathan Phillips (recorded interview)



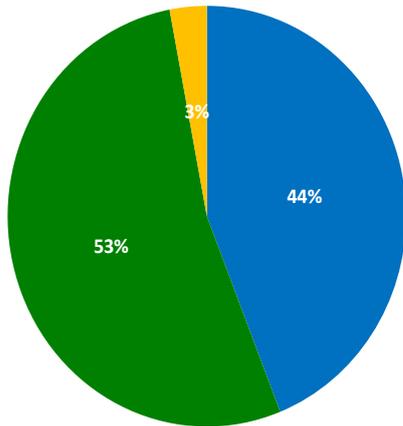
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not Applicable

Why I chose a career in Foot & Ankle – Mr Adrian Hughes



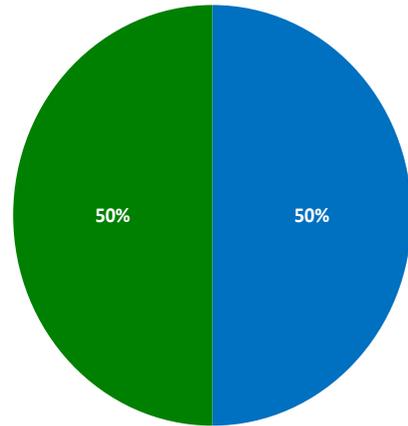
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not Applicable

Why I chose a career in Women in Orthopaedics - Ms Kimberley Shuttlewood



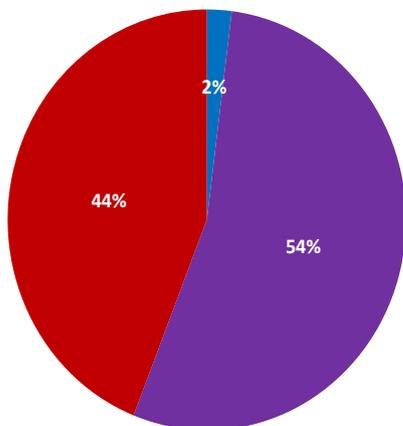
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not Applicable

Question and Answer Session



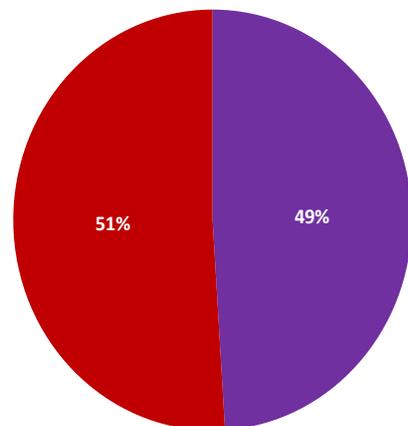
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor ■ Not Applicable

"I know what a career in Orthopaedics entails."



■ Strongly disagree ■ Somewhat disagree  
 ■ Neither agree/disagree ■ Somewhat agree  
 ■ Strongly agree

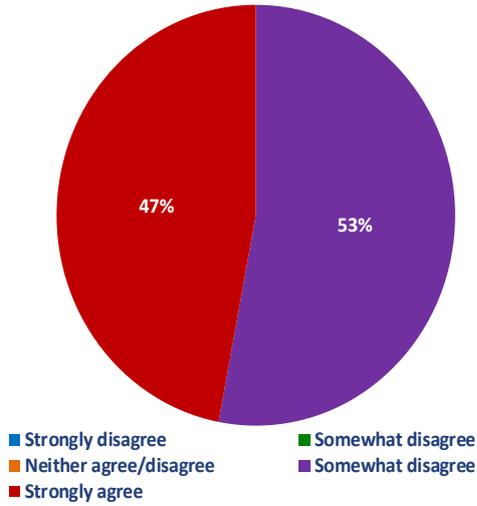
"I have a good understanding of the range of subspecialties within Trauma & Orthopaedics"



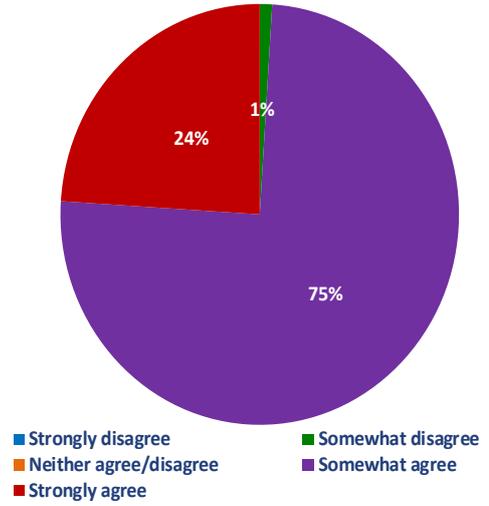
■ Strongly disagree ■ Somewhat disagree  
 ■ Neither agree/disagree ■ Somewhat agree  
 ■ Strongly agree

# Overall Feedback

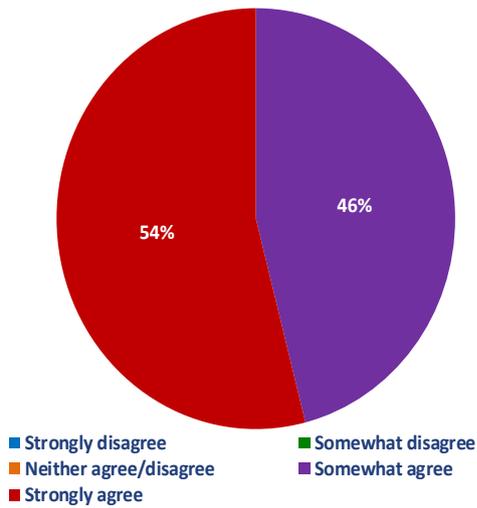
"I understand the Orthopaedics training pathway"



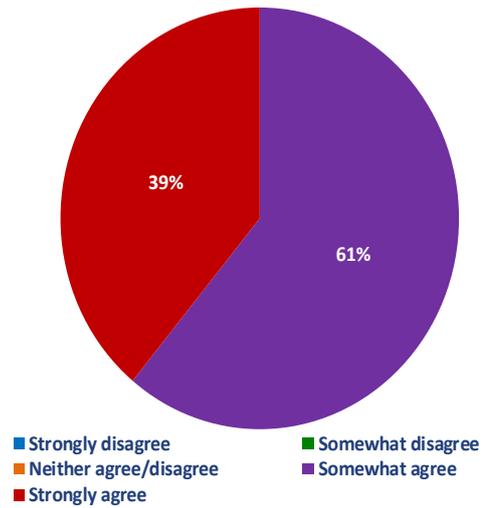
"I have a good understanding of what is required to obtain a national training number in Orthopaedics"



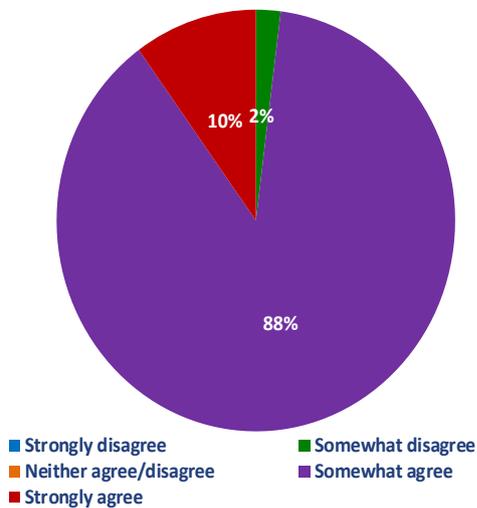
"I understand the role of the Orthopaedic surgeon in Trauma"



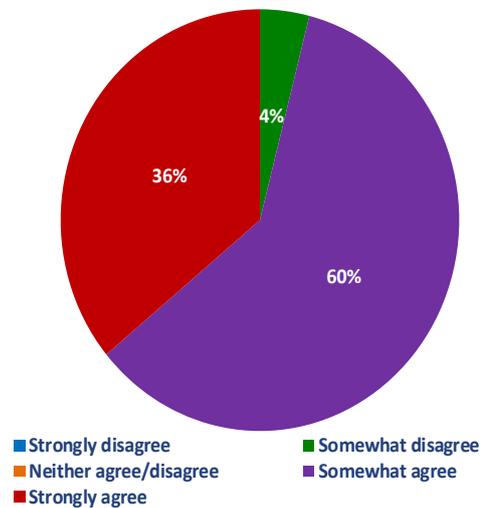
"I intend to pursue a career in Orthopaedics"



Work/Life Balance

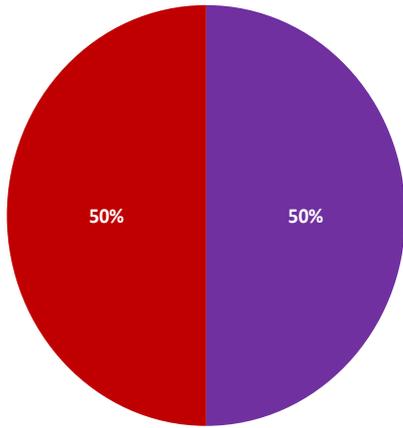


Caseload/ case variety



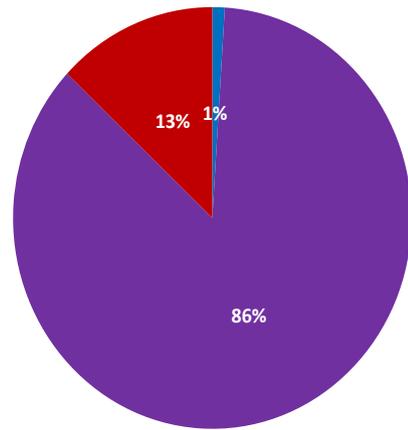
# Overall Feedback

Interest in musculoskeletal science



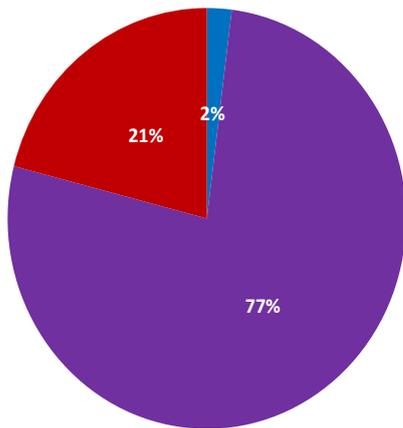
■ Strongly disagree    ■ Somewhat disagree  
■ Neither agree/disagree    ■ Somewhat agree  
■ Strongly agree

Prestige



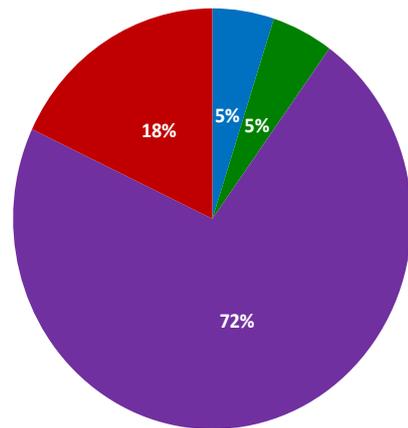
■ Strongly disagree    ■ Somewhat disagree  
■ Neither agree/disagree    ■ Somewhat agree  
■ Strongly agree

Academic opportunities



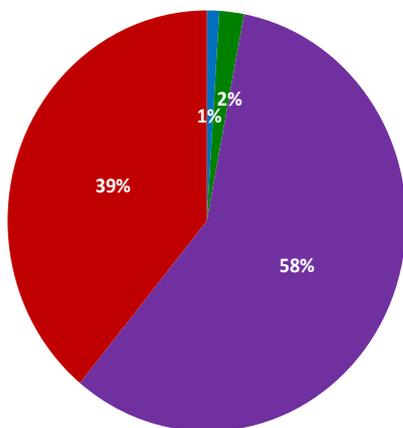
■ Strongly disagree    ■ Somewhat disagree  
■ Neither agree/disagree    ■ Somewhat agree  
■ Strongly agree

Salary



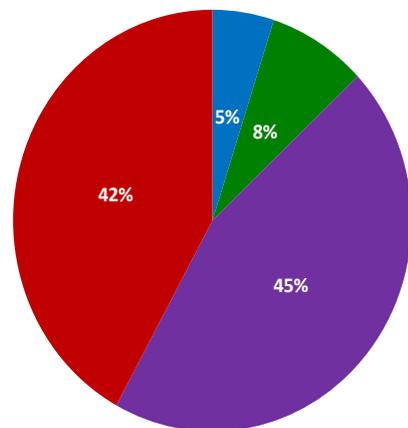
■ Strongly disagree    ■ Somewhat disagree  
■ Neither agree/disagree    ■ Somewhat agree  
■ Strongly agree

Opportunity for private practice



■ Strongly disagree    ■ Somewhat disagree  
■ Neither agree/disagree    ■ Somewhat agree  
■ Strongly agree

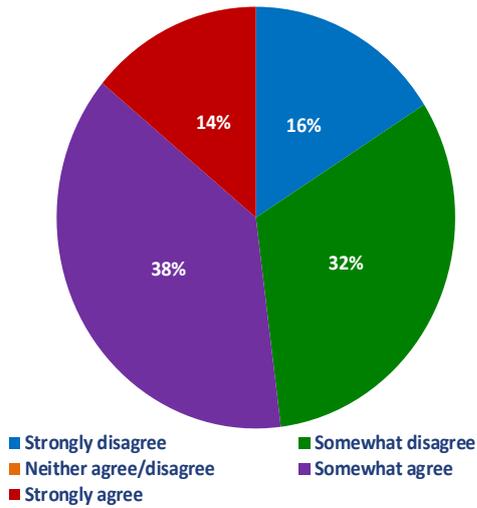
Variety of subspecialties



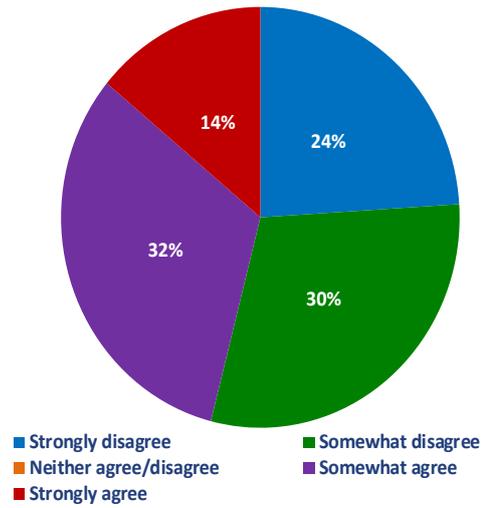
■ Strongly disagree    ■ Somewhat disagree  
■ Neither agree/disagree    ■ Somewhat agree  
■ Strongly agree

# Overall Feedback

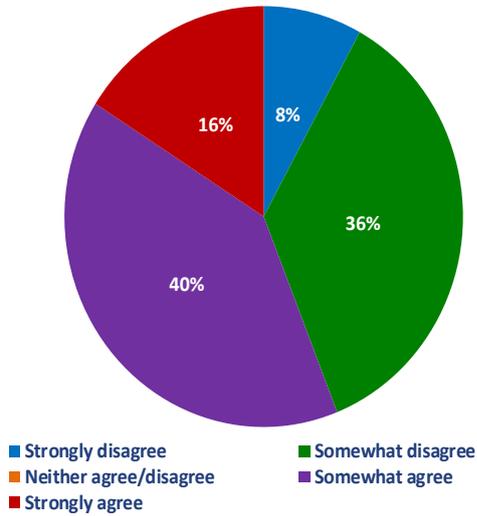
Military medicine/ Sports medicine careers



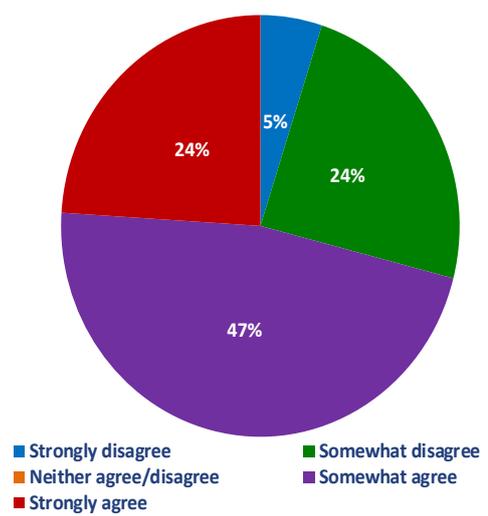
Lack of role models



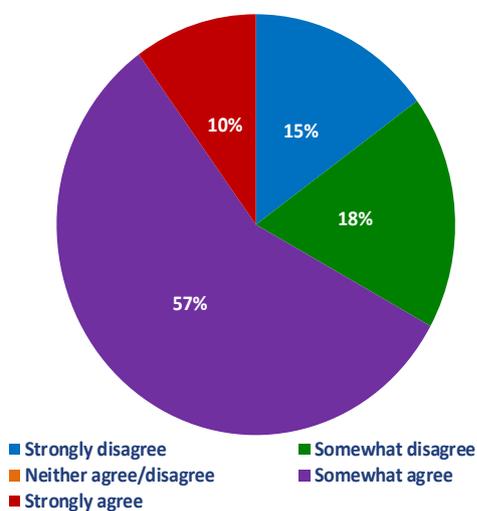
Work/Life balance



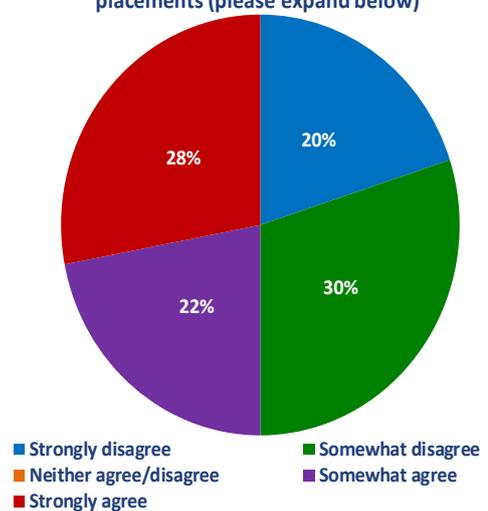
Years spent in training



Lack of exposure during undergraduate years

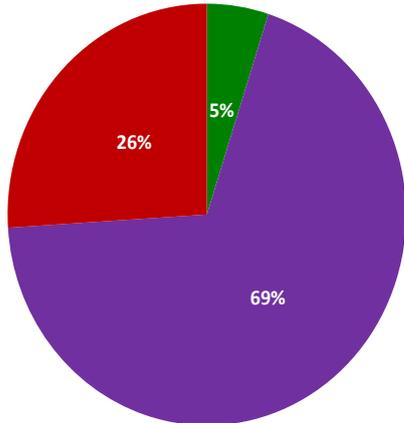


Negative experiences in orthopaedic placements (please expand below)



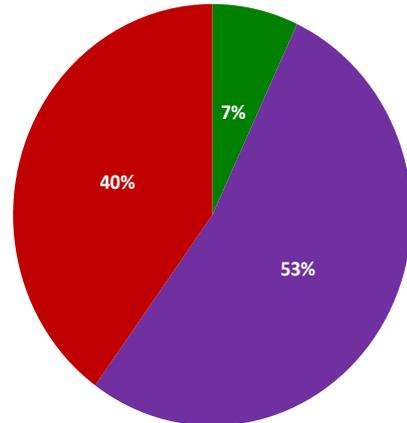
# Overall Feedback

Lack of patient contact



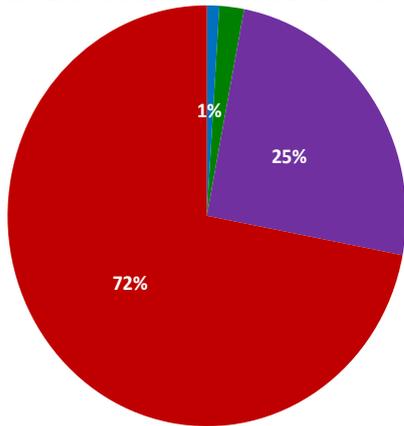
- Strongly disagree
- Somewhat disagree
- Neither agree/disagree
- Somewhat agree
- Strongly agree

"I found it easier to ask questions"



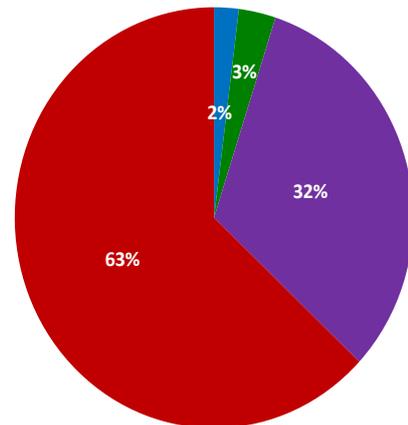
- Strongly disagree
- Somewhat disagree
- Neither agree/disagree
- Somewhat agree
- Strongly agree

"I am more likely to attend an online conference than an attendance conference in the future"



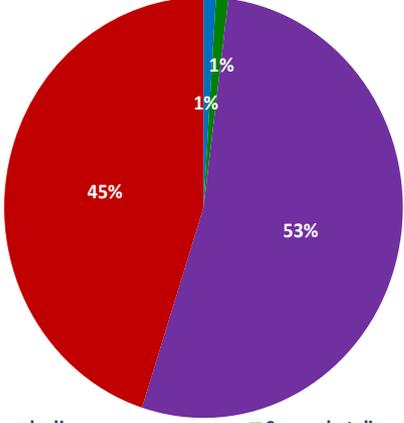
- Strongly disagree
- Somewhat disagree
- Neither agree/disagree
- Somewhat agree
- Strongly agree

"I found talks were more interactive"



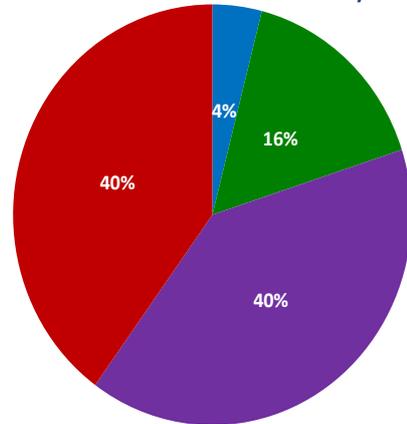
- Strongly disagree
- Somewhat disagree
- Neither agree/disagree
- Somewhat agree
- Strongly agree

"I found there to be less barriers preventing me from attending online conferences compared to attendance events"



- Strongly disagree
- Somewhat disagree
- Neither agree/disagree
- Somewhat agree
- Strongly agree

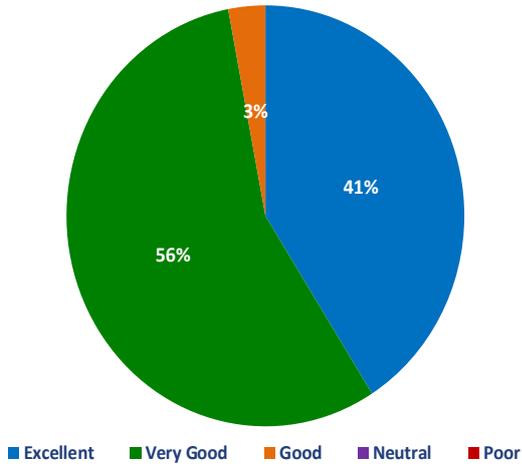
"I feel that some aspects of medical conferences are better suited to online delivery"



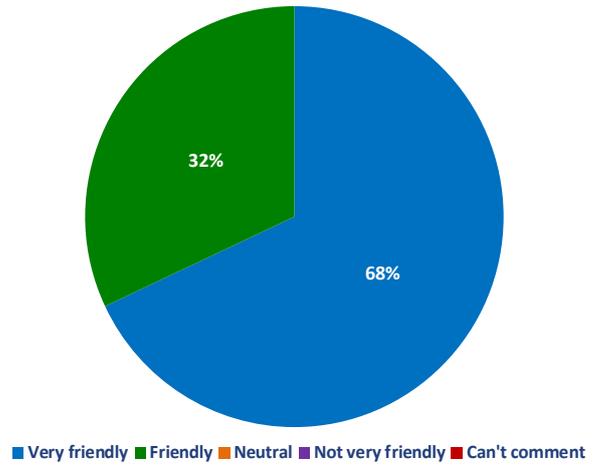
- Strongly disagree
- Somewhat disagree
- Neither agree/disagree
- Somewhat agree
- Strongly agree

# Overall Feedback

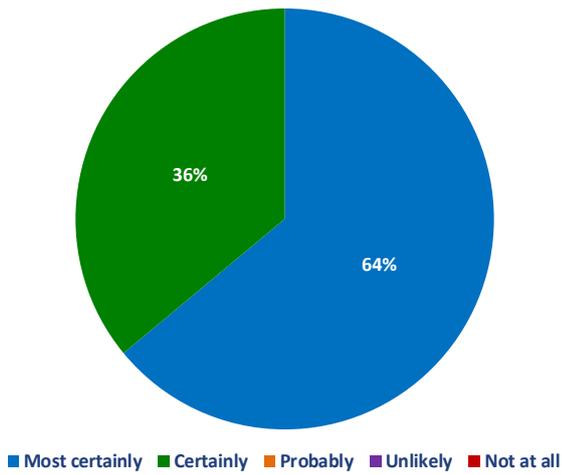
How would you rate the appropriateness of Zoom as the platform for this conference?



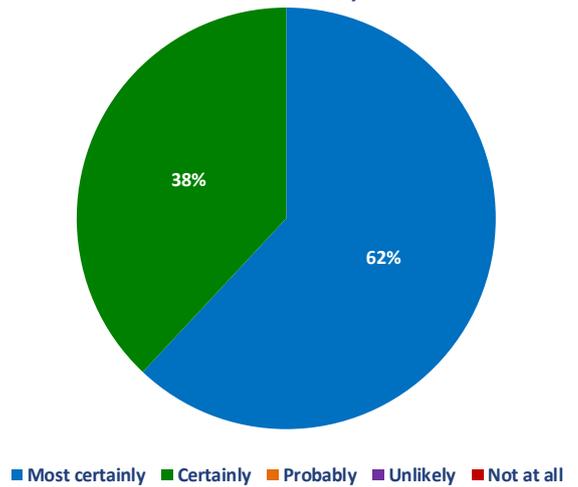
How was the general friendliness of the faculty and organisers?



Would you recommend this conference to a friend?



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



## Individual Comments

All excellent.

**TD**

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

Very good, right level, interesting.

**CJ**

*Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, United Kingdom*

Very good.

**MS**

*Edinburgh Medical School, College of Medicine and Veterinary Medicine, University of Edinburgh*

Very professionally done, all speakers were of a high calibre and very engaging. Pitched very appropriate to my level of study, but still aspirational and inspirational re: future practice.

**EW**

*Brighton and Sussex Medical School, Brighton, United Kingdom*

Well organised and variety of topic covered throughout the day. As a 2nd Year gave me an insight into orthopaedics which I have not been exposed to yet.

**EM**

*King's College London, United Kingdom*

Excellent really impressed.

**ES**

*University of St. Andrews School of Medicine, St. Andrews, United Kingdom*

It was a very organised day. The teaching was very informative and interesting. It has given me information on what to do throughout my studies to help pursue a future career in orthopaedics.

**EA**

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

Nice and precise.

**SA**

*Dr Ruth KM Pfau Civil Hospital, Karachi*

Very good and enjoyable and informative. The talk on military orthopaedics was by far the stand out and best lecture.

**SL**

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

Amazing, would go again.

**IS**

*University of Wollongong School of Medicine, Wollongong, Australia*

## Individual Comments

Really well organised and interesting lectures.

HJ

*Lister Hospital, Stevenage, United Kingdom*

Very well organised and covered a broad range of topics relevant to orthopaedics. Excellent teaching.

EH

*Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, United Kingdom*

Really enjoyed it helped me understand more about a career in orthopaedics.

CB

*University of Liverpool Faculty of Health and Life Sciences, Liverpool, United Kingdom*

Very relevant and interesting.

KK

*Exeter University, United Kingdom*

Amazing organisation and presentations were incredibly clear and interesting. The conference helped me explore orthopaedics as a medical student with little current exposure to the specialty.

JC

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

As a second year medical student, I've not really had any clinical exposure or spoken to many doctors so this was really interesting to gain an insight into the life of an orthopaedic surgeon and to develop an understanding of the training pathway and what it entails. I really enjoyed it so thank you for organising the day.

LG

*University of Leicester College of Medicine, Biological Sciences and Psychology, Leicester, United Kingdom*

Fantastic. Interesting.

JB

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

Very inspiring, thanks.

KA

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

Honestly one of the best conferences I have attended, I thought you all did a fantastic job.

DV

*Wessex, United Kingdom*

Well organised, really informative and well worth the time spent.

BP

*Medical University 'Prof. Dr. Paraskev Stoyanov' Varna Faculty of Medicine, Varna, Bulgaria*

## Individual Comments

Very good and thorough.

**NC**

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

Excellent.

**AA**

*Umm Al-Qura University Faculty of Medicine, Mecca, Saudi Arabia*

Organised.

**JM**

*Royal Cornwall Hospitals NHS Trust, United Kingdom*

Very good and really enjoyed the day!

**JP**

*University of Leicester College of Medicine, Biological Sciences and Psychology, Leicester, United Kingdom*

Found it very insightful and relevant to me as I am seriously considering training in orthopaedics.

**KK**

*Exeter University, United Kingdom*

I thought it was very good, one of the better conferences I have attended.

**ZA**

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

The organisation was excellent, teaching was engaging, loved the poster presentations and how that was structured. Overall all the topics and speakers chosen did a great job and provided more insight into orthopaedics and different aspects that one should think about.

**TJ**

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

It was very informative, interesting and well-organised.

**AH**

*University of Glasgow School of Medicine, Glasgow, United Kingdom*

Very good.

**AP**

*University of Buckingham, United Kingdom*

Organisation was fantastic. Very professional and good variety of talks. Enjoyed the focus on various subspecialities and what it's like within Orthopaedics.

**WS**

*University of Dundee School of Medicine, Dundee, United Kingdom*

## Individual Comments

Very good level of teaching. Some very interesting speakers from different experiences worldwide. Good presentations. Put my Orthopaedic rotation into perspective.

**SC**

***Lister Hospital, Stevenage, United Kingdom***

Excellent.

**GC**

***Mater Dei Hospital Malta***

Different experience and perspectives from foreign surgeons. It will be interesting to learn their skills in managing different cases.

**DW**

***Sarawak General Hospital, Malaysia***

Really interesting presentations.

**HJ**

***Lister Hospital, Stevenage, United Kingdom***



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events / competitions.

## 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



## Forthcoming key events:

- International Medical Summer School
- International Academic and Research Conference
- World University Anatomy Challenge

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



Peer-reviewed academic journal  
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

[wjmer.co.uk](http://wjmer.co.uk)

## Online Revision Resources

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.

### Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

[www.doctorexams.co.uk](http://www.doctorexams.co.uk)

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