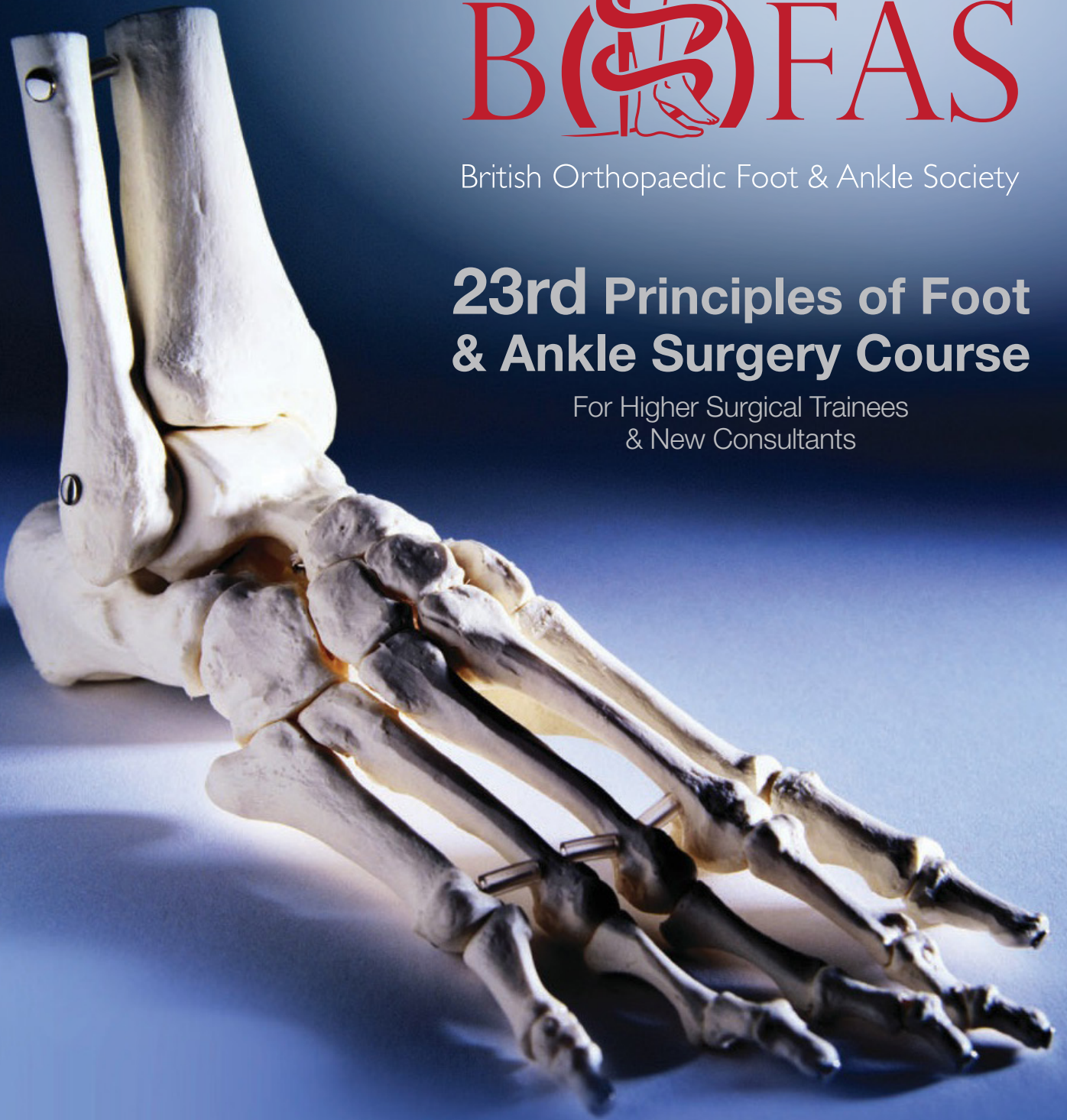




British Orthopaedic Foot & Ankle Society

23rd Principles of Foot & Ankle Surgery Course

For Higher Surgical Trainees
& New Consultants



21st - 23rd June 2018

RAMAIAH ADVANCED LEARNING CENTRE, NEW BEL ROAD, BANGALORE



Setting the right
environment for learning

Informal
Interactive
Individual

Aims of the course

The BOFAS principles course was started in 2011 as a collaborative project of the Education Committee of the Society. It was designed to teach the core foot and ankle content in the FRCS (Tr & Orth) curriculum in an informal and interactive environment.

We are delighted to have collaborated with the Indian Foot & Ankle Society to deliver the first overseas course.

There is emphasis on clinical examination cases, discussion groups and opportunity for simulating exam conditions for those close to the exam.

The original format of the course has been maintained with emphasis on clinical examination of cases leading to decision making on treatment and small discussion groups. This will give a unique opportunity to young surgeons to improve care of foot and ankle patients in their practice. The final day of the course will be a hands on cadaver training part with an aim to provide the attendees a wide exposure to different surgical techniques in foot and ankle problems.

BOFAS runs three courses per year in the UK and plans to reach out to international surgeons for the purpose of training by way of overseas courses and this course is the first one in that direction.

Faculty

The BOFAS course prides itself on the high faculty to delegate ratio with 1 faculty member to just 2 delegates.

All British faculty are members of BOFAS and have accredited background in surgical training. Many are FRCS (Tr & Orth) examiners and are members of the Education Committee.

All Indian faculty are members of IFAS and have special interest in foot and ankle surgery. They are well recognized for their experience and desire to teach.

The faculty are engaged in developing the course format as well as the content. The aim is to ensure that the quality of the course is improved year on year and the highest standards of education are met. They all love to teach.

Feedback

Responding to feedback is a key principle of the course and both the format and content is adjusted to meet the requirements of the trainees.

“An excellent course with great cases. Would strongly recommend to colleagues. Great faculty!”

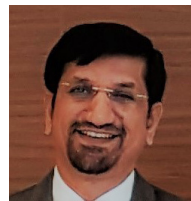
“The model for future training!”

BOFAS Course Faculty



Rhys Thomas (Course Director)

Rhys Thomas graduated from University College Hospital, London. He completed Fellowship training in Toronto and has subsequently been awarded travelling Fellowships by both EFAS and AOFAS. He was appointed as a consultant orthopaedic surgeon in Cardiff in 2003 and supervises the local foot and ankle fellowship. His main interest is sporting injuries of the foot and ankle. He is a member of the BOFAS Education Committee.



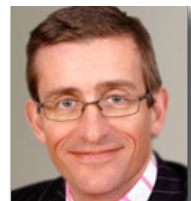
Shiv Manik Ajoy (Course Co-Director)

Dr Ajoy S M is currently working in the Department of Orthopaedics at the Ramaiah Medical College and attached hospitals and has established the Foot and Ankle specialty there. A Fellowship in Adult Reconstruction from the NUH Singapore, the KOA traveling fellowship in UK and Foot and ankle observership with Prof Hintermann in Switzerland, and another with Dr Michael Coughlin at Boise, USA, formed part of his training and experience. He is associated with the Ramaiah Tissue Bank as its co-ordinator and Quality Control Officer since its inception in 2012. He has completed the AO Basic, Advanced and Lower Extremity Master's Course (Davos) and is Faculty for the AO & Alliance Foundation. He has also been a faculty in many regional, national and international courses and has successfully conducted five foot and ankle courses with anatomical specimen in the Ramaiah Advanced Learning Centre at Bangalore.



Nick Cullen

Nick Cullen was appointed as a Consultant in the Foot & Ankle Unit of the Royal National Orthopaedic Hospital Trust, Stanmore in August 2005. The Foot & Ankle Unit at the RNOH is a tertiary referral centre, treating many of the complex foot & ankle cases that are referred from hospitals throughout the South of England. Dealing solely with problems of the foot & ankle, Mr Cullen's interests include sports injuries, bunion, toe deformity, arthroscopy, arthritis and tendon disorders.



James Davis

James Davis graduated from Charing Cross and Westminster medical school in 1990 and completed surgical training in London. His orthopaedic training was in the South Thames region. He was fellowship trained at the University of Johns Hopkins, USA. He was appointed as a Consultant Orthopaedic Surgeon at Torbay Hospital in 2001. He started a specialist Foot and Ankle service in South Devon and runs the South West Foot and Ankle Centre. He is Chairman of the Education Committee and is an FRCS (Tr & Orth) examiner.



Abhishek Jain

Abhishek Jain is a foot and ankle surgeon practicing in New Delhi. He runs his own exclusive foot and ankle clinic named as Delhi Foot and is also a visiting consultant in the dept. of Orthopedics in Max Smart hospital at Saket, New Delhi.

After Graduating in orthopedic surgery from Kasturba Medical College, Mangalore and Safdarjang Hospital & VMMC, New Delhi, he completed his fellowship in foot and ankle surgery from Inje University, South Korea. Thereafter, he moved to Germany to pursue his Arthroplasty, arthroscopy and sports medicine fellowship. His keen interest in foot and ankle area made him to take observership in the department of podiatry in National university Hospital, Singapore.



Jitendra Mangwani

Jit Mangwani is a Consultant Orthopaedic Foot and Ankle Surgeon at University Hospitals of Leicester. He graduated in India and completed his higher surgical training in trauma and orthopaedics in London with a specialist fellowship in foot and ankle surgery. He has a keen research interest. He is committed to medical education and is regularly invited as a faculty to courses and conferences. He runs both national and international foot and ankle surgery courses.



Sampat Dumbre Patil

Fellowship trained foot and ankle surgeon (Australia, USA, Switzerland, and Germany)

Director Orthopedics- Noble hospital, Pune. Foot and ankle surgeon, Sancheti hospital, Pune.

President Indian foot and ankle society.

More than 25 national and International publications. Editorial board BMC Musculoskeletal disorders journal.

Ex committee member Indian orthopedic association.



Balvinder Rana

Balvinder Rana is a foot and ankle surgeon working in New Delhi. He is the past president of the Indian Foot & Ankle Society and has worked to establish the first overseas Principles course with BOFAS.

He did his postgraduate training from Mahatma Gandhi Institute of Medical Sciences, Maharashtra and completed orthopaedic residency from Dr Ram Manohar Lohia Hospital, New Delhi in 2001. He later did visiting fellowships in Foot and Ankle centres of excellence in the US including Union Memorial Hospital, Baltimore, Orthopaedic Foot and Ankle Centre, Columbus, Ohio and Birmingham University Hospital, Alabama. He has also undergone a travelling Fellowship to America and is a member of the Educational Committee of AOFAS.

He has been actively involved in post graduate Orthopaedic teaching for Diplomate of National Board students during his assignments with Medanta and Max Hospitals New Delhi for a number of years. He has organized a number of national & regional foot and ankle meetings in India and has also been invited as faculty to several Foot and Ankle CMEs and workshops in India and abroad.



Rajesh Simon

Rajesh Simon is a foot and ankle surgeon based in Kerala. Senior Consultant, Division of Foot and Ankle, He is current the secretary of IFAS. His foot and ankle visiting fellowship was undertaken in Alabama. He is very active in organizing courses and CMEs for continuing medical education in Kerala and is invited frequently for many other conferences.



Andrea Sott

Andrea Sott was appointed Consultant in Trauma and Orthopaedic Surgery with an interest in Foot & Ankle at Epsom & St Helier University Hospital NHS Trust in SW London in 2004. Specialty training at St Georges Hospital London with Fellowships in Hannover Trauma Unit, Baltimore and Minneapolis.

Committed to training as clinical and educational Supervisor, Honorary Lecturer St Georges medical school, FRCS (Orth) Examiner and Member of Standard setting group at JCIE Intercollegiate Board Edinburgh. Actively involved in research with recent F&A publications, input into national NIHR studies (UKSTAR) and international presentations into Minimally Invasive Surgery of the Foot & Ankle.

Current Clinical Director at her Hospital Trust- continuously working towards standards of excellence as well as Host of the BOA Future leaders Foot & Ankle Fellowship.



British Orthopaedic Foot and Ankle Society

Principles of Foot and Ankle Surgery

Day 1 – Thursday June 21

08:15-08:45	Registration			
08:45-09:00	Introduction & Welcome		Rhys Thomas	
09:00-10:15	Clinical examination of the foot and ankle		Nick Cullen	
	Interactive Examination of the normal Foot & Ankle		All faculty	
10.15-10.45	Hallux valgus & hallux rigidus		Andrea Sott	
10.45-11.00	Coffee			
11.00-11.30	Neuromuscular disorders		Balvinder Rana	
11.30-12.00	Acquired flatfoot		Jit Mangwani	
12.00-12.30	Hindfoot OA & deformity		Nick Cullen	
12:30-13:00	Heel pain & Achilles tendinopathy		Abhishek Jain	
13.00-13.45	Lunch			
13.45-14.15	Ankle ligament injury & basics of arthroscopy		Rhys Thomas	
14:30-17:30	Four Clinical examination and discussion workshops		Group rooms	
	Group A	Group B	Group C	Group D
14:30-15:10	Post trauma	Neuromuscular	Hindfoot deformity	Flatfoot
15:10-15:50	Flatfoot	Post trauma	Neuromuscular	Hindfoot deformity
15:50-16:10	Coffee	Coffee	Coffee	Coffee
16:10-16:50	Hindfoot deformity	Flatfoot	Post trauma	Neuromuscular
16:50-17:30	Neuromuscular	Hindfoot deformity	Flatfoot	Post trauma
17:30-18:30	Discussion of difficult cases from the Trainees.			
20:00	Course Dinner – Faculty & Delegates Venue TBC			

British Orthopaedic Foot and Ankle Society

Principles of Foot and Ankle Surgery

Day 2 – Friday June 22

08:45-09:00	Orthotics		Andrea Sott	
09:00-09.45	Diabetic foot and charcot arthropathy		Jit Mangwani	
09:45-10.00	Infections around the foot & ankle		Shiv Manik Ajoy	
10:00-10.15	Coffee			
10:15-10.45	Acute ankle fracture management		James Davis	
10:45-11.05	Pilon & Talus		Nick Cullen	
11.05-11.15	Calcaneal fractures		Balvinder Rana	
11.15-11.30	Lisfranc injuries		James Davis	
11.40-12.00	Neglected ankle fractures		Sampat Patil	
12.00-12.20	Malunited calcaneal fractures		Sampat Patil	
12:30-13.00	TA ruptures: acute & chronic		Rajesh Simon	
13:00-13:45	Lunch			
13:45-16:45	Four Clinical examination and discussion workshops		Group rooms	
	Group A	Group B	Group C	Group D
13:45-14:25	Deformity	Infection	Diabetes	Post trauma
14:25-15:05	Post trauma	Deformity	Infection	Diabetes
15:05-15:20	Coffee	Coffee	Coffee	Coffee
15:20-16:00	Diabetes	Post trauma	Deformity	Infection
16:00-16:45	Infection	Diabetes	Post trauma	Deformity
16:45-17:30	Discussion of difficult cases from the Trainees			

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Principles of Foot and Ankle Surgery

Day 3 – Saturday June 23

Ramaiah Advanced Learning Centre, New Bel Road, Bangalore

09:00-10:00	Lateral Approaches 1. Direct lateral. ST fusion 2. Postero-lateral to fibula. ORIF Weber C & Post mall 3. Extended Lateral ORIF calcaneum if time allows brostrom, r/o calc-nav coalition.	All faculty
10:00-11:00	Medial Approach techniques 1. Medial approach. Tib Post recon with FDL transfer 2. ORIF Talus 3. Talo-navicular joint Fusion and Triple Fusion if time allows Malleolar approach: ORIF Medial malleolus	All faculty
11:00-11:15	Coffee	All faculty
11:15-12:15	Tendon-transfers (Anterior techniques) 1. Tibialis Anterior tendon transfer. 2. Tib Post tendon transfer thru int osseous membrane. 3. Talo-navicular joint Fusion and Triple Fusion. 4. Protection of N/V bundles in anterior arthrotomy.	All faculty
12:15-13:00	Lunch	
13:00-14:00	Tendo-achilles procedures (Posterior techniques) 1. Primary open repair. 2. Delayed repair with Gastroc lengthening, FHL.	All faculty
14:00-15:00	Fore-foot techniques 1. Medial approach to 1MTP fusion 2. Claw hallux stabilization by Jones Procedure 3. Lesser toe correction. Oxford procedure if time allows scarf, lapidus1TMT fusion	All faculty
15:00- 15:15	Tea	All faculty
15:15- 16:30	Syme's Amputation / Fasciotomies/ Case Discussions	All faculty
16:30	Course close and feedback Course certificates will be provided on receipt of feedback forms	Rhys Thomas

Notes:



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British Orthopaedic Foot and Ankle Society

Principles of Foot and Ankle Surgery

21st - 23rd June 2018

Course Feedback

Please take the time to fill in the course feedback as this will allow us to improve the programme for future participants. Please use the boxes to tell us what we did well and what we could do better next time. Many thanks.

NAME *(please print in capital letters)*

EMAIL *(please print in capital letters)*

Please use the following scoring to rate each element and speaker.

1 – Unsatisfactory2 – Below expectations3 – As expected4 – Above expectations5 – Excellent

Overall Feedback	Rating	Comments
The course content was at the right level		
I have met my learning objectives		
I feel more confident about safe practice		
The course will improve my clinical practice		
I would recommend it to my colleagues		
Course venue		
Course organisation		
Accommodation & refreshments		

Please list the best 3 elements of the course and 3 elements which could be improved upon

Best aspects of the course	Suggestions for improvement
1	1
2	2
3	3

Please use the following scoring to rate each element and speaker.

1 – Unsatisfactory2 – Below expectations3 – As expected4 – Above expectations5 – Excellent

Day one	Rating	Comments
Clinical examination of the foot and ankle <i>Nick Cullen</i>		
Workshop: Interactive examination of the normal foot & ankle <i>All Faculty</i>		
Hallux Valgus & Hallux Rigidus <i>Andrea Sott</i>		
Neuromuscular disorders <i>Balvinder Rana</i>		
Acquired flatfoot <i>Jit Mangwani</i>		
Hindfoot OA & deformity <i>Nick Cullen</i>		
Heel pain & Achilles tendinopathy <i>Abhishek Jain</i>		
Ankle ligament injury & basics of arthroscopy <i>Rhys Thomas</i>		
Clinical case presentations <i>Post Trauma</i>		
Clinical case presentations <i>Neuromuscular</i>		
Clinical case presentations <i>Hindfoot Deformity</i>		
Clinical case presentations <i>Flat Foot</i>		
Difficult cases discussions <i>All Faculty</i>		



Please use the following scoring to rate each element and speaker.

1 – Unsatisfactory 2 – Below expectations 3 – As expected 4 – Above expectations 5 – Excellent

Day two	Rating	Comments
Orthotics <i>Andrea Sott</i>		
Diabetic Foot & Charcot Arthropathy <i>Jit Mangwani</i>		
Infections around the foot & ankle <i>Dr Ajoy</i>		
Acute Ankle Fracture Management <i>James Davis</i>		
Pilon & Talus <i>Nick Cullen</i>		
Calcaneal fractures <i>Balvinder Rana</i>		
Lisfranc Injuries <i>James Davis</i>		
Neglected ankle fractures <i>Sampat Patil</i>		
Malunited calcaneal fractures <i>Sampat Patil</i>		
TA ruptures: acute & chronic <i>Rajesh Simon</i>		
Clinical case presentations <i>Deformity</i>		
Clinical case presentations <i>Infection</i>		
Clinical case presentations <i>Diabetes</i>		
Clinical case presentations <i>Post Trauma</i>		



Please use the following scoring to rate each element and speaker.

1 – Unsatisfactory 2 – Below expectations 3 – As expected 4 – Above expectations 5 – Excellent

Day three	Rating	Comments
Lateral approaches <i>All Faculty</i>		
Medial approaches <i>All Faculty</i>		
Tendon transfers (anterior techniques) <i>All Faculty</i>		
Tendo-achilles procedures (posterior techniques)		
Fore-foot techniques		
Syme’s amputation/fasciotomies /case discussions		
Debrief and Course Close		

Additional Comments:

