



BIOS Committee 2023 – 2024

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Mr Sunil Garg

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Mr Nitish Gogi

Joint Secretary

Mr Rohit Rambani

Research Committee

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Mr Jitendra Mangwani

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Prof Amit Tolat

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Mr Sunil Bajaj

Education Secretary

Mr Sanjeev Anand

Joint Education

Secretary
Mr Shahnawaz Haleem



Standing (Left to Right: Aravind Desai, Amit Chandratreya, Rajesh Nanda, Shahnawaz Haleem, Sunil Bajaj, Nitish Gogi, KP Iyengar, Mukesh Hemady, Suresh Thomas, Madhu Thiruvvedula). Sitting (Left to Right: Sanjeev Anand, Prof. Bijay Singh, Prof. Amit Tolat, Mr Sunil Garg, Jitendra Mangwani)

From the Editor's Desk

It gives me great pleasure to bring the second edition of British Indian Orthopaedic Committee (BIOS) Bulletin September 2023 following its re-introduction in March 2023. I thank my BIOS Bulletin steering committee members Prof. Bijay Singh (Medway NHS foundation trust, Kent), Satish Dhotare (St. Helens & Knowsley, MWL Trust) and Nishu Gupta (Yeovil hospital NHS Foundation trust, Somerset) for their invaluable inputs.

We have seen a change of guard at the helm of the society with Prof. Amit Tolat handing over the baton to our new President Mr. Sunil Garg. I am sure his enthusiasm to enhance the BIOS vision in Education and Research Scholarship will continue to be at the heart of BIOS future initiatives.

This Edition provides further updates on the progress of BIOS as an education forum with the launch of BIOS Research Committee, a

highly successful Annual BIOSCON 2023 at Windsor (Kudos to Organising Chairperson Mr Sunil Bajaj), continuing Educational Initiatives, Travelling National and International Fellowships and SAS updates.

As the society grows and evolves I believe that the way we communicate should also evolve. Number of BIOS members are well recognised in UK and worldwide but there are many more unsung heroes. We are piloting a New feature where members can showcase their achievements to the BIOS Membership. Another new feature we have started with this is to ask Eminent surgeons to write review articles on common Topics. Prof. Raju Ahluwalia writes on Modern management and debates in Ankle fractures in 2023.

I hope you enjoy reading it and please share your views and thoughts on what you would like to see in the Bulletin. Please email us at biosbulletin@gmail.com



Sunil Garg
President, BIOS

BIOS thanks Prof Amit Tolat for his leadership as President of BIOS over the last two years. The BIOS annual conference was held at Windsor on 7th and 8th July organised by Mr Sunil Bajaj from QE Woolwich. Conference themed Innovation and recent advances was a resounding success with record number of delegates benefitting from updates on AI, Machine Learning and Orthobiologics. Dedicated CESR session was applauded, in attendance were Presidents from the BOA and the IOA. Other highlights from the conference were reports from Fellows, about their Fellowships organised

and sponsored by BIOS, a Trauma and Medicolegal revalidation session and 5 free paper sessions. The conference ended with its unique Bollywood night of dinner and dance until midnight; where the delegates let their hair down.

BIOS continues to work very closely with the BOA, BOTA and the Indian Orthopaedic Association (IOA) in promoting excellence in education and training. BJJ will be the official publication for BIOS as an affiliated

Message from the New President

specialist society from 2023. The abstracts from BIOS Annual meeting have been published in BJJ for the benefit of trainees and education for over 10 years. BIOS has so far sponsored several Orthopaedic surgeons from India to UK and now we have a similar arrangement for BIOS members to attend centres of excellence in India on a sponsored 2-week Fellowship. BIOS has started a new research wing from 2023 with promised Pump Priming grants for trainees and early researchers.

We will be delivering a 'How I do it' session, led by Sanjeev Anand, BIOS EdCom Chair, at the Liverpool BOA Congress in September this year and at the Annual Conference of the Indian Orthopaedic Association (IOACON) to be held at Lucknow, India in December 2023. BIOS is encouraging a new Student wing and aims to get more medical students, trainees and career grade surgeons involved in its activities for the Silver Jubilee of the society at Gateshead on 5-6th July 2024 to be organised by Mr Rajesh Nanda. I would like to thank Prof. Karthik Iyengar for his efforts in putting together this Bulletin.



Sanjeev Anand,
Education secretary



Shahnawaz Haleem
Joint Education secretary

Education activities report highlights 2022-2023

FRCS(Tr&Orth) Teaching Webinars:- We have completed FRCS (Tr&Orth) core curriculum webinar series over the last 4 years.

These webinars are available for exam revision and education on the BIOS YouTube channel. members who are interested in hosting webinars (especially with industry support) to put forward potential topics for future webinars. Any funding received will be added to support BIOS's educational activities in future.

BIOS-Sponsored International and National Fellowships

BIOS runs a very active travel-

ling fellowship programme and our visitors this year (2023) included-

► **Prof Nirmal Raj Gopinathan**
PGIMER, Chandigarh, Junior IOA fellow- hosted by Mr James Fernandes, Sheffield NHS Trust.

► **Drs Nitesh Gehlot & Deepak Jain**
2 Rajasthan based Fellows -hosted by Mr Rohit Rambani, Lincoln



▼ **Drs Hemanth HP & Shreepad Kulkarni**
2 Karnataka based Fellows- hosted by Mr Prakash Chandran, Warrington & Halton NHS Trust



► Dr Yogesh Soni

Junior IOA 2020 Travelling Fellow (delayed due to Covid) hosted by Mr Arvind Desai, Goole and District Hospital and Grimsby's Diana, Princess of Wales Hospital

► Prof Sarvdeep Dhali

Senior IOA fellow, will be attending BOA annual meeting and is being hosted at Oswestry by Mr Sujay Dhirendra

BIOS Fellowships will continue to support selected surgeons from Karnataka, Chhattisgarh, Rajasthan and Madhya Pradesh for visits to host centres. Exchange Fellowship agreements will be completed with Delhi and Mumbai Orthopaedic Associations to allow BIOS members to visit centres in these regions.

BIOS BOA Revalidation session, BOA Annual Congress, September 2023

Following on from last year's excellent BIOS BOA Revalidation session and Indian Summer, BIOS is holding the Revalidation session at this year's BOA annual meeting in Liverpool, on the 20th of September 2023. The theme of this session is "Decision-making in orthopaedic surgery- to operate or not to operate, case presen

BIOS at IOACON Lucknow, December 2023

BIOS has been invited to deliver a session at the Indian Orthopaedics Association's annual meeting in Lucknow in December 2023. The plan is to deliver a session on, "How I do it" - a video demonstration of surgical techniques" highlighting surgical tech

Thank you

We would also like to thank our two Education committee members, **Mr Kamal Deep and Mr Ashish Khurana** who have completed their tenure, for their time and efforts in supporting BIOS's education agenda.

BIOSCON 2023 Overview: Viewpoint from a BIOS member



Mr. Satish Dhotare
Locum Consultant in
Trauma and Orthopaedics - Lower limb
arthroplasty

BHS sponsored - BOA Future Leaders Programme 2023

Merseyside and West Lancashire Teaching hospitals NHS Trust, Whiston Hospital, Prescot, Merseyside, L35 5DR

It gives me great pleasure to provide an overview of the recently held British Indian Orthopaedic Society Conference (BIOSCON) 2023 at Delta Windsor Marriot, London.

It was a grand success attended by large number of delegates; an annual feast of academic and social gathering for the British Indian Orthopaedic society members.

The main theme of the conference was Innovation and recent Advances in Orthopaedics with a convenient location, reachable by road, rail and air.

The Venue, overall organisation of the conference was very good with a spectrum of exhibitors and industry sponsors supporting the event. The First session of the conference was a specially organised CESR session aimed at SAS (Specialty doctors and Associate specialist) who were interested in career progression through CESR route. It was informative, interactive and a well-attended session. The Feedback we have received has been very encouraging and we hope to continue holding similar sessions on regular basis and consider developing a CESR mentorship programme to benefit aspiring candidates. The BIOS Council has taken this on board with an aim of providing more support for CESR applicants.

An insightful session on Medico-legal updates conveying an overview on new standards in medico-legal practice, medical indemnity and consent process in Orthopaedic practice was well attended.

Two UK surgeons (**Mr Gautam Reddy- Consultant, William Harvey Hospital, Kent and Mr Abhijit Sahu**, Senior Clinical fellow at Sunderland) will be attending IOA annual meeting at Lucknow, followed by 2 week travelling fellowship in India.

In collaboration with BOTa, two British trainees (**Mr Atanu Bhat-tacharjee and Mr Nisarg Mehta**) were granted £1500 grant each to visit specialist centres in India. With support from Medacta, Mr Krishna Kumar and Mr Rahul Singh visited centres in Europe for their travelling fellowship.

The Education Committee, BIOS thanks all hosts for their continued support in providing a very fruitful experience to the fellows, as evidenced by the reports presented at the BIOS Annual conference. Any colleague who is interested in hosting future visiting surgeons, please get in touch with the education team at BIOS.

tations". We have some excellent speakers delivering this meeting and hope it will be a useful interactive educational session. Members are requested to attend this session to support BIOS, benefit from the education provided and evidence for Appraisal Portfolio.

niques and approaches by a team of BIOS members to enhance Indo-British Educational exchange theme. Details in the Next BIOS Bulletin.

Future Vision

Education has always been the core interest of BIOS. All these educational activities would not have been possible without support from all colleagues, and we would request any interested members to contact us with their suggestions and proposals to develop this agenda forward.

This was followed by the main attraction and theme of this conference on Innovations in Orthopaedics. The current role and future perspectives of Artificial intelligence (AI) and Machine Learning (ML) in Musculoskeletal disorders were highlighted. The scientific session followed updating current advances on a spectrum of sub-speciality topics. Invited guest speakers from Indian Orthopaedic Association, India and the USA added to the Global theme of BIOS vision of advancing interactive orthopaedic knowledge.

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An inspiring talk by guest speaker Ritu Hinduja-Chhabria from the Mukul Madhav Foundation provided us with an overview of the charity work done by Hinduja Foundation in the fields of education, healthcare and medicine. She urged BIOS to collaborate and contribute to the charity work conducted by the Mukul Madhav Foundation.

The second day was informative with excellent Trauma revalidation sessions on Upper and Lower limb trauma. The British Orthopaedic Association (BOA) president Prof Deborah Eastwood, spoke about working together, engagement and sustainable system. She has appreciated how BIOS plays an important role in the wider NHS and as a part of BOA. I feel; We as BIOS have earned a huge credibility and respect. Numerous BIOS members contribute to the BOA in different roles. One such initiative is that of BIOS providing a dedicated Trauma/Revalidation sessions at the Annual BOA meetings. A Trauma Update session is planned at the BOA Annual Congress in September 2023.

Both days interspersed with Free paper sessions and excellent scientific content. There was a great debate amongst the presenters and the audience after each sessions. The Posters in the Hall were visited regularly. Awards were presented to 2 best Podium and 2 best Posters at the Conference.

Throughout the conference refreshments provided kept the spirit going. The Gala Dinner displayed the best of Indian Cuisine and we were entertained by a legendary Indian cricketer: Padamshree Farokh Engineer. He interacted with the audience and shared some of his cricketing experiences. The delegates helped raise funds for his charitable trust through an auction of bats signed by cricket legends as well as his book. Bollywood dance and dinner was a great event within the BIOSCON Event itself!

To keep the family involved; Conference Chair, Mr Sunil Bajaj and Mrs. Bajaj had organised visit to Windsor Castle whilst the delegates were attending the scientific feast.

In My view BIOS has raised the standards of conference over a period, which has been noticed by BOA, BJJ. There is an increasing emphasis on making the society more inclusive and diverse, engaging medical students and supporting them to make career progression in Orthopaedics as discussed in the AGM.

BIOS and MUKUL MADHAV Foundation Collaboration



Mrs. Ritu Hinduja-Chhabria, Co-Founder, Mukul Madhav Foundation with Mr. Sunil Bajaj, Conference Chair

A highlight of BIOSCON 2023 was the evolution of collaboration with Mukul Madhav Foundation.

The Mukul Madhav Foundation, led by Philanthropist and Co-Founder Mrs. Ritu Hinduja-Chhabria has transformed the way charity is initiated and spearheads a dignified way to treat the under-served. She has constantly worked to view of enhancing vulnerable communities and individuals to enable them to live

a life with equal access to resources and opportunities through sustainable, long-term, and strategic initiatives.

An inspiring talk was given by her at the BIOSCON 2023, Windsor to provide us all of with an opportunity to understand the charity work conducted by the Mukul Madhav Foundation. She and The Mukul Madhav Foundation have generously committed to Sponsor 4 Fellowships and enhance involvement of BIOS members in Training and Delivery of Specialised Orthopaedic Services in India in the future.



Mr Nishu Gupta
Yeovil Hospital
NHS Foundation

I have been given the opportunity to write a member's account and opinion of BIOS. I am a SAS doctor working at Yeovil, Somerset.

I see the membership in two parts, firstly the experience of attending the Annual Congress and the other activities. I joined BIOS during COVID-19 when I was preparing for my FRCS (Tr & Oth) examination and actually it was recommended to me by one of my Egyptian colleagues who has been watching the webinars. Since I joined the society I have found the activities very useful.

The highlight of my BIOS membership is the Annual Congress. This is when I get both of the things that I look for learning as well as networking. This is the only organisation and conference, having attended many over the years, that makes me feel that I am able to approach anyone to ask a question or discuss any

The AGM introduced newly elected officers, presidential handover and treasurer's report, through AGM meeting very good suggestions and outcomes came out to make BIOS stronger and better.

Improving research credibility by leading research scholarship at regional and national level is being planned by the new BIOS research committee with an aim of continuing educational webinar series to support postgraduate and undergraduate students.

I am looking forward to attend the Silver Anniversary event of BIOSCON 2024 at Newcastle on the similar scale and I might not be wrong in saying that it might be a wider success.

I'm sure delegates enjoyed academic feast as well as meeting colleagues, friends, making new friends and had very good time.

Moving forward, BIOS goes from strength to strength and carefully and purposefully invest in matters pertinent to its membership.

Organizing Committee, BIOSCON 2023 Windsor



President Amit Tolat, Mr. Sunil Bajaj, Mr. Amit Dutta, Mr. Arun Bhaskaran, Mr Mohit Bansal, Mr. Om Lahoti. (From Left to Right).

BIOS Bulletin 2023: A BIOS Member's Perspective

our families makes it feel like an academic social get together event which is wonderful.

I would like to see more of what has already been discussed in the last BIOS Annual Congress. I would, at my stage of the career be very much helped by being able to approach people for help and guidance. I understand everybody is busy and directly being able to approach people is not feasible always but it would also be helped by having a central contact point in BIOS who we can contacted with the problem (either Academic, Professional or Career Development nature) and who can guide us to the correct person who is best suited to help. I know I would not expect this from other organisations like British Orthopaedic Association or British Knee/ Hip Society etc but I think this is the beauty of BIOS as it is a closed knit family. Hence, I think I should be able to do that.

I love being the member of BIOS and it's best thing I have done. Thank you.

These are personal views and may differ from others.

BIOS Sponsored Fellow's Report



Dr Yogesh Soni,
Mr. Aravind Desai

By Dr Yogesh Soni
Bhilai, Chhattisgarh, India

Mentor: Mr. Aravind Desai
Consultant Upper Limb and
Orthopaedic Surgeon, North
Lincolnshire and Goole NHS
Trust

My fellowship was at North Lincolnshire and Goole NHS Trust between 25th June to 8th July 2023 under the mentorship of Mr Aravind Desai.

During my visit I learnt the inner workings of the NHS. I attended several theatre sessions, clinics and trauma meetings and had exposure to wide variety of both upper limb and lower limb elective and trauma cases which gave me a very good insight and knowledge of managing rotator cuff tears, anatomical / reverse shoulder replacement, ligament repairs around elbow and knee, navigated TKR, complex THR and some challenging upper limb trauma cases. I enjoyed a saw bone workshop on shoulder arthroplasty

arranged especially for me. I also visited the private hospital along with my mentor to understand its functioning.

My fellowship ended by attending the BIOS conference which had an excellent feast of scientific and academic programme which I thoroughly enjoyed.

My sincere gratitude and thanks to my mentor Mr Aravind Desai, Mr Raghu Prasad and Mr Chetan for their efforts to make my journey smooth and unforgettable. This fellowship was an enriching experience that will help me for the personal & professional growth.

BIOS Research Committee Launch



Mr. Aravind Desai, Mr. Jitendra Mangwani, K. P. Iyengar

Dear colleagues,

I am delighted to announce the launch of the BIOS Research Committee, a significant milestone in our ongoing efforts to enhance Research in Trauma and Orthopaedics within our society.

Mr. Jitendra Mangwani will serve as the Chairperson of the BIOS Research Committee, with

the support of Prof. K.P. Iyengar, Mr. Aravind Desai and BOTA Academic representative. Additionally, we are privileged to have Prof. Hemant Sharma join us in a co-opted position, to share his experience.

The primary aim of the BIOS Research Committee is to advance the study and research in Trauma and Orthopaedics, with a

core objective of elevating the standards of patient care through research. To this end, the committee will oversee the allocation of grants and funding to support Pump Priming projects. The details pertaining to the application process, guidelines, and evaluation criteria will be made accessible through the BIOS Website, ensuring transparency and equal opportunities for all interested members.



Prof. Hemant Sharma

Moreover, the vision for the committee is to foster the development of national collaborative research efforts. This includes seeking BIOS endorsement for multicentre national audits and studies, fostering alliances with renowned national and international Research societies, such as the British Orthopaedic Research Society, to collaborate on basic science research. In addition, the committee aims to spearhead a BIOS National Collaborative search or Audit project, further amplifying our impact on the field of Trauma and Orthopaedics.

Podium Presentation Winners

1. First prize

UK Foot and Ankle Thrombo-Embolism audit (UK-FATE) – a multicentre prospective study of venous thromboembolism (VTE) in foot and ankle surgery Hamish Lowdon, Specialist Registrar, University Hospitals of Leicester NHS Trust

Poster Winners

1. First prize

Comparing the use of a Bone Scalpel and Burr for Spinal Decompression, is Burr still a viable option? Qasim Ajmi - University Hospitals of Derby and Burton NHS Foundation Trust

2. Second prize

Factors Affecting The Incorporation Of Extracorporeally Irradiated Autograft For The Treatment Of Bone Tumors – A Retrospective Analysis From A Tertiary Referral Centre Shah Alam Khan, Consultant, AIIMS, New Delhi



Mr Sanjeev Anand presenting Podium Presentation Winner Shah Alam Khan, AIIMS, New Delhi

2. Second prize

Role of Smartphone App System in improving patient experience and outcomes in knee arthroplasty Naveen Joseph Mathai - Cwm Taf Morgannwg University Health Board

BIOS SAS Development Vision and Initiatives

BIOS values its SAS membership and continues its initiatives to support Professional Development of SAS Surgeons.

Following BIOS National Survey in September 2022 to enquire initiatives to support SAS Doctors, a dedicated CESR session to guide CESR Aspirants was delivered on 07 July at BIOCON, Windsor. It highlighted CESR Preparation, CESR Mentorship, CESR Process of collecting evidence documents, CESR Support portals, Tips & Pitfalls to avoid and Recent Changes to the CESR Process /Speciality Specific Guidelines. It was well attended, with illuminating speakers, interactive discussion, Q and A session and feedback has been excellent and encouraging to see.

Following the AGM at BIOSCON, Windsor following initiatives are being planned:

- Develop a SAS Subcommittee
- Develop a CESR Mentorship group to provide focussed guidance in the speciality
- SAS rep in the EC committee to coordinate activities

In the meantime, BIOS continues to organise FRCS (Tr & Orth) preparation Webinars to support all of its membership and Leadership Programme Portals to encourage Leadership Enterprise amongst members. BIOS supports BOA Future Leaders Programme initiatives and further Collaboration portals have been looked into with an idea for developing, signposting Leadership pathways for SAS.

Outstanding Achievements from BIOS Membership Sept 2023

Congratulations

Bios members in achieving the following Prestigious Awards and Appointments

Prof. Amar Rangan

He holds The Mary Kinross Trust and Royal College of Surgeons Chair, Department of Health Sciences and Hull York Medical School, University of York. He was re-elected BOA Council Trustee for a second term early this year.

Prof Vikas Khanduja

He has been elected as BOA Council Member, is the SICOT President Elect and at ESSKA: Chair European Hip Preservation Associates this year.

Mr Kiran Singiseti

Mr Kiran Singiseti has been a Hip Fracture Lead at Gateshead Health NHS Foundation Trust and helped his trust to achieve the top position across the country for Best Practice Tariff in Hip fracture care for 2022 (NHFD) following a series of quality improvement projects and initiatives. He has recently Joined as Regional Surgical Ambassador/Adviser (RSA Network) for the Northern Region, RCSEd and Selected to join the Regional Clinical Coordinator Committee of the National Joint Registry, representing North East and Yorkshire.

Mr. Shantanu Shahane

It is great to highlight Mr. Shahane's British Shoulder & Elbow Society (BESS) credentials with ongoing commitment as Associate editor of "Shoulder and Elbow" for 8 years plus, recently fulfilled terms as Education Committee member, Executive council member of BESS for 3 years and Part of BOA FRCS(Orth) teaching programme for 10 years.

Excellent credentials from BIOS member to wider Orthopaedic society!! Thanks

Prof. Raju Ahluwalia

Prof. Raju was awarded the Hunterian Lecture by the Royal College of Surgeons for his dedicated work at the Diabetic Foot Surgery and development of acute management and limb salvage and reconstruction. He will be delivering the BOA Hunterian Professor Lecture at The ACC, Liverpool in Sept 2023.

Prof. Bijayendra Singh

Prof Bijayendra Singh has added another distinguished appointment as a Visiting Professor, AIIMS Raipur to his current roles as Deputy Editor – Journal of Clinical Orthopaedics and Trauma, Associate Editor – Journal of Orthopaedics and Associate Editor – Journal of Orthopaedic Reports.

Prof. Rajesh Nanda

Mr. Rajesh Nanda has been conferred the Title of Honorary Professor at Teesside University and elected as the Lead for Panel of Question Writer Section 1 FRCS (Tr & Orth) examination for the next 5 years at the Joint Committee on Intercollegiate Examinations (JCIE) Fellow of Intercollegiate Specialty Board for Trauma & Orthopaedics, UK.

Mr Ravikanth Pagoti

Congratulations to Mr Ravikanth Pagoti for being elected as BOA Culture and Diversity Champion from Northern Ireland (25 February 2023)

BIOS Updates

BIOSCON 2024 "Destination Newcastle"

We are delighted to inform you that next year, the 25th Annual BIOS Conference is being organised in the North-east England on the 5th & 6th July 2024 (venue to be confirmed). Led by the Conference Chair, Mr. Rajesh Nanda, Consultant Shoulder and Orthopaedic Surgeon at University Hospital of North Tees & Hartlepool, and the Organising Committee Members: Ajay Malviya, Rajesh Kakwani, Bala Purushothamam, Manju Ramappa and Suresh Thomas, the 'Silver Jubilee' of BIOS is going to be promoted as a 'Destination Con-



ference to encourage BIOS members to make a holiday of it and explore the Northeast before and after the conference. The conference will highlight the achievements of Indian Orthopaedic surgeons in the NHS. The academic programme will further expand Orthopaedic Knowledge, Skills and Personal development with an update session on Friday morning for the CESR route and opportunities for the SAS doctors. A parallel session is planned to be run with Postgraduate Orthopaedics on Tips & Tricks for the FRCS (Tr & Orth) examinations along with the Traditional highly popular sessions of Sub-speciality orthopaedic Topics, Free Paper and Poster Sessions.

Please pencil the dates of **5th & 6th July 2024** in your Academic Diary with CPD Accreditation and a Family friendly event. Further details to follow.

Invited Editorial

Modern management and debates in Ankle fractures in 2023

Raju Ahluwalia

Hunterian Professor RCS England (2022-3)

Consultant Foot and Ankle Surgeon

King's College Hospital MTC London.



Ankle fractures are common injuries and are routinely considered as day case and in the last decade we have seen several pragmatic studies funded by the NIHR accessing the recovery from ankle fracture fixation. The concept of stable ankle fixation has gained credence to allow early rehabilitation. Trials such as AIR and WAX, have provided no inferiority results in early mobilisation and range of movement exercises, for stable ankle fractures [1,2].

Stable fixation has been aided ++by better anatomical definition of the ankle joint ligaments and led to a better understanding of function. Better understanding of the ankle stability cannot be better demonstrated by the development of posterior malleolus fixation techniques following better classifications, as the posterior tibial plafond had been extensively studied and cadaveric studies have de-

Mr. Rahul S Kotwal

Along with BIOS Council Member Mr Amit Chandratreya, Mr. Rahul S Kotwal won the MediWales Innovation Award 2022 : "NHS Wales Working with Industry Award" (08/12/2022). This award was conferred for their Pioneering work on 'Mymobility' with Zimmer-Biomet. Bestowed to Orthopaedic Department, Princess of Wales Hospital Bridgend, Cwm Taf Morgannwg University Health Board.

Mr Aravind Desai

Mr. Aravind Desai, Consultant Upper Limb and Orthopaedic Surgeon, North Lincolnshire and Goole NHS Trust and RCSEd Regionals Special Advisor has been appointed to BOA Trauma exchange group representing our NLAG Trust and Region.

Mr Kodali Siva Prasad

Mr Kodali Siva Prasad Continues to be recognised for his Academic Endeavours and selected as an Elite Reviewer for JBJS for Sixth time with consequent inclusion in JBJS Editorial Board Masthead again. This is unique to the UK.

Mr Sanjeev Anand

Mr Sanjeev Anand, Consultant Orthopaedic Surgeon, Leeds Teaching Hospitals NHS Trust received the Presidential Medal at this years BASK Meeting for his dedication to Knee Surgery education both locally and Internationally.

Mr Amit Kumar Yadav

Amit Kumar Yadav has been selected to 3 prestigious SICOT (Société Internationale de Chirurgie Orthopédique et de Traumatologie) Organisation committees. 1. SICOT Research Committee, 2. SICOT Website committee, 3. SICOT Newsletter Committee. On top of this he is the recipient of ISAKOS 2023 Boston Young Investigator Award. Congratulations!

Mr Ashok Subramanian

He has led the way in Endoscopic Spine Surgery. For his endeavours he has received international surgical award from Espinea (Endoscopic spine Academy)/ RCS Edinburgh for more than 500 cases of Endoscopic spine surgery. His work has been highlighted by BBC TV, BBC Radio and BBC online in May 23 along with patient interviews.

Mr. Jitendra Mangwani

Mr. Jitendra Mangwani, Consultant Orthopaedic Foot and Ankle Surgeon at University Hospitals of Leicester has been appointed to the prestigious position of Honorary Secretary, British Orthopaedic Foot & Ankle Society (BOFAS).

advent of this classification, BOAST recommendations for CT scanning and fixation strategies has an implication of reducing the need for syndesmotic stabilisation ensuring fixation leads to stable ankles [4].

Ankle fractures are common injuries and approximately 25% occur in patients over 60 years of age, and the 3rd most common fragility fracture and 40% of ankle fractures in the frail are open with an estimated incidence of 1.5% of all ankle fractures [5]. These patients present a complex clinical scenario of pathology and end-stage disease with morbidity and mortality rates like hip fracture patients. The fracture pattern is different and due to the fragility of the skin, the open wound is usually on the medial side with soft tissue stripping, and ligamentous instability [6]. This group of patients have higher risk of complications such as wound infections, malunion, increased mortality rates from multiple surgeries, significant sarcopaenia from prolonged bed rest and increased bed sores, hospital acquired infections and veno-thrombotic events.

At the BLRS in 2022 a consensus from a group of experts showed a significance discord in their opinions even with BOAST guidelines existing. Agreement was reached on lower limb fragility fractures

should do so through a cohorted multidisciplinary pathway. Following "Care of the older or frail orthopaedic trauma patient" BOAST guideline. All patients with fragility fractures of the lower limb should be considered for mobilisation on the day following surgery.

There are certain patient groups, and fracture patterns where further study is required. For instance, ankle fractures in diabetes occur in older, frailer persons [7], of this group 14.6% of diabetics had evidence of complications of diabetes namely, peripheral neuropathy, nephropathy and peripheral arterial disease, Charcot neuroarthropathy or a combination. In August 2016, The British Orthopaedic Association (BOA) highlighted the importance of documenting comorbidities such as diabetes with or without neuropathy in the management of ankle fractures in adults and recommended early weightbearing like hip fracture treatment in elderly patients. [7, 8]. Firstly, there is "extended ORIF" which encompasses multiple plates or screws that cross from the fibula to the tibia (Fig 1.). [9, 10] Safe early weight bearing is possible in patients with diabetes, and it has significantly lower complication rates than standard ORIF. [9] A second approach permanently stabilises the hindfoot with the insertion of a Hindfoot Nail (HFN) or Tibio-talar-calcaneal nail (TTC). [11] In contrast to ORIF techniques which utilise direct anatomic reduction and fixation with metal implants to impart absolute stability, HFN, (Fig 2.) utilises indirect fracture reduction and may be used to either span the fracture or fuse the ankle joints. Contrary to current guidelines most patients remain non-weightbearing post-surgery, as the increased surgical complication rates such as wound breakdown, and the need for removal of metalwork & further procedure rates compared to those without diabetes [12].

Thus, the method of fixation must allow for immediate unrestricted weight bearing. To meet the last goal, one needs to understand the anatomy of an open ankle fractures have been shown to concurrently have ligamentous injuries as well as the obvious bony injuries, and our own work has shown several associated injuries e.g., that leads to inadequate fixation with standard AO principles and implant failure. Utilisation of extended techniques to create stable fixation to undertake a physiological load led to reduced implants failure rates [12]. One of these is the use of pro-tibial screws and another is HFN to allow for secure stable fixation for early weight bearing but are not commonly considered in the UK.

Summary:

The goal posts have moved, and stable fracture pattern recognition or fixation and early rehabilitation are being shown to be the norm. Better risk assessment of neuropathy can help improve

surgical decision making, especially in diabetes. Surgical reconstruction can be achieved with a better understanding of the anatomy to improve strategies for stable fixation. Early rehabilitation is very important for some patient groups such as the open fragility ankle fractures, and thus more robust fixation methods need to be studied in detail to provide stable constructs. The message is that not all ankle fractures are equal, and a more detailed examination of the fracture and patient is required for optimal results.

References:

1. Kearney R, McKeown R, Parsons H, Haque A, Parsons N, Nwankwo H, Mason J, Underwood M, Redmond AC, Brown J, Kefford S, Costa M; AIR trial collaborators. Use of cast immobilisation versus removable brace in adults with an ankle fracture: multicentre randomised controlled trial. *BMJ*. 2021 Jul 5;374:n1506. doi: 10.1136/bmj.n1506. PMID: 34226192; PMCID: PMC8256800.

BIOSCON 2023 Windsor Organisation's Feedback

The BIOSCON 2023 has been a great success with excellent feedback from delegates and Sponsoring Organisations. Here is a selection. We thank them for their continual support for BIOS.

Royal College of Surgeons Edinburgh RCSEd

(Gold Sponsors of BIOSCON 2023)

Mr Michael Silva, a Consultant Hepatobiliary, Pancreatic (HPB) and General Surgeon at the Oxford University Hospitals NHS Foundation Trust and RCSEd Council Member delivered an engaging talk about the future vision and Collaborative network between the RCSEd College and BIOS. Thank you RCSEd.



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Pro-tibial screw fixation and Figure



Hind foot nail fixation for an ankle fracture.

Open Ankle Model, University of Bath

The Open Ankle Model(s) is a collaborative project funded by Orthopaedic Research UK as an Early Career Research Fellowship.

Dr Subrata Mondal attended the BIOSCON 2023 on behalf of Open Ankle Model(s) Collaborative and has written a blog to highlight his experience at the conference. <https://blogs.bath.ac.uk/open-ankle-model/>



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Anticipating updates in indemnity policy

Howden's predictions on what the DHSC's survey findings will change

The Department of Health and Social Care's (DHSC) recent survey on insurance coverage has raised a number of questions about the impact it could have on the medical indemnity and insurance landscape.

The results of this survey are likely to have a big impact on the industry, and many healthcare professionals are now questioning what types of changes the survey's results could bring about.

In this blog post, Howden look at the options before sharing their expert advice on how to navigate any upcoming changes successfully.

[Click here to read the full blog post](#)

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