

COSECSA Oxford Orthopaedic Link

Tumour and Soft Tissue Reconstruction Course

29 September – 1 October 2015

CURE Ethiopia Children's Hospital and Black Lion Hospital, Addis Ababa

COURSE REPORT



1. Executive Summary

Thirty-seven local orthopaedic surgeons attended a three-day workshop on the management of tumours and soft tissue reconstruction in September 2015. The course was led by visiting surgeons from the Nuffield Orthopaedic Centre, Oxford, UK, and local faculty based in Addis Ababa, Ethiopia. Morning sessions were held at CURE Ethiopia Children's Hospital (a children's orthopaedic teaching hospital) followed by practical workshops at the Black Lion Hospital (main university teaching hospital). The course provided an introduction to key concepts and principles in the diagnosis and management of bone-forming, cartilage-forming and soft-tissue tumours, and in the use of flaps.

The sessions included demonstrations of different surgical approaches, case review discussions and sharing of tips and tricks. The course participants completed a pre-course and post-course multiple-choice questionnaire (MCQ) comprising twenty questions based on knowledge of principles of tumour management and soft tissue reconstruction. There was an average 19% increase between participants' pre-course and post-course scores. Pre-course scores ranged between 30%-75% and post-course scores ranged between 65%-90%.

The feedback from participants (mostly second, third and fourth year residents) was overall very positive and the faculty are keen to develop the course further based on the feedback received. There continues to be considerable interest in this area of orthopaedic training from surgical trainees across the region and it is hoped that the course will be repeated in the coming year.



2. Background

Orthopaedic surgical training is developing rapidly in Ethiopia to meet the growing surgical needs of the estimated population of 90 million. This course was the first specialist tumour and flaps course held in Addis Ababa for orthopaedic trainees, and was developed in response to a request from local orthopaedic surgeons in Ethiopia for support in training in the management of tumours and use of flaps for reconstructive surgery. The surgical management of malignant bone tumours in Ethiopia is primarily amputation based, with little available expertise to offer limb-sparing surgery. However, an oncology service is now being established in Addis Ababa and there is a great desire to establish an orthopaedic tumour service. In addition, given the high level of trauma secondary to road traffic accidents, there is a great need to train the next generation of orthopaedic surgeons in the use of muscle and fasciocutaneous flaps for open fractures.

This course followed a successful children's orthopaedic surgery course and a hip and knee arthroplasty course for trainees in 2014 involving the same partners. These one-week orthopaedic courses have been funded by the COSECSA Oxford Orthopaedic Link (COOL) programme, which started in 2012 as a health partnership programme linking the University of Oxford and the College of Surgeons of East, Central and Southern Africa (COSECSA), to strengthen trauma and musculoskeletal impairment care in sub-Saharan Africa through training, research and capacity building. The COSECSA Oxford Orthopaedic Link programme is funded by the Health Partnership Scheme (HPS), funded by the UK Department for International Development.



3. Faculty and organizing team

Dr. Geletaw Bekele

Consultant Orthopaedic Surgeon
Black Lion Hospital, Addis Ababa

Areas of special interest: Trauma, pelvic and acetabular reconstruction and paediatric orthopaedics.

Dr. Einar Eriksen M.D., FCS (ECSA).

Consultant Plastic Surgeon & Burn Specialist
Myungung Christian Medical Center, Addis Ababa

Areas of special interest: Chronic burn reconstruction

Dr. Rick Gardner FRCS (Tr+Orth)

Consultant Orthopaedic Surgeon
CURE Ethiopia Children's Hospital, Addis Ababa

Areas of special interest: Paediatric orthopaedics, hip disorders and deformity correction.

Mr. Max Gibbons MA FRCS

Consultant Orthopaedic Surgeon
Nuffield Orthopaedic Centre, Oxford University Hospitals

Areas of special interest: Treatment of bone and soft tissue tumours, knee and hip replacement surgery, soft tissue knee surgery, complex revision surgery, sports knee reconstruction and management of patello-femoral disorders.

Mr. Henk Giele, (Hon) MB, MS, FRACS (Plastics), FRCS

Consultant in Plastic, Reconstructive and Hand Surgery
Nuffield Orthopaedic Centre, Oxford University Hospitals

Areas of special interest: Congenital hand and limb anomalies, obstetrical brachial plexus palsies, peripheral nerves and microsurgery in reconstruction, hand and nerve surgery, especially in children and orthoplastic reconstruction usually following trauma, cancer or infection. Transplantation.

Dr. Tim Nunn FRCS (Tr+Orth)

Consultant Orthopaedic Surgeon
CURE Ethiopia Children's Hospital, Addis Ababa

Areas of special interest: Paediatric orthopaedics, deformity correction and neglected clubfoot.

Mr. Duncan Whitwell BMBS FRCS (Orth)

Consultant Orthopaedic Surgeon
Nuffield Orthopaedic Centre, Oxford University Hospitals

Areas of special interest: Treatment of bone and soft tissue sarcomas and of metastatic bone disease, surgical treatment of hip and knee problems including revision surgery, and computer navigated hip and knee arthroplasty.

Dr. Abraham G\egziabher

Consultant Plastic and Reconstructive Surgeon
ALERT Hospital, Addis Ababa

Areas of special interest: Congenital hand anomaly and soft tissue reconstruction.

4. Course Timetable

COSECSA Oxford Orthopaedic Link

Tumour and Soft Tissue Reconstruction Course

DAY 1: Tuesday 29 September 2015

Time	Mins.	Topic
08.00-08.30	30"	Registration
08.30-08.40	10"	Welcome from local hosts
08.40-08.55	15"	Introductions (faculty and participants) and Course Outline
08.55-09.15	20"	Pre-course assessment (MCQ)
09.15-09.45	30"	Tumours: General Concepts
09.45-10.15	30"	Infection
10.15-10.30	15"	Case review
10.30-11.00	30"	Bone-Forming Tumours
11.00-11.15	15"	Coffee break
11.15-12.00	45"	Cartilage-Forming Tumours
12.00-12.15	15"	Case review
12.00-12.45	45"	Lunch at CURE Ethiopia
12.45-13.30	45"	Transfer to Black Lion & set up workshops
13.30-15.00	1hr 30"	Cadaveric workshop: Hip
15.00-15.15	15"	Break
15.15-16.45	1hr 30"	Cadaveric workshop: Knee
16.45-17.00	15"	Questions and summary
17.00		Finish

DAY 2: Wednesday 30 September 2015

Time	Duration	Topic
08.00-08.15	15"	Welcome
08.15-08.30	15"	Case review
08.30-09.00	30"	Local Perspective: Pathology and Treatment Services
09.00-09.15	15"	Case review
09.15-10.00	45"	Soft-Tissue Tumours
10.00-10.15	15"	Case review
10.15-10.30	15"	Coffee break
10.30-11.00	30"	Amputations
11.00-11.30	30"	Paediatric Tumours
11.30-12.00	30"	Case review presentations from participants & discussion
12.00-12.45	45"	Lunch at CURE Ethiopia
12.45-13.30	45"	Transfer to Black Lion & set up workshops
13.30-15.00	1 hr 30"	Cadaveric workshop: Pelvis/Hip
15.00-15.15	15"	Break
15.15-16.45	1hr 30"	Cadaveric workshop: Shoulder/ Upper Limb
16.45-17.00	15"	Questions and summary
17.00		Finish

DAY 3: Thursday 1 October 2015

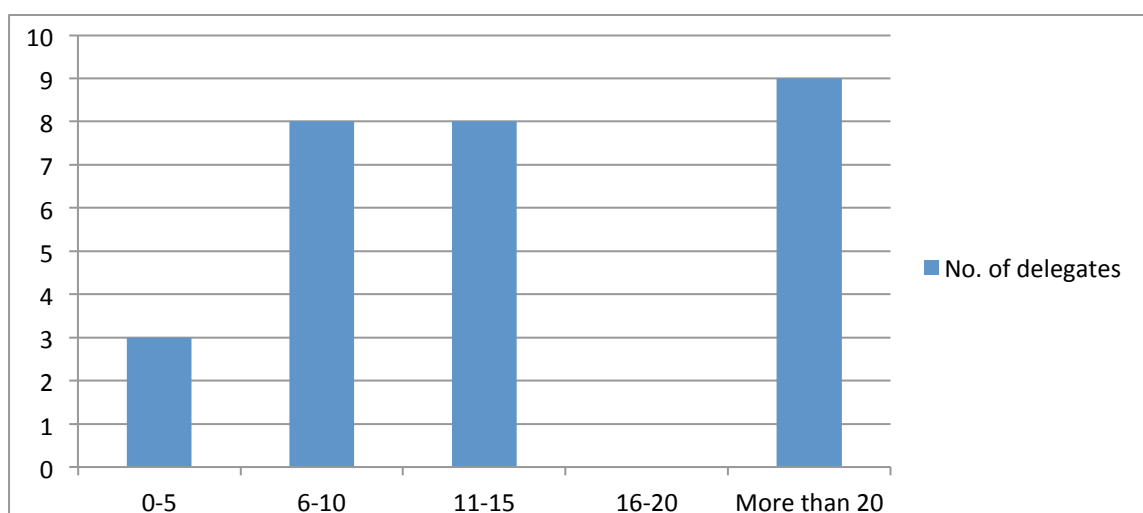
Time	Duration	Topic
08.00-08.15	15"	Welcome
08.15-08.30	15"	Introduction and local perspective
08.30-09.15	45"	Reconstruction after burn contractures: simple flaps, wound care, skin grafting and management
09.15-09.30	15"	Case review
09.30-10.15	45"	Muscle flaps
10.15-10.30	15"	Case review - from participants
10.30-10.45	15"	Coffee break
10.45-11.30	45"	Soft tissue reconstruction after trauma
11.30-11.45	15"	Case review
11.45-12.00	15"	Post-course assessment (MCQ)
12.00-12.45	45"	Lunch at CURE
12.45-13.15	30"	Transfer to Black Lion and workshop set up
13.15-15.00	1hr 45"	Cadaveric workshop: Flaps
15.00-15.15	15"	Break
15.15-16.15	60"	Cadaveric workshop: Flaps
16.15-16.30	15"	Clear equipment from Anatomy Lab and return to BLH Morning Room
16.30-17.00	30"	Certificates and Closing Remarks
17.00		Finish

5. Course Feedback

Summary of Course Evaluation Forms

Number of respondents: 28

1. How many bone tumours have you seen or treated in the last year?



2. What did you enjoy most about the course?

Practical session (cadaver dissection) ++++++
Amputation & Flaps course ++++
Interactive and can be applied to our set up (relevant) ++
Full of information and easy to understand +
Case presentation by surgeons +
Different options
New methods of management & planning
Problem solving
Everything!

3. What are the most useful or interesting things you have learned

Soft tissue reconstruction & flap techniques ++++++
Hip amputation ++++++
Approach to tumour diagnosis +++++
Limb salvage surgery ++
How to improve patient quality of life
The world advance in orthopaedic oncology problems
Time management
Practical applications

4. What would you like more of in this course?

Flap & reconstruction techniques ++
Amputations ++
More practical sessions ++
More time ++
More cadavers for dissection/more time dissecting +
Limb salvage surgeries +
More topics +
Coordination
Everything

5. What would you like less of in this course?

Endoprosthesis block (felt not relevant)

6. How could the course be improved?

Increase the number of days/length of days +++++
Content +++++
See some real patients with tumours, and see them being treated ++
Lectures could be more detailed & in depth +
Increase cadaver number
Practical period should be longer
Could be more patient focused
Soft tissue tumours could be covered better

7. Would you recommend the course to a colleague?

Yes: 28 No: 0 Don't Know: 0

8. Would you be interested in attending a further training on bone tumours and soft tissue reconstruction?

Yes: 28 No: 0 Don't Know: 0

9. Any other comments?

Thank you! +++++++

Further courses in other fields would be excellent +++++

Very interesting! ++

Well done and keep it up! +

Perfect course I enjoyed the practical side

Please come back!

6. Acknowledgments

This training course is part of the **COSECSA Oxford Orthopaedic Link (COOL) Programme**, which is supported by the **Tropical Health Education Trust** as part of the **Health Partnership Scheme**, which is funded by the **UK Department for International Development**. COOL is a five-year programme linking the Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS) at the University of Oxford and the College of Surgeons of East, Central and Southern Africa (COSECSA) to develop trauma and orthopaedic training in the COSECSA region.

We would like to thank all of our main project partners (University of Oxford, College of Surgeons of East Central and Southern Africa (COSECSA) CURE Ethiopia Children's Hospital, Black Lion Hospital and CURE International UK) for their support and assistance, Stanmore Implants for their support through co-funding of this course, and Medical Aid International for providing equipment.

We are very grateful to all the faculty for generous giving up their time to teach on the course, to the dedicated local staff at CURE and Black Lion, and to the participants and patients who contributed to the case discussions. We are also very appreciative of the support of many individuals, including Dr Miliard Derbew (COSECSA President and Surgical Society Ethiopia), Dr Biruk Wamisho (Chair of Ethiopian Society of Orthopaedics and Trauma), Dr Bahiru Bezabih and Dr Geletaw Tessema (Department of Orthopaedic Surgery, Black Lion Hospital), Mr Endris Aragaw (Department of Anatomy, BLH), Flora Gibbons, Mr Hunegnaw, and COOL directors Professor Hemant Pandit, Professor Chris Lavy and Professor Godfrey Muguti.

Mr Max Gibbons, Nuffield Orthopaedic Centre, Oxford, Course director
Dr Rick Gardner, CURE Ethiopia Children's Hospital, Local course leader
Grace Le, University of Oxford, COOL programme manager

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