

COSECSA Oxford Orthopaedic Link

Hip and Knee Arthroplasty Course

5-8 October 2015

Bulawayo, Zimbabwe

COURSE REPORT



1. Executive Summary

Thirty-one trainee orthopaedic surgeons and four consultant observers from Zimbabwe, Zambia, Malawi and Mozambique attended a four-day workshop on hip and knee arthroplasty held at Holiday Inn, Bulawayo, Zimbabwe, 5-8 October 2015. The course was part of the COSECSA Oxford Orthopaedic Link programme, in partnership with local hosts United Bulawayo Central Hospitals. The teaching was led by a joint faculty team of visiting consultant surgeons from the Nuffield Orthopaedic Centre, Oxford, UK, and local faculty from Bulawayo and Harare. Morning lecture sessions were followed by practical saw bone workshops and case discussions. The course provided an introduction to key concepts and principles in indications, techniques and management of hip and knee arthroplasty.

The sessions included demonstrations of different surgical approaches using saw bones, case review discussions and sharing of tips and tricks. The course participants completed a pre-course and post-course multiple-choice questionnaire (MCQ) to compare pre and post course knowledge of hip and knee arthroplasty. The variation in pre course knowledge mainly related to delegates' previous practical experience and study of hip and knee arthroplasty, stage in specialty training, and some language/translation issues.

This course is the second hip and knee arthroplasty course run in the COSECSA region for orthopaedic surgical trainees 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. Other COOL one-week courses have included paediatric orthopaedics, spine and tumours. The COSECSA Oxford Orthopaedic Link programme is funded by the Health Partnership Scheme (HPS), funded by the UK Department for International Development.



2. Faculty and organizing team

Mr. Alban Bowers

Consultant Orthopaedic surgeon based in Harare, Zimbabwe

Special interests: hip and knee surgery

Mr. Chris Dodd

Consultant Orthopaedic Surgeon at the Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust

Honorary Senior Clinical Lecturer, NDORMS, University of Oxford

Special interests: all types of knee surgery with particular reference to unicompartmental knee replacement.

Mr. Max Gibbons

Consultant Orthopaedic Surgeon, Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust

Honorary Senior Clinical Lecturer, NDORMS, University of Oxford

Special interests: 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. Roger Gundle

Consultant Orthopaedic Surgeon, Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust, and Fellow of University College, Oxford

Honorary Senior Clinical Lecturer, NDORMS, University of Oxford

Special interests: Adult hip and knee surgery, management of inflammatory joint diseases and prosthetic joint infection.

Professor Chris Lavy

Consultant Orthopaedic Surgeon at the Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust

Professor of Orthopaedic and Tropical Surgery, University of Oxford.

Special interests: teaching and research in global surgery, children's musculoskeletal impairment in sub-Saharan Africa, and spine.

Mr. Collen Msasanure

Consultant Orthopaedic Surgeon at United Bulawayo Central Hospitals

Orthopaedic Lecturer at National University of Science and Technology Medical School, Zimbabwe

Professor Hemant Pandit

Associate Professor at University of Oxford and is a hip and knee surgeon at the Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust

Special interests: Primary joint replacement, teaching and training and translational research in the fields of hip and knee arthritis.

Dr. David Pigott

Consultant Cardiothoracic Anaesthetist, Nuffield Department of Anaesthetics at Oxford University Hospitals NHS Foundation Trust

Special interest: Anaesthesia for major orthopaedic surgery.

Mr. Adrian Taylor

Consultant Orthopaedic Surgeon, Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust

Senior Clinical Lecturer, NDORMS, University of Oxford

Special interests: Treatment of hip and knee arthritis, and revision surgery for the treatment of infection, fracture and prosthetic loosening.

3. Course Delegates

Dr	Nelson	Banda	Zambia
Dr	Nachor K.	Bunda	Zambia
Dr	Logizomai	Chipasha	Zambia
Dr	Tongai	Chitsamatanga	Zimbabwe
Dr	Luis	Francisco Letela	Mozambique
Dr	Martin	Fungura	Zimbabwe
Dr	Akimu	Mageza	Zimbabwe
Dr	Hilary	Makiwa	Zimbabwe
MR	Amon	Makoni	Zimbabwe
Mr	Raphael	Makota	Zimbabwe
Dr	Mbonisi	Malaba	Zimbabwe
Dr	Yahaya	Malango	Zimbabwe
Dr	Kumbukani	Manda	Malawi
Dr	Eduardo	Mandua	Mozambique
Dr	Augustine	Mapfumo	Zimbabwe
Dr	Gibson	Matinde	Zimbabwe
Dr	M Sibanda	Mgcini	Zimbabwe
Dr	Mark	Mocho-Butau	Zimbabwe
Dr	Chiku	Mpanga	Malawi
Dr	Boston	Munthali	Malawi
Dr	Didmus	Mutero	Zimbabwe
Dr	Munyaradzi	Ndekwerwa	Zimbabwe
Dr	John Simbanouta	Nyahunzvi	Zimbabwe
Dr	Nohakhelha	Nyamulani	Malawi
Dr	Malvin	Nyamutora	Zimbabwe

Dr	Brian	Paketh	Zimbabwe
Dr	Godfrey	Phiri	Zambia
Dr	Antonio	Saide Carvalho	Mozambique
Dr	Hardy	Shumba	Zimbabwe
Dr	Jonathan I.	Sitali	Zambia
Dr	Bhekinkosi R. D.	Swene	Zimbabwe
Dr	Tichaona Hilary	Tokwe	Zimbabwe
Dr	Victor	Tomas Banze	Mozambique
Mr	George	Vera	Zimbabwe
Dr	Jabez	Vhanda	Zimbabwe



4. Course Timetable

MONDAY 5 OCTOBER 2016. DAY 1: HIP (PART 1)

Time	Duration	Topic
08.00-08.30	30mins	Registration
08.30-09.00	30mins	Welcome & Introduction
09.00-09.15	15mins	MCQs
09.15-10.15	60mins	HIP: History taking and clinical examination (30mins) Indications and Patient Selection (30mins)
10.15-11.00	45mins	Surgical Anatomy and Approaches
11.00-11.15	15mins	Coffee
11.15-12.30	45mins	Implant choice
12.30 -13.00	30mins	Outcome Assessment Results
13.00-14.00	60mins	Lunch
14.00-15.30	1h 30m	Saw bones - Acetabulum (two groups)
15.30-15.45	15mins	Tea
15.45-17.00	1h 15m	Case studies
17.00-17.10	10mins	Day 1 Summary

TUESDAY 6 OCTOBER 2016. DAY 2: HIP (PART 2)

Time	Duration	Topic
08.30-08.40	10mins	Case review
08.40-09.20	40 mins	Debate: Cemented vs non-cemented implant?
09.20-10.00	40 mins	Anaesthesia for THR and TKR
10.00-10.30	30mins	DVT management
10.30-11.00	30 mins	Tea Break
11.00-11.15	15mins	Rehabilitation and Follow up
11.15 - 13.00	1h 45m	Complications and their treatment
13.00-14.00	60 mins	Lunch
14.00-15.30	1h 30m	Saw bones - Femur (two groups)
15.30-16.00	30mins	THR / TKR in sub-Saharan Africa
16.00-16.15	15mins	Tea
16.15-17.15	60 mins	Case Reviews
17.15-17.30	15 mins	Summary

WEDNESDAY 7 OCTOBER 2016. DAY 3: KNEE (PART 1)

Time	Duration	Topic
08.30-08.45	15mins	Case review
08.45-09.45	60mins	KNEE: (30 mins each) History taking and clinical examination Indications and Patient Selection
09.45-10.30	45mins	Surgical Approaches
10.30-10.45	15mins	Coffee
10.45-11.30	45mins	Management of intra and extra articular deformity
11.30-12.15	45mins	Biomechanics and Implant Choice
12.15-12.30	15mins	Case review
12.30-13.30	60mins	Lunch
13.30-15.00	1h 30m	Sawbones – TKR (Two groups)
15:00 - 15.30	30 mins	Recent Advances
15.30-15.45	15mins	Tea
15.45 – 16.45	60mins	Surgical steps
16:45 - 17:15	30mins	Case Review

THURSDAY 8 OCTOBER 2016. DAY 4 – KNEE (PART 2)

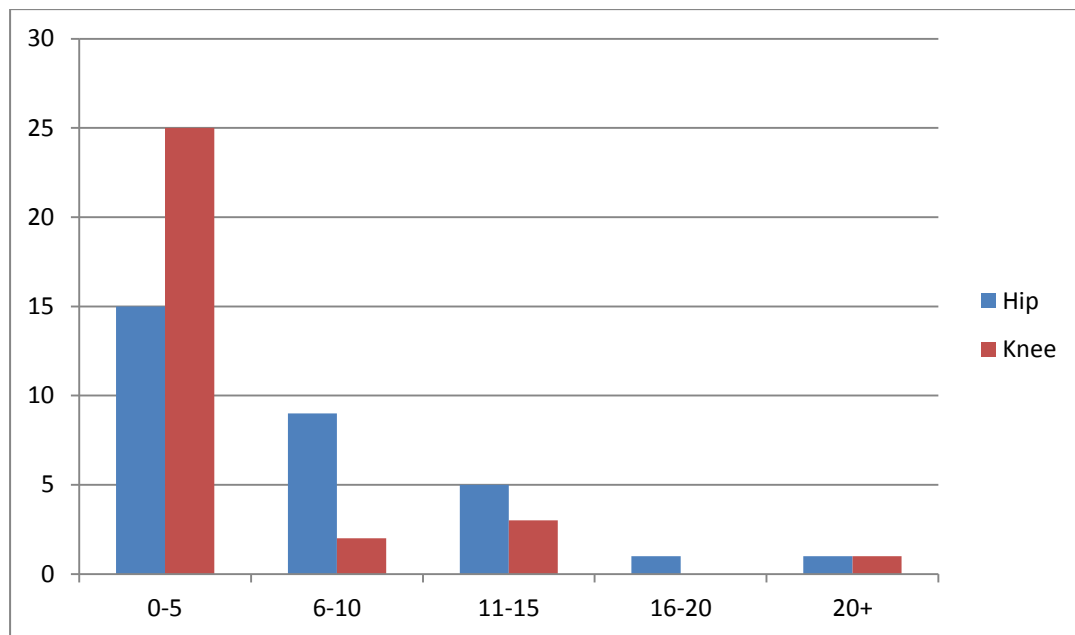
Time	Duration	Topic
08.30-08.45	15mins	Case review
08.45-09.30	45 mins	Post-op management and rehabilitation
09.30-10.15	45 mins	Complications
10.15-10.30	15mins	Coffee
10.30-10.45	15 mins	Mega Prostheses
10.45-11.45	60 mins	Case reviews
11.45-12.00	15mins	Post-course MCQs
12.00-13.00	60mins	Lunch
13.00-14:00	60mins	Case Reviews
14.00-14.30	30mins	MCQ answers / Evaluations
14.30-15.00	30 mins	Closing Session inc certificates

5. Course Feedback

Number of respondents: 32

Consultants: 2 Junior surgical trainees: 13 Senior surgical trainees: 16 Medical officer: 1

1. How many hip and knee replacements have you either seen/assisted/performed?



2. What did you enjoy most about the course?

Practical sessions ++++++

Bone saw sessions +++++

Presenters clear and engaging +++

Experienced faculty members +++

Debate on postop complications

Revision of biomechanics

3. What are the most useful things you have learned?

How to perform THR/TKR (techniques and approaches) ++++++

Principles of patient assessment and selection ++++

Management of complications ++

Pre-op planning is the key to success ++

Hints and tips for operating +

Component placement in THR/TKR

DVT prophylaxis in arthroplasty

Use of instruments

Proper placement of the cup in THR

Femur and tibia cuts

Endoprosthetic replacement

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

Live cadaver dissections of approach ++++++

More practical sessions +++

Saw bones +

Problem solving sessions

A lecture on templating, with images

Videos

More time on total knee replacement

More discussions on cases

Templating for THR

Biomechanics

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

Long lectures +

Faculty discussions

The case discussions involving x-rays

6. How could the course be improved?

More time on biomechanics +++

More demonstrations ++

Slightly more focus on basics

More time on saw bones

More time

Smaller groups

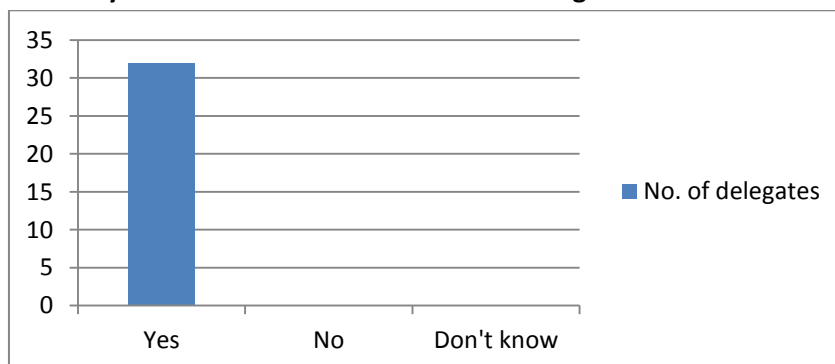
Sending reading material a month prior to the course, to familiarise +

Templating session

More X-ray/CT scans to discuss

Use of real patients

7. Would you recommend the course to a colleague?

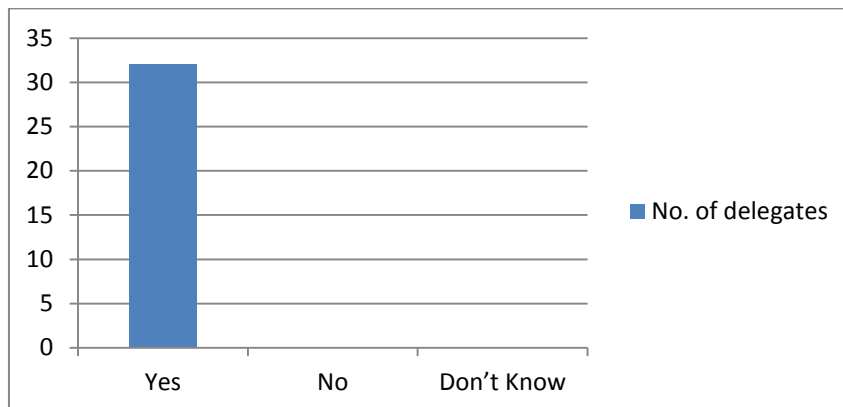


Yes: 32

No: 0

Don't Know: 0

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



Yes: 32

No: 0

Don't Know: 0

9. Any other comments?

Thank you so much! +++++++

Keep up the excellent work +++

Brilliant course with excellent instructors with such kind hearts

This has helped me so much, to manage my patients better and to pass the first part of my FCS exams

This has broadened my horizons

Looking forward to more similar courses

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 our main project partners, University of Oxford and the College of Surgeons of East Central and Southern Africa (COSECSA) and the local hosts United Bulawayo Central Hospitals.

We are very grateful to Zimmer Biomet for supporting the course through providing instruments and saw bones for the practical workshop and to Medical Aid International's assistance with logistics.

We are very grateful to all the faculty for generous giving up their time to teach on the course and to the participants who contributed to the case discussions. We are also very appreciative of the support of many individuals, in particular Dr Collen Msasanure, the local organiser, and COOL directors Professor Hemant Pandit, Professor Chris Lavy and Professor Godfrey Muguti.

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