19th Annual Conference 2017
The Lake District

Programme

14th & 15th July 2017
The Milton Hilltop Hotel
Carlisle

British Indian Orthopaedic Society
BIOS 19th Annual Conference 2017
Speakers and Panel Members


Abstract Contributors

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BIOS Executive Committee

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Prof Suresh Rao (Chair), Mr Raj Dharmarajan - Secretary and in charge of the Scientific Committee, Mr Biju Sankar - Scientific Committee, Mr Syed Mannan - Scientific Committee, Mr Gareth Presch - Coordinator, Mr Peter Fismer: Coordinator, Mr Parag Shah Finance: Dr Veena Rao - Social programme, Dr Dharini Cumarasamy - Social programme, Dr Lekha Sankar - Social Programme, Buddhaev Pandya MBE Conference Programme & Souvenir, Sandra Williamson - Administration, Val Routledge - Administration - Aparna Kameswari - Social programme

British Indian Orthopaedic Society

INVITATION TO JOIN

We invite all Orthopaedic Surgeons of Indian origin training or practising in the UK.

We welcome others of Indian diaspora and those who have trained in the UK and may have returned home or settled in other countries.

We encourage your ideas for making our society vibrant and cherish all your valuable contribution.

The life membership is £100. This is payable as one off fee at the time of joining and you will realise the great benefits of doing so immediately.

Contact: Mr Bijayendra Singh, BIOS Secretariat 2 Trapham Road, Maidstone Kent. ME16 0EL

Visit BIOS Website

wwwbritishindianorthopaedicsocietyorg

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Hon Secretariat, 2 Trapham Road, Maidstone, Kent, ME16 0EL
BIOS 19th Annual Conference 2017

Foreword from the President

On behalf of the Executive Committee of the British Indian Orthopaedic Society (BIOS) I would like to welcome all the delegates to contribute to the success of the 19th Annual Conference 2017. The theme is Leadership in patient care, delivered through an innovative programme spread over two days of interactive sessions.

This conference creates an ideal forum for positively influencing the outcome of our interventions towards this goal. Colleagues are invited to share different aspects of their practice from research through to professional leadership all of which contribute in different ways and at every level to delivering a high standard of patient care in a sustained way. Authors of podium presentations and Posters have the opportunity to get their abstracts published in the special Conference Souvenir and selected for prestigious scientific journals. There are dedicated ‘break-out’ activities to explore international perspectives including opportunities for innovation on a Global scale including Medical Tourism Industries and other areas of Wellness and Health.

I would like to thank every individual in the Conference Organising Committee for their contribution in planning and delivering what is an excellent event under the able leadership of Prof Suresh Rao. There is so much to offer for each and everyone that the Executive of BIOS sincerely believes this conference will prove to be an invaluable experience for all, but especially to those who enjoy networking in the most stunning scenery in the country, that is our Lake District. I wish you all a truly a great time.

Prof Anand Arya - President BIOS

Message from the Chair of the Organising Committee

It is with great pleasure that I welcome you all to the Conference in the Lake District on behalf of The Team.

Our team has prepared an interesting mix of cutting edge ‘hands on’ technology sessions alongside stimulating debates on current issues in the twin clinical areas of early knee OA and the practical challenges of trauma management confronting most orthopaedic surgeons. Our reflective sessions have been developed in conjunction with our patients and many professionals from diverse fields to give us different perspectives than the traditional ‘orthopaedic’ view on health and wellness. We have a dozen experienced coaches on hand and I am personally grateful to them for facilitating the Mentoring sessions. And just in case you feel daunted by the hectic pace of the conference, our Team has arranged for you to come off the fast lane and relax in the serene atmosphere to enjoy the surrounding beauty of the Lakes and Hills of Cumbria.

Our venue is ideally suited for the varying social activities on offer and our staff has worked very hard throughout to provide the best choices at great prices to make your stay comfortable. Our team has been greatly supported by our sponsors in making BIOS a great organisation that is now better prepared to face up to the leadership challenges that we know lie ahead for us all.

I look forward to working together in making your visit particularly worthwhile and I remain grateful to each one of my team members for contributing to this successfully.

Suresh Rao, Consultant Orthopaedic Surgeon & Chair Organising Committee
Day One: Friday 14th July 2017

1030  Registration  Reception Hall
1130  Lunch

1200  Welcome by Mr. Biju Sankar  Main Hall
       Scientific Committee

1205  Free Papers Session 1  Main Hall
       Co-Chairs: Prof Anan Shetty and Rakesh Kumar

1300  Masterclasses & Workshops Sessions

   Passing the FRCS T&O  Pennine Hall
   Led by BIOS Faculty
   - Prof. Raj Murali
   - Mr. Nikhil Shah
   - Mr Muralikrishna

   Cartilage Bio Implant Techniques  Exhibition Hall
   Led by Prof. Anan Shetty

1350  Design Your Own Bespoke Implant  Exhibition Hall
       Led by Team of Designers
       - Prof Arun Purushottam,
       - Mr Pete Heeley

       Tibial Osteotomy for Knee OA  Exhibition Hall
       Led by Mr. William Hage
       - Mr. Raj Dharmarajan

1440  Tea break

1500  Free Papers Session 2  Main Hall
       Co-Chairs: Mr. Nikhil Kharwadkar & Mr. Sunil Garg

1545  Free Papers Session 3  Main Hall
       Co-Chairs: Prof. Amit Tolat & Prof Gautam Chakrabarthy

1630  Announcements
       Mr Biju Sankar

1640  Close of Scientific Session for Day 1
Day Two: Saturday 15th July 2017

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<td>0800</td>
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<td>0830</td>
<td>Welcome by Mr. Raj Dharmarajan</td>
<td>Main Hall</td>
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<td>0840</td>
<td>Free Papers Session 4</td>
<td>Co-Chairs: Mr. Peter Fismer &amp; Mr Prabhakar Motkur</td>
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<td>0925</td>
<td>Key Note Address: “Surgical Training for the Global Market”</td>
<td>Prof Peter Kay, Senior Council, RCSE</td>
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<td>0945</td>
<td>Coffee</td>
<td>Titanium Hall</td>
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<td>1005</td>
<td>Free Papers Session 5</td>
<td>Co-Chairs: Mr. Muralikrishnan &amp; Mr. Shanmuga Maheswaran</td>
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<tr>
<td>1050</td>
<td>Symposium 1: “Global Perspectives in MSK &amp; Trauma”</td>
<td>Chairs: Prof. Amit Sinha &amp; Mr T Madhu</td>
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<td>“Trauma Care in Pre Historic Vedic Times”</td>
<td>Mr. Shashidhar Roysam</td>
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<td>“Pre-Hospital Care”</td>
<td>Mr Mike Greene MBE</td>
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<td>“Managing Complex Pelvic Injuries in the Field”</td>
<td>Mr. Nikhil Shah</td>
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<td>“Potential for Indo-UK Collaboration in MSK / T&amp;O”</td>
<td>Mr. Ananda Nanu</td>
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<td>1150</td>
<td>Q &amp; A</td>
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<td>1200</td>
<td>Key Note Address: “Indian Orthopaedic Scenario - Past, Present and Future”</td>
<td>Prof Ram Prabhoo, President IOA</td>
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<td>1220</td>
<td>Lunch</td>
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Day Two: Saturday 15th July 2017

1305  **Free Papers Session 6**  
Co-Chairs: Mr. Guy Broome and Mr. Sanjiv Manjure

1350  **Symposium 2: Early OA of the Knee**  
Chairs: Mr. Venu Kavarthapu & Mr. Joe Sudhakar

- “Knee Arthritis – The Earliest Human Condition”  
  Prof Suresh Rao
- “Potential role for Cartilage Regrowth from Bio Implants”  
  Hunterian Prof Anan Shetty
- “Potential Role for Osteotomy & Reconstructive & Surgery in Early Knee OA”  
  Mr. William Hage
- “RightCare Approach for Optimising Care for Knee OA”  
  Dr Liz Lingard, NHS Right Care Delivery Partner
- “Managing Residual Pain after TKR & for those unfit for surgery”  
  Dr Murali-Krishnan

1510  **Q & A**

1520  **Key Note Address:** “Just Culture in Orthopaedic & Trauma Care”  
Prof Ian Winson, President BOA  
Chairs: Prof. Gautam Chakrabarty & Mr. Maneesh Bhatia

1540  **Tea**

1600  **Top Poster and Design Presentations**  
Co-Chairs: Mr. Vipul Mandalia & Mr. Nikhil Shah

1630  **BIOS Presidential Guest Lecture**  
“Development of Pelvic Trauma Services in India”  
Prof. Ramesh Sen  
Chairs: Prof Anand Arya & Prof Suresh Rao

1650  **Closing Remarks:** Prof Suresh Rao, Chair of the Organising Committee

1700  **Close of Scientific Programme**

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1705 - 1815  **Saturday 15th July 2017**  
**Titanium Hall**  
**BIOS Members’ Annual General Body Meeting**
**Leadership Break-Out Programme**

**DAY One - FRIDAY  14th July 2017**

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| 1645  | **SHOWCASING INSPIRING LEADERS**                                     | Main Hall                       | Peter Heeley: ‘Do you know a Design problem that affects your daily life?’
|       | **Chairs:** Prof Rajan Madhok & Dr Kailash Chand                     |                                 | Nusrat Latif: ‘How can patients shape Health Care Policy?’
|       |                                                                      |                                 | Magdi Greiss: ‘Volunteering in Tanzania’
|       |                                                                      |                                 | Colette McQueen: ‘How can life coaching liberate you?’
| 1715  | **SPEED MENTORING**                                                  | Pennine Hall                    |                                                                          |
|       | Colette McQueen, Kailash Chand OBE, Poonam Malik, Tracy Boylin       |                                 |                                                                          |
|       | Simon Forster, Nusrat Latif, Peter Heeley, Rajan Madhok,             |                                 |                                                                          |
|       | Buddhdev Pandya MBE, Gautam Chakravarty, Liz Lingard                 |                                 |                                                                          |
| 1800  | **OPPORTUNITIES FOR THE WELNESS INDUSTRY AND MEDICAL TOURISM**       | Main Hall                       |                                                                          |
|       | Convenor for Panel Discussion: Gareth Presch                         |                                 |                                                                          |
|       | **Panel members:** Prof Rajan Madhok, Buddhdev Pandya MBE, Magdi Griess, |                                 |                                                                          |
|       | Kailash Chand OBE, Umesh Prabhu                                      |                                 |                                                                          |
|       | Vanessa Cowan (via video-link), Panagiotis Kousoulis (via video-link) |                                 |                                                                          |
| 1840  | **GUEST SPEAKERS**                                                   | Titanium Hall                   |                                                                          |
|       | Dr Umesh Prabhu                                                      |                                 |                                                                          |
|       | “Retention & Recruitment in the NHS – a Global Perspective”         |                                 |                                                                          |
|       | **Dr Matthew Makin**                                                 |                                 |                                                                          |
|       | “My Vision for the Future of Health Care in Manchester”              |                                 |                                                                          |
|       | **Chairs:** Raj Dharmarajan & Prof Poonam Malik                     |                                 |                                                                          |
| 1930  | Dinner                                                               | Main Hall                       |                                                                          |
|       | Live Band Music                                                      |                                 |                                                                          |

**DAY Two - Saturday  15th July 2017**

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<tr>
<td>1230</td>
<td>Lunchtime invited Board meeting</td>
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<td>‘International Surgical Collaboration’</td>
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<td>Chair: Suresh Rao</td>
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<td>1930-2330</td>
<td>Gala Dinner &amp; Entertainment</td>
<td>Banquet Hall</td>
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<td>a well known singer an entertainer dance group performing in multiple languages and many genres including Bollywood</td>
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19th Annual Conference 2017

**Scientific**

**DAY 1 - FRIDAY 14th July 2017**

- **Free Papers Session 1**
- **Masterclasses & Workshops**
  - Passing the FRCS T&O
  - Cartilage BIO Implant Techniques
  - Design your own Bespoke Implant
  - Tibial Osteotomy for Knee OA
- **Free Papers Session 2**
- **Free Papers Session 3**

**DAY 2 - SATURDAY 15th July 2017**

- **Free Papers Session 4**
- **Key Note Address 1**
  “Surgical Training for the Global Market”
- **Free Papers Session 5**
- **Symposium 1:**
  “Global Perspectives in MSK & Trauma”
  - Trauma care in Pre-History & Vedic Times
  - Pre-Hospital Care
  - Managing Complex Pelvic Injuries in the Field
  - Potential for Indo-UK Collaboration in MSKT&O
- **Key Note Address 2:**
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  “Early OA of the Knee”
  - Knee Arthritis “The Earliest” Human condition
  - Role for Cartilage Regrowth from Bio Implant
  - Role for Reconstructive & Osteotomy Surgery
  - RightCare Approach for Optimising Care for Knee OA
  - Pain after TKR & for those unfit for surgery
- **Key Note Address 3:**
  “Just Culture in Orthopaedic & Trauma Care”

**Leadership (Break-out)**

**DAY 1 - FRIDAY 14th July 2017**

Showcasing Inspiring Leaders

- Do you know a Design problem that affects your daily life?
- How can Patients shape Health Care Policy?
- Volunteering in Tanzania
- Life Coaching can be Liberating

**Panel Discussion: Wellness Industry & Medical Tourism**

**Speed Mentoring**

**Guest Lectures:**

- Global Perspective of Retention & Recruitment in the NHS
- Vision for Health Care in Manchester

**DAY 2 - SATURDAY 15th July 2017**

**Conference Dinners: The Milton Hilltop Hotel**

- Friday 14th July 2017 7:30pm
- Saturday 15th July 2017 7:30pm

**Top Posters and Design session**

**The Presidential Guest Lecture**

“Development of Pelvic Trauma Services in India”