



**28th Principles of Foot and
Ankle Surgery Course
For Higher Surgical Trainees
and New Consultants**

BRITISH ORTHOPAEDIC FOOT AND ANKLE SOCIETY



27th 28th 29th June 2019 Ramaiah Advanced Learning Centre, New Bel Road, Bangalore

Teaching safe practice



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



James Davis (Course Director)

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 served two terms as Chairman of the Education Committee and is the current BOFAS President Elect. He is also an FRCS (Tr & Orth) examiner.

Dr Ajoy S M (Course Co-Director)

Dr Ajoy S M is the current Secretary of the IFAS 2018-20. He 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 coordinator 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 six foot and ankle courses with anatomical specimen in the Ramaiah Advanced Learning Centre at Bangalore.



Chris Blundell

Chris Blundell specialises only in adult foot and ankle conditions. He is a Consultant in Sheffield. He carried out two Fellowships in foot and ankle surgery in Melbourne, Australia in 2001/2. He was awarded an MD for research into foot pressures. He is a Sheffield graduate whose higher surgical training was in Cambridge and Norwich. He is Clinical Lead for the Sheffield Foot and Ankle Unit, Chairman of Sheffield Orthopaedics Limited. Chris is former Chair of BOFAS Education Committee and is BOFAS Past President and a BOFAS Director.



Callum Clark

Callum Clark trained in Cambridge, London and Melbourne, Australia and has been a Consultant Orthopaedic Surgeon at Heatherwood and Wexham Park hospitals since 2004. He specialises in adolescent and adult Foot and Ankle surgery. He has run an accredited postgraduate Foot and Ankle fellowship programme since 2007, and convened and taught on many regional and national courses. He was elected to the BOFAS Education Committee in 2013 and is currently Secretary of the Committee.



Steve Hepple

Steve Hepple is a NHS Consultant Foot & Ankle Surgeon, Honorary Senior Lecturer in Trauma and Orthopaedic Surgery and recent Clinical Director Musculoskeletal Services at North Bristol NHS Trust. He trained initially in Sheffield and Bristol before undergoing specialist training in Brisbane and Dallas. He specialises in sports injury, trauma and foot & ankle surgery including ankle arthroscopy and replacement. Steve served two terms as BOFAS Treasurer and is the immediate BOFAS Past President. He is also a faculty member of AO trauma.



Meraj Uddin Mollah

Dr. Md. Meraj Uddin Mollah is an Orthopaedic Consultant working in the subspecialty of Ilizarov and Deformity Correction in an Orthopaedic Specialized Hospital in Dhaka, Bangladesh. As an Ilizarov Surgeon he has to deal with a lot of deformity around the ankle and foot in day to day practice. He was trained and passed the MS (Orthopaedic Surgery) course in National Institute of Traumatology and Orthopaedic Rehabilitation, 500 bedded specialist hospital for only Orthopaedic Patients, located in Dhaka, Bangladesh. Meraj worked as Medical Officer, Registrar and Consultant in the same institute in Ilizarov and Deformity correction unit. He attended BOFAS annual meeting 2017 in Sheffield, UK as a Bursary awardee. He is a member of Bangladesh Orthopaedic Society and ASAMI Bangladesh Chapter. His main field of work are the different congenital and acquired deformities around the ankle and foot.



BOFAS Course Faculty



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 undertook visiting Fellowships in Foot and Ankle Centre's 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.



Nikesh Shah

Dr Nikesh Shah is a practicing senior Orthopedic Foot & Ankle Surgeon at Vadodara. After completing his M.S Orthopaedics from M. S. University Vadodara in 1998, while working extensively on variety of trauma cases, he came across many cases of neglected foot & ankle, including trauma and deformity that were suffering due to non-availability of a dedicated foot & ankle surgeon and lack of proper technical knowledge, dedicated implants and instruments. That geared Dr Nikesh, along with Dr Malhar Dave and senior orthopedic surgeon Dr Rajiv Shah, to take special interest in the field of foot and ankle and they opened the first Foot and Ankle Centre at Vadodara in 2006. Dr Nikesh has been one of the pioneers in developing foot and ankle subspecialty in India. Dr Nikesh is a national faculty on various courses and meetings like the IndoUs Foot and Ankle Course, IFASCON, WIROC, and many of the state's Orthopedic Association Meetings. Dr Nikesh has successfully treated various foot and ankle disorders including complex trauma, reconstructive surgeries, intra-articular pathologies by arthroscopy, paediatric foot & ankle disorders, complicated diabetic foot & ankle ailments, neuropathic disorders, arthritic disorders following neglected trauma, rheumatoid arthritis and variety of tendon issues. Dr Nikesh has been one of the faculty for fellowship programmes offered at Vadodara.

Dr Nikesh Shah is currently National President of prestigious "Indian Foot Ankle society" for the year 2018-19.



Rajesh Simon

Rajesh Simon is a Consultant foot and ankle trauma surgeon working in Lakeshore Hospital, Cochin, South India He had started the first Exclusive Foot & Ankle Clinic in his state Kerala. He has been Fellowship trained in foot & ankle in America and Australia.

He is the past Secretary of the Indian Foot & Ankle Society. He has been an AO faculty in basic, advanced and master courses. He is invited faculty on both National and International Meetings in both Foot & Ankle and Trauma. He also has organised many CMEs and conferences as well as AO courses in both Trauma and Foot & Ankle.



Inderjit Singh

Inderjit Singh is a foot and ankle surgeon working in Haryana. He did his postgraduate training from M.S. Ramaiah hospital, Bangalore. He completed his orthopaedic residency from GMC, Nalhar, Haryana. Having keen interest in foot and ankle surgery, he did visiting fellowship from Birmingham University Hospital, Alabama. He is the executive committee member of IFAS and has been actively involved in conducting various conferences and courses throughout the country. He has been invited as faculty for several Foot and Ankle conferences including IFASCON and Indo-US Foot and Ankle conference. He has also actively participated in the Foot innovate webinars.

British Orthopaedic Foot and Ankle Society

Principles of Foot and Ankle Surgery

Day 1 – Thursday 27th June 2019

08:15-08:45	Registration	
08:45-09:00	Introduction & Welcome	James Davis
09:00-10:15	Clinical examination of the foot and ankle	Chris Blundell
	Interactive Examination of the normal Foot & Ankle	All faculty
10.15-10.45	Hallux valgus & hallux rigidus	Callum Clark
10.45-11.00	Coffee	
11.00-11.30	Neuromuscular disorders	Balvinder Rana
11.30-12.00	Acquired flatfoot	Steve Hepple
12.00-12.30	Hindfoot OA & deformity	Meraj Uddin Mollah
12:30-13:00	Heel pain & Achilles tendinopathy	Inderjit Singh
13.00-13.45	Lunch	
13.45-14.15	Ankle ligament injury & basics of arthroscopy	Callum Clark
14:30-17:30	Four Clinical examination and discussion workshops	<i>Group rooms</i>

	Group A	Group B	Group C	Group D
14:30-15:10	Post trauma	Neuromuscular	Hindfoot deformity	Flatfoot
15:40-15:50	Flatfoot	Post trauma	Neuromuscular	Hindfoot deformity
15:50-16:10	<i>Coffee</i>	<i>Coffee</i>	<i>Coffee</i>	<i>Coffee</i>
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

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Day 2 – Friday 28th June 2019

08:45-09:00	Orthotics	Steve Hepple
09:00-09.45	Diabetic foot and charcot arthropathy	Rajesh Simon
09:45-10.00	Infections around the foot & ankle	Dr Ajoy
10:00- 10.15	Coffee	
10:15-10.45	Acute ankle fracture management	James Davis
10:45-11.05	Pilon & Talus	Inderjit Singh
11.05-11.15	Calcaneal fractures	Balvinder Rana
11.15-11.30	Lisfranc injuries	James Davis
11.40-12.00	Neglected ankle fractures	Nikesh Shah
12.00-12.20	Malunited calcaneal fractures	Nikesh Shah
12:30-13.00	TA ruptures: acute & chronic	Chris Blundell
13:00-13:45	Lunch	
13:45-16:45	Four Clinical examination and discussion workshops	<i>Group rooms</i>

	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	<i>Coffee</i>	<i>Coffee</i>	<i>Coffee</i>	<i>Coffee</i>
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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Day 3 – Saturday 29th June 2019

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, lapius/TMT 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	James Davis

Course certificates will be provided on receipt of feedback forms



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