

T&O Training Post Summary

Trust

North Cumbria University Hospitals NHS Trust

Trainer name(s)

Mr David Mackay

Job Summary

This post offers training in Specialist Upper Limb & Hand Surgery and Trauma, and is suitable for all levels of trainee.

Elective Upper Limb Surgery opportunities with Mr Mackay include a wide range of soft-tissue open shoulder procedures and arthroplasty, with some exposure to shoulder arthroscopy; soft tissue elbow procedures; and hand surgery including management of a large population with Dupuytren's disease. The trainee should gain sufficient exposure to undertake rotator cuff repair and sub-acromial decompression to level 3 and will undertake shoulder stabilisation and arthroplasty with the assistance of the trainer. Trainees will gain experience in the management of a wide spectrum of elbow and hand pathology. This will include Dupuytren's surgery, carpal tunnel release and exposure to total elbow replacement. Dedicated carpal tunnel lists will be undertaken with the surgical care practitioner.

Trauma experience is principally provided during oncall weeks. All day trauma lists seven days a week. Includes all general trauma cases. Specialist trauma includes complex upper limb fractures and soft tissue hand injuries, including acute tendon injury.

There are daily x-ray meetings with a focus on teaching, as well as weekly departmental educational meetings, and a regular journal club.

Weekly timetable

	Mon	Tues	Wed	Thurs	Fri
am	Fracture clinic (alt)	Fracture clinic (alt) Theatre - CT list (alt)		Theatre	Fracture clinic (alt)
pm	Regional teaching	Ortho clinic (alt)		Theatre	Ortho clinic (alt)
NB - 2 weeks trauma every 12 weeks instead of above					

Indicative procedure number

Over the last year:

Carpal tunnel release – 40+ (between DCM & SCP)

Tendon repair – 20

Dupuytren's surgery – 38

Subacromial decompression – 22

Rotator cuff repair – 40

Shoulder arthroplasty – 18

Elbow arthroplasty – 5

Fixation proximal humeral fractures – 14