

**North Tees & Hartlepool NHS  
Foundation Trust**

**Proposition for Northern Deanery  
Speciality Trainee**

**Mr. Rajesh Nanda**

**Upper Limb**

The trainee will work with the consultant orthopaedic surgeons as part of the upper limb team comprising of 3 Shoulder and Elbow consultants, Nurse practitioners and Extended Scope Physiotherapists.

There job experience will be concentrating upon upper limb surgery, including shoulder replacements, arthroscopic shoulder surgery and complex upper limb trauma surgery.

Most of the soft tissue shoulder and elbow work is done as Day Case surgery in the dedicated Leven Unit that allows for a quick turnover of cases. There unit is also performing a good number of shoulder and elbow arthroplasties including TER, TSR and Reverse Prosthesis.

All complex Upper limb trauma is dealt by the upper limb team. There are dedicated slots each week to allow for this. The trainee will get a good experience in dealing with complex upper limb trauma cases. This will include a weekly planned upper limb trauma list which treats patients who have been referred by the general trauma team but requires the expertise of the upper limb team.

The unit has a dedicated portable Ultrasound machine and the trainee will have an opportunity to develop their clinical skills in the use of office ultrasound techniques.

There is an excellent teaching programme within the department with morning x-ray meetings 7 days a week, Tuesday lunchtime teaching, Wednesday lunchtime teaching/ upper limb MDT and Friday afternoon teaching.

The trainee will participate in a 1:6 week of on call with their designated consultant and be part of the on call rota for the Orthopaedic department. Accommodation is provided for overnight stay if required.

### Job Plan and Provisional Timetable

The weekly Job plan for Mr. R. Nanda is as follows

An example timetable is shown below:-

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Theatre All Day- Extended Session - 8am to 6.30pm	Administration	OPD	Fracture clinic	Research
Lunch 12.30-1.30		Teaching session	X-ray Meeting		
PM			OPD		Teaching / Clinical Governance

In addition a 3<sup>rd</sup> Upper Limb consultant will be commencing in Summer 2016, they will have theatre all day Thursday and extra clinics (TBC) which the trainee is free to attend.

## **Trauma**

All consultants contribute to the Trauma with a Trauma Coordinator and Trauma Surgical Nurse Practitioners to support the service.

Trauma is concentrated on the North Tees site with 14 trauma lists each week and dedicated trauma weeks for consultants which are shared with their middle grades.

There are trauma meetings held daily at 08.00am and a weekly workshop on a Wednesday lunchtime.

The department is a recognised AO training site and works closely with an Orthogeriatrics team.

## **Audit, Research & Development**

There will be an opportunity for trainee to further their clinical skills in practical delivery of ultrasound techniques as part of the planned training programme.

Active participation in Upper Limb research is encouraged with a view to present and/or produces publications in the relevant journals and meetings. The Unit has a strong track record of involvement in National and International clinical trials. Trials with past participation in ProFHER, DRAFFT, FAITH, ISOS; and current participation in UK FROST, HEALTH and regional trials organised by CORNET.

Study and research sessions will include responsibility for continuing professional development and appointees will be required to keep a portfolio including operative logbook and performance review.

Clinical governance is a major part of our daily practice. The post holder will be expected to become involved in the collection and presentation of audit and outcome data.

## **Upper Limb**

Consultants:

Mr A Middleton	Upper Limb Surgery (special Interest in hands)
Mr N Bayliss	Upper Limb Surgery (elective only)
Mr R Nanda	Upper Limb Surgery
Mr R Jeavons	Upper Limb Surgery
Mr M Magnusson	Upper Limb Surgery (special Interest in hands)
Mr L Ajekibe	Upper Limb Surgery (special Interest in hands)
New consultant	Upper Limb Surgery

In the Upper limb Department a large percentage of the work is carried out arthroscopically. Shoulder and elbow replacements are carried out frequently, hand and wrist surgery including arthroscopic are also performed regularly.

Upper limb activity is concentrated on the North Tees site but with some inpatient and outpatient activity held on the Hartlepool site. There is a dedicated 23 hour stay in Leven Unit for arthroscopy and upper limb surgery.

The upper limb service has excellent support from Extended Scope Physiotherapists, Surgical Care Practitioner and a Nurse Practitioner whilst the service at Hartlepool is supported by two ESP's shared with the Spinal Service.



## Teaching

- Regular Friday PM general orthopaedic teaching and journal club
- Workshops demonstrating techniques for internal fixation of fractures and for joint replacement procedures.
- Separate Tuesday Lunch time tutorials in knee, upper limb and spinal surgery
- Weekly Wednesday Lunch time trauma review meetings
- Monthly clinical governance meetings which regularly cover morbidity and mortality and any untoward incidents
- Arthroscopic sessions in Simulation Lab which include shoulder, knee and elbow.
- As the hospital has a university status, the trainee will be expected to partake in the teaching commitments of the Orthopaedic Directorate, including teaching of medical students, junior doctors, nursing staff and physiotherapists. The trainee will also have supervision responsibilities for junior medical staff within the speciality.
- There is an excellent teaching programme within the department with morning x-ray meetings 7 days a week, Tuesday lunchtime teaching, Wednesday lunchtime teaching/ upper limb MDT and Friday afternoon teaching.