

## T&O Training Post Summary

### Trust

City Hospitals Sunderland

### Trainer name(s)

Mr Sashi Roysam  
Mr Palani Lakshmanan

### Job Summary

This training offers a sound grounding in all facets of Spinal Surgery apart from Idiopathic Spinal deformities. The trainee will be exposed to a variety of spinal operations for degenerations, trauma and tumours. The entire axial column pathologies are dealt within the Department. The surgical procedures include disc replacements, cervical locking plates in addition to the usual lumbar pedicle fixations. The trainee will be exposed to vertebro/kyphoplasty and percutaneous spinal fixation particularly working with Mr Lakshmanan.

There is scope of keeping one's practice with lower limb arthroplasty and knee arthroscopy whilst working with Mr Roysam. The unit is a large and busy District General Hospital, with trauma being managed by two Consultants on a trauma week system, allowing the trainee the opportunity to develop an interest and skills in the management of all types of trauma including complex trauma such as spines, pelvic / acetabular fixation reconstruction, and limb reconstruction using ring fixation.

There are daily trauma meetings and weekly educational meetings, with monthly journal clubs organised by Mr Krishnan. We also run a spinal MDT every Friday morning. The trainee will be expected to become involved in unit audit and governance meetings, and would be welcome to develop any research interests.

Furthermore, the unit is very proud to be the first in the region to contribute into the British Spinal Registry in a formal and a meaningful way. By doing so we are in a position to collate PROM data effectively in a timely fashion.

### Weekly timetable

	Mon	Tues	Wed	Thurs	Fri
PM	Audit/ Research	Theatre (PL)	WR/Admin	Theatre (GSR)	Frac Clin (GSR)
PM	Regional Teaching	NP Clinic (GSR)	Rvw Clinic (GSR)	Theatre (GSR)	Theatre (PL)