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The 2015 American-British-Canadian Traveling Fellows Report.

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THE ORTHOPAEDIC FORUM

The 2015 American-British-Canadian Traveling Fellows Report

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Kishore Mulpuri, MD, MHSc, Suken A. Shah, MD, and Sanjeev Kakar, MD

The American-British-Canadian (ABC) Traveling Fellowship is a symbol of the past and an amazing opportunity for the future. Since 1948, a vibrant exchange of knowledge has taken place among orthopaedic surgeons from the U.K., Canada, and the U.S. and extending to South Africa, Australia, and New Zealand over the years. We are excited and honored to present the experiences of the 2015 ABC Traveling Fellows.

2015 Fellows

The 2015 ABC Fellows included 5 orthopaedic surgeons from the United States (Dr. Robert H. Brophy, Dr. Sanjeev Kakar, Dr. Hue H. Luu, Dr. Alpesh A. Patel, and Dr. Suken A. Shah) and 2 orthopaedic surgeons from Canada (Dr. Rajiv Gandhi and Dr. Kishore Mulpuri). Our subspecialties include pediatric orthopaedics, sports medicine, hand surgery, arthroplasty, musculoskeletal oncology, and spine surgery, and our research interests run the spectrum from the intricacies of inflammation to “big data” in clinical research.

The tour lasted 5 weeks, beginning in London, England, and ending in Auckland, New Zealand. Despite differences in health-care systems, we all share the common goal of providing timely access to high-quality, value-based care. We found these similarities as well as in the challenges that orthopaedic surgeons face around the world. From our mentors and teachers, we learned skills of effective leadership and change management. Most of all, we were humbled by the hospitality and kindness shown to us and by the openness with which very

deep and constructive conversations were held; these form the foundation of career-long relationships, collaborations, and friendships that define the ABC Traveling Fellowship.

United Kingdom

Our journey began in London. We were hosted by the British Orthopaedic Association (BOA) as well as *The Bone & Joint Journal (BJJ)*, formerly *The Journal of Bone & Joint Surgery, British Volume*. Upon our arrival, we were greeted by BOA Honorary Secretary Dr. David Limb as well as Hazel Choules and Emma Storey, members of the BOA staff and a vital link for the Fellows to the BOA. They had put together a very detailed itinerary for the U.K. trip and oriented us to the planned visits and travels through the U.K.

Over successive days, we were able to visit a number of prominent clinical sites and engage in academic sessions with our hosts and consultant surgeons as well as registrars and fellows. Our first site was the Institute of Sport, Exercise & Health, University College of London, directed by our host, Professor Fares Haddad, the current *BJJ* Editor-in-Chief (and ABC alumnus). Professor Tim Briggs, Past President of the BOA, Mr. Robert Pollack, and Mr. William Aston (all ABC alumni) hosted us at the Royal National Orthopaedic Hospital in Stanmore, and Mr. Pramod Achan (also an ABC alumnus) hosted us at the Royal London and St. Bartholomew's hospitals.

Our U.K. visit also included a number of historic sites. At the Churchill War Rooms, Professor Haddad arranged a

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behind-the-scenes opportunity to sit at Churchill's actual war-room table! We had the honor of lunch with Mr. James Scott, Editor Emeritus of *BJJ*; the late Mr. Frank Horan, previous Editor of *BJJ*; Mr. Alistair Ross, Associate Editor; and Emma Vodden, the Head of Editorial Publishing Services at the British Editorial Society of Bone & Joint Surgery. We learned about the history of the ABC Traveling Fellowship and the formation of *BJJ* and had a healthy discussion about the review process and critical issues facing research journals, such as quality, journal structure, authorship rights, worldwide distribution, and the peer review process. We dove into the history of the Westminster Abbey with Professor Briggs. We also had our first of many black-tie dinners, hosted by the BOA and its current President, Professor Colin Howie.

Next, we visited Oxford and were instantly immersed in the rich history of the city as well as its world-famous university. In addition to seeing historic sites, which included the birthplaces of the works of C.S. Lewis and J.R.R. Tolkien, we were hosted at an academic event by Professor Andrew Carr and Mr. Duncan Whitwell (both ABC alumni) and then attended a Sunday brunch with Professor Carr, who is the Nuffield Professor of Orthopaedic Surgery and Director of the National Institute for Health Research (NIHR) Musculoskeletal Biomedical Research Unit. Professor Carr shared with us the journey of his career and the evolution of his responsibilities as a leader. He also provided us fascinating insights into the critically important translation of basic science, a mechanistic examination, to clinical science, a multidisciplinary approach to meaningful clinical trials. Above all, Professor Carr stressed the importance of devoting time to creating success: time to reflect, to think, and to create.

Our travels then took us to East Anglia to visit Professor Simon Donell in Norwich. In addition to stimulating subspecialty sessions including patient interviews and presentations, we were hosted at the Norfolk Research Program at the University of East Anglia, which specializes in microbiology, clinical research, and genomics and comprises 6 research institutes and 2,700 scientists. Professor Donell also hosted us at his home for a lovely evening reception as well as a brisk morning walk among Roman ruins.

We were next hosted by Mr. Rob Ashford (ABC alumnus) at Leicester as well as Professor Angus Wallace from the University of Nottingham. The academic session was held at the National Centre for Sport & Exercise Medicine on the campus of Loughborough University, home to the Sports Technology Institute, the largest sports-based research group in the U.K. We also visited the recently discovered burial site of Richard III, the last King of England killed in battle, the Leicester Tigers rugby pitch, and the Leicester City Football Club pitch.

We then traveled to Glasgow, Scotland, and were hosted by Mr. Sanjeev Patil and Mr. Dominic Meek (both ABC alumni). We visited with local consultants and then were given a group tour of the Hunterian Museum and Art Gallery at the University of Glasgow. We had a private tour of the anatomical collections of Sir William Hunter (1718-1783), learned of the development of the Glasgow Coma Scale within the Glasgow Institute of Neurological Sciences, and saw the work of Sir

Joseph Lister (1827-1912). We also learned about the history of ultrasound scanning that led to the development of a prototype of the first ultrasound machine in 1958, before attending an academic session in the Adam Smith Lecture Hall. We donned traditional Scottish attire for a dinner reception at the Royal College of Physicians and Surgeons of Glasgow.

Our travels next took us to Edinburgh, Scotland, where we were hosted by Professor Hamish Simpson and Ms. Leela Biant (both ABC alumni). In addition to a rousing academic session, our visit to Edinburgh included mountain biking, links-style golf, informal dinners with our hosts and a number of former ABC Fellows, and a visit to the Old Course at St. Andrews (Fig. 1). We donned our kilts one more time for a black-tie dinner at the Balmoral Hotel. The visit to Edinburgh was insightful but also a relaxing experience in the middle of a hectic travel schedule.

Mr. Mike Reed (ABC alumnus) was our host in Northumbria, outside of Newcastle. We visited historic ancient Roman ruins and then attended an academic session at Hexham General Hospital. The team from Hexham has initiated a number of critical pathways for care, including for geriatric hip fractures, and during our visit, won a safety award from *The BMJ* for decreasing hip fracture patient mortality from 14% to 8%. We also learned about the clinical trials within the National Health Service (NHS) from Dr. Stephen Brealey from the York Trials Unit. The NHS has several key components for successful, large, multicenter clinical trials: a central source of research funding, a single ethical review board for all participating sites, a centralized site for data capture and maintenance in York, and a culture of active patient recruitment demonstrated by trainees and consultants. A number of high-impact, prospective clinical trials have already been completed and published, and more are in the planning stage.



Fig. 1

The 2015 ABC Traveling Fellows on the historic Swilcan Bridge at the 18th hole of the Old Course at St. Andrews in Scotland. From left to right: Hue Luu, MD; Robert Brophy, MD; Sanjeev Kakar, MD; Kishore Mulpuri, MD, MHS; Suken Shah, MD; Rajiv Gandhi, MD, MSc; and Alpesh Patel, MD.



Fig. 2
From the academic meeting at the Royal Australasian College of Surgeons in Melbourne, Australia. Pictured are the 2015 Traveling Fellows, their hosts, and orthopaedic surgeons who attended the meeting. The strong turnout was typical of the warm reception the Fellows received from their hosts throughout the U.K., Australia, and New Zealand.

In Newcastle, we attended the annual meeting of the Combined Services Orthopaedic Society (CSOS) with our host, Mr. David Cloke. The CSOS is a civilian organization representing orthopaedic surgeons (consultants and trainees) within the armed forces. The work of the U.K. military orthopaedic surgeons is astounding and will surely pave the way for better care of military as well as civilian injuries. Dinner that evening was an event that we will never forget: a black-tie affair with members of the armed forces (Royal Air Force, British Army, and Royal Navy) dressed in traditional evening military dress at Anzio House, Royal Marine Reserve, Quayside, in Newcastle. As civilians, we were very honored and humbled by witnessing such tradition that usually is performed behind closed doors. We experienced all of the pomp and ceremony that accompanies such dinners, with music provided by the Royal Marines Band Service, and with multiple toasts offered to the Queen and the President of the United States. We then returned to London, where we were hosted by Professor Haddad at an English Premier League game (Crystal Palace: 0; Manchester United: 2) and then spent our final night housed at the Royal College of Surgeons.

Australia

We departed London for Perth, Australia, by way of Singapore. The long journey (19 hours) made for great memories of travel together as well as never-before-encountered jet lag! In Perth, we were hosted by Professor Piers Yates (ABC alumnus). We were struck by the beauty of Perth and its similarities to Southern California with respect to temperature, nature, and beach culture. In addition to arranging visits with local consultants and an academic session at the Fiona Stanley Hospital, Professor Yates organized an afternoon of surf boating, a combination of rowing and surfing that is uniquely Australian. This exercise really dem-

onstrated the spirit of the ABC tour: letting it all hang out, with team work, and embracing the cultural exchange.

We next visited Sydney with our host, Professor David Little (ABC alumnus). Professor Little led us on an expedition to the top of the Sydney Harbour Bridge, followed by a lunch and a tour of the harbor and the famous Sydney Opera House. Professor Little then hosted us for a casual Malaysian dinner with Professor Bruce Foster, a pediatric orthopaedic surgeon, ABC alumnus, and recipient of the Order of Australia. Most notably, Professor Foster, who flew in from Adelaide just for dinner, is a mentor and the director of Dr. Mulpuri's pediatric fellowship. Professor Little hosted an academic session at The Children's Hospital at Westmead, followed by a dinner at the Royal Sydney Golf Club.

Our tour of Australia then concluded in Melbourne, where we were hosted by Mr. Phong Tran (ABC alumnus). Mr. Tran arranged an academic meeting at the Royal Australasian College of Surgeons (Fig. 2). The meeting included talks by the Fellows and the meeting hosts: Mr. Tran presented the results of a prospective randomized trial of tranexamic acid in anterior hip replacement surgery, Professor Kerr Graham (ABC alumnus) presented his experience in gait-correction surgery among patients with cerebral palsy, and Professor Alasdair Sutherland (ABC alumnus) reviewed his work on resilience and patient satisfaction. Our visit in Melbourne also included tours of the sights of Melbourne, including its world-famous coffee houses and cricket grounds. We attended an Australian-rules football match with local consultants and registrars as well as walked through the Rod Laver Arena, home of the Australian Open. Our time in Australia concluded with a wonderful ABC Traveling Fellowship dinner arranged by Mr. Tran and attended by a number of alumni.

New Zealand

Our next stop was Queenstown, a picturesque destination on the South Island of New Zealand (Fig. 3). Mountains and sparkling lakes served as the backdrop to a strategic leadership symposium



Fig. 3
From the Strategic Leadership Symposium in Queenstown and Arrowtown, New Zealand.

hosted by Mr. Brendan Coleman and Mr. Gordon Beadel (both ABC alumni) and Jean-Claude Theis, President Elect of the New Zealand Orthopaedic Association (NZOA), and attended by a number of New Zealand ABC alumni. We are extremely grateful for the hospitality of our hosts, who traveled from all points in New Zealand to meet with us, and we were impressed by the collegiality and sense of common purpose within NZOA.

We then traveled with Mr. Beadel to Christchurch. We learned about the earthquakes that hit the area in 2010 (magnitude: 7.1) and then in 2011 (magnitude: 6.3), which resulted in the need for major infrastructure redevelopment. We visited Leinster Orthopaedic Centre at St. George's Hospital and met Professor Gary Hooper, ABC alumnus and Past President of the NZOA. Over lunch and the subsequent academic sessions at the University of Otago in Christchurch, we learned about unique insurance systems in place and workforce planning that exists within New Zealand, which is an area of active focus of the NZOA. Strategically, there is 1 orthopaedic surgeon for every 22,000 people; this provides surgeon availability and access for patients while deterring untoward competition and unnecessary surgery that can take place in a surgeon-saturated environment. This ratio is similar to that reported in Canada; however, in contrast, the United States has approximately 1 orthopaedic surgeon for every 11,000 citizens, with rates as low as 1 per 9,000 reported by the American Academy of Orthopaedic Surgeons (Oreluk H, Eisinger S, Cherf J. Orthopaedic practice in the United States: results of the 2014 OPUS/Census Survey. <http://www.aaos.org/AAOSNow/2015/Aug/managing/managing5/?ssopc=1>).

Our journey concluded in Auckland, where we were hosted by Mr. Coleman. We went on a thrilling sailing excursion aboard the *New Zealand II*, a former America's Cup racing vessel, reaching speeds approaching 17 knots and tilt angles of 22°. We were graciously hosted for a dinner at the Northern Club, followed the next morning by an academic session at Auckland City Hospital. From Mr. Peter Robertson, we learned about the accident coverage compensation (ACC) system, a no-fault, publicly funded insurance system within New Zealand to cover all injury care, regardless of the location or type of injury. The ACC system virtually eliminates the risks of personal injury and medical malpractice claims while also providing services and benefits to injured people. Its stands in stark contrast to the systems we have seen in other countries. Additional presentations were given by Professor Haemish Crawford, on the Auckland experience with pediatric osteomyelitis; Mr. Barry Tietjeans, on ACL injury-prevention strategies in New Zealand; and Mr. Michael Hanlon, on his experience with reconstruction following tumor resection around the knee.

After the academic day, we prepared for the long journey home. Although we were looking forward to returning to our long-missed family and friends, we knew that our visit to Auckland marked the end of a trip of a lifetime.

We embarked on this journey unsure of what each of us would take from it. During our trip, we were treated royally by

all of the staff at the American Orthopaedic Association, the Canadian Orthopaedic Association, the BOA, the Australian Orthopaedic Association, the NZOA, trainees, consultants, local hosts, and former ABC Fellows. We traveled to sites that will remain in our memories for years to come and met orthopaedic surgeons from around the world who are sure to become lifelong friends.

We met as 7 individuals and, after 5 weeks of travel, returned as a team. We came to understand the values of the Fellowship to be leadership, inspiration, and collaboration. We developed a lifelong bond, not just with each other but with all of the wonderful people we met along our journey. This bond has led, and will continue to lead, to a free exchange of ideas on the critical challenges facing orthopaedic surgery. Given this, we see the 2015 ABC Traveling Fellowship as the end of one journey but the start of an exciting adventure, as we together embark on our orthopaedic careers. We thank those who supported us at home and at work so that we could have this opportunity and thank the countless people who made this tour possible. We encourage other orthopaedic surgeons to apply for this amazing fellowship, and we pledge to support the continuity of the ABC Traveling Fellowship for decades to come. ■

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