



Please note that there is an enrolment fee of EUR 400 for the Travelling Fellowship 5th module.



Muhammad Adeel Akhtar - UK

Victoria Hospital Kirkcaldy, NHS Fife - Scotland

This Short Travelling fellowship will be supervised by 4 knee surgeons in the department **Mrs S Mitchell, Mr D Chesney, Mr P Walmsley, Mr M Adeel Akhtar** who have all agreed for the travelling fellow to visit them in theatre. **80-100 ACL reconstruction are conducted per year in the department.**

Fellows will spend 3 Full days in theatres and 2 full days in clinic per week. The department has a monthly department meeting which includes Morbidity and Mortality presentations, Teaching on interesting cases and Audit presentations.

The department takes part in local and national audits. Regular audits looking at many aspects of the service are run intermittently and trainees are all expected to participate. The department is involved in several research projects and fellow may have the opportunity to be actively involved in research. Recent trainees have presented at international meetings and gained several publications. We also hold a monthly "Fife Orthopaedic Journal Club".

Victoria Hospital is a large district general hospital, that initially opened in the 1960s, but which has been comprehensively updated through the addition of a large new wing in 2012, in which most patient care takes place. It is situated 5 minutes from the A92 on the north side of Kirkcaldy, and 20 minutes from the Forth Road Bridge. The Surgical Department in Fife serves a population of 360,000.

Victoria Hospital houses General Surgery, Urology, Orthopaedic trauma, ENT, Oral Surgery, Obstetrics & Gynaecology, along with Elective Orthopaedics, General Medicine, Renal, Respiratory, Gastroenterology, Acute Stroke and Medicine for the Elderly. Ten Theatres, a 10-bedded ICU and an 8-bedded Surgical HDU support surgical Activity. Radiology facilities include 24hr CT scanning, an interventional suite and MRI on-site.

Queen Margaret Hospital houses Breast Surgery, Ophthalmology, Dermatology, and Day Surgery. Both hospitals have large, well-supported post graduate centres with library facilities. Outpatient clinics are also held at the Community Hospitals in St Andrews and Cupar.

The region of Fife is bounded in the north by the Firth of Tay, in the east by the North Sea and in the South by the Firth of Forth. The region spans an area of 130,700 hectares and has a population of 380,000. There is a highly developed agricultural area in east and Northeast Fife, and in the west,

there is an extensive cross section of highly skilled and scientifically orientated industry. The largest towns are Dunfermline, Kirkcaldy and Glenrothes. The cathedral city of St Andrews is the seat of Scotland's oldest and the UK's second oldest university. Fife is an area of considerable scenic and historic interest. A wide range of sporting facilities are available including golfing, with St Andrews and Gleneagles nearby, sailing along all coasts, motor sports at Knockhill international racing circuit, swimming, fishing, curling, soccer, rugby, cricket, and gliding. The Cairngorm Mountains are within easy reach providing access to skiing, mountaineering, orienteering, stalking and salmon fishing. Wide ranges of cultural activities are available in Fife and in the nearby cultural centres of Edinburgh and Glasgow. The main urban and leisure centres of central Scotland are close by and there are excellent air, rail, and motorway links to the rest of the UK. Edinburgh and Glasgow Airports are within easy reach by road.

We are looking forward to providing an excellent exposure of our ACL knee practice to the travelling SICOT international fellows as part of ACL-VTRAIN Module.

<https://www.nhsfife.org/services/hospitals-and-wards/hospitals/>



Fernando Rosa – Brazil

Hospital Universitario Evangélico Mackenzie

<https://hospital.mackenzie.br/huem/home/>

Hospital das Nações Ltda.

<https://www.hospitalnacoes.com.br/>

Hospital do Trabalhador

<http://www.hospitaldotrabalhador.saude.pr.gov.br>

Hospital VITA

<http://www.hospitalvita.com.br>

We have 20 years' experience of delivering Knee surgery training program, that is split into both public and private sector, so the candidate can learn to achieve the same results with different approach either in a state of art private centre with cutting edge technology or from a very simple basic successful surgery in the public sector. We have 5 different hospitals that the fellow can be in, from a huge trauma centre, with lot of Knee Dislocation, to a private high technology, that has the newest devices.

Fellows will have **4-5 periods of theatre, 2 periods of clinic and 2-3 days of research** on the topics of cartilage, meniscus and ACL.



James Loh – Singapore

Changi General Hospital Singapore

Delivering trusted care since 1935, Changi General Hospital (CGH) is a tertiary referral centre with over 1,000 beds, caring for more than 1 million people in Singapore. CGH is committed to medical research and education, clinical innovation and care for patients through a comprehensive range of medical specialties and services. Helmed by a multi-disciplinary, dedicated team of healthcare professionals, CGH consistently delivers positive patient and population health outcomes. CGH is a member of the SingHealth cluster of healthcare institutions.

CGH is focused on promoting holistic, patient-centred care for the communities it cares for, providing services that extend beyond the hospital boundaries to help communities return to health and enable them to remain healthy. It achieves this through innovating and collaborating widely within and outside of the healthcare sector for cross industry ideation and to create new value.

The CGH campus added two facilities to the Main Building which focuses on providing acute, critical, emergency and diagnostic services – The Integrated Building in 2014 and the Medical Centre in 2018. The Integrated Building aims to optimise functionality and support the transition of patients back to their homes by providing a conducive environment for patients across the hospital as well as in a rehabilitative setting.

The Medical Centre provides complex ambulatory care through a variety of outpatient multi-speciality centres. With over 130 consultation rooms for specialist outpatient care and minor surgery rooms, it is designed to enable multi-disciplinary consultation, serving as a one-stop centre which provides greater patient-centric care. By adopting a proactive integrated approach to care, we place patients at the forefront of what we do, while striving to be an Academic Healthcare System that advances health and healthcare and Centre of Excellence that deepens our strengths and develops new capabilities.

CGH offers bench strength in specialty areas such as Sport & Exercise Medicine, Emergency Medicine, Geriatric Medicine, Sleep Medicine, Surgery and Science, Rehabilitation Medicine, Wound Healing Centre, Digestive Diseases Centre, Stroke Service and Occupational Medicine. We are also a strategic partner for the community ecosystem in Singapore's East, and partner to adopt new medical technologies and systems, raising the bar of clinical excellence and community health. CGH is consistently ranked and recognised to be amongst Newsweek World's Best Hospitals (Singapore) (2019 – 2023), Newsweek World's Best Smart Hospitals (2021 – 2024), and Newsweek World's Best Specialized Hospitals (2022 – 2024). CGH is also ranked 32nd in Singapore's Best Employers 2023 list by The Straits Times and ranked amongst the world's reputable Academic Medical Centres in the 2024 Global Top 250 Hospitals report by Brand Finance.

<https://www.cgh.com.sg/>



Teo Seow Hui – Malaysia

Pusat Perubatan Universiti Malaya

Pusat Perubatan Universiti Malaya (Universiti Malaya Medical Centre) is a government-funded teaching hospital and was established in 1968. It is the first teaching hospital in Malaysia, linked to Universiti Malaya and serves as the teaching hospital for the university's Faculty of Medicine after the faculty was established in 1963.

The Department of Orthopaedic Surgery consists of nine subspecialties: (1) spine surgery; (2) upper limb reconstruction and microsurgery; (3) arthroplasty; (4) sports injuries and arthroscopic surgery; (5) limb lengthening and reconstruction surgery/paediatric orthopaedic; (6) foot and ankle surgery; (7) orthopaedic oncology; and (8) orthopaedic trauma. It is also linked to the National Orthopaedic Centre of Excellence for Research and Learning (NOCERAL), a centre of research in Universiti Malaya revolving on research and development in Orthopaedic Surgery.

Candidates will have the opportunity to observe patient management in clinics, pre-operative conferences, ward rounds, and operating theatre. Candidate can also participate in the continued medical education (topic presentation & journal article discussion) or teaching session (short / long case) during fellowship period.

Candidates will have the opportunities to be involved in research conducted by their respective trainers/supervisors. The department is also linked to NOCERAL, where lab-based research is usually conducted in collaboration with Tissue Engineering Group (TEG).

Applicants also need to apply through the Hospital Website and payment according to the fee schedule.

Fee structure: <https://eservices.ummc.edu.my/attachprogram/jadualyuran.php?menu=FS>

<https://www.ummc.edu.my/>



Umer Butt - Pakistan

AO Hospital Pvt Karachi, Pakistan

The fellowship will be for 1 week at AO Hospital Pvt. Karachi Pakistan dedicated toward giving exposure to sports surgery related cases. The candidate will have a great opportunity to learn from experienced knee and shoulder surgeon wide range of pathologies around knee and shoulder.

AO Hospital was established in 1984 by the famous Orthopaedic surgeon Dr SMA Shah. It is a 110 bedded orthopaedic only hospital catering for major trauma and all other elective orthopaedic specialties including sports surgery, arthroplasty, tumour, spine surgery and paediatrics. The hospital has a dedicated research team lead by a research fellow.

Every year, SICOT offers two surgeons a six-week to three-month fellowship at the AO Hospital Private Ltd, located in Karachi (Pakistan). The purpose of this fellowship will be to offer the fellow an opportunity to get involved in sports surgery, knee arthroplasty and if felt appropriate involvement in other specialties within AO hospital.

The fellow will have in a week 3 theatre session Hand on opportunity to scrub and assist in various cases around knee and shoulder. The candidate will also have exposure to clinic cases and meetings with research team.

Research is very important part of our team and candidate will have great opportunity to discuss during his visit ongoing research projects.

<https://aohospital.com.pk/>



Prof IPS Oberoi - India

Artemis Hospital- Gurugram, New Delhi India

Artemis Hospital, established in 2007, spread across 9 acres, is a 550 plus bed; state-of-the-art multi-speciality hospital located in Gurgaon, India. Artemis Hospital is the first JCI and NABH accredited Hospital in Gurgaon.

Designed as one of the most advanced hospitals in India, Artemis provides a depth of expertise in the spectrum of advanced medical & surgical interventions, comprehensive mix of inpatient and outpatient services. Artemis has put modern technology in the hands of renowned doctors from across the country and abroad to set new standards in healthcare.

The medical practices and procedures followed in the hospital are research oriented and benchmarked against the best in the world. Top-notch services, in a warm, open patient centric environment, clubbed with affordability, has made us one of the most revered hospitals in the country.

We, at Artemis Joint Replacement & Orthopaedics Centre, are dedicated to providing the best possible care available for people of all ages and all walks of life. You can be assured that the care you receive at Orthopaedic centre is the most advanced than any place you could find elsewhere in the nation. Among other things, our state-of-the-art facility includes laboratory, MRI, 64-slice CT scan and Physical Therapy units, providing our patients with the convenience of all round orthopaedic care. Our physicians are continually applying the newest and most advanced techniques for the care of musculoskeletal injuries, providing our patients with a variety of choices for their orthopaedic cure.

We are uniquely positioned to provide comprehensive, quality care for you and your family. Not surprisingly, orthopaedic centre has become the regional resource and preferred referral destination for orthopaedic problems. General physicians choose to refer their patients to our specialists because they know from experience whom to trust.

We are dedicated to providing state of the art care to all patients afflicted with painful bone, muscle, tendon and joint cartilage disorders. Our physicians and staff strive to facilitate our patients' return to activities that have been prevented due to musculoskeletal injuries or arthritis by employing innovative surgical and non-surgical techniques.

<https://www.artemishospitals.com/>



Dr Thomas Rauer - Switzerland

University Hospital Zurich, Switzerland

University Hospital Zurich is one of the largest hospitals in Switzerland with around 900 hospital beds and almost 300 000 days of care. As one of the largest and leading medical centres in Switzerland, the University Hospital Zurich offer a wide range of medical services around the clock – from basic care to individualised cutting-edge medicine at an international level.

The Department of Traumatology (Trauma Surgery) of the University Hospital Zurich is a nationally certified Level 1 trauma centre. Through close cooperation with neighbouring departments and an efficient intensive care unit, the Department of Traumatology is the point of contact for multiple and severe injuries of all kinds, especially those with serious concomitant injuries such as head, thoracic, abdominal and vascular injuries. By dividing them into special treatment teams within the Department of Traumatology, patients with individual injuries are cared for by sustainably trained experts.

The fellowship will take place for 1-2 weeks in the Sports Traumatology Unit of the Department of Traumatology at the University Hospital of Zurich. The fellows will spend 1 day per week in the specialist sports trauma consultation and 4 days in the operating theatre. This will give the fellows the opportunity to gain insight into the full spectrum of knee arthroscopy, including cruciate ligament and multiligament reconstruction, meniscus/cartilage surgery and the full spectrum of major care in a level 1 university trauma centre.

<https://www.usz.ch/en/>