




**Report of CME conducted on Sunday June 12<sup>th</sup> 2022, at Malabar Medical College – titled Malabar POTCON- 2022**




Discover a new life



**1<sup>st</sup> ANNUAL MALABAR PAEDIATRIC ORTHOPAEDIC  
TRAUMA CONFERENCE 2022**





**'Let's talk about the Elbow'**



**POTCON**

**Conducted by the Department of Orthopedics  
MALABAR MEDICAL COLLEGE  
HOSPITAL & RESEARCH CENTRE**

Under the aegis of Kerala Orthopaedic Association & Calicut Orthopaedic Society



Malabar PaediatricOrthopaedic Trauma conference named Malabar **POTCON** was conducted successfully at Malabar Medical College, Ulliyeri, Kozhikode on Sunday 12-June-2022 under the aegis of Kerala Orthopaedic Association and Calicut Orthopaedic Society. It was well attended by consultants, and postgraduates across Kerala and nearby states. Eminent National and State faculties in Paediatric Orthopaedics had attended the conference and shared their experiences with delegates. The full day programme had 6 sessions, 4 sessions on basics in paediatric elbow injuries, supracondylar fractures of humerus, lateral condyle fracture of humerus and Monteggia and radial neck fractures and complications respectively. One session was on case based discussions and the last session was a quiz programme on paediatric orthopaedics for postgraduates. The inauguration of the meet was done by KOA president Dr. Ramakrishnan S. in presence of Institute Chairman Mr. V Anil Kumar, Sree Anjaneya Trust Secretary Dr. Sudha Anil, Principal Dr. Narayanan PV, KOA Secretary Dr. Antony Joseph Thoppil, CaOS President, Dr. SibinSurendran, CaOS Secretary, Dr. Nithin Karun, Organizing Chairman Prof. M K Ravindran and Organizing Secretary Prof. A N Sadanandan.



Fig 1: inauguration by Kerala Orthopaedic Association President, Dr. Ramakrishnan S along with Dr. Antony Joseph Thoppil, Dr. Sibir Surendran, Prof. A N Sadanandan, and Prof. M K Ravindran.



Fig 2: Lighting the lamp by Chairman, Secretary of the Trust and Principal

The first session started at 08:30 am after registration of all delegates were completed. The first session was on basics on paediatric elbow trauma. Dr. Rijesh P talked on Anatomy of paediatric elbow, Ossification centre and blood supply. Prof. V Ravikumar talked on how paediatric elbow injuries differed from their adult counterpart. Arthrography in paediatric elbow injuries-where we stand now was the next talk delivered by Dr. Easwar T R followed by talk on radiology on paediatric elbow trauma. The discussion and a brief inauguration ceremony followed.



Fig 3: Clockwise: First Session Dr. Rijesh P, Prof. V Ravikumar, Dr. Cherian Koor, Dr. Easwar T R

The second session was on supracondylar fracture of humerus in children. Dr. Jiss Joseph Panakkal talked type II Supracondylar fracture- clarified about role of conservative management in these fractures. Prof. C M Kumaran talked on challenges in managing flexion type supracondylar fracture. Prof. Rajesh Purushothamantalked on whether we can predict the amount of malrotation in supracondylar fracture. Talk on open reduction techniques in supracondylar fractures were supposed to be taken by Prof. T S Gopakumar, but due to untimely and sad demise of professor 3 weeks back, the talk was presented by Prof. M K Ravindran. Dr. Gopinathan P talked on early correction of malunited supracondylar fractures. Dr. Easwar again talked on correction of Cubitus varus deformity.



Fig 4: Session 2 : Clockwise- Dr. Jiss Joseph Panakkal, Prof. C M Kumaran, Prof. Gopinathan P, Prof. Ravindran M K, Prof. Rajesh Purushothaman

The third session was on lateral condyle fracture in children. Dr. Mahendra Varma talked on current concepts in its management. Dr. Hitesh H S shared knowledge on operative treatment of old lateral condyle fracture (delayed presentation or neglected). Dr. Raju K clarified on correct implant choice for fixation of this fracture. Prof. Anil Bhat then talked on pediatric stiff elbow while Dr. Cherian Koor talked on management of medial epicondyle fracture.



Fig.5: Clockwise: Dr. Mahendran Varma, Dr. Hitesh Hasmukh Shah, Prof. Anil Bhat, Dr. Raju K

The fourth session started after lunch break on time. Dr. Sibin Surendran talked on paediatric radial neck fractures and its management. Dr. Anwar Marthaya talked on management of acute Monteggia fracture while Prof. Aneen N Kutty talked on operative management of missed Monteggia fracture. Prof. Anil Bhat talked on Volkmann's Ischaemic Contracture following elbow trauma, while Dr. Jijeesh talked on Ulnar Osteotomy and Ilizarov fixator in chronic Monteggia fracture.



Fig 6.: Clockwise: Dr. Sibin Surendran, Dr. Anwar Marthaya, Dr. Jejeesh, Dr. Aneen N Kutty

Case based discussion then followed which was taken by Dr. Hithesh Hasmukhlal Shah. It was immensely helpful for all postgraduates across the state and PGs of our institute and all the faculties.

The preliminary written rounds of quiz program for PGs were already conducted. 4 teams qualified for finals. 1 team from Govt. Medical College Kozhikode, 1 team from MMC, 1 team from IQRA Hospital, 1 team from EMS Perinthalmanna and Govt. Medical College Kozhikode were the finalists. The quiz covered all topics of paediatric orthopaedics. There was a healthy and tight competition among the 4 teams. Nail biting moments for participants and audience were present. Audience question was also present. The team from Govt. Medical College Kozhikode and EMS hospital, Perinthalmanna were declared winner after a tie breaker.

Then felicitation during valedictory function was conducted. All faculties and delegates gave their feedback. The certificates were then distributed to all delegates who attended till end of the course. The meeting concluded with National Anthem at 5:30pm.

The MEU of the Malabar Medical College played an immense role in its success. The coordinator Dr. Sily Sreedharan and Dr. Prathilash along with whole team of MEU helped in co-ordinations of each aspects of the meet. The enthusiasm of delegates was unparalleled and their relentless questions to faculties made this conference a success.





Fig 7: Clockwise: Dr. SilySreedharan, Dr. Prathilash (MEU) and Dr. Jipin Gopi, Delegates and faculties on remembrance of Eminent faculty and Paediatric Orthopaedic Surgeon late Prof. T S Gopakumar.

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