

Department of Orthopaedics
Malabar Medical College Hospital and Research Centre.
Modakkallur, Kozhikode - 673323

Report of POTCON Volume 5

Additional CME of Kerala Orthopaedic Association (KOA)

Venue and Date: 27th of July 2024: Hotel Tripenta, Kozhikode
28th of July 2024: Sapphire Hall, Vallil Chathukutty Memorial Academic Hall, Malabar Medical College Campus

The organizers of POTCON which has slowly become an important CME in Orthopaedics, and is being eagerly awaited by Orthopaedic Surgeons in and around Malabar region, and conducted 4 such academic feasts in the last 2 years, were gearing up for the 5th volume. This time, the session was on Upper Limb Trauma. This academic feast was possible due to able leadership of Prof M K Ravindran, HOD of Dept of Orthopaedics and the whole team of Orthopaedics of MMCH&RC, support and blessings of the Chairman of MMCH& RC, Mr Anil Kumar Vallil and the whole Management team, guidance from our Principal, Prof P V Narayanan and endorsement from KOA, Calicut Orthopaedic Society (CaOS) and most importantly Kerala State Medical Council (KSMC). Two points were awarded by KSMC wide letter number C6/15572/2024/MC/CME dated 27/07/2024.

The inauguration was on the 27th of July 2024. The CME began at 8:00 pm with a talk on Monteggia fractures and variants by Dr Vaisakh followed by another talk on proximal humerus fracture by Dr. Abdul Ghafoor following which the inauguration ceremony was held After the prayer song, Dr MK Ravindran, the HOD and Organizing Chairman of Malabar orthopaedics society gave the welcome address. Dr PV Narayanan, Principal of Malabar Medical College and research Centre addressed the gathering. Lamp lighting ceremony concluded with all dignitaries on dais participating in it. Dr Aneen N Kutty inaugurated the meeting and formally declared the CME meet open. Dr Antony Thoppil, Hon Secretary of KOA, DR Abdul Ghafoor, Hon Secretary of Calicut Orthopaedic Society, and Dr Rijesh, Jt Secretary of meet addressed the

gathering. Dr Jawahar Adi Raja delivered the Vote of thanks. The CME for the day concluded with dinner.



Fig 1: (Clockwise) Dr Vaisakh and Dr Abdul Ghafoor delivering their talks.



Fig 2. (Clockwise) Prof presenting mementoes to Dr Vaisakh and DR Abdul Ghafoor.



Fig 3. (Clockwise) Dr Aneen N Kutty inaugurating the meeting. Prof Jawahar Adi Raja, Organising Secretary delivering vote of thanks

The next day the CME started at around 8:00 am at Sapphire Hall of Malabar Medical College campus.

The first session was “Wrist and Hand Session.”

The session started with Fractures around the 1st metacarpal base by Professor C. M. Kumaran. Following it, Dr Gopalakrishnan and Dr Fijad NR delivered talks on carpal instabilities and DRUJ injuries respectively. The talks detailed the common complaints of ulnar sided wrist pain in patients following FOOSH injuries. Dr. Mohammad Tanviruddin then went on to talk about distal radius and column specific anatomic plating techniques. We then had a re-live surgery of percutaneous fixation of the scaphoid by Dr. Professor Anil Bhatt. It was a lively interactive session and he repeatedly emphasized on the preoperative planning and need for correct entry point.



Fig 4. (Clockwise) Prof Kumaran , Dr Gopalakrishnan, Dr Mohd Thanveerudheen delivering the talk. Prof Anil Bhat and Prof M K Ravindran after the Re-live Surgery session.



Fig 5. (Clockwise) Dr Fijad and Dr Gopalakrishnan delivering their talks.

This was followed by a lively discussion panel discussion led by Professor Gopinathan. He showed various cases and how to deal them. This surely was the key attraction of the conference where different ideas and methods to deal with difficult cases were discussed and delegates got the best out of it.



Fig 6. (Clockwise) Prof Gopinathan, DR Mohd Hasil, DR Ajay S Panakkal and Dr Sibin Surendran delivering their lectures.

The second session was on elbow and forearm.

Dr. Ajay S. Panakkal started the session with his talk on the surgical anatomy and different approaches to the elbow Dr. Sibin gave emphasis on the terrible triad of elbow and concluded his talk by saying that the terrible triad is no more terrible as we are able to address its concerns with better understanding of the ligamentous structures. Thereafter radial head fracture fixation was the topic delivered by Dr. Balu C Babu our guest faculty from Cochin. He emphasized about patient selection, and the pros and cons of fixation, replacement and excision of the radial head.

Dr. Arun Lal went on to talk about the intercondylar fractures of humerus in adults and latest tips and tricks to fixation. The importance of column concept in the humerus was by emphasised by him and pros and cons of perpendicular(orthogonal) and parallel plating systems were described. He advised converting type C fractures to either type B or A according to AO classification. Professor Gopinathan went on to tell about his perspective on radial nerve injuries associated with humeral fractures. He quoted that the “Humeral fractures with radial nerve injuries are very common and that many litigations are a reality due to improper understanding of injury patterns and improper documentations”. He also addressed the techniques of tendon transfers especially the Jones tendon transfer to avoid poor patient outcomes. This was followed by panel discussion by Dr. Anil Bhatt and he showed various case scenarios of elbow injuries. Once again this was the key attraction of the of the conference where lively interactions happened between the panelists and the moderators.

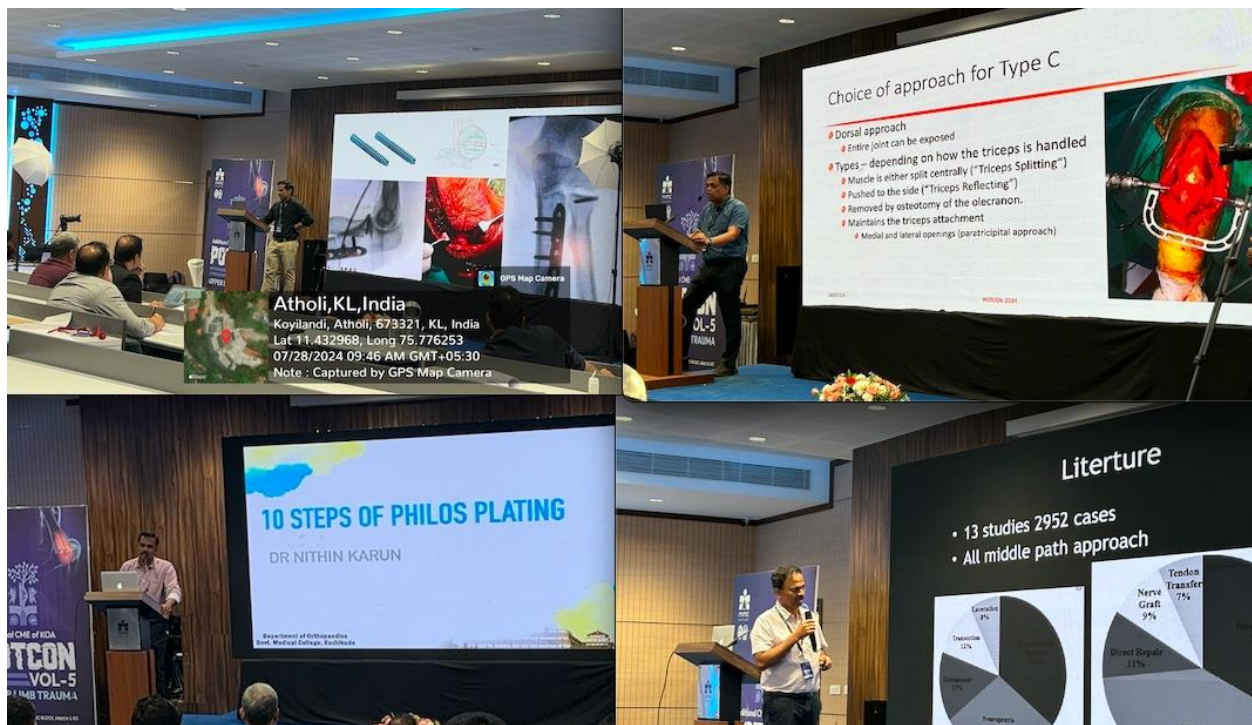


Fig 7. (Clockwise) Dr Balu C Balu , Dr Arun Lal, Dr Nithin Karun delivering their lectures. Dr Gopinathan delivering their 2nd lecture.

Thereafter Dr. Sibin took us through a re-live surgery of demonstrating approaches to elbow, and showed his preferred approach for radial head replacement. He showed the global posterior

approach on the posterolateral aspect of the elbow where the surgeon can take a full thickness flap and thereby based on the condition, can go on to convert the approach to either a Boyd, Kocher, Kaplan, or a EDC split approach to treat the pathology based on the patient's condition.

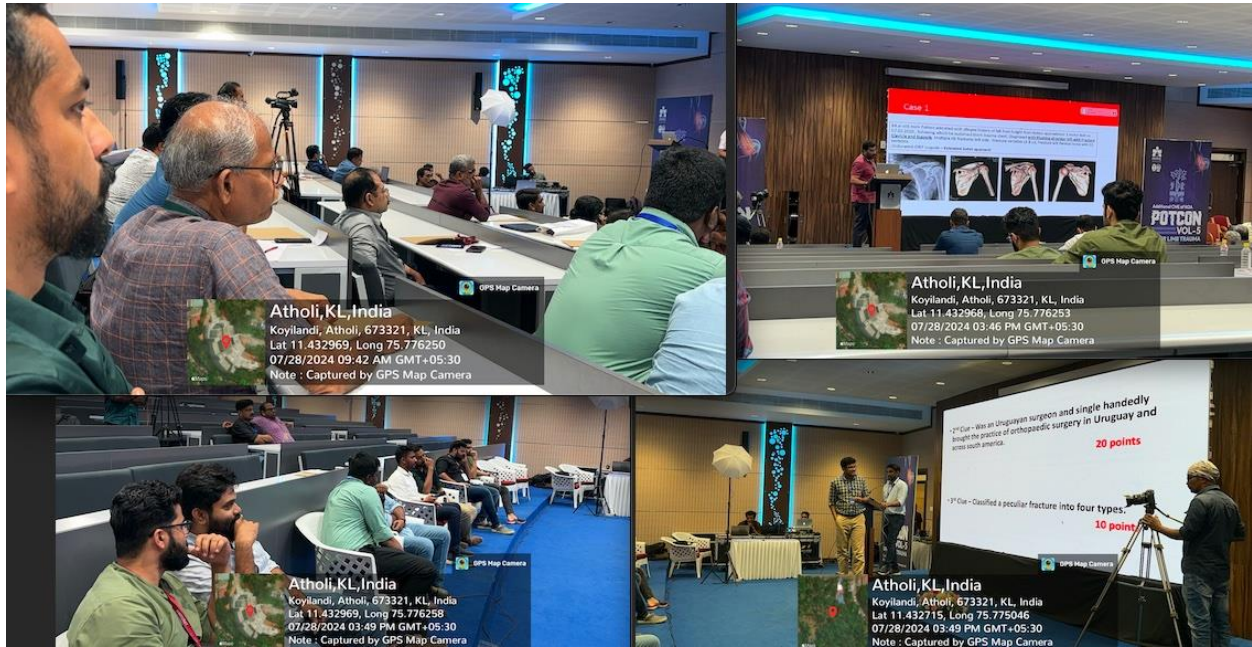


Fig 8. (top 2 pictures -Clockwise) Audience, amongst them Prof Sadanandan, Dr Rajaneesh. Bottom 2 pictures -Quiz finalists and 2 quizmasters- Dr Vaisakh and Dr Fijad.

The last session was on shoulder.

Dr Nithin Karun started with the proximal humerus fracture- where he described 10 Steps of PHILOS Plating, The detailed classification and current concepts of the reduction techniques and tips and trick were discussed. Dr. Gopinathan, commented that lesser tuberosity osteotomy instead of subscapularis peel approach would be better for anterior arthrotomy as bone to bone healing is better than tendon to bone healing. This was followed by the talk on isolated GT fracture, where Dr. Raju Karuppal told about different approaches and methods of GT fracture fixations including anchors, screw or plates.

Humerus nailing-Indications and Contraindications were taken by none other than President of KOA Dr. Aneen N Kutty and he lucidly emphasized the changes in the humerus nailing techniques. Earlier nail designs with GT tip entry injured the rotator cuff muscles thus poor functional outcomes were obtained, however newer nail designs avoided this injury thus diaphyseal and metaphyseal fractures of humerus can be treated with nailing too with good

functional outcomes. This was followed by a lively discussion with all the delegates. Dr. Mohammed Hasil from Aston Orthopedics started his session on clavicle fracture. He emphasized different classifications of lateral end of clavicle fracture and how a fracture can be classified as stable or unstable fracture based on the anatomy, especially the coraco-clavicular ligament.



Dr. Rajneesh went on to talk about scapula fracture and he emphasized how patient outcome can be better if one can fix the fractures if indicated. This was followed by panel discussion, Dr. Ravi Kumar sir took panelists with different case scenarios of proximal humerus fracture and he emphasized the different treatment options to the delegates and panelists and how patient selections are important and emphasised through case discussions that different techniques including some of the older techniques may still be relevant in the present.

Thereafter, Dr. Praful conducted a re- live surgery case of proximal humerus fractures fixation with two index cases, he detailed the AO plating technique and problems encountered in fixation

of proximal humerus. He highlighted on the reduction techniques, the importance of calcar screw and the options available if the calcar screw is not in the correct position.

The session itself was an interactive one between the delegates, panelists and moderators.

This was followed by the Quiz competition. Prelims was conducted already and four teams were proceeded to the finals. Amongst them, two teams were from Malabar Medical College. Quiz masters were Dr. Vaishak and Dr. Fijad. The scorekeeper was Dr. Rijesh.

Quiz comprised of six sessions. This was one of the lively sessions where we emphasized the gamification as a way to impart knowledge to all the delegates. It was taken in a very lively and enthusiastic manner. The team from Malabar Medical College was adjudged first whereas two teams from Government Medical College Calicut were adjudged second and third. Valedictory function followed and all the delegates appreciated the hospitality, training as well as the education program itself. It was one of the highest standards and they were looking forward to the next POTCON CME. Similarly, all the faculties told that they also had the opportunity to share their ideas and also learned many other ideas from fellow faculty members.



The key points of this conference were three re-live surgeries which were the best ways to teach young orthopedic surgeons. The panel discussions were an important tool for exchange of important concepts for mid-level and senior level consultants. The quiz competitions which had

been always active and lively in previous sessions too showcased that this tool is a important teaching method for post-graduates.

This program, which was awarded two points by Kerala State Medical Council (KSMC) wide letter number C6/15572/2024/MC/CME dated 27/07/2024 was a huge success as per the feedbacks from delegates and faculties. The certificates were handed over to all participants only at the end of session.

Professor Ravindran sir thanked everyone in the end and announced that the next POTCON shall be conducted on February 9, 2025 tentatively and the tentative the topic would be on hip arthroplasty. The meeting concluded with national anthem.



Prof Jawahar Adi Raja
Organising Secretary, POTCON 2024