

## **MALABAR POTCON BASIC KNEE ARTHROPLASTY MEET 2023- REPORT**

**Malabar POTCON Basic Knee Arthroplasty meet was** conducted successfully by Department of Orthopaedics of Malabar Medical College at Sapphire Hall of Academic Block (Vallil Chathukutty Memorial Academic Block) at Malabar Medical College Campus, Ulliyeri, Kozhikode on Sunday 19-March-2023. The meet was allotted 2 credit hours by Kerala State Medical Council of Modern Medicine vide letter No. C1/4203/2023/MC-CME dated 16/03/2023.

The meeting was well attended by consultants and postgraduates across Kerala and nearby states. Eminent National and State faculties had attended the conference and shared their experiences with delegates. The full day program had 3 sessions, Session one comprised of talks on Pre-operative management and basics in knee biomechanics, alignment and kinetics. Session 2 comprised of talks regarding intraoperative management and procedure in various knee deformities. Session 3 mainly consisted of postoperative management of TKR and its complications. Two live surgeries were the star attraction of the program and was first of its kind in the history of Malabar Medical College. Live surgeries were screened in the Sapphire hall of Academic Block and steps in TKR were thoroughly explained and demonstrated by the Professor and HOD of Malabar Medical College and Research Centre along with Dr. Sibin Surendran and Dr. Sharath K R. Live interactions amongst the resident and delegates took place. They demonstrated the latest techniques in knee arthroplasty, including the use of advanced surgical instruments and implants.

The inauguration of the meet was done by the Chairman of Malabar Medical College and Research Centre Mr. Anil Kumar in the presence of Medical Director of MMC and Secretary of Sree Anjaneya Trust, Dr. Sudha Anil, Principal of MMC, Prof. Narayanan P V, Organizing chairman and HOD of Orthopaedics Department Prof. M K Ravindran and Organizing Secretary Prof. A N Sadanandan and Joint Secretary Prof. Jawahar Adi Raja.



Fig 1.: Inauguration Ceremony, including prayer and lighting the lamp ceremony.

Fig 2.: Inauguration by Chairman and keynote address delivery by Principal, MMC.

The first session started after registration of all delegates were completed and after the Inauguration ceremony. The first session was about “Choosing the right patient, Selection, red flags, whom to avoid” by Dr. Ravikumar V. He talked on the indications and the ideal candidate for total knee arthroplasty. Dr. Prince Shanavas Khan talked about “Implant design and Preop Planning” in an interactive session. Dr. Raju Karuppall talked about “different approaches used in total knee replacement”. “Biomechanics, Alignment and kinematics of knee joint” was the next talk delivered by Dr. Gopinath P.

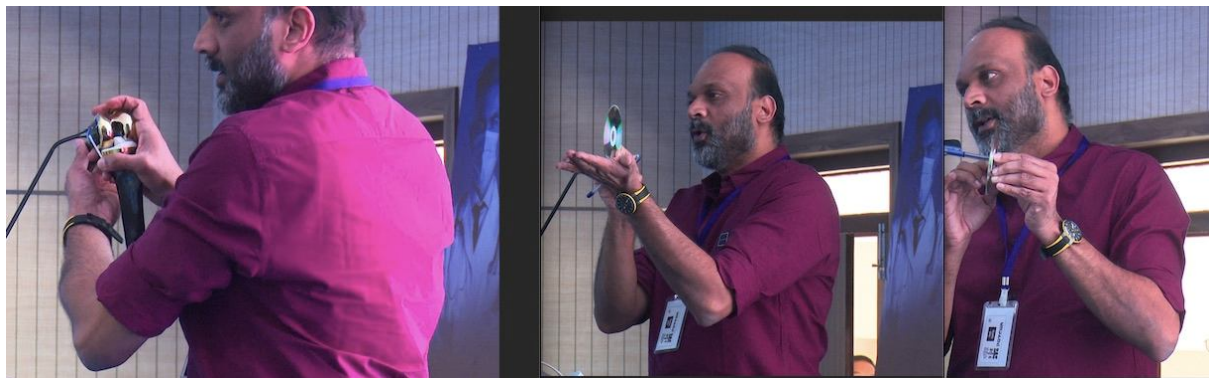


Fig 3. Dr. Prince Shanavas Khan explaining the spin and roll mechanism of knee joint and screw home mechanism.

Fig 4. Prof. Ravikumar V delivering first talk of the meeting and Prof. Gopinathan P. delivering his talk.



Fig 5. Dr. Anwar S Marthaya, Prof. P V. Narayanan, Dr. Sudha, Mr. Anil Kumar, Prof. Jawahar Adi Raja in front seats and Dr. Raju Karuppall delivering his talk

Fig 6. Certificate distribution to speakers and audience.

The first Live Surgery was broadcasted in the hall, the surgery was done by Prof. M K Ravindran and Dr. Sibin Surendran. The session was moderated by Dr. Rijesh and Dr. Prince S K. Live interaction took place between the surgeons and delegates. The procedure was demonstrated step by step and the two-way interaction had made the session lively and informative.

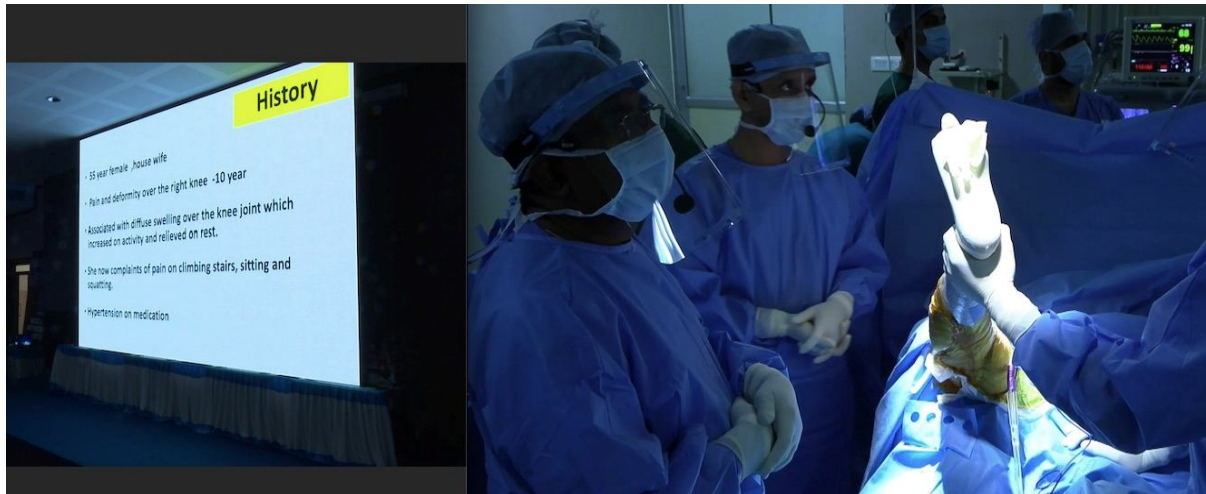


Fig 7. Presentation of History and clinical features of patient by Dr. Fijad, followed by starting of live surgery by Prof. M K Ravindran and Dr. Sibin S Surendran.

Fig 8. Surgery being broadcast live with Dr. Rijesh P and Dr. Prince S.K moderating and interacting.

The second session was on management of deformities of the knee for total knee arthroplasty. Dr. Aneen N Kutty talked on “How to achieve Patella’s - tracking and balancing right in TKR”. Dr. Azhar C M talked on “TKR in knee with varus deformity”. Dr. Sharath K R then talked on “intraoperative decision making in osteoarthritic knee with valgus deformity”. Dr. Prince Shanavas Khan then explained about “sagittal plane deformity of the knee i.e. Fixed

flexion deformity and Recurvatum knee". Balancing tips and tricks in these cases were well explained by all the speakers.

The basic differences between "Gap balanced adjusted mechanical alignment versus measured resection mechanical alignment" was thoroughly explained by Dr. Sibin Surendran.

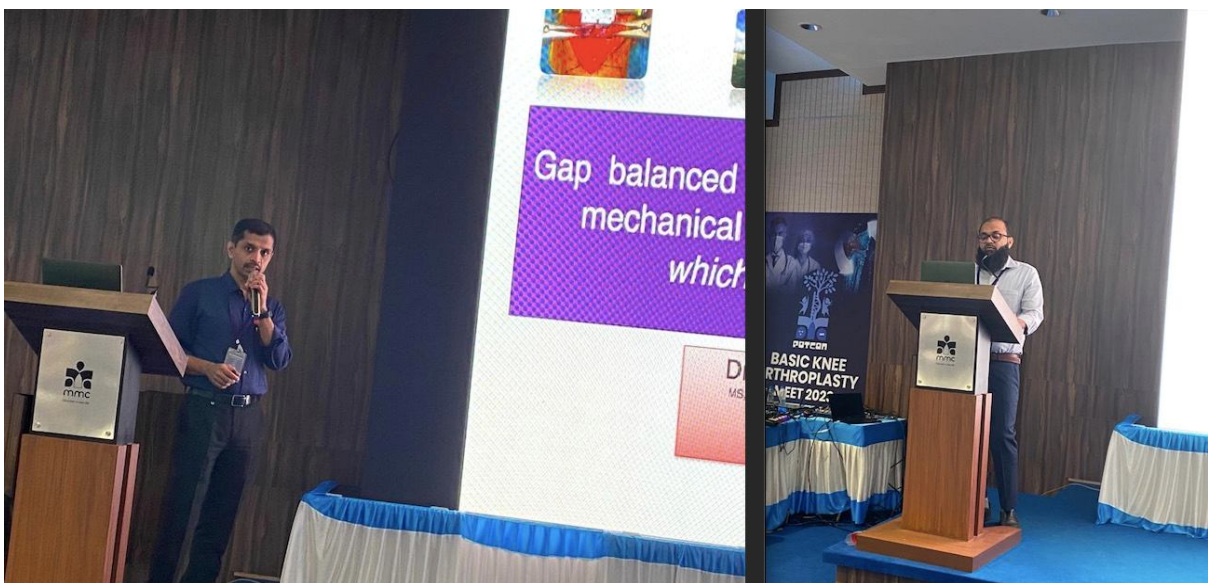


Fig 7. Dr. Aneen N Kutty and Dr. Sharath K R delivering their talk

Fig. 8. Dr. Sibin Surendran and Dr. Azhar C M delivering their respective talks.

Following these talks a panel discussion was conducted, the moderators being Dr. Ajay S Panakkal and Dr. Rijesh P. A good discussion regarding the use of drains in TKR, preoperative glycemc control and radiographs needed were discussed, using case scenarios and intraoperative problem scenarios.

The second Live Surgery was broadcasted in the hall; the surgery was done by Dr. Sharath K R. He explained in detail the steps in valgus knee TKR surgery.

The third session was on the Postoperative management in TKR and its complications. "Post-operative pain management, multimodal analgesics, Cocktails" for TKR was discussed by Dr. Gopinath P. Prof. M K Ravindran talked on the "DVT prophylaxis in TKR". The "10 questions to be asked in Postoperative Uninfected painful TKR knee and how to proceed" was discussed by Dr. Anwar Marthya. Dr. Jacob Mathew spoke on "how to detect and proceed early infection in TKR".

The meeting ended with valedictory function. Certificates were distributed after feedback forms were received from delegates.



Fig. 9: The organising team : Standing from left to right:

Dr. Adarsh, Prof. Sadanandan A N, Prof. Ravindran M K., Dr. Midhun Jose.

Sitting: from left to right:

Prof. Jawahar Adi Raja, Dr. Ajay S Panakkal, Dr. Rijesh P, Dr. Jipin Gopi, Dr. Vaisakh V K, Dr. Fijad N R, Dr. Unais P P, Dr. Sayed Muhammed, Dr. Aneesh Kumar K V, Dr. Sandeep V.

Organising Secretary,  
Prof. Sadanandan A N,  
KSMC Reg No.: 11172,  
Dept. of Orthopaedics,  
MMCH & RC.