

Tour Report

ICMR-International Fellowship 2017-18 (Senior Scientist Category)

Name of the Fellow: Dr. Anupam Gupta

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Fellowship duration: 15 Days (23rd October to 6th November 2017)

Fellowship Tour description:

Itinerary: Started the trip on 21st October in the evening with AI flight to New Delhi from Bengaluru after hospital hours. New Delhi to London flight on 22nd October in early morning hours (to London-Heathrow airport terminal-2). I took a train from London Saint Pancras train station to Sheffield in the morning hours of 23rd October 2017. I Reported in Northern General Hospital in the Accommodation office, occupied room in hospital accommodation after completing formalities like filling up forms and taking my ID card. As Dr. KPS Nair, who mentored me for this fellowship was in Hallam shire hospital on that day I was advised to report to Dr. K M Mathew, who is consultant in The Princess Royal Spinal Injury & Neurological Rehabilitation Centre. I spent the evening in the OPD with him seeing patients. Next day in the morning I reported to Dr. KPS Nair, who had OPD in the department and we saw and discussed patients reporting in the OPD. In the afternoon 2 spinal cord injury-SCI patients were posted for video-urodynamics (performed by Dr. Altaf Mangera, consultant Urologist in the same hospital). We had fruitful discussion and exchange of ideas about the protocol and other management strategies in patients with SCI having neurogenic bladder dysfunction.

Wednesday 25th October was ward-rounds day, in the centre in Osborn I, II & III. I attended rounds till 1.00 pm with healthy discussion about patient management strategies. In the afternoon there was Multi-disciplinary Team meeting, called as MDT with consultants from Department of Neuro-radiology. Few patients, admitted in neurorehabilitation centre were discussed with focus on the radiological findings in the recent MRI scans and future course of management. I also participated in discussion and put across my view point and shared my experience of managing such patients.

Thursday morning hours (26th October) was spent with Dr. Nair in his OPD and cases were discussed. Afternoon was spent in operation theatre (as observer). There were 2 SCI patients posted for pressure ulcer surgeries (Closure and flap closure of wounds over ischial tuberosity). As we also do such surgeries in our centre, it was interesting to see how they do it with the patients.

Friday morning hours were spent with Physiotherapists with pressure mapping system in the laboratory. This is done for patients with SCI, who are vulnerable to develop pressure ulcers especially in areas like Sacrum, Ischial tuberosity on prolonged sitting. In the afternoon I spent time seeing patients of Traumatic Brain Injury & Stroke in OPD. Saturday & Sunday were the off days.

Monday morning (30th October 2017) started with MDT meeting with consultants, physiotherapists, occupational therapists, orthotists & discharge Nurse. Admitted patients were discussed with all team members. After seeking their inputs, patients were called one by one and their medical issues discussed including discharge planning. Afternoon was spent in the OPD seeing patients.


Tuesday morning was OPD again with Dr. Nair, seeing patients with neurological disorder and providing consultation. In the afternoon 4 patients were posted for Botulinum Toxin injections in Lower limbs and Parotid Glands. As this particular procedure (Parotid gland injections) is not been done by us in our centre, it was a good learning experience.

Wednesday (1st November 2017) was spent in the 'Mobility & specialized rehabilitation centre', in the Northern General Hospital with Ms Alison Clarke as in charge of the centre, supported by Amy Scarfe, clinical scientist. The full day was spent with 'Functional Electrical Stimulation' in both upper & lower limbs in patients with Stroke & SCI. As I have very little experience with this device, it was good to sensitize myself with the usefulness of this particular device.

Thursday was spent full day in operation theatre with 3 SCI patients with spasticity, who were posted for Intrathecal Baclofen pump implant. As it is a costly implant with neurosurgical skills required for device to be implanted, I have had no experience and exposure with this. It was great to see Rehabilitation Medicine consultants doing the surgical procedure. I was informed that the long term results are very good by the consultants. Their opinion was seconded by the patients with the implants admitted in the ward. As operation theatre is required for performing the procedure, I need to discuss with my neurosurgery colleagues to commence the same in my department.

Friday was spent again in Mobility & specialized rehabilitation centre, where a paediatric patient with Cerebral Palsy was posted for Gait analysis. The Centre has 12 'Vicon' cameras with 2 force plates and telemetric EMG. As we have different company installation in my department with 6 Qualisys cameras, AMTI fore plates and telemetric EMG (our lab is dysfunctional for the last 3 years due to technical glitch with the force plates), it was like a refreshment course for me.

I left for London on Friday afternoon with one of my colleagues for 1 day by train, came back in private vehicle on Saturday. Monday (6th November), my last working day as fellow, I spent morning hours in MDT and left for London in the afternoon (private ride). I took 9.30 pm flight same day in the evening, to Delhi from Heathrow airport, terminal-2.

 14/11/2017.

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Professor

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