

## **Summary Report for OTA Humanitarian Scholarship**

**OTA Conference:** 24<sup>th</sup> – 28<sup>th</sup> September 2019 at Colorado Convention Centre

**Clinical Observership:** 30<sup>th</sup> September – 4<sup>th</sup> October 2019 at Denver Health

### **Pre-Conference Preparation**

While I was still in Malawi, there were some preparations that I needed to do:

- Purchase a travel health insurance.
- Get the following vaccinations: Hepatitis B, MMR, Varicella, Tdap and Influenza. Only Hepatitis B and MMR was available in Malawi, the rest I got them when I arrived in Denver.
- Get a chest x-ray and the Radiologist report to rule out Tuberculosis.
- Complete Application Form to Denver Health
- Provide details needed to do a criminal background check and sign a general release form authorising the authorities to conduct personal background search about your personal criminal record.

### **Flight and Accommodation Booking**

This was done by OTA. The accommodation both during the conference and the observership was very good and convenient as it was close to the conference centre and the hospital respectively.

### **Conference**

During the conference I attended the International Trauma Care forum, Women in Orthopaedics luncheon and presented my paper on “SIGN Intramedullary Nailing improves early Postoperative Quality of Life and Function as Compared to Skeletal Traction for management of Femoral shaft fractures in Malawi” during the General Session paper presentation. I also attended several paper presentation sessions.

The presentations at the conference were quite educative. I got to learn how different Orthopaedic traumatic conditions are treated in different countries and also the current evidence that is available for the management of different conditions.

Presenting my work at the conference was a great opportunity to get the international community to know more about our work. It also helped me to network with some colleagues who are interested in our work.

The presentation during women in Orthopaedics luncheon on “How to Integrate Work and Life” was a practical one and I really liked the steps that I learnt to help achieving the needed balance.

### **Observership Experience**

The observership at Denver Health was mainly under Dr Kyros Ipaktchi, the hand surgeon who warmly welcomed us in operating theatres and outpatient’s clinics. I learnt quite a lot from him and his residents. It was a good learning experience as I got to see some cases that are not common in my practice, and investigations that are either not readily available or unavailable in my practice. I appreciate the fact that my practice is in a resource limited setting and therefore most of the times we are unable to perform some of the investigations and some of the surgeries that are done at places like Denver Health. However, getting an opportunity to observe developing world practice, helps one to have up-to-date knowledge and can advise the patients better.

In summary this was a worthwhile experience, with a lot of learning and networking opportunities.