

ABC Travelling Fellowships 2015

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Introduction

The American-British-Canadian (ABC) Travelling Fellowship, starting in 1948, is an exchange of seven orthopaedic surgeons between the United Kingdom, Canada and the United States of America with South Africa, Australia and New Zealand joining over the ensuing years. It is an invaluable opportunity for building collaborations, sharing knowledge, and developing friendships across the world. We are privileged to present the experiences of the 2015 ABC Travelling Fellowship.

Fellows

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During our five-week tour, we visited the United Kingdom, Australia, and New Zealand. We were greeted with the kindest of hospitality and friendship throughout. We were inspired to continue to improve how we train and educate residents, pursue important research questions, and provide the best quality, value-based care for our patients.

United Kingdom

Upon our arrival in London, we were welcomed by the British Orthopaedic Association (BOA) as well as The Bone and Joint Journal. Our UK tour was meticulously organized thanks to David Limb (BOA Honorary Secretary) and Hazel Choules.

In London, we were fortunate to visit a number of prominent academic and clinical centers. Our first visit was to The Institute of Sport, Exercise and Health, a collaborative effort between the National Health Service and University College of London, directed by our host Professor Fares Haddad, current BJJ editor-in-chief. We engaged in healthy discussion about critical issues in academic medicine.

We were later hosted by Professor Tim Briggs, Past President of the BOA and Robert Pollock. Together, over a traditional English breakfast, we discussed issues of access, outcomes, quality, training, registries and costs of care.

At the Royal National Orthopaedic Hospital in Stanmore, we were greeted by William Aston and Professor Alister Hart as guests of the 25th Annual Seddon Society chaired by Profs Briggs and Hart.

Our visit to London also included a number of historic visits including the Churchill War Museum and Westminster Abbey.

Pramod Achan at the Royal London and St. Bartholomew's Hospital then hosted us. We enjoyed a tour of the local East London street art, had a lively academic session and a dinner at the Royal College of Surgeons.

Next, we went to visit Oxford were warmly greeted by Professor Andy Carr and Duncan Whitwell. We were taken for a tour of the Botnar Research Centre, Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences and the Kennedy Institute. During an academic session, we discussed health care disparities worldwide, quality improvement in trauma surgery, and RCTs.

After Oxford, we traveled to East Anglia where Professor Simon Donell greeted us. We learned of the history of the hospital and the evolution of the Norwich Research Park, a place where MSK research is conducted leveraging off the expertise within the University of East Anglia, Norfolk and Norwich University Hospitals.

A short journey took us to Leicester, where we met Rob Ashford and Professor Angus Wallace. We were honored to attend the Leicester Tigers annual award ceremony where we sat with players during their celebrations and were acknowledged by the team. After an academic session, we visited the recently discovered remains of King Richard III.

Heading north to Glasgow, Scotland, we were greeted by Sanjiv Patil and Dominic Meek. We visited the Hunterian Museum and Art Gallery and later, we proceeded to the Adam Smith Lecture Theatre within the University of Glasgow for an academic session. The evening festivities included a dinner reception at The Royal College of Physicians and Surgeons of Glasgow, where, dressed in our traditional Scottish kilts, we met other previous ABC fellows including Mr Huntley, Professor Hamblen and Miss Catherine Kellet.

Upon arrival in Edinburgh, we were hosted by Professor Hamish Simpson, Leela Biant, and John Keating and we enjoyed a delicious dinner at the Simpson home. We went to visit the birthplace of golf at St. Andrews, and later that day, donned our kilts again for a dinner at the Balmoral Hotel. We were greeted by numerous past ABC fellows including Professors Charles Court-Brown, Margaret McQueen, Professor Michael McMaster, BOA President, Professor Colin Howie and Miss Julie McBirnie.



The 2015 ABC Travelling Fellows on the Sinclaw Bridge at the Old Course, St Andrew's, Scotland

After a quick train ride to Newcastle, we met Mike Reed. A guided tour of the Roman town of Corbridge followed and we proceeded to Hexham General Hospital which is one of 15 hospitals that make up the Northumbria NHS trust. We had an enthralling academic session that comprised of lectures by the local trainees, consultants and the ABC fellows.

On the next day in Newcastle, we were privileged to attend the Combined Services Orthopaedic Society annual conference hosted by Prof Simpson and Lt Col David Cloke. Dinner was a black tie occasion with the armed forces (RAF, Army & Navy) dressed in traditional evening military dress at Anzio House, Royal Marine Reserve, Quayside in Newcastle. As civilians, we were very honored and humbled by witnessing such tradition.



Our last day in England was spent in London. After attending a football match between Crystal Palace and Manchester United with Professor Haddad, we retired to the Royal College of Surgeons of England before the long haul flight to Australia.

Australia

Upon our arrival to Perth, we were greeted by Professor Piers Yates and a white sandy beach!

After spending the morning with our clinical mentors, we enjoyed surf boat rowing at North Cottesloe beach where we learned the nuances of this sport with the emphasis on team work. An academic session, chaired by Professor Yates & Professor Richard Carey Smith, was held at Fiona Stanley Hospital.

We then flew across to Sydney, met Professor David Little and climbed the Sydney Harbour Bridge - over 7000 steps to 450 meters above sea level providing unprecedented views of Sydney. We had dinner with Professors Little and Bruce Foster, (previous ABC fellow and recipient of the Order of Australia) who kindly came from Adelaide to be with us. The next morning, we visited the Children's Hospital at Westmead and had an academic session.

In Melbourne, we were hosted by Phong Tran and headed to our academic session at the Royal Australasian College of Surgeons in East Melbourne. The attendance and academic value was first rate. A highlight of the tour was our visit to Melbourne Cricket Ground to attend an Aussie Rules Football match. Later, we had a special dinner menu of Australian cuisine including kangaroo meat and barramundi fish. We were joined by former ABC fellows Jonathan Rush, Kerr Graham, Richard de Streiger, Alasdair Sutherland and Phong Tran.

New Zealand

Then it was on to the picturesque mountains of Queenstown, New Zealand where we were surrounded by snow-capped mountain tops and beautiful lakes and met our hosts Brendan Coleman and Gordon Beadle.

There was a leadership forum where we discussed issues such as teamwork, identifying and facing up to ones' fears, balance and behavioral issues, training, education and methods of identifying and setting up safeguards. Activities included bike riding, bungee jumping off the Kawarau suspension bridge, golf and a jet boat ride.

After we arrived in Christchurch, we learned about the recovery after the earthquake that hit the area several years ago and met Professor Gary Hooper (ABC fellow, past president of NZOA). We discussed the public/private set up, no fault liability system within the public system and trauma care coverage. In the evenings, we were hosted in the homes of consultants and their families.

We attended an academic session at the University of Otago, Christchurch hosted by Gordon Beadle and Prof Hooper. We were warmly received and heard excellent talks from the ABC fellows, trainees and faculty including Professors Alastair Rothwell and Hooper.

When we arrived in Auckland, we were taken sailing on a boat designed for the 2003 Americas Cup race in the Waitemata Harbour by our host Brendan Coleman.

For our final day on the tour, we enjoyed a stimulating academic session at Auckland City Hospital. We were joined by the faculties from Middlemore, Auckland City, North Shore and Starship Hospitals. Collectively, they boast 15 ABC fellows from 1956 to 2016.

The journey home was exciting, as we knew we would see our family and friends after such a five-week absence. We were treated royally by all the staff at the BOA, AOA, COA, AuOA, NZOA, trainees, consultants, local hosts and past ABC fellows. Through the alumni and experiences of the ABC fellowship we have learned the true meaning of the tour, namely leadership, inspiration and collaboration. As one sits back and reflects on those five weeks, the true meaning of friendship comes to the fore, both towards the people we met but also amongst each other. We truly have become friends for life as we embark upon the next part of the journey, together, as the 2015 ABC Travelling Fellows.