

Alan Norrish Reports from his current position

Senior Fellow, Beit Trust CURE International Hospital
PO Box 31236, Blantyre 3, Malawi



when: 1/8/05 to 31/7/06

i) Schedule - Monday: all day theatre list (elective paediatrics), Tuesday: (am) Adult trauma list (pm) paed clinic, Wed: all day theatre list (elective paed), Thursday: district visits, Friday: ward round and research

ii) Cases - I have learned how to do: club feet (posteromedial release, wedge tarsectomy and triple arthrodesis), angular limb deformities (supracondylar osteotomies for genu valgus and flexion deformities of the knee, and high tibial osteotomies and double osteotomies for genu varus and blounts), hand surgery (syndactyly and release of burns contractures), pseudarthrosis of tibia surgery (both fibula transfer and ilizarov frames - 6 in the last 3 months), post infection surgery (sequestrectomies and arthrodesis of old septic joints), plastics (split and full thickness skin grafts as well as transposition, rotation and pedicle fasciocutaneous flaps). I have also been involved in many other unusual operations. We use a parallel list technique for training allowing maximal operating experience. I have operate on 14 cases per week on average since coming here.

iii) Research - there are many opportunities for research. In the last few months I have joined working on three projects that started before I arrived and was able to present 3 papers from the CURE hospital at the Association of Surgeons of East Africa Conference in Dar Es Salaam last week. I'm sure that I will be able to publish several papers from my time here.

iv) Why I think it is a worthwhile experience ?

So far it has been a very positive experience, both personally and professionally. I have seen my surgical skills growing and been able to take on more complex cases. From a personal point of view it has opened my eyes to a new culture and a different way of doing things. It has made me appreciate the NHS a whole lot more! It has also made me realise what a few men can do to change things when they put their minds to it - which has been very inspiring .

Top tips in preparation might be appreciated:

Start early, can get a full year approved as clinical training from SAC / PMETB . The latter can discouraging about fellowships.

I had a lot of support financially from:

Royal College of Surgeons of Edinburgh: Cutner Travelling Fellowship, [World Orthopaedic Concern](#): Treloar Gauvain Travelling Fellowship, British Orthopaedic Foot Surgery Society: Travelling Fellowship, British Orthopaedic Foundation: Travelling Fellowship, Royal Society of Medicine: Ellison Cliffe Travelling Fellowship, Royal College of Physicians and Surgeons of Glasgow: Ethicon Foundation Fellowship, Biomet Merck Ltd. Travelling Fellowship, Synthes Ltd. Travelling Fellowship

De Soutter Medical Ltd. Travelling Fellowship, Arthrex Ltd. Travelling Fellowship, Orthodynamics Ltd. Travelling Fellowship, Zimmer Ltd Travelling Fellowship, Joint Replacement Instrumentation Ltd Travelling Fellowship, Stryker Ltd Travelling Fellowship

All the very best,

Alan

Dr Alan Norrish
Senior Fellow
Beit Trust CURE International Hospital
PO Box 31236
Blantyre 3
Malawi

norrish@africa-online.net]