

IBRA Lower Limb Scholarship Report

Scholar: Janan Chandrananth

Citizenship: Australian

Training Centre: Lake Town Hospital of Orthopedics, Koshigaya
Japan

Fellowship Director: Professor Satoru Ozeki

Scholarship Type: C

May 2022 to August 2022

Professional and personal experience

- What were your professional and personal expectations of the scholarship?

My goals from the fellowship were to gain a unique understanding of the Foot and Ankle specialty in Japan and become familiar with this subspecialties' common operations practiced here. I was interested in the medical system and how it differs from the Western world in terms of technical, cultural and economic variations given I live in Australia and have participated in an American Fellowship previously.

- What is the main focus of the IBRA training centre

The main focus of the Lake Town Hospital of Orthopedics is to provide the whole extent of Orthopaedic care with the majority of cases being elective lower limb surgery. They also provide a service aimed at helping those who are turned away from the public hospitals due to their complexity or challenging circumstances.

- What did you do during your scholarship/how were you incorporated in the training centres daily routines?

I was involved in the routine services provided by the hospital. Every morning I attended ward rounds. I was assigned to theatre generally every Tuesday, Wednesday and some Saturdays where I assisted in mainly Foot/Ankle and Knee procedures as these are my

interests. Clinics were every Monday and Thursdays where I would examine patients and we would discuss their pathological processes and develop management plans. On Mondays would be XR meeting where the previous weeks cases are shown and the future weeks cases are presented. This is also when we do case discussions pertaining to difficult management decisions. Fridays were dedicated to research but the roster was fairly flexible depending on what cases were booked.

- Which procedures can potentially be adopted in your future practice and how do they compare to your experiences at home?

Management of ankle instability and ankle arthritis was a truly unique approach compared to what I experienced in my home country. Due to the Japanese culture involving a lot of kneeling, preserving ankle and great toe motion is of increased importance. In this institution, this has resulted in corrective procedures such as Distal Tibial Oblique Osteotomy (DTOO). Other procedures I aim to incorporate are hamstrings tendon lateral ankle ligament reconstruction, Trabecular Metal Ankle replacement, subtalar/small joint arthroscopy and Hybrid High Tibial Osteotomy (HTO).

- What was the most significant personal experience of the scholarship for you

Having open and pragmatic discussions with Professor Ozeki and the rest of the Orthopaedic Surgeons was enlightening and refreshing. There were stark differences in practice and routine care compared to my Western standards but seeing these yield excellent results and satisfied patients was exciting. Becoming familiar with ankle and knee preservation techniques was enjoyable and I look forward to integrating these into my practice. Outside of the medical realm, immersing myself in the Japanese culture was a huge highlight.

-Closing

I would like to thank Professor Ozeki and everyone at Laketown Hospital of Orthopedics for a thoroughly enjoyable fellowship which allowed me a peek into the unique medical system of Japan that is not well known to the Western world. I appreciate IBRAS sponsorship of this position, which allowed me to attend this fellowship.

I would recommend this post to Orthopaedic fellows with an interest in lower limb elective surgery – Especially Foot and Ankle and Knee. However, while a couple of the

surgeons, including Professor Ozeki, speak excellent English, it would be difficult to communicate with the remaining hospital staff due to the language barrier. As I completed high school Japanese I was able to converse reasonably well with the staff, so I recommend fellows attending this role to learn some basic Japanese to fully value the experience.

