

## **Fellowship Report of Dr Sandeep Kashyap (SICOT Associate Member) INDIA : SICOT/BRAUN AESCULAP Short Stem Total Hip Arthroplasty Fellowship at Annastift, Hannover Germany from 22 June-3<sup>rd</sup> July 2015**

I am really privileged and honored to have been awarded the 2015 SICOT Braun Aesculap Short Stem Total Hip Arthroplasty fellowship at Annastift Hannover Germany. Hannover is a beautiful, clean and green town and is the capital of the Lower Saxony region of Germany with abundant forest cover in and around the city. The wonderful cities of Hamburg and Berlin are also in its vicinity.

I reached Hannover on 21<sup>st</sup> June 2015 and my fellowship started on 22<sup>nd</sup> June 2015. The hotel room was very comfortable, spacious with all the amenities and was at a walking distance from the hospital. In the morning of June 22<sup>nd</sup>, I met Prof(Dr) Henning Windhagen who is the head of the department of Orthopedics and a very skilled, experienced and enterprising surgeon. He discussed about the fellowship and interacted regarding our interests and experience with Total hip Arthroplasty. Subsequently Dr Marco Ezechieli introduced me to my new colleagues, department, wards and operation theatre. Subsequently I went to operation theatre on Day 1 and started observing surgeries.

The operation theatre used to start at 8 A.M till 4-5 p.m and sometimes even up to 6 P.M. I had a wonderful opportunity to observe short stem Primary Hip Arthroplasty as there were plenty of interesting cases to observe apart from a few interesting cases of Revision Hip and Knee Arthroplasty. On June 26<sup>th</sup> the hosts organized a Saw Bones and Cadaveric Hands on Course at Hannover Medical School on Short Stem Total Hip Arthroplasty that was very beneficial and informative. Prof Windhagen and every other fellows of the department were very keen and prompt in telling me and responding to my queries. I often had a good interactive discussion regarding the treatment options, surgical approach and anticipated difficulties in the intervening period between the surgeries in the operation theatres. Prof Windhagen and his colleagues taught me the tips and tricks in difficult surgeries apart from key steps in different surgeries. I had also the opportunity to assist Dr Marco Ezechieli in Arthroscopic assisted Mini open Hip approach for Femoroacetabular Impingement and it was really very informative. I think that the procedures and techniques followed along with approach to the patient was excellent and a life time experience to me. The experience gained from this fellowship is enormous and will go a long way in shaping and refining my capability and skills.

I would sincerely like to thank Prof Henning Windhagen for his kind support throughout this fellowship. He along with the other faculty members of Annastift including Prof Dr Gabriela Lewinski, Dr Tilman Callies also hosted a farewell dinner to both the Sicot fellows.

The experience gained and the exposure has benefited me a lot and I would incorporate this in my practice in india which would be beneficial to patients in the long run. I do not have the words to express my gratitude and thanks to my fellow colleagues in Annastift Hannover and other staff members of the department who were very hospitable and friendly apart from

being very kind and nice and making me learn and experience new and different concepts. I was really impressed and exhilarated by the hospitality of the fellows in Annastift Hannover.

I whole heartedly thank and compliment SICOT for providing this prestigious fellowship and I am really grateful for this to SICOT without which it would have been impossible. I sincerely believe that one should never miss such a priceless and lifetime opportunity.



From Left to right-Dr Sandeep Kashyap,Prof Dr Henning Windhagen and Dr Atul Panghate at Annastift Hannover.