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To Whom It May Concern: Perth Sports Surgery Fellowship Report

I was honoured to undertake the Perth Sports Surgery Fellowship between July 2020 and January 2021 for a 6-month period. I was excited to complete this fellowship having completed 12 months of fellowships already in knee and sports surgery. I felt this was going to be my "finishing school" and indeed it was. I can genuinely say that the fellowship was everything I hoped it would be and much more. You have five regular fellowship supervisors who all play a role in your development. The fantastic, and surprising, component of the fellowship is its bespoke nature. All supervisors are happy to move cases around so you see and do the things you want to get out of it. Theatre lists are planned with your interests in mind and the overall fellowship can be tailor made. You have regular public fellow theatre lists along with a mixture of consultant supervised public lists and private lists in which you assist. There is something to be gained from all of these.

Clinically I was able to regularly engage in clinics and theatre. My theatre logbook comprised 484 cases in total with 59% as first surgeon. I had a keen knee and lower limb interest hence 60-70% of my cases were knee and 10-15% hip. Consistent industry support in theatre was a very valuable resource.

Case-mix included 81 anterior cruciate ligament reconstructions (28 assisting; 53 first surgeon), 94 meniscal repairs (30 assisting; 64 first surgeon), 5 posterolateral corner reconstructions (all as first surgeon), 5 posterior cruciate ligament reconstructions (all as first surgeon), 4 OATS (2 assisting; 2 first surgeon), 6 proximal hamstring tendon avulsion repairs (2 assisting; 4 first surgeon), 16 hip arthroscopies (4 assisting; 12 first surgeon), 22 knee arthroplasty (13 assisting; 9 first surgeon), 16 osteotomies (8 assisting; 8 first surgeon). I was also able to gain experience in OATS, meniscal transplant, revision ACLR, multi-ligament knee injuries and acute osteochondral defect fixation.

The case and philosophy discussions with each of the fellowship supervisors was brilliant. They always provided sound, logical, evidenced-based and experienced opinions regarding clinical situations. They were able to discuss in detail their beliefs and answer questions. The ability to tap into this resource was incredible and provided many interesting coffee breaks for me. Despite their masses of experience, I was refreshed to have these supervisors weigh up counter-arguments and engage so pleasantly in debates. I found this refreshing.

Academically I was able to be part of local studies including randomised controlled trials, long-term follow up cohort studies and innovative surgical techniques to conditions. These will hopefully lead to publications and presentations in Europe. I was also involved in the COVIDSurg audit and presented at Regional AOA meetings. Regular research meetings provide mental and social interaction required to break up heavy theatre weeks.

Personally, my family and I had an unbelievable time. Avoiding Covid19 in the UK was only part of this. We thoroughly enjoyed exploring Western Australia and our children blossomed with an outdoors lifestyle. We shall always look back on our time in Perth with the fondest of memories for our whole lives. We look forward to returning in a few years to re-visit some of our regular haunts and life-long friends!

Kind Regards,

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