

# The London basic science FRCS (Orth) revision course

**29—30 September 2016**

**Venue: 15Hatfields, London**

## 15Hatfields

**Chadwick Court, London, SE1 8DJ**

### By train:

The closest mainline train stations are Waterloo, Waterloo East and Blackfriars.

### By tube:

The nearest tube stations are Waterloo station (Northern, Bakerloo and Jubilee lines), Southwark station (Jubilee line), and Blackfriars (Circle and District lines).

### By bus:

The following bus routes stop on Blackfriars Bridge: 45, 63, 100.

The following bus routes stop on Stamford Street: 381, RV1 (towards London Bridge, for Covent Garden RV1 use Upper Ground stop).

A large number of routes stop on Waterloo Road or just by Waterloo station.

### By bike:

An onsite secure bicycle rack is available on first-come-first-serve basis.

If you wish to pre-book this facility please email [reception@cieh.org](mailto:reception@cieh.org) or call the main switchboard on 0207 928 6006.

Barclays Cycle Hire docking station is located on Stamford Street outside Kings Reach building and also directly outside Southwark underground station.



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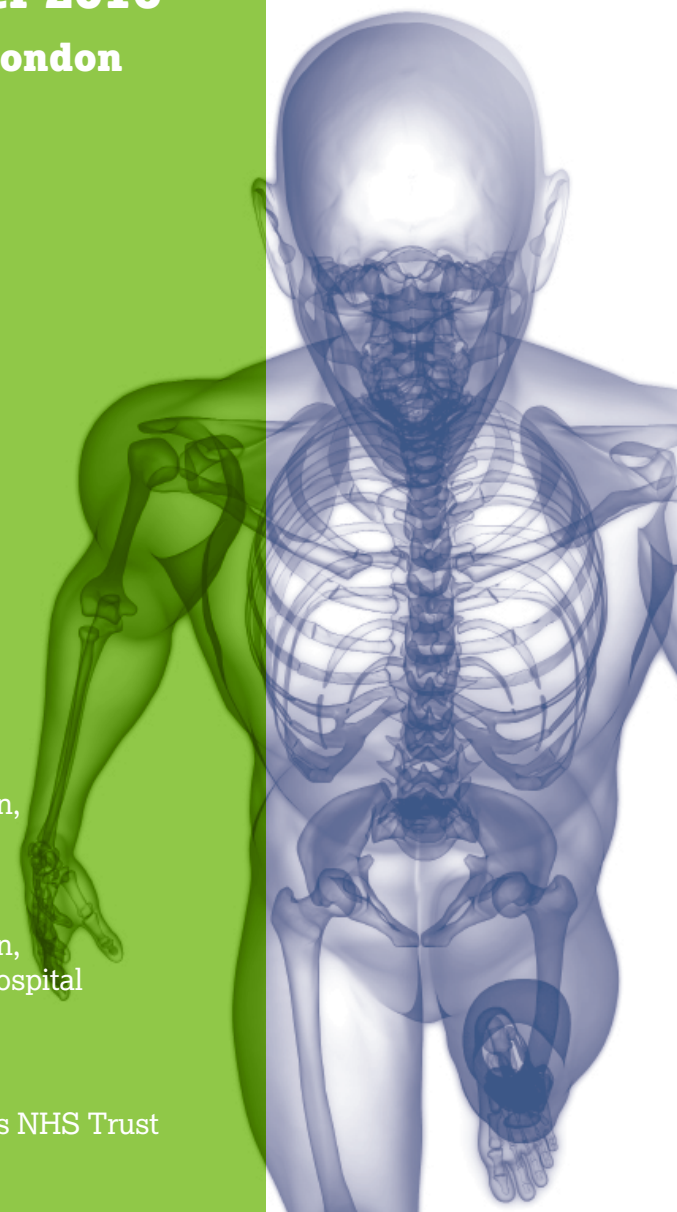


## Course convenors:

Mr Sebastian Dawson-Bowling,  
Consultant Orthopaedic Surgeon,  
Barts Health NHS Trust

Professor Iain McNamara,  
Consultant Orthopaedic Surgeon,  
Norfolk & Norwich University Hospital

Mr Ben Ollivere,  
Associate Clinical Professor,  
Nottingham University Hospitals NHS Trust



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### Educational aims and objectives

This course is aimed at those preparing for the FRCS (Orth) or equivalent examination. The course programme has been developed over the past 10 years to ensure the whole syllabus is covered from a basic science and pathophysiology perspective. The series of lectures and interactive sessions run over two days will cover all aspects of tribology, biomechanics, pathophysiology, statistics and microbiology required for both the written and oral examination. The course includes a heavy emphasis in viva practice and the candidates can expect over 6 hours of viva practice from the experienced faculty with personalised feedback.

### Registration fees

Lectures and vivas: £330  
Lectures only: £230

We have limited spaces available on this course, so please ensure you book early to avoid disappointment.

Registration with ORUK is essential before applying for research funding. It also brings other benefits, which include registering online for our educational events.

Registration is free and open to all, join online here:  
[www.oruk.org/register](http://www.oruk.org/register)

### Course programme (Day 1)

Thursday 29 September 2016

#### 08:00 Registration and refreshments

#### 08:15 Welcome and introduction

Course convenors

#### 08:20 Nerve and muscle physiology

Mr Tom Quick, Consultant Orthopaedic Surgeon, Royal National Orthopaedic Hospital

#### 09:00 Missed nerve injuries and tendon transfers

Mr Phil Johnston, Consultant Orthopaedic Surgeon,  
Cambridge University Hospitals NHS Trust

#### 09:20 Biomechanics: basic principles

Mr Sebastian Dawson-Bowling, Consultant Orthopaedic Surgeon, Barts Health NHS Trust

#### 09:30 Biomaterials

Professor Richie Gill, Professor of Healthcare Engineering, University of Bath

#### 10:00 Biomechanics of total hip replacement

Professor Richie Gill, Professor of Healthcare Engineering, University of Bath

#### 10:30 Refreshments

#### 11:00 Basic science of bone, fracture healing

Mr Ben Ollivere, Associate Clinical Professor, Nottingham University Hospitals NHS Trust

#### 11:30 Physiological response to trauma

Mr Matthew Barry, Consultant Orthopaedic Surgeon, Barts Health NHS Trust

#### 12:00 Basic science of fracture fixation

Mr Ben Ollivere, Associate Clinical Professor, Nottingham University Hospitals NHS Trust

#### 12:30 Stats for FRCS

Mr Ben Ollivere, Associate Clinical Professor, Nottingham University Hospitals NHS Trust

#### 13:00 Lunch

#### 14:00 Basic science of shoulder and elbow

Mr Malin Wijeratna, Consultant Orthopaedic Surgeon, Nottingham University Hospitals NHS Trust

#### 14:30 Basic science of hand and wrist

Mr Phil Johnston, Consultant Orthopaedic Surgeon,  
Cambridge University Hospitals NHS Trust

#### 15:00 Vivas (3 x 30 minutes)

#### 16:30 Refreshments

#### 16:45 Vivas (3 x 30 minutes)

#### 18:15 Close of day

## Course programme (Day 2)

Friday 30 September 2016

### 08:00 Refreshments

#### 08:15 Limb development and bone growth

Mr Tom Crompton, Consultant Orthopaedic Surgeon,  
Brighton and Sussex University Hospitals NHS Trust

#### 08:40 Skeletal dysplasias

Miss Claudia Maizen, Consultant Orthopaedic Surgeon, Barts Health NHS Trust

#### 09:05 Genetics

Mr Anish Sanghrajka, Consultant Orthopaedic Surgeon,  
Norfolk and Norwich University Hospitals NHS Trust

#### 09:30 Basic science of spine, injury patterns

Mr John Shepperd, Emeritus Consultant Orthopaedic Surgeon,  
East Sussex Hospital NHS Trust

### 09:50 Refreshments

#### 10:15 Basic science of foot/ankle (including orthotics)

Mr Lee Parker, Consultant Orthopaedic Surgeon, Barts Health NHS Trust

#### 10:40 Ligament and tendon

Mr Anish Sanghrajka, Consultant Orthopaedic Surgeon,  
Norfolk and Norwich University Hospitals NHS Trust

#### 11:00 Gait cycle and gait analysis

Mr Lee Parker, Consultant Orthopaedic Surgeon, Barts Health NHS Trust

#### 11:20 Meniscus and cartilage

Professor Iain McNamara, Consultant Orthopaedic Surgeon,  
Norfolk and Norwich University Hospital

#### 11:40 Musculoskeletal imaging techniques

Dr Scott McDonald, Consultant Musculoskeletal Radiologist,  
Cambridge University Hospitals NHS Trust

### 12:15 Lunch

#### 13:00 Orthopaedic pathology/oncology

Mr Jakub Jagiello, Consultant Orthopaedic Surgeon, Royal National Orthopaedic Hospital

#### 13:30 Biomechanics of total knee replacement

Mr Sebastian Dawson-Bowling, Consultant Orthopaedic Surgeon,  
Barts Health NHS Trust

#### 13:50 The intercollegiate orthopaedic examination: the candidate's perspective

Mr Ramsey Chamaa, Orthopaedic Registrar, The Royal London Hospital Rotation

### 14:15 Vivas (3 x 30 minutes)

### 15:45 Refreshments

### 16:00 Vivas (3 x 30 minutes)

#### 17:30 The intercollegiate orthopaedic examination: the examiner's perspective

Mr David Limb, Consultant Orthopaedic Surgeon, Leeds Teaching Hospitals NHS Trust

### 18:00 Close of course