



*Dear BSOA Members,*

Welcome to the autumn edition of the BSOA newsletter.

We were delighted to see so many of you at our Spring Scientific meeting in London. The main highlight was the keynote lecture by Professor Anthony Absalom on 'Frailty, Fitness and Outcomes after Surgery'. This was closely followed by 'Haemoglobinopathies' by Dr Farrukh Shah and 'Management of Traumatic Bleeding' by Professor Beverly Hunt. If you want to access the presentations, they are available as Talking Slides via the unique code we sent to all attendees.

I have had the privilege of listening to a plenary lecture by Professor Henrik Kehlet the father of enhanced recovery at the IASP congress in Boston. His key messages were, despite our continued efforts to get patients fit for surgery, better analgesic techniques and improved perioperative nutrition; there are still frontiers to be conquered such as developing techniques and strategies to reduce persistent post-surgical pain. He also questioned whether we should abandon the gold standard RCT for more pragmatic research in the form of large, 'real world' prospective cohort studies. Read more later in this issue!

Now that we're all back from our summer break, we are looking forward to the main event of the BSOA year: our Annual Scientific Meeting (ASM). Nottingham will be hosting us on Friday 9<sup>th</sup> November, there's still time to book study leave and join us. Several abstracts have been accepted already, including one all the way from South Korea. All successful abstractees will hear by the 8<sup>th</sup> October 2018 and whether to prepare an oral or poster presentation.

Dr Jan Cernovsky is completing his extended term as the honorary secretary of the BSOA. I would like to take this opportunity to thank him for his phenomenal contribution to the life and work of the society. Jan is a much-loved, larger than life personality within the BSOA. Thankfully he will remain on the council and continue to contribute with focus particularly on the Peri-Operative Quality Improvement (PQIP) Programme.

***See you all in Nottingham in November!***

*Sincerely,*



**The BSOA President**  
Bernadette Ratnayake







# B.S.O.A

*British Society of Orthopaedic Anaesthetists*

British Society of Orthopaedic Anaesthetists Annual Scientific Meeting – 9th November 2018  
Trent Vineyard Conference Centre, Nottingham, NG7 2PX  
Join us in Nottingham for the 2018 Annual Scientific Meeting



## Programme Includes

**Analgesia for Patients having Hip and Knee Arthroplasty**

*Dr Thomas Bendsten, Aarhus, Denmark*

**Deprescribing - Implications for Anaesthetists**

*Dr Nicholas Levy, Bury St Edmunds*

**Medicolegal aspects of Nerve Blocks and Nerve Damage**

*Dr David Bogod, Nottingham*

**The Medical Response to a Terrorist Attack:**

**What has the NHS learned?**

*Professor Chris Moran, Nottingham*

**Awake Shoulder Surgery: How to do it**

*Dr James French & Mr John Geoghaghan, Nottingham*

**The very latest on #NOF and Major Trauma Management  
in the Elderly**

*Dr Richard Griffiths, Peterborough*

**Prediction and prevention of AKI in Orthopaedic Patients**

*Dr Samira Bell, Dundee*

Rates are as follows:

Consultant Member - £150.00, Consultant Non-member - £190.00

Trainee Member - £95.00, Trainee Non-member - £130.00

SAS Member - £150.00, SAS Non-member - £190.00

6 CPD Points Awarded

For more information, please visit:

## [www.bsoa.org.uk](http://www.bsoa.org.uk)

**For more information contact:** Lucy Parkinson **Telephone:** 0114 2995922

**Email:** [lucyparkinson@eventmanagementdirect.co.uk](mailto:lucyparkinson@eventmanagementdirect.co.uk)

# BSOA 23<sup>rd</sup> ANNUAL SCIENTIFIC MEETING



Trent Vineyard Conference Centre, Nottingham

## Scientific Programme

Friday 9 November 2018	
08:30-09:15	Registration
09:15-09:20	Welcome and Introductory Remarks
09:20-10:40	Session 1: Post-operative Pain Issues
	Deprescribing - Implications for Anaesthetists - <i>Dr Nicholas Levy</i>
	Analgesia for Patients having Hip and Knee Arthroplasty – <i>Dr Thomas Bendsten</i>
	Discussion
10:40-11:00	Coffee Break
11:00-12:20	Session 2: Trauma
	The very Latest on #NOF and Major Trauma Management in the Elderly - <i>Prof Richard Griffiths</i>
	The Medical Response to a Terrorist Attack: What has the NHS Learned? - <i>Prof Chris Moran</i>
	Discussion
12:20-13:20	Lunch & Grünenthal Trade Symposium
13:20-14:30	Session 3: Peri-operative Complications
	Prediction and Prevention of AKI in Orthopaedic Patients - <i>Dr Samira Bell</i>
	Medicolegal Aspects of Nerve Blocks and Nerve Damage - <i>Dr David Bogod</i>
	Discussion
14:30-14:50	Coffee Break
14:50-16:50	Session 4: Oral Presentations and Awake Shoulder Surgery
	Oral Prize Presentations
	Awake Shoulder Surgery: How to do it - <i>Dr James French and Mr John Geoghegan</i>
	Discussion
16:50-17:00	Prize Presentations and Close of Meeting

The Conference is included in the list of RCoA CPD approved events:

<http://www.rcoa.ac.uk/document-store/courses-and-events-approved-cpd>

*Further details of the programme are available on our website.*

### BSOA ASM Dinner Friday 9<sup>th</sup> November

Join us for the ASM Dinner from 5.30pm after the close of the meeting. A delicious three-course dinner will be held at MemSaab Restaurant, a multi-award-winning Indian restaurant in the heart of Nottingham.

Places are limited, so booking early is essential to avoid disappointment!!

Take a peek at their mouth-watering menu with this link to the restaurant's website:

<http://www.mem-saab.co.uk/>



### If you needed yet another reason to visit...

Our conference venue is adjacent to the global HQ of Games Workshop. Warhammer World is Games Workshop's unique visitor centre that boasts specialist exhibitions; an events hall packed with gaming tables and four retail stores that offer world exclusive merchandise. So, if gaming's your hobby this is a perfect place to spend a few hours browsing when in Nottingham! For those less fanatical but know somebody who is, perhaps pick up a few early Christmas presents...



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## CALLING ALL TRAINEE MEMBERS!

### An opportunity to become an integral part of the BSOA

The consultant committee value input from current trainees and our approach is to have at least one trainee member on the committee at any time.

The role will be defined as at least one year in duration and should allow the trainee to contribute to the annual meetings and to complete work (survey/presentation/collaborative audit) for their own CV.

The consultant members of the committee will support suggestions for new ideas and work to be considered from trainee colleagues and they may also have areas of work which need to be handed over from time to time or areas requiring formal input from RCoA, which require a trainee perspective.

The BSOA holds an annual meeting in the winter and a Spring meeting earlier in the year. It is expected that the trainee members attend these and the committee meetings in between.

The trainee member would be expected to contribute to the quarterly newsletter for BSOA members and actively contribute to website input in terms of highlighting areas which may be of interest to training grade anaesthetists. The BSOA website is coordinated by an external company, so this is not part of the trainee representative requirements.

The trainees who are interested should be post FRCA. If someone at an earlier stage in their career wishes to join us, please do write to us with the reasons.

Any expressions of interest should be sent to the President of the society Dr Bernadette Ratnayake by emailing [lucyparkinson@eventmanagementdirect.co.uk](mailto:lucyparkinson@eventmanagementdirect.co.uk) by **Thursday 1<sup>st</sup> November 2018**.

Please also view the society website at <https://www.bsoa.org.uk> and consider attending the Annual meeting in Nottingham on Friday 9<sup>th</sup> November 2018.



Jointcare is an exciting new pathway for hip and knee arthroplasty patients at The Royal Orthopaedic Hospital, Birmingham. Working with Stryker Performance Solutions (SPS), we are redesigning our pathway and basing it on a 'wellness' model that is enjoying success in the USA. We will be the first NHS hospital to develop a pathway like this.

The wellness model focuses more on what patients can do, rather than what they can't. It emphasises early mobilisation, group therapy sessions and is delivered in an environment, which encourages movement and recovery.

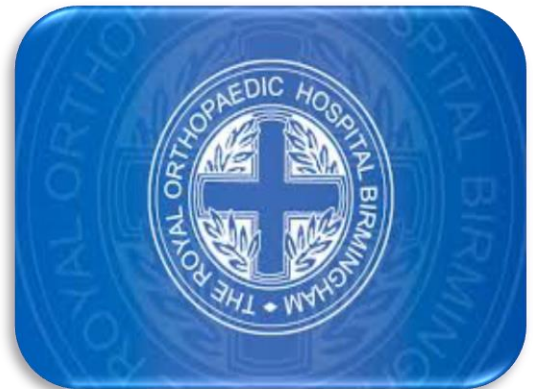
The project team is comprised of staff that work across the whole patient pathway. There are three project groups; a Leadership team, a Core team and Perioperative team. The groups meet regularly along with the team from SPS; comprising Senior Managing Consultants and a Programme Manager.

In July five of the project team members visited the highly successful Joint Replacement Centre at Northwest Medicine Kishwaukee Hospital, Illinois. During the visit the team met key leadership staff and doctors in the hospital, while observing the Joint Pathways programme first-hand. The team met with representatives from Theatres, Physiotherapy, Nursing and other areas. They learned about the patient pre-op education and discharge classes, observed a group exercise class, and had a tour around theatres.

This is a two-year project which commenced last May. The project soft launch is November 5<sup>th</sup>, and the full launch December 3<sup>rd</sup>.

The improvements are expected to be demonstrated in the following areas:

- Improved patient experience
- Improved staff experience
- Reduced length of stay
- Improved theatre utilisation
- Reduction in cancellations
- Improved turnover and flow of patients



Some of the team on the fact-finding trip to Chicago

We eagerly anticipate updates and news on this innovative project from our colleagues at ROHFT!

***Many thanks to Alicia Stanton, Transformation Manager at ROHFT for her work on this article.***

## Mini Article Review

*A fresh perspective on established practice....*

### Complications: an anaesthetist's rather than a surgeon's notes (with apologies to Atul Gwande)



K. Valchanov

Department of Anaesthesia, Papworth Hospital, Cambridge, UK

J. Sturgess

Department of Anaesthesia, West Suffolk Hospital, Suffolk, UK

This special supplement of *Anaesthesia* focusing on risk and complications of anaesthesia and provides a much-needed update. Why are anaesthetists so interested in complications? Many patients see anaesthesia as low risk and merely a means to an end to permit their surgery. The majority of complications we see take immediate effect and require immediate action

to prevent life-altering or life-threatening outcomes. Others complications are slowly evolving; yet with equally devastating complications. As serious incident reporting decreases despite the total number of reported cases increasing, an opening up of 'safe spaces', a changing of culture, and a willingness to learn and share rather than punish could definitely help

reduce all unwanted complications.

Read the full editorial!

The full article can be found at  
Anaesthesia Journal of the  
Association of Anaesthetists

Volume 73  
Special Issue: Complications  
January 2018  
Pages 3-6

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Further reading..



**THE BRITISH  
PAIN SOCIETY**  
EXPERTISE WHERE IT MATTERS

The Colour of Pain? by Rajesh Mangalani  
Editorial: Pain News 2018, Vol 16 (30) 98-102  
British Pain Society publication via SAGE, access to BPS members

Following on from the president's statement, read more on Dr Henrik Kehlet's lecture by following the link below:



Evidence-based medicine: the clue is in the name. by I. K. Moppett and R. M. Pearse  
BJA: British Journal of Anaesthesia, Vol 119 (6) 1084-1086.  
Link: <https://doi.org/10.1093/bja/aex337> Published: 04 October 2017

## MEMBER BENEFITS

Reduced registration fees for B.S.O.A meetings

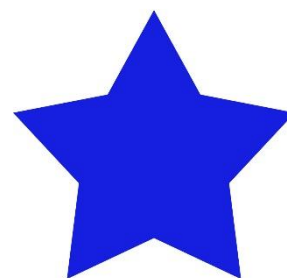
BSOA e-newsletters and the opportunity to publish articles in future issues

Participation and voting rights at upcoming Executive Committee elections as well as eligibility to nominate and be nominated to the Executive Committee

Participation and voting rights at the Annual General Assembly

Access to the members-only area on our website

- Documents Library to search documents and other inquiries from past meetings
- Member Forum to join discussions and/or search topics



## SOCIAL MEDIA

Follow us to get the updated news, reminders, events, personal messages from the BSOA Secretary, and much more. A great way to stay connected to your BSOA colleagues throughout the year.

## WAYS TO GET INVOLVED

We are looking for more writers/articles for the quarterly newsletter and social media to share within BSOA. Please email us at [info@bsoa.org.uk](mailto:info@bsoa.org.uk) if you are interested in sharing your content.

**BSOA gives many thanks to our long term and Congress sponsors!**



Questions? Comments? Suggestions? Email us anytime: [info@bsoa.org.uk](mailto:info@bsoa.org.uk)

Editor: Dr Zehrin Nassa, BSOA Executive Committee