



Registered Under Act 28, 1958 No. 1331/02-03 Jaipur

ROSA VOICE

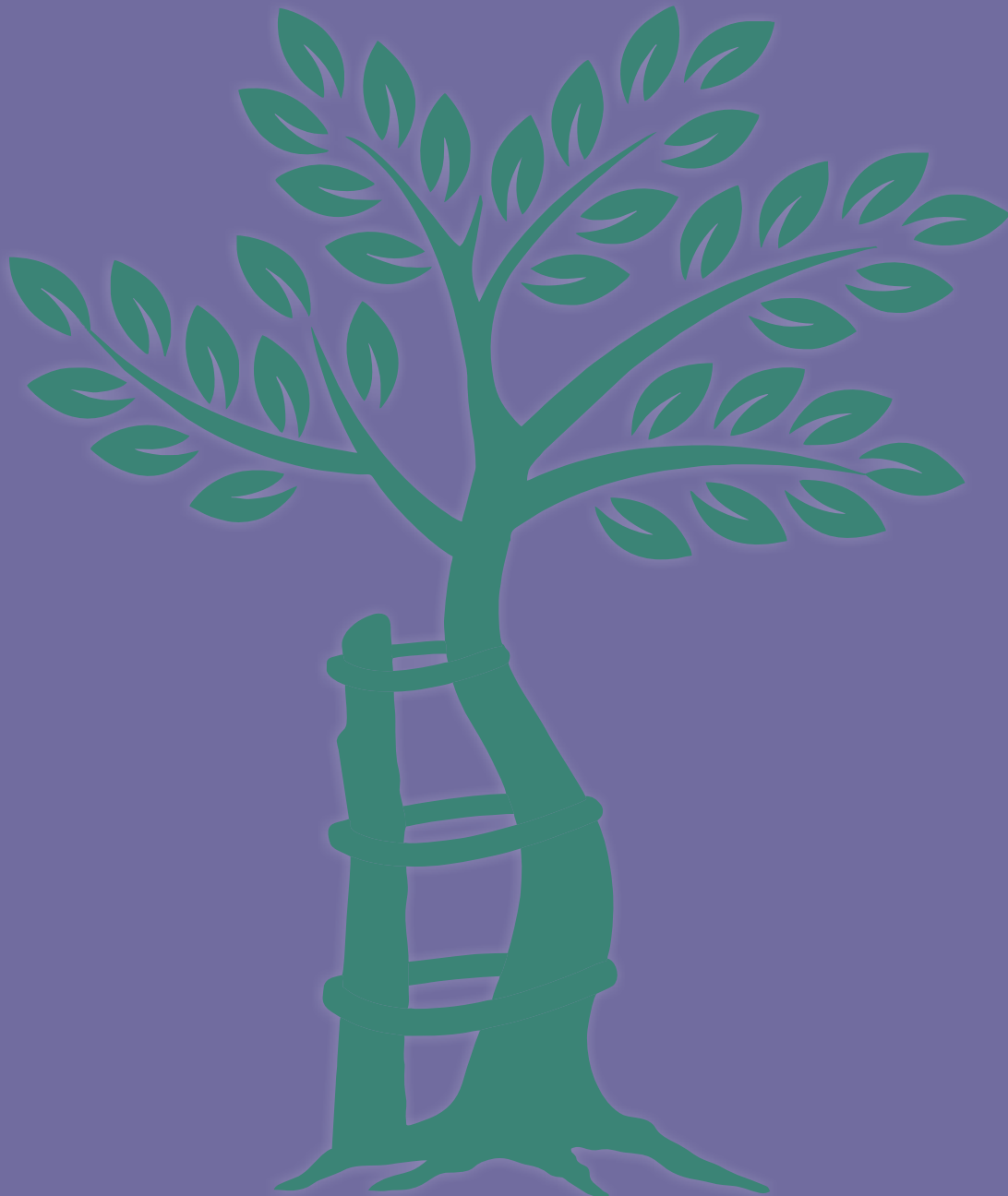
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July- September 2019

IOA President Theme

'Roots of Responsibility, Wings of Professional Excellence'



President's Message

Dear Friends & Colleagues,

Dear friends, good day, wishing you happy Dussehra and Deepavali in advance. We have almost completed the half year of this tenure, and gradually we are achieving our goal of increasing ROSA memberships. This half year was full of academic activities. Bone and Joint week was celebrated very enthusiastically all over Rajasthan. This participation shows our presence at the national level as an active Association. Thank you very much for the efforts.



Kota chapter under the leadership of Dr. A. K. Tiwari, Dr. N.K. Gupta, Dr. Gaurav Rohatgi and Dr. C.M. Goyal are working hard to make the next ROSACON a great success. Dr. Mohan Mantri and Dr. Rajesh Goyal are guiding them properly. I request you to make it a grand and memorable event. Kindly register and participate in this conference as much as possible. You will enjoy this conference, as it is full of academic and fellowship activities.

I personally thank our dynamic Secretary Dr. Jayant Sen and Editorial Board for publishing ROSA Voice regularly and effectively.

I don't like that you will walk behind me
I also don't like that you walk ahead of me
I request you to walk with me
like a true fellow and friend, we will remain united
Thanking you,

Jai ROSA

With Regards



Dr. Vinay Joshi
(President ROSA)

Congratulations to Unanimously Elected



Dr. Arun Vaishy
President Elect ROSA
(President 2021)



Dr. Rahul Katta
(Secretary ROSA)

Message from the Secretary

Respected Seniors and Dear Friends,



The big event of the quarter was the Mid Term ROSACON 2019 at Jaipur on Sunday 14th July 2019, focused on 'Wrist'. The Organising team lead by Organising Secretary Dr Amit Vyas show cased an excellent meeting with great team work. National and state faculty actively participated with lectures, surgical video and panel discussions. PG Quiz was conducted by Dr. Rajat Malot and team with participation from all Medical colleges across Rajasthan. Dr. Raj Patel (Santokba Durlabhji Memorial Hospital, Jaipur) is the winner of the Dr. Girija Nath – Leela Sen Gold medal for standing 1st in the ROSA PG Quiz. All appreciated the scientific content, punctuality and smooth conduct with the ever smiling gracious hospitality.

Bone & Joint week was celebrated across Rajasthan from 1st to 7th August 2019. Free consultation and surgeries, BMD camps, Public awareness lecture and rallies were held at Ajmer, Bhilwara, Jaipur, Jodhpur, Kota, Udaipur and many other places.

Dr. Uttam Chand Saini and Dr. Arun Kumar Sharma completed ROSA – JOS Overseas Fellowship with British IOS in UK. Dr. Akshat Vijay found the ROSA – CS Goyal Fellowship in Adult Reconstructive Surgery with Dr. Sachin Tapasvi at Pune a very learning experience. Dr. Vikas Bohra has completed ROSA - Smt. Sarawati Siwach Fellowship in Paediatric Orthopaedics with Dr. Rujuta Mehta at Mumbai. ROSA – Dr. M P Udawat Fellowship in Foot & Ankle surgery by Dr. Arun Sharma with Dr. Rajiv Shah at Vadodra was also completed. ROSA – COE at Jaipur in various sub-specialties have been completed by most.

ROSACON 2020 from 3rd to 5th January 2020 is at Hotel Sawai Vilas, Ranthambore. Dr. N K Gupta and Dr. Gaurav Rohatgi, the Organising Secretaries have already sent out the 1st brochures. Do visit the website for updates (www.ROSACON2020.com)

The last quarter witnessed meetings across the state. IOA PG Teaching Program at Jaipur (24th to 25th July 2019), Hand Surgery Symposium at Bharatpur (7th August 2019), AO Pre Basic Course at Kota (11th August 2019), IFICS (International Fractures in Children Symposium) with a galaxy of International and National faculty at Jaipur (23rd to 25th August 2019), Spine Conference at Udaipur (25th August 2019), Navigation TKR Live surgery and Workshop at Kota (31st August 2019), Knee Symposium at Jodhpur (1st September 2019), Foot and Ankle Live surgery and workshop at Sikar (8th September 2019) and PFN live surgery and workshop at Jaipur (14th September 2019). Proposed is a meeting on Scientific writing and Research Methodology with IJO (Indian Journal of Orthopaedics) editorial team on 2nd October 2019 at Jaipur.

ROSA Election process has been set in motion. The elections are being conducted by Dr. Rajesh Goyal, President Elect ROSA as the election officer. Congratulations to the unanimously elected President Elect Dr. Arun Vaishy (Jodhpur) and Hon. Secretary Dr. Rahul Katta (Jaipur).

ROSA Award for Best publication in Peer reviewed Indexed Journal for Cash Prize of Rs 20,000/- is for encouragement to publish the good work being done. G.R. Sharma Gold medal for Best publication in ROSA Voice also awaits your scientific contribution. Membership continues to grow. We are now **800** plus and growing. Regular communication with all members through bulk message has been continued.

Visit the ROSA website (www.rajortho.org).

I look forward to your continued support and guidance. Wishing you and all your near and dear one a very Happy Dushhera and Deepawali.

Jai ROSA, Jai Hind!!

Jayant Sen
Dr. Jayant Sen
Secretary ROSA

Editor's Note... ✍

Dear Readers,

It is our pleasure to present to you the 3rd volume of ROSA Voice 2019. This brings to you the happenings and updates on the events and activities in our state in the past quarter in addition to the upcoming meetings in the State. We, from the editors section urge you to continue sending us news and updates of the exemplary work being done in your region, in addition to any event you organize or regarding any awards and achievements in this field.

Best Wishes



Dr. Kapil Gangwal
Jaipur



Dr. Kuldeep Nathawat
Bhilwara



Dr. Saleh M. Kagzi
Udaipur

ROSA Fellowship's - 2020

- ROSA – JOS Overseas Fellowship (U.K.) - 2 Positions
- ROSA – C. S. Goyal Fellowship (Adult Reconstructive Orthopaedics) - 1 Position
- ROSA – Smt. Saraswati Siwach Fellowship (Paediatric Orthopaedics) - 1 Position
- ROSA – Dr. M.P. Udawat Fellowship (Foot and Ankle Surgery) – 1 Position

Please apply with your CV to Dr. Jayant Sen, Secretary ROSA at senjayant@yahoo.com

Last date for receiving applications – 15th December 2019

Mid Term ROSACON 2019

Focus : Hand Surgery

*M*id Term ROSACON 2019 was organized on 14th July 2019 at Jaipur by Jaipur Hand Surgery Associates. The focus was on “Wrist Surgery”. The conference was attended by 120 Orthopedic Surgeons from all over the Rajasthan in addition to Hand Surgeons from Delhi, Gujarat, Punjab, Uttar Pradesh, Maharashtra & Tamil Nadu.

The conference was conducted under able guidance and leadership of Dr. V.K. Pande and Dr. Purnima Patni. Dr. Amit Vyas and Dr. Vinit Arora were organizing secretaries. Contribution of local faculty and members of Jaipur Hand Surgery Associates (Dr. Narender Saini, Dr. Girish Gupta, Dr. Amit Mittal, Dr. Yogesh Sharma, Dr. Aviral Gupta, Dr. Divyansh Sharma) was commendable.

Our national faculties - Dr. Vikash Gupta (Delhi), Dr. Abhijeet Wahegaonkar (Pune), Dr. Shailesh Gupta (Indore), Dr. Praveen Bhardawaj (Coimbatore), Dr. Parag Lad (Mumbai), Dr. Amit Varade (Nasik) and Dr. Ajeet Tiwari (Kanpur) shared knowledge and solved the queries of our delegates.

In all four sessions (Scaphoid and Carpal bone; Lower end Radius and DRUJ; Soft tissue surgery around the Wrist and Advanced Wrist surgery) basic discussion, edited video demonstration and case based discussion was done. The main aims of ROSACON 2019 – to increase the precision of decision making in Hand Surgery cases and improvement of surgical skills of delegates were fulfilled.



Bone and Joint Week Activities

Bhilwara

BOSA celebrated Bone and Joint Week by doing various Bone and Joint health related activities with free consultation camp by all BOSA members.

On 3rd August, BOSA members did a Bone and Joint health awareness pamphlet distribution at Shivaji Garden followed by morning walk and one to one interaction with general public on their Bone and Joint related health issues.

On 6th August, BOSA members did a Health Talk addressing general public on their various Bone and Joint related health issues at Smriti Van with interactive session with general public, followed by a free consultation camp in the day, in which all BOSA members participated actively.

The activities were highlighted in various national news papers the next day appreciating the move taken by BOSA and IOA.



Jaipur

A public awareness program was organized at Maharana Pratap Auditorium, Vidhya Ashram School Jaipur in collaboration with ROSA, JOS & Bone & joint health foundation on 4th August 2019. Dr. Vinay Goyal as the key note speaker highlighted various lifestyle changes to improve & maintain bone & joint health. He also pointed various facts about common orthopaedic problems like osteoporosis, osteoarthritis & backache. Program was well attended by the public, all the questions were answered & myths were cleared.



Kota

On Sunday 4th August, a free BMD & consultation camp was held at CV Garden, Kota. B M D camp benefitted 105 morning walkers of the city, especially above 50yrs. Consultation regarding prevention of lifestyle diseases was also provided.

On 6th August, plantation of 55 trees, one by each member of KOS was done at Medical College campus, Kota.



Udaipur

Following from UOS attended and gave valuable services on Bone and Joint day on 4th August. Dr. BL Kumar, Dr. Vinay Joshi, Dr. Anurag Talesra, Dr. CK Ameta, Dr. Abhimanyu Lodha, Dr. Anil Banvir, Dr. AK Mehra, Dr. AK Ojha, Dr. Chirayu Pamecha, Dr. MP Jain, Dr. Ashish Gaur, Dr. DP Singh Principal and Controller, RNT Medical College Udaipur inaugurated the camp. Dr. Lakhan Poswal, M.S. MBGH, Udaipur felicitated all doctors in the closing function. Dr. Vinay Joshi President ROSA and Dr. BL Kumar were the guest of honor for the function. More than 600 patients were benefitted.



City Chapters

Hand Surgery - Bharatpur

Bharatpur Orthopaedic Surgeons Society Organized a CME on 7th August 2019, at Laxmi Villas Hotel, Bharatpur.

Keynote speaker from Jaipur, Dr Vinay Goyal spoke on “Importance and Implementation of Orthopaedics Subspecialty in Clinical Practice “ and Dr. Amit Mittal made a presentation on ” Functional outcome of Hand and Microsurgery “

Meeting was attended by more than 25 BOSS Members including senior members Dr. Trilok Gupta, Dr. Gurdeep Singh, Dr. Amar Singh, Dr. Rajendra Gupta, Dr. Jagveer Singh & Dr. Sunil Sinsinwar.



IOA PG Teaching Program - Jaipur

Department of Orthopaedics SMS Medical College Jaipur under guidance and patronage of Prof RC Meena and stewardship of Prof. MC Bansal conducted IOA PG Teaching Program on 27th & 28th July 2019 at JMA auditorium SMS Hospital campus Jaipur. This two days high octane academic event was attended by 142 Post graduate students from Rajasthan, UP, Haryana and MP.

The faculty for course included Prof. RC Meena, Prof. Rakesh Bhargava, Prof. MC Bansal, Prof. Narendra Joshi, Prof. S P Gupta, Dr. Jayant Sen, Prof. K.K. Mukharjee, Dr. Ashwini Mathur, Dr. Atul S Bahadur, Prof R C Banshiwal, Prof D.S. Meena, Prof. R L Dayma, Prof. Pankaj Jain, Prof. Sudheer Yadav, Prof. MK Yadav, Dr. Rajeev Raman, Dr. Prashant Modi, Dr. Amit Jain, Dr. SK Goyal, Dr. Avtar Balawat and other junior faculty from SMS Medical College.

Open house discussions, and Mock exam scenarios were held. Marking, feedback and critical appraisal was done for every case to give the participants a true feel of an examination. Scientific program was made in a way to cover all topics of significance and consequence.



How to examine, present the case and score well were thoroughly illustrated by able faculty and there were hordes of practical sessions for creating simulation of exam scenario. Subtle topics like X-Ray / MRI reading, instruments/orthosis /prosthesis were also covered thoroughly.

Dr. Atul S Bahadur delivered a beautiful talk on “Training and Fellowship opportunities after PG” which was well received by all delegates.



IFICS 2019 - Jaipur

International Fractures in Children Symposium was held at Jaipur from 23rd to 25th August 2019 at Radisson Blu Hotel. Dr. Kapil Gangwal was the Organizing Secretary and Dr. Jayant Sen was the Organizing Chairman for the meeting.

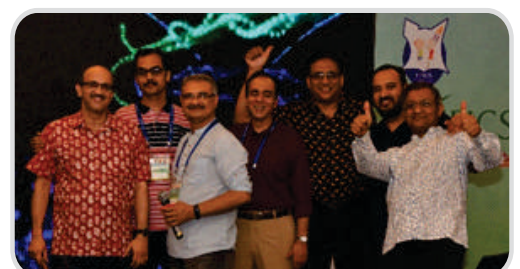
The 3 day conference included an in-depth, exhaustive discussion on all aspects of children's fractures and dislocations. It was attended by over 170 delegates from all over the country and included delegates from neighboring countries as well.

The faculty included the Core group Dr. Taral Nagda, Dr. Sandeep Patwardhan, Dr. Premal Naik from India and Dr. Shital Parekh from USA. In addition, 20 faculty from all over the country contributed to presentations and case discussions in the meeting.

3 Live webinars were also organized in the meeting. Dr. Roger Cornwall from Cincinnati USA spoke on Pediatric Hand Injuries, Dr. Donald Bae from Boston Children's USA spoke on Monteggia lesions in children and Dr. Kishore Mulpuri from BCH Canada, spoke on Pediatric Hip Injuries.

The program included workshops on Pediatric Hip Plates, Plaster Technique, JESS and Ex-Fix in pediatric fractures and TENS in pediatric long bone fractures.

The presentations were case based scenarios which highlighted specific challenges in managing a particular situation. This generated a lot of interest in the presentations and led to extensive discussion following the talks. Overall the meeting was a big success and was appreciated by all who attended the meeting.



Nailing Symposium - Jaipur

Department of Orthopaedics SMS Medical College conducted Nailing Symposium on 14th September 2019. The event was attended by 112 delegates from city chapter and Rajasthan.

Faculty for the course include Prof. RC Meena (President Elect IOA) Prof. MC Bansal (Head of Department SMS Medical College, Jaipur) Dr. B Shivashankar (Vice President IOA) Prof. Wasudeo Gadegone (Senior Professor, Medical College Chandrapur, Maharashtra) Dr. Jayant Sen (Secretary ROSA) Prof. R C Banshiwal, Prof. D S Meena, Prof. R L Dayma, Prof. Pankaj Jain, Prof. Sudhir Yadav, Prof. MK Yadav, Dr. Ravindra Lamoria, Dr. Amit Jain, Dr. SK Goyal, Dr. Avtar Balawat and, Dr. Arun K Sharma.

Live surgery was conducted by Dr. B Shivashankar (PFN A2 and Traffon 3) and Prof. Wasudeo Gadegone (Supra Patellar nailing of Tibia). Dr. B Shivashankar delivered his elaborative talks on PFN reduction methodology- 1.Ten commandments of PFN 2. Anteromedial reduction of PFN 3. Difficult reduction in PFN. Open house discussion over A to Z of PFNA2, Supra Patellar Nailing were organized so individual participation of delegates could be ensured.

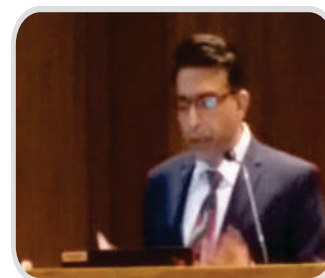


Dr. W M Gadegone Faculty, Chandrapur Dr. Mahesh Bansal Prof. & Head Dept. of Ortho Dr. Jayant Sen Secretary ROSA Dr. R. Meena Faculty IOA President Elect Dr. B. Shivashankar Chief Faculty OIA Vice President



Knee Symposium - Jodhpur

Jodhpur Knee Symposium was organized at Hotel Mariott Jodhpur on Sunday, 1st September. The meeting was organized by Dr. Hemant Jain under the chairmanship of Dr. Arun Vaishy and Dr. Kishore Raichandani. It was attended by around 70 orthopods. Guest speakers were Dr. Raju Easwaran (Delhi) and Dr. Saurabh Mathur (Jaipur). It was very interactive session and including various lectures and panel discussions covering all major aspects of knee ligament and cartilage injuries. Other faculty included Dr. Sumit Banerjee, Dr. Rajnish Sharma, Dr. Mahender Rohria, Dr. Rajnish Garg, Dr. Nitesh Gehlot and Dr. Siddharth Jauhar.



AO Pre-Basic Certificate Course - Kota

AO Pre Basic Certificate Course was on 11th August 2019 at GMC Kota. Organizing Chairman for the course was Dr. S.N. Soni.

More than 100 participants attended the course including PG's, Orthopedic Surgeons from different parts of state like Jaipur , Jodhpur , Udaipur , Ajmer , Kota , Jhalawar , Bundi and Baran.

Dr. Ritabh Mittal, Dr. Rajesh Goel, Dr. Mohan Mantri, Dr. Ashok Tiwari, Dr. S.N. Soni, Dr. R.P. Meena, Dr. G.D. Ramchandani, Dr. Manish Garg, Dr. K.G. Nama and Dr. Hitesh Mangal were the moderators & faculty.

Three Saw Bone exercises were conducted - Lag Screw and Compression plating, Tension band wiring and External Fixator.



Navigation TKR Workshop - Kota

First ever TKR by navigation technique with live demonstration & THR was done at Medical College Kota. Around 78 consultants & practising Orthopaedic surgeons participated. A seminar cum live surgery was held on Saturday 31st August at New lecture theatre near auditorium Medical College Campus Kota. First session was on TKR, followed by live surgery by eminent guest faculty Dr. Hemant Sharma from UK , presently working in Gurugram. Inauguration was by the Principal & Controller Dr. Vijay Sardana. 2nd session was on THR. TKR was navigation based and the first ever for the city of Kota. The meeting was organised by Prof. Rajesh Goyal.



Foot and Ankle - Sikar

Foot and Ankle live surgery workshop was held on 8th September by Shekhawati Orthopaedic Society. Faculty were Dr. Balvinder Rana (Gurugram), Dr. Jayant Sen (Jaipur) and Dr. Rahul Upadhyay (Jaipur). Interactive sessions on various topics related to foot and ankle were held. Post lunch there was live surgery on ankle arthrodesis at Dhaka Hospital. The event was organised under able guidance of Dr. S. M. Sharma and Dr. R. C. Dhaka.



Spine - Udaipur

Rajasthan Spine Association (RSA) and Udaipur Orthopedic Society (UOS) organized a 1-day Spine Symposium on 25th August 2019. Organizing secretary for the meeting was Dr. Chirayu Pamecha. More than 75 Orthopedic and Neurosurgeons participated in the day-long meeting held at Lalit Laxmi Vilas hotel, Udaipur. The meeting comprised of 5 Case based sessions on Degenerative Lumbar, Tuberculosis, Thoracolumbar fractures, Scoliosis and Complications. Five eminent national faculty including Dr. Bharat Dave, Dr. Ajay Krishnan, Dr. Amit Sharma, Dr. Kshitij Chaudhary and Dr. Ankur Nanda were present. Case presentations were done by all the members of RSA including Dr Pravin Gupta, Dr. Lokesh Sharma, Dr. Tarun Dusad, Dr. Mukesh Haritwal and Dr. Mohit Bihani from Jaipur; Dr. Darshan Gautam, Dr. Gaurav Mehta and Dr. Abhinav Soni from Kota; Dr. Navin Mewara, Dr. Nitesh Gehlot and Dr. Mahendra Tak from Jodhpur. Senior members of ROSA including Dr Ratan Sharma, Dr Vinay Joshi, Dr. B L Kumar, Dr. S S Sankhla, Dr. Saleh M Kagzi, Dr. Anurag Talesara and UOS members moderated the sessions.



The first GBM of RSA was held and numerous decisions about the functioning of RSA were discussed. Dr. Vinay Joshi (President), Dr. S S Sankhla (Vice President), Dr. Chirayu Pamecha (Secretary) and Dr. Lalit Sharma (Treasurer) were elected by the members of RSA unanimously.

Achievements & Awards

Dr. B. L. Kumar appointed as Principal and Controller and Dean Pacific Institute of Medical Sciences Udaipur.



Dr. Vikram Sharma, got accreditation and appointed as tournament doctor with Badminton world Federation at Poland.



Dr. Jayant Sen has been Awarded the 1st ever BIOS - BOFAS Fellowship. (British Indian Orthopedic Society and British Orthopedic Foot and Ankle Society)



Dr. Gireesh Gupta, Jaipur was speaker in 4th NASSISMISS-2019 held in Jakarta (Indonesia) from 23rd to 25th August, 2019.



Dr. Chirayu Pamecha From Udaipur was Faculty at the AO Spine Asia Pacific Course

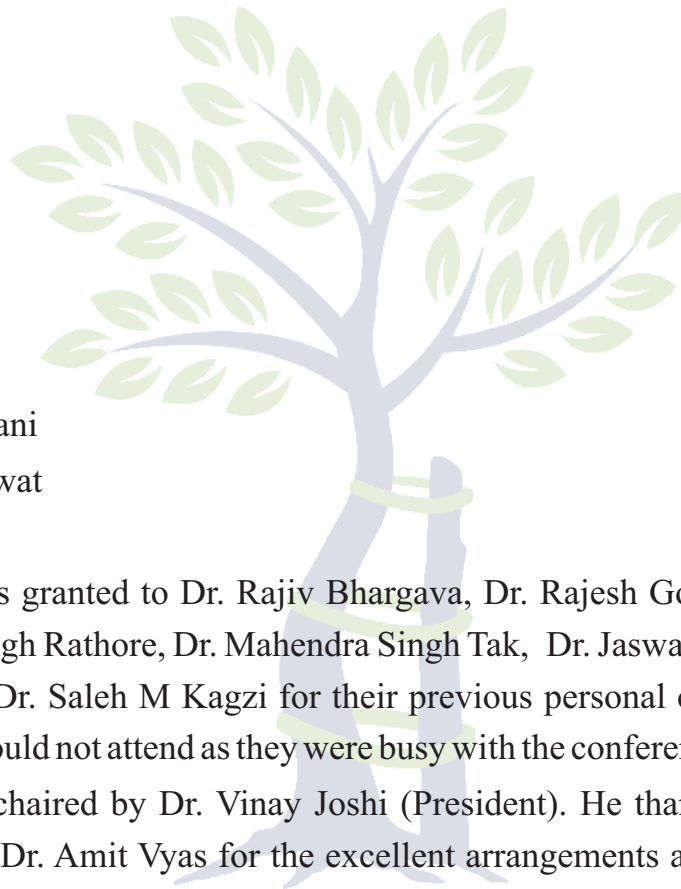


ROSA EXECUTIVE COMMITTEE MEETING, (Minutes)

JAIPUR, SUNDAY 14TH JULY 2019, 11.00 am

The meeting was attended by

1. Dr. Vinay Joshi (President)
2. Dr. Rajesh Goel (President Elect)
3. Dr. Jayant Sen (Secretary)
4. Dr. Rahul Katta (Treasurer)
5. Dr. Ramesh Meena (President Elect IOA)
6. Dr. Mahesh Gupta
7. Dr. Mohan Mantri
8. Dr. C K Ameta
9. Dr. Anurag Talesra
10. Dr. Kapil Gangwal
11. Dr. C M Goyal
12. Dr. N K Gupta
13. Dr. G D Ramchandani
14. Dr. Kuldeep Nathawat



Leave of absence was granted to Dr. Rajiv Bhargava, Dr. Rajesh Goyal (Dholpur), Dr. Naresh Porwal, Dr. Mahendra Singh Rathore, Dr. Mahendra Singh Tak, Dr. Jaswant Singh, Dr. Ashok Tiwari, Dr. Gaurav Rohatgi and Dr. Saleh M Kagzi for their previous personal commitments. Dr. Purnima Patni and Dr. Amit Vyas could not attend as they were busy with the conference.

1. The meeting was chaired by Dr. Vinay Joshi (President). He thanked the ROSA Mid Term Organizing team lead by Dr. Amit Vyas for the excellent arrangements and asked the Secretary Dr. Jayant Sen to start with the agenda.

2. Obituary – Dr. S. P. S. Khanuja, Kota was read out by Dr. N K Gupta. A minute silence was kept to pay homage to the departed soul.

3. ROSACON 2019 – Report already published in ROSA Voice January – March 2019. Dr. Anurag Talesra, Organising Secretary wanted more time to complete the accounts in view of the GST issues. The committee discussed issues regarding sponsors who do not pay after committing their support. Dr. Mahesh Gupta and Dr. Mohan Mantri also shared their experiences of such occurrences. The committee agreed to extend the time limit for the submission of the accounts till 30th September 2019 as a special case for this year.

4. ROSACON 2020 – Organising Secretary Dr. N K Gupta shared the preparations. The 1st brochure has been sent out. Hotel Sawai Vilas and some other nearby hotels have been booked. Conference registration fee was discussed. Secretary ROSA, Dr. Jayant Sen advised the organizing team to follow the ROSA Blue book and amend the registration fees accordingly. Schedule of events including the Tiger safari and the GBM timing (6 pm on Day 2 of the conference, as a special case) for the 3 days of the conference were discussed and the committee agreed to do suitable changes as advised by various members.

5. ROSA – Dr. J C Sharma Spine Fellowship – Secretary Dr. Jayant Sen apprised the Committee of the progress made in the matter. Dr. Naveen Mathur, Dr. Rajeshwar Kalla and Dr. S P Agarwal have worked hard to get the Trust Bank account and PAN card issues sorted out. The Executive Committee appreciated the efforts of the senior members and looked forward to starting the fellowship from this year.

6. Bone & Joint week – President Dr. Vinay Joshi asked all members to participate with full gusto. Dr. Jayant Sen, Secretary was nominated to attend the IOA Executive & CSRC meetings for the same in Delhi on 21st July 2019.

7. ROSA Life Time Achievement awards - were discussed. The committee finally decided on Dr. Ram Singh (Kota) and Dr. K B Lal (Jaipur) to be presented at ROSACON 2020 at Sawai Madhopur.

8. ROSA Blue Book Amendments – We now have 3 categories of Fellowships – 1) International, 2) National and 3) State. A member who has done one fellowship in a particular category will not be eligible in that category in future.

9. Proposal from Shri Ram Hospital, Udaipur – The house agreed to forward the request to have the fellowships recognized by ROSA to the GBM.

10. Proposal from Hand Surgery Trust, Jaipur – The house agreed to forward the request to have the Orientation Program carried out across the state recognized by ROSA to the GBM.

11. Dr. Rajesh Goel, President Elect & Election Officer informed that the election process for the post of President Elect and Secretary has been initiated

With no further matter to be discussed the Secretary thanked all for making it convenient to attend the meeting.



Dr. Jayant Sen
Secretary ROSA

Case Report

Complex, combined Pelvic injury and Bilateral Acetabular fractures in a polytrauma patient.

Dr. Prateek Goyal. Consultant Orthopaedic surgeon. Specialist in Pelvic Acetabular Reconstruction, Santokba Durlabhji Memorial Hospital, Jaipur

Fractures of the pelvis and acetabulum are life threatening and are among the most serious injuries. Often they result from a traumatic incident such as a motor vehicle accident or a bad fall. Pelvic and acetabular fractures require rapid and precise treatment and, in some cases, one or more surgical procedures. People of all ages are vulnerable to these injuries.

As with any fracture, the main goal of treatment for fractures of the acetabulum and pelvis is to return the patient to their pre-injury functional level, to the greatest extent possible. This means returning comfortably to daily activities--work and play. Surgeon, nurses and rehabilitation specialists design a course of treatment that seeks to get the patient back to full strength and with the range of motion that they had before the injury.

The treatment of displaced acetabular fractures has improved greatly over the last 30 years. Non-operative management was preferred by most orthopedic surgeons until Judet et al. published their paper in 1964 which led to a better understanding of the different types of acetabular fractures. The results reported by Letournel influenced surgeons around the world to choose open reduction and internal fixation for many of the displaced intraarticular fractures.

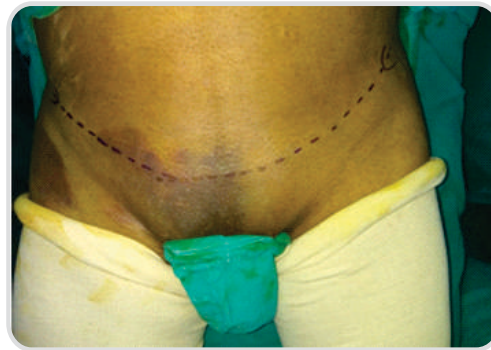
The outcome of surgery for a pelvic or acetabular fracture is dependent on a variety of factors including: the extent of injury including injuries to the head and other organs, the fracture configuration, degree of displacement and commination, timing of surgery and to achieve a stable and anatomic reduction, along with rigid fixation to mobilize patient immediately following surgery. Difficulties may be encountered because of the complex anatomy, difficult surgical approaches, and other severe lesions which can delay open reduction. Different reports [1–5 , 16 -18] have shown good-to-excellent results in 70–90% of patients following open reduction and internal fixation. Identification of prognostic factors in these injuries has always been a major concern, but there is no agreement on which of them is truly important in the final outcome.

The object of this case report is to describe the clinical and radiological results of a complex case of pelvic and bilateral acetabular fracture treated by open reduction and internal fixation in our institute successfully despite several bad prognostic factors and to encourage the surgeons across the region.

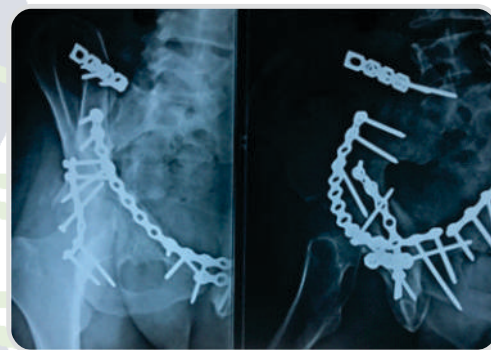
A 50-yr. male met with road traffic accident and sustained poly trauma and presented in emergency of SDM Hospital. He was under shock due to massive blood loss inside pelvis (approx. 8 units).



Despite other injuries he had pelvic and bilateral acetabular fractures. He sustained B/L acetabular fractures (Letournel and Judet classification- Right side T shape fracture and left side anterior column and wall) and open book pelvic injury (Tiles type B injury which is vertically stable but rotationally unstable) with pubic diastasis of 7 cm.



If left untreated, it could have confined him to bed for rest of his life secondary to the pelvic ring disruption and inevitable hip arthritis resulting from acetabular fractures. After haemodynamic stabilization and observation for initial days till general parameters were settled, his surgery was planned Open reduction and internal fixation of the pelvic and acetabular fractures with anterior bridge plating in ilio-ilial configuration fixing both the anterior columns and pelvic diastasis with the multiple plates and an additional plating each for pubic symphysis, along with right side S-I joint and posterior column fixation was done.



The patient was mobilized from day 1 post operatively. His fractures united and consolidated in 12 weeks and he was allowed full weight bearing at 12 weeks with the help of crutch support which he continued using for another four weeks (16 weeks). With the proper rehabilitation program, he was able to recover fully and was able to do his all day today activities independently.



Discussion —

Pelvic fractures and the multiple injuries that often go along with them are potentially life-threatening. Even patients who survive these injuries and had surgery for these fractures, may have a significant degree of long-term disability and pain.

Thanks to advances in treatment over the years, especially surgical reduction and stabilization techniques, 80-85% of patients, can expect a good to excellent recovery following surgery, provided that the hip can be properly aligned and fixed. On the second day following surgery for an acetabular fracture, patients are usually able to get out of bed. Crutches must be used for 8 weeks following surgery, but by 12 weeks most people are able to walk unassisted. If they are otherwise in good condition, most people recover fully within 4-6 months and are able to resume recreational activities at that time.

While many of us have become accustomed to the amazing strides achieved by medical science, it's worth noting that these good results following acetabular fractures are remarkable. This progress is due in large part to long-term studies conducted by two French researchers, Judet and Letournel, who identified the common fracture problems and provided key information on the best way to gain access to the fracture with the least amount of injury to the patient. Based on their findings, better instruments and surgical techniques have evolved. Physicians also have a better understanding of how to avoid complications and of the healing process. More recently, additional information about the fracture is achieved through visualizing techniques such as CT and MRI scans. Before any of these developments occurred, patients with acetabular fractures had a far less promising outlook. Most ended with painful arthritic hips, and in young patients a hip bone fusion, which resulted in drastically limited mobility.

References —

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