

Report on Ear Aid Nepal Educational Otolaryngology Bursary 2017

I am very grateful to Ear Aid Nepal (EAN) for providing the educational bursary to perceive the golden opportunity of Observership in one of the top Ear Hospital of world and Temporal Bone Dissection in Dundee.

Observer-ship in Royal National Throat Nose and Ear Hospital, London

It was great privileged to be observer in RNTNEH under Jeremy Lavy.

October 30, 2017: First day in the hospital but had to get registered in administration of UCLH. Lavy was off for the day but he came in the morning just to pick us and took to the administration. It took short time to finish but there was loads of query about the observership by administrator. We went to Out Patient Clinic and was introduced to Consultant S. Khalil (Skull Base Surgeon) and Registrar Nish Mehta. We just observed the attended patient for the clinic. It was new for us to observe the style of seeing the patient in OPD, its recording & documentation system and way of examination also.

October 31, 2017: It was the operative day for Lavy. We were excited to see the operation and OT setup also. Unfortunately there was just one operative case of Congenital Cholesteatoma which was first case for me to see. In the afternoon we attend the outpatient clinic with Lavy and his registrar Manjaly Joe.

November 1, 2017: In morning session we attended the Cochlear Implant Clinic. There I could see the follow up case of CI with parents who were very happy with the outcome. Similarly the cases for planned CI were also observed.

In the afternoon we attend to the OT and very lucky to meet Prof. Bhik Kotecha, one of the pioneer in sleep surgery. Sleep Nasal endoscopy, Tonsillectomy with Radio Frequency Ablation was observed. We had quick but brief discussion about the sleep surgery and his upcoming sleep nasal endoscopy scoring.

November 2, 2017: In the morning we went to library at RNTNEH and went through the new books and latest journals. In afternoon we attended the facial Nerve clinic in outpatient clinic.

Novemeber 3, 2017: the last day of Observership but utmost day for us. Day started with English breakfast with Lavy near UCLH since the bilateral cochlear implantation was at UCLH. We were lucky to observe the UCLH hospital and observe the bilateral cochlear implantation case of children.

In the evening Lavy took us to Pub where there were many ENT surgeons of UK gathered for meetings. We were lucky to meet Dr. Hasheem Saleha who is leading rhinoplasty surgeon and pioneer in ENT masterclass across the globe. Besides him we met Dr. Catherine who works with Dr. Saleha. We had wonderful discussion in rhinoplasty surgery along with Dr Peter Andrew.

Late in the night Lavy tooks us the streets of London and gave us dinner farewell in Italian Restaurant.

Visit to Oxford

On November 5, we went to Oxford in Oxford Tube on the invitation from Rosie Martin who is one of the active trustees of EAN. We were welcome in the Bus Stop by Rosie and took us to her home in a car. We had good lunch there. In the afternoon we travelled to main Oxford city where we meet George who had visited Nepal several times. He took us to many ancient places and many campuses in Oxford! In the evening we meet Tom Martin who had to travel long from Worcester to meet us. Tom and Rosie handed over the remaining Bursary amount to us. We also offered them souvenir form Nepal. We were overwhelmed to have dinner in Nepali restaurant. We had good chat together with Tom, Rosie, George and his wife Maggie. Late night Tom returned to his place and had good sleep in the sweet home of Rosie. Next morning we returned to London to start journey to Dundee.

Temporal Bone Dissection Course in Dundee

We reached Dundee on 7th of November 2017 after one night journey in night bus. We were provided well accommodation in the dormitory in the hospital.

Temporal bone was from 8 to 10 November 2017. It was amazing experience for us to have temporal bone dissection course in such sophisticated instruments. The facilitator was so humble and kind. Med AI had also provided to put sound vibrant bridge during dissection. Not only that we could meet the ENT have surgeons who have travelled from other places to attend the course. The best thing in this course was that we start the dissection from the start and tutor coming around us to assist. They provide two temporal bones during the course which builds the confidence and understanding the anatomy more efficiently. Overall the temporal bone course is totally different and very advanced than what we do here in Nepal.

Achievement from the Bursary

It was life time experience to learn new things and have western world medical experience and skill which I will try to follow in my country. Not only that I could be one of the activist of the EAN in country. We will refer the patient who is nearby Pokhara to get the facilities of Ear Hospital. In the future I will be enthusiastic to participate in health camp conducted by EAN. Another thing I have gained is networking with overseas doctors. Whenever I get the difficult and rare case I could discuss with the doctors from UK anytime and will therefore help the patient of Nepal. Sightseeing in London and meeting and making friends and families have given me the sweet memory.

My Recommendations:

EAN should continue this type of educational bursary to promote young ENT surgeons of Nepal. Selection should be same as done preliminary by SOL Nepal Bodies and finally by EAN trustees. 2000 UK Sterling is just enough for the travel. However if temporal bone course is provided free of cost that would be much

better or the temporal bone course and observership placement in same place would be cost effective and less time consuming to travel in various places. Regarding my budget, little more expenditure had to be made as Visa processing fee, going Kathmandu and returning by flight multiple time for visa(as roadways is not good and time consuming) and travel medical insurance. The cost in London is expensive though my friends and families helped me a lot for other logistic also. EAN should conduct some course, seminar and live surgery and educational events in Nepal to include maximum number of participants. Similarly giving more training to audiologist who is practicing for many years in Nepal must be encouraged further too.

Finally I am grateful to Dr. Mike Smith, Dr. J. Lavay, Dr. Tom Martin, Rosie Martin, Prof Musheer Hussain and Dr. Devesh Singh for giving me the opportunity to get nurtured in the field of ENT surgery. I hope to implement the skill and knowledge throughout my career.

Yours Sincerely

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