

# Final report of Ear Aid Nepal educational otology award 2018

**Sponsor:** Ear Aid Nepal

**Venue:**

- Surgical skill center, Ninewells hospital and medical school, Dundee from (30<sup>th</sup> October – 1<sup>st</sup> November)
- Royal National Throat, Nose and Ear Hospital, Grays inn road, London(5<sup>th</sup> November- 9<sup>th</sup> November)

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## Background

This educational otology award is one of the parts of academic activities done by Ear Aid Nepal (EAN) to increase clinical exposure and knowledge.

## Discussion and training activities

### 1. Temporal dissection workshop in Dundee university



Two and half day long advanced temporal bone dissection work shop was attended from 30<sup>th</sup> October to 1<sup>st</sup> November in Cushieri surgical skills center, Ninewells hospital and school of medicine, Dundee. During the workshop we were given two cadaveric temporal bones. On the first day of dissection, we did endoscopic examination, endaural approach, myringoplasty, cortical mastoidectomy, facial nerve decompression, posterior tympanotomy, jugular fossa approach, translabyrinthine approach to internal acoustic meatus. On second day, we did postaural approach, bony canaloplasty, atticotomy, attico-antrostomy, ossiculoplasty, modified radical mastoidectomy, endolymphatic sac decompression, stapedectomy, middle ear implant insertion- Vibrant sound bridge insertion and cochlear implantation, labyrinthectomy,. On last day of dissection we did translabyrinthine approach to internal acoustic meatus, middle fossa approach to internal acoustic meatus delineating the facial nerve, cochlear nerve and superior, inferior vestibular nerves. We learned to do all surgeries under guidance of three faculty members, two from Dundee University itself (Stephen Jones, Patrick Spielmann) and one as visiting faculty. The entire guides were very friendly and encouraging and explained all our doubts clearly, without any hesitations. And we had enough time to do all the dissection properly which added to our clinical knowledge of temporal bone surgeries. We had lectures on basic anatomy and different hearing implants including middle ear implants and cochlear implantation. Apart from all these, we had a chance to interact with other

surgeons from different parts of world including Iran, Oman, Greece, India and Nigeria. We had an exchange of clinical knowledge. We stayed inside the hospital itself in residence quarters which were good. And for us, having kitchen inside the residence was very helpful. We visited different departments of Ninewells hospital.

## 2. Observer-ship training at Royal National Throat, Nose and Ear Hospital:



From 5<sup>th</sup> November to 9<sup>th</sup> November, I got the chance to observe surgeries performed at RNTNE, London. During the 5 days observation, we got chance to observe Stapes surgery. We had observation of different surgeries starting from early morning as early as 8:30am till 4pm. We saw stapes surgery performed by Dr. Jeremy Lavy, a renowned stapes surgeon. He is very friendly, encouraging and a good teacher. For the first time we were lucky enough to observe stapes surgery done with the use of laser. Also we had the chance to see revision stapes surgery, revision mastoidectomy, cochlear implantation. Routinely there is bilateral cochlear implantation in UK as it is covered by insurance but in Nepal due to lack of resources we hardly have bilateral implantation. We were surprised to see bilateral cochlear implantation even in a patient at the age of 90.



Apart from ear surgeries, I was lucky to observe rhinological surgeries like endoscopic sinus surgeries, septorhinoplasties. I observed open, closed septorhinoplasties for hump reduction, crooked nose deformity, augmentation. Also I observed button placement for septal perforation.

Also I got chance to observe sleep surgeries like uvulopalatoplasty, tongue base reduction. I observed uvulopalatoplasty done with use of laser and reduction of tongue base with use of radiofrequency waves. All the staffs of RTNTE were very friendly and helpful. It was difficult initially to go around different department but with help of staffs and particularly Dr. Nish Mehta who guided us initially.

Also I got chance to meet an immunologist and got some ideas about basic immunological investigation and management.

During the stay at RTNTE, I interacted with residents as well as a visitor from Sweden.

### **3. Apart from course and observer-ship**

Apart from learning we got time to look in and around London. We visited London Bridge, London eye, Westminster palace, Buckingham palace, Natural history museum, British museum, Windsor castle, Great Ormond street hospital, National hospital for neurology and neurosurgery, London canal.

Thank you so much to dear Rosie and Tom for great hospitality and getting us around Oxford University. We observed different departments of the university, and one of the world's oldest libraries.

**Recommendations:**

1. If the duration of observership at RNTNE or other hospitals in UK can be extended for bit longer it would be more effective. We were there only for 5days. During the period we had short observation. If it could be elongated, we might be able to observe more surgeries that would extend our skills as well. May be the money could be constraint. But if the awardee can afford and EAN can arrange for the prolonged observership for duration around one month.
2. Apart from surgical exposure, other forms of clinical exposures like allergy clinic, rehabilitation clinic following cochlear implantation can be very helpful for us.

**Acknowledgements:**

First of all, I would like to thank EAN for providing me the opportunity to extend my knowledge and improve my surgical skills.

I would like to extend my sincere thanks to Rosie Martin for making all arrangements like accommodation, megabus , train ticketing, also for Tom Martin for great hospitality and making us familiar with places in Oxford University.

Also I would like to thank Jeremy Lavy and Nish Mehta for hospitality and guidance at RTNTE.