

APSS MEDTRONIC FELLOWSHIP REPORT

Fellowship duration : 29th May to 19th June, 2025

Fellow: Dr Dheerj Manikanta Maddali

MBBS, M.S., Orthopedics, FASSI (Spine Surgery), FFESS(Endoscopic Spine Surgery)

Assistant Professor and Consultant Spine Surgeon, Department of Orthopaedic Surgery, GSL Swatantra Hospitals and Medical College, Rajahmundry, Andhra Pradesh, India

Host: Professor Dr. Morio Motsumoto/Professor Dr. Kota Watanabe - Keio University School of Medicine, Tokyo, Japan

I would first take the opportunity to thank the APSS Fellowship Committee, and the APSS secretariat, especially Jennifer and Kaelyn for orchestrating the logistical aspects of my fellowship, including air travel, accommodation, and airport transfers.

On my arrival, Jennifer and Kaelyn ensured that my airport transfer was arranged and the registration process at my accommodation was smooth. The accommodation provided to me was extremely spacious, and was conveniently located from the university. The local stores and restaurants were within walking distance thus ensuring that devote maximum time to my training and focus on learning.

I was introduced to the Department of Orthopedics at Keio University School of Medicine. Department comprised of Professor Dr Morio Matsumoto, Professor Dr Nakamura, Associate Professor Dr Kota Watanabe, Assistant Professor Dr Nagoshi, Dr Takeda, Dr Suzuki, Dr Okubo. Dr Takeda gave me an orientation tour of the university hospital and the campus. They also ensured that I obtain my ID at the earliest and provided me with a detailed weekly schedule prior to my commencement.

SPINE TEAM WEEKLY ROSTER

DAY	SCHEDULE
Monday	Morning - clinical rounds Attending OR
Tuesday	Out patient services
Wednesday	Morning - Orthopedic Seminar Attending OR
Thursday	Morning - Spine meeting Attending OR
Friday	Out patient services
Saturday	Attending OR

Clinical Meetings

Clinical meetings were held twice weekly where we had pre-operative case presentations.

These meetings mainly focused on clinicoradiological evaluation and surgical management options. They were discussed in front of faculty, fellows, postgraduate and undergraduate students. There were frequent case presentations by postgraduate residents with an important take-home message or highlighting an important rationale.

I thoroughly enjoyed these discussions and I was constantly encouraged by the entire team to share my views. I had an amazing opportunity to understand the functioning of a high-volume scoliosis

centre, not only in terms of patient screening, assessment and counselling but also surgical execution, post-operative management and rehabilitation. This centre focuses mainly on Spinal Deformities.

The entire team of Spine Division ensured that I understand their algorithms for offering conservative and operative management. User-friendly EMRs with easily retrievable patient data helped me a lot to study long-term follow-ups and understand the natural history not only of spinal deformity, but also other sub specialities like degenerative, trauma, infective and tumour pathologies

Operation Room

In the OR, I was privileged to see deformity cases including some severe curves (Congenital and Adult) apart from traumatic, degenerative and infective patients.

The use of T bar, the concept of two surgeons operating simultaneously on the spine(Left side and right side), safety during free hand pedicle screw and extrapedicular screw insertion all lead to significant reduction in the operative time, blood loss and perioperative complications during deformity corrections thus leading to desired outcomes.

All faculties ensured that I am actively involved in various procedures and also encouraged me to spot the difference and discuss them. This broadened my view as a surgeon and I realised that there are many ways to approach any case but the appropriate one is that which is reproducible, safe and works best in your hands thereby leading to an optimum outcome.

I thank the entire team of Spine Division at Keio University Hospital and APSS for ensuring that I learn, share and make memories that will be cherished for life.

My Fellowship concluded with the APSS annual meeting at Shangri le,
Kuala Lumpur, Malaysia from June 20 - June 22,2025