

ONSF VISITING OBSERVATIONAL FELLOWSHIP IN SHOULDER AND SPORTS MEDICINE SURGERY

ONSF offers a 1 to 4-month observational fellowship in shoulder and sports medicine surgery to fully trained international physicians and specialists currently practicing abroad. The Observership program is a recognized shadowing experience that enables a participant to view procedures and surgeries; attend patient rounds and teaching conferences; and have full access to learning about patient care. United States regulations prevent observers from having patient care responsibilities. On April 1st, 2019, ONSF welcomed Dr. Lakshay Goel as an Observational Fellow. As a direct result of Dr. Goel's highly successful experience, ONSF implemented its International Observational Fellowship Program. Dr. Goel is a Senior Resident, Department of Orthopedics, with Safdarjung Hospital in New Delhi, India. Upon completion of this month-long program, Dr. Goel provided his review and analysis of the experience and helpful information for future international fellows.



Dr. Lakshay Goel; Dr. Paul Sethi; Dr. Arvind Kumar

FELLOWSHIP IN SPORTS MEDICINE

Dr. Lakshay Goel

I had my fellowship under **Dr. Paul M. Sethi** from 1st April to 30th April. During my time shadowing him, I visited 4 hospitals -- Greenwich Hospital (Yale University), Stamford ASC center, and ONS office (Greenwich and Harrison).

I applied for the B1/B2 visa (tourist visa) and took an Airbnb apartment in Riverside for the month of my stay here. I commuted mostly through bus on route 311 to both Stamford ASC as well as ONS Greenwich office and Greenwich Hospital.

During my fellowship I spent my most time shadowing Dr. Sethi who is a sports injury and a shoulder specialist under whom I gained experience in evaluation of sports injuries and shoulder conditions and their management according to the latest protocols. I observed multiple surgeries including Arthroscopic rotator cuff repair, superior capsule reconstruction, subacromial decompression, and total shoulder arthroplasty inside ACL reconstruction etc.

I also shadowed **Dr. Tim Greene** who is specialist in hip arthroscopy, **Dr. Jonathan L. Berliner** who is an arthroplasty specialist and **Dr. Katherine B. Vadasdi**, who is an elbow specialist and observed evaluation of multiple sports injuries as well as conditions pertaining to these areas and observed surgeries like hip arthroscopy, elbow arthroscopy, anterior hip replacement etc.

High volume of patients including multiple ongoing research (including journal club and case discussion) led me an insight of management using latest protocols of multiple orthopedic

conditions in United States and management of postoperative pain through novel approaches.

Personally Dr. Sethi took utmost care of my problems and helped me a lot getting through smoothly making it a great Academic experience and learning program. I look forward to spending more time in the future to further enhance my knowledge and research.

Dr. Lakshay Goel
Senior Resident

Tips and Pearls for Residents Visiting for Fellowship

1. 311 bus route goes to both Greenwich office and Stamford ASC the schedules of which can be looked on google maps. (From Riverside)
2. Each ride in the bus cost \$1.75 and a month pass with unlimited rides is usually 63 dollars (the pass can be purchased on the bus as well as certain shops mentioned on the website) rest of the details can be found on website www.Cttransit.com
3. Various other bus passes like a week pass, 10 ride pass can be obtained on the bus only depending upon the need.
4. Each meal if done outside would typically cost around 5-15\$ depending on the place.
5. Lunches are usually provided in the OR for the entire team which is usually 2-3 times a week (not at the Greenwich Hospital).
6. The bus runs on schedules usually which are followed -- sometimes they can be little late, the alternative way for commute then would be uber/lyft (which is app based)
7. Weather can be tricky (can vary from being excellent sunny and warm to cold) depending upon month to month so would advise looking up the weather and putting wardrobes accordingly.
8. ONS office (Greenwich) and Greenwich Hospital has a canteen from where lunch can be brought.
9. Since it is an advanced shoulder and knee fellowship a basic knowledge is a prerequisite including reading MRI accurately, clinical assessment of shoulder and knee and knowledge about arthroscopic procedure/open procedure.
10. A cell phone with local US number and cellular data would help getting around knowing to know about ways / food options (the data options and cellular plans can be looked up online).