



Karnataka Orthopaedic Association



Annual Report for the Best Chapter Award Karnataka 2013





Karnataka Orthopaedic Association

Activities of Karnataka Orthopaedic Association
from 1st November 2012 till 31st October 2013

1. Increase in the number of members:

As on October 2012, Karnataka Orthopaedic Association (KOA) had 1100 members.
Members joined after November 1st 2012 till October 31st 2013 was 89 (a growth of 9 percent)
90% are registered in the state.

2. Increase in IOA membership:

As on October 2012 IOA members from Karnataka: 779
Members joined after November 1st 2012 till October 31st 2013- 67.
9 percent increase
70% are registered with IOA from the state.

3. Academic Activities:

a) National conference: First ever National conference of Geriatric orthopaedic Society ,GOSICON was conducted from October 5 to 7th. About 350 delegates attended the programme, which was organised by Dr John Ebnezar, president of GOSI. Dr Anil Jain president elect attended the programme.

b) Regular state conferences:

1. 37th Annual conference of Karnataka Orthopaedic Association was held in Manipal on 1st to 3rd February 2013, 570 delegates attended the conference. On 1st and 2nd conference was held with orations, guest lectures, paper presentations and symposia. General body meeting was held on 2nd evening Dr Anil Jain president elect attended the conference. Mr Ian Felton British deputy high commissioner was the chief guest. A session on IOS-UK KOA hip arthroplasty was conducted where 7 faculty from UK delivered lectures. **MCI accreditation points 7 awarded.**
Percentage of attendance : 55%

c) C.M. E. Programs National Level:

1. National PG teaching program of IOA was conducted in Ramaiah Medical College Bangalore on 6th & 7th April. This was organized by Dr. Naresh Shetty who is chairman of IOA PG/UG teaching committee. This program was attended by 150 postgraduates from all over India. Eminent postgraduate teachers of South India were the faculty.

2. Dr. Sudhakar Shetty Memorial Mangalore Orthopaedic Course was held on 15th & 16th June 2013. 220 postgraduates from all over the country attended the meeting. This program apart from didactic lectures had clinical discussions on long & short cases, radiology sessions & orthotic and prosthetic sessions. Apart from Karnataka Faculty, Dr Gopa Kumar & Dr Gopalakrishnan from Kerala & were the faculty.

3. Master trauma course was conducted at Sparsh Hospita, Bangalore on July 19th to 21st 2013. about 100 delegates from all over India attended it. Dr Sharan Patil was the organising chairman.. Dr Rajasekaran Paat president IOA was one of the faculty.



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4. A CME on bone tumours was conducted at Hubli by Ortho department of KMC Hubli on Oct 20th & 27th. About 75 delegates attended. Dr Suresh Korlahalli was the organizing chairman.

5. Bangalore Orthopaedic Society conducted its winter meet at Tashkent, Uzbekistan, from 12th oct to 14th oct. About 50 members from all over Karnataka took part in this. The theme of the Meeting was **"CURRENT CONCEPTS IN ORTHOPAEDICS"**.

d) Instructional courses:

2 ICL were held in Karnataka this year.

1. KOA ICL -1 was , (Karnataka Orthopaedic Association Instructional Course Lectures) was held in Tumkur, on July 27th & 28th. The theme was **"common conflicts in trauma management"**. This was attended by 140 delegates. Professors from all the medical colleges of Karnataka were the resource persons. This is an annual affair of KOA conducted by places which does not have the facility to conduct the Annual state conference. This program was attended by IOA past president Dr. Rajeev Naik . & Past IOA secretary Dr Govardhan from Chennai.

2. Second KOA Instructional Course lectures was conducted in DAVANGERE. About 100 delegates were present..

Bone & Joint programmes:

Bone & joint week observed at ESI Medical college Bangalore from 29th July to 4th August. A CME in Orthopedics was held & all the other discipline faculty were present. Osteoporosis & Arthroplasty free camp was held. Dr Purushotham HOD, Orthopedics & his staff were the resource people.

Orthopaedic social night and Bone & joint day celebration was held at Mysore on 3rd August BY MOST, under the leadership of president elect KOA Dr Nithyananda rao.

Most of the district clubs reported observation of Bone & Joint day celebrations & conducting free surgeries & camps.

e) Hands on workshop:

1. Advanced Learning center Cadaveric Lab In MS Ramaiha, under the aegis of KOA arranged 4 TKR, 4 THR, 4 Arthroscopy both shoulder and knee, one spine one acetabulum and two trauma workshops on the cadaver. This is a regular activity at the centre

2. Basic trauma course cadaveric & hands on were organized at MS Ramaiha Advanced learning centre on 25 to 27 Oct 2013, organized by Dr Naresh shetty , dept of Orthopaedics MSR Medical college.

3. Hands on work shop at Tumkur ICL on distal radius & clavicle fracture on July 28th 2013. Dr Shartah Rao was the resource person

f) PG crash courses:

1) PG teaching programme was conducted at JSS medical college on Jan 12 & 13 2013 . about 125 students attended the programme. Dr Sharath Rao past president KOA was the main faculty



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2) PG instructional course was held at BMC&RI on 8th & 9th June 2013. about 60 students attended the programme.

3) PG – ITC ORTHO at JN Medical College, KLES Dr. P. K. Hospital & MRC Belgaum, 21st & 22nd July 2013. This was attended by 80 postgraduates. The resource persons were eminent teachers from Karnataka.

4. Bone School: Sparsh hospital Bangalore conducts PG teaching programme every alternate months. This year 5 such programmes were conducted, faculty from all over the state attends this.

Lectures/papers in IOACON 2012:

Ankle fracture as I see them; Kini memorial oration

Dr Rajeev Naik, past **president IOA**

Outcomes of triangle tilt surgery for birth brachial plexus injury – new concepts in addressing internal rotation contracture Dr Karthik.

Comparative study of tibial plateau fractures treated with auto graft and Tricalcium phosphate dr vijai kumar angadi.

Clinical outcome of surgical management of metaphyseal fractures of distal third of tibia with locking compression plate using mippo technique dr Sivarama raju.

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GAP balancing and correction of FFD Dr Hulse.

A comparative study of use of topical versus intravenous tranexamic acid for minimizing blood loss in cardiac patients undergoing total knee arthroplasty. Dr Sorabh gupta .

Cemented THR – is it still the gold standard? Dr Sharan Patil

Proximal Focal Femoral Deficiency Treated By The Ilizarov Method Dr Rajesh Kuma

Conservative Management of Acute and Chronic pain in Orthopaedics –

current trends & perspectives Dr Naresh shetty

My experience with CR 150 Dr Raj chakrabarthi

Fracture of the femoral head – the so called Pipkin Dr Shantharam Shetty past president IOA

Middle third clavicle fractures-Indications, techniques and results of surgery Dr Nithyanand Rao

Traumatic AAD – Fixation option dr amrith

Post traumatic / infectious deformity of lower limb Dr Harshad Sha



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Mutilating injuries of the hand dr Alexander
Bone Skills Lab Dr sundaresh

Publications/articles by KOA members

1. Management of posttraumatic proximal interphalangeal joint contracture.
Shirzad Houshian, Shan Shan Jing, Chandrasekar Chikkamuniyappa, Gholam Hussein Kazemian, Mohammad Emami-Moghaddam-Tehrani
The Journal of hand surgery 08/2013; 38(8):1651-8
2. Int J Cur Res Rev, Apr 2013/ Vol 05 (07) Safety of bilateral single stage total knee replacement under one anaesthesia in terms of perioperative complications. Shekar M., Chandrasekar C., Sharan Patil
3. Abstract - Poster # P144 - 2013 AAOS Annual Meeting, March 19-23 Chicago
Title: Single Stage Versus Staggered Bilateral Total Knee Replacements In A Single Hospitalization Dr Chandrasekar Chikkamuniyappa
4. The Journal of Hand Surgery, European volume 2008;33(3):345-9.
Single-stage distraction correction for neglected dorsal fracture dislocations of the proximal interphalangeal joint: a report of eight cases.
Houshian S; Ghani A; Chikkamuniyappa C; Sakka S A
5. J Bone Joint Surg Br. 2007 Feb ; 89 (2):206-9 17322436
Gradual joint distraction of post-traumatic flexion contracture of the proximal interphalangeal joint by a mini-external fixator. Chandrasekar Chikkamuniyappa, S Houshian , H Schroeder
6. J Hand Surg [Am]. ; 32 (5):651-6 17482004, Distraction Correction of Chronic Flexion Contractures of PIP Joint: Comparison between Two Distraction Rates.
Chandrasekar Chikkamuniyappa, Shirzad Houshian
7. Injury. 2007 Feb 19; 17316641, Salvage of osteoporotic ankle fractures after failed primary fixation with an ankle arthrodesis nail: A report of four cases. Chandrasekar Chikkamuniyappa, Shirzad Houshian, Abi Boys
8. J Plast Reconstr Aesthet Surg. 2006; 59 (12):1468-9 17113545
Correction of long term joint contractures of the hand by distraction. A case report.
Chandrasekar Chikkamuniyappa, Shirzad Houshian
9. Injury. 2006 Feb 22; 16499912, The retrograde nail for distal femoral fractures in the elderly: High failure rate of the condyle screw and nut. Chandrasekar Chikkamuniyappa, S K Singh , K A El-Gendy , S Houshian



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10. J Plast Reconstr Aesthet Surg. 2006 ;59 (12):1468-9 17113545

Correction of long term joint contractures of the hand by distraction. A case report.
Chandrasekar Chikkamuniyappa, Shirzad Houshian

11. J Orthop Sci. 2005 Sep ;10:537-9 16193369

Shrapnel causing a cyst in a tendon: presenting 60 years later in a World War II veteran. Chandrasekar Chikkamuniyappa , Rami Hussein , S.Houshian

12. Dojode CM. A randomised control trial to evaluate the efficacy of autologous blood injection *versus* local corticosteroid injection for treatment of lateral epicondylitis. *Bone Joint Res* August 2012; 1:192-197.

13. Bharath RG, Shivanand S, Karthik S - Epithelioid hemangioendothelioma of the proximal phalanx of the left second toe – a rare occurrence: A Case report. Journal of Orthopaedic Case Reports 2013 July-Sep;3(3):34-37"

Dr. Bharath Raju G.

14. Ipsilateral Floating Hip and Floating Knee - A Rare Entity

Yashavantha Kumar C., Nalini K B., Prashanth Nagaraj., Abhijith

Journal of orthopaedic case reports 203 Ju;ly-Sept 2013

KOA journal:

Every year KOA journal is published during the Annual Conference of the Karnataka Orthopaedic Association. This contains the articles from the members both review and original articles.

KOA News letter:

Two news letters are published by the KOA secretariat every year, one in the month of June, one in December. The news letter has activities of KOA, information about future activities, KOA & IOA life membership forms and information about new members.

8. Regular election of office bearers and calendar activities of the Chapter:

a). Elections were conducted for the post of President elect for the year 2013 and postal ballot was done. There were 4 contestants for the president elect post. Counting took place in State conference and Dr. Nithyananda Rao won the election.



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The secretary General post is continued for 3 years., with Dr Purushotam being in the office for the second year. He is the election officer for KOA.

b). Executive committee members are selected similarly and the secretary's post goes for election once in three years.

EC meetings are held at least three times in an year. Executive committee meetings were held in February during state conference. Two executive committee meetings were held with new office bearers one in Bangalore on 3rd March and the other on 27th July in Tumkur., Both meetings were attended by President, President elect & Secretary of KOA. Both of these meetings were attended by Dr. Rajiv Naik IOA Past President.

d). KOA ICL is a yearly affair done in places where state chapter annual meetings are not held.

9. DISTRICT CLUB ACTIVITIES:

a) Formation of city ortho clubs:

Each district of Karnataka state is having 13 district Ortho Club. They report to the secretary and president of the state chapter. Two new district clubs are added this year, Bidar & Bagalkot. Following is the concise report.

1. Bangalore Orthopaedic Society (BOS):

President: Dr. Deepak, Secretary: Dr. Ramesh Krishana

The flagship of KOA and conducts meetings every month with CME's, workshops, clinics and seminars. Has an Annual conference of its own for a day. Annual conference this year was conducted in Mercara.

2. Canara Orthopaedic Association:

President: Dr. R. M. Shenoy, Secretary: Dr. Surendra Kamath

The society includes Mangalore, Udupi, North Canara & Kasargod Districts. The second best society in state & has lot of teaching programs for postgraduates. Society meets every month. Every alternate month one day Postgraduate teaching program is conducted on rotation in each of six medical colleges of the district. On the other alternate month consultant program for difficult cases is conducted.

3. Mysore Orthopaedics Association:

President: Dr. Nithyananda Rao, Secretary: Dr. Devaiah

Includes Mandya district. Meets every month with PG teachings seminars and guest lectures. One of the emerging clubs with lot of activities in the form of paper presentation.

4. Hassan Orthopaedic Club:

President: Dr. Shankar, Secretary: Dr. Sri Ranga.

Includes Chikmagalur, Coorg & Channarayana districts. Active club, meets every three months. Meets every month for a guest lecture from outside faculty & case discussion.

5. Shimoga Orthopaedic Society (SOS):

President: Dr. Umesh Kamath, Secretary: Dr. Chaitanya

Conducts regular meetings every two months with guest lectures and seminar. Had conducted KOA state conference earlier.

6. Tumkur Orthopaedic Society:

President: Dr. Thyagaraj T V, Secretary: Dr. Ravikumar A S

A close knit small ortho club which meets 6 times a year.



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7. Davangere Ortho Club:

President: Dr. G Nagaraj, Secretary: Dr. Jayprakash.

Meets ones in three months with CME programs and guest lectures.

8. Raichur Orthopaedic Society:

President: Dr. Ramachandra, Secretary: Dr. Sridhar Reddy

Meets every 3 months,.

9. Bellary Orthopaedic Club:

President: Dr. Prabhanjan Kumar, Secretary: Dr. Shashidhar Reddy

Conducts CME programs every three months. Conducts live surgeries and hands on workshop on joint replacement & Arthroscopy.

10. Bijapur Orthopaedic Society:

President: Dr. Mundewadi, Secretary: Dr. Kiran Patil

Conducts CME and case discussions every three months .

11. Gulbarga Orthopaedic Society:

President: Dr. Boiji, Secretary: Dr. R Kiran

Conducts meeting every three months. Had a course on Trauma this year.

12. Hubli – Dharwad Orthopaedic Association:

President: Dr. Maulimani, Secretary: Dr. Basni.

Meets every 2 months, has conducted state conference earlier.

13. Belgaum Orthopaedic Society:

President: Dr. Kiran Patil, Secretary: Dr. Hemant Koujalgi

Meets every 3 months, conducts CME's and case discussions in the meeting.

14. Bagalkot Ortho Club:

President: Dr. Daddennavar, Secretary: Dr. Patted.

A recent addition to the district clubs, has a medical college in the district.

15. Bidar Orthopaedic Society:

President: Dr. B Madhukar Rao Secretary: Dr. Raghu Krishnamurthy

Another recently formed district club & has 14 members.

FELLOWSHIPS OF KOA

Exchange fellowship with other chapters:

1. **KOA-IOSUK** travelling fellowship by, KOA was formed with 2 of KOA members travelling to UK for a period of one month, one selected from academic institute and the other from private practice. They visit 2 centers in UK and submit the report in the annual conference of the KOA. Dr.Ranganath from ESI medical College & dr Nanda Kishore from Shimoga were selected and they visited London, Tameside & Huddersfield They also represented KOA in the IOS-UK annual meet at Huddersfield



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2. In land travelling fellow from Karnataka Orthopaedic: Dr Manjunath T from ESI hospital Bangalore underwent fellowship at Sanchety institute Pune, from January 1st 18th.

KOA SECRETARIAT

- **Own secretariat office with non medical associate secretary is present.**
- **Having own slide projector, OHP and laser pointer**
- **Website of KOA**

KOA has its own web site, koaindia.org. which is Interactive & has a page for case discussions.

During each year separate web site is started for the conference and linked to the KOA website. KOA web site is upgraded every month.

Bangalore Orthopaedic Society (BOS), & Canara Orthopaedic association have their own web sites.

- **News letter**

KOA Secretariat brings out 2 news letter every year containing all the news information to its members.

Web site of KOA:

KOA has its own web site, koaindia.org. which is Interactive & has a page for case discussions. During each year separate web site is started for the conference and linked to the KOA website. KOA web site is upgraded every month. Bangalore Orthopaedic Society (BOS), & Canara Orthopaedic association have their own web sites

Any welfare program to the public:

KOA from the savings of KOACON conference in 2013 donated Rs 100000/= towards Samarthanam trust for the welfare of blinds. This is the first time any such donations were under charitable activity.