



**BAPRAS**

British Association of Plastic  
Reconstructive and Aesthetic Surgeons

# Student Elective Report

Please return to: [secretariat@bapras.org.uk](mailto:secretariat@bapras.org.uk)

Please complete this report form as honestly as possible so that others considering an elective may benefit from your experience. If you visited more than one place, please complete separate forms for each. Please bear in mind that we will be posting this report on our website for others to read.

## Student Elective Report

<b>Name</b>	Emmanuel (Manolis) Giannas
<b>Medical School</b>	Imperial College London
<b>Email (optional)</b>	

<b>Country visited</b>	United Kingdom
<b>City or town</b>	London
<b>Hospital/unit/clinic</b>	Department of Plastic and Reconstructive Surgery, Charing Cross Hospital, Imperial College NHS Trust
<b>Dates visited</b>	January 2022 – 31 <sup>st</sup> May 2022
<b>Supervising doctor</b>	Mr Richard Kwasnicki PhD MRCS
<b>Contact details of your host:</b>	

<b>Please give an overview of what you saw / did (200 words max)</b>	<p>During my time at the Plastic and Reconstructive Department of Charing Cross Hospital, we conducted a prospective, observational study aiming to investigate the validity of wearable activity monitors (WAMs) to objectively measure functional recovery following abdominal wall surgery.</p> <p>Overall, I was responsible for running the study and implementing a study protocol developed by Mr Kwasnicki. My tasks included identifying patients from theatres list, assessing them for eligibility and approach them for study participation.</p> <p>Interested patients were given detailed explanation of the study. All included patients provided verbal and written informed consent. Patients were asked to wear the WAM on the wrist of their dominant hand for at least 48 hours before surgery and for up to two weeks following the operation. The WAMs measured physical activity levels per day. Participants were also asked to complete Quality of life surveys before and after surgery.</p> <p>Following data collection, the next step was to perform data and statistical analysis using IBM SPSS Version 28.</p> <p>Our abstract was successfully accepted for presentation by BAPRAS: Congress 2022 and the American Society of Plastic Surgeons (ASPS), with manuscript currently under preparation.</p>
<b>What were the best things about the</b>	My time at Charing Cross has been extremely insightful. I have learned in depth about various types of Trunk Reconstruction ranging from skin

<b>visit? (120 words max)</b>	<p>only abdominoplasties to more complicated Abdominal Wall Reconstructions. Furthermore, this was the first time I was exposed to research in plastic surgery.</p> <p>The best thing about this research project that I undertook, was that it provided multiple opportunities to learn about both, the clinical and academic aspect of plastic surgery. This allowed me to understand in depth what a career in this field would entail.</p>
<b>What problems did you encounter? (120 words max)</b>	The main problem encountered was sorting out administrative issues resulting in delays in proposed start dates. For this reason, unfortunately we did miss out on some potential study participants early on. However, under the guidance and continuous support of my supervisors these problems were swiftly resolved.
<b>What accommodation was provided?</b>	No accommodation needed.
<b>Would you recommend this to someone else? (explain if necessary)</b>	Yes, it was a great honour to be surrounded and learn from surgeons such as Mr Kwasnicki, Mr Dunne, and Mr Wood. I would like to thank them again for their continuous support and mentorship throughout these last couple of months. Overall, this was a wonderful experience during which I have learned a lot about academia in plastic surgery and would recommend this to other medical students interested in pursuing a career in plastic and reconstructive surgery.
<b>Are you more likely to choose a career in plastic surgery as a result of this experience?</b>	Definetly, this experience has provided me an in depth understanding of what a career in plastic and reconstructive surgery entails. The real beauty of plastic surgery is the creativity and practicality of the specialty, which combines science with art. I was amazed by the way soft tissue is rearranged and moved in order to close defects in abdominall wall surgery. This uniqueness of plastic surgery has further reinforced my desire to become a plastic surgeon.