

Student Elective Report

Name	Kate Howson
Medical School	Barts and the London, Queen Mary University of London
Email (optional)	

Country visited	India
City or town	Hyderabad
Hospital/unit/clinic	GSR Institute of Facial Plastic Surgery
Dates visited	11 th - 31 st May 2019
Supervising doctor	Professor Gosla Reddy
Contact details of your host:	

Please give an overview of what you saw / did (200 words max)	<p>The GSR Hospital provides care for patients with cleft and craniofacial deformities from primarily low socio-economic backgrounds. The majority of the operations are fully funded by the Smile Train Charity. During my time observing the team at the GSR Hospital I witnessed a great variety and number of cleft related operations. The schedule of operations tends to follow an approximately set timeline with lip repair at 6 months, palate repair at 1 year, secondary alveolar bone grafting at 7-8 years, Orthodontics from 11 years and Rhinoplasty at 16 years with speech and language therapy throughout. This timeline can vary greatly between patients depending on their presentation, needs and wishes. Some patients do not present until they are much older and hence their timeframe of operations is different to the aforementioned.</p> <p>There are 2 operating theatres, both run full lists Monday to Saturday and occasionally on Sunday too with one designated cleaning day per week. The efficiency of the theatre is phenomenal and this allows the hospital to get through a large volume of operations per day.</p> <p>I also spent time seeing patients pre and post operatively in the outpatient department.</p>
What were the best things about the visit? (120 words max)	<p>The team at the GSR Hospital were so welcoming and inclusive of my presence during my placement, they were always happy to talk me through any procedures I didn't understand or had questions about. The volume, surgical techniques and the different presentations of patients from those that I have experienced in the UK was phenomenal,</p>

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	<p>there were approximately 10-12 cases a day operating 6 days a week. Staying in the Cleft School Accommodation allowed me to meet some of the college students who have been operated on previously by the Hospital and provided with an education.</p> <p>Hyderabad was a great city to be located in with lots to see on your days off and of course the delicious Biryani!</p>
What problems did you encounter? (120 words max)	<p>I personally had no problems during my trip however it was necessary to be vigilant with staying hydrated in the intense heat as well as being careful with food and water.</p> <p>It is worth noting that this placement was largely an observership. I had the opportunity to scrub in and assist once however for the most part I was watching the surgeries un-scrubbed, this suited me fine as it meant that I was able to move between theatres to maximise my exposure to as many different procedures as possible. If you were looking for an elective for hands on experience this might be better obtained in a different unit.</p>
What accommodation was provided?	<p>On arrival in Hyderabad, Professor Reddy had arranged transport from the airport to the Cleft School where he had kindly arranged accommodation in the guest apartment. The accommodation was conveniently located approximately 1 kilometre (an auto-rickshaw ride) away from the Hospital in a quiet area of the Sai Ram Nagar Colony. The apartment consisted of two bedrooms each with their own bathroom, a large communal area and a kitchen.</p>
Would you recommend this to someone else? (explain if necessary)	<p>I would highly recommend this placement to others interested in cleft, craniofacial and facial plastic surgery, what this unit doesn't know about cleft surgery probably isn't worth knowing! I had an exceptional experience at the GSR Institute of Facial Plastic Surgery which allowed me to experience a huge range and volume of surgeries that would have taken me years to obtain in the UK.</p>
Are you more likely to choose a career in plastic surgery as a result of this experience?	<p>This opportunity has significantly broadened my experience of cleft and craniofacial surgery, an area of plastic surgery that I find absolutely fascinating but which is often difficult to gain experience within in the UK.</p> <p>I have learned a huge amount about cleft surgery and I envisage that what I have experienced during my time in India will be invaluable in my future career in Facial Surgery.</p>