

Kathmandu, NEPAL

Sarah Tucker, Conrad Harrison
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In May 2019, BFIRST returned to Kirtipur Hospital, Kathmandu. The theme of the trip was lower limb trauma and this year Sarah Tucker was joined by BFIRST trainee Conrad Harrison. Kirtipur is a 100 bed general hospital, hosting one of Nepal's busiest plastic surgery departments. The majority of cases referred to Kirtipur are burns, although cleft lip and palate and major trauma form a significant portion of the workload.

The plastic surgery service in Kirtipur is rapidly developing, particularly in the field of microsurgery, and BFIRST have been able to contribute to this growth by providing funding for four of Kirtipur's surgeons to attend a cadaveric flap course in Oxford last year. The BFIRST fellowship programme has enabled another one of the

surgeons at Kirtipur to visit

the Eda Hospital in Taiwan and learn from their world renowned team of microsurgeons.

We had been asked to provide a week of teaching on the management of open fractures and osteomyelitis. Some of the cases we would be helping with had been discussed in advance, and on the Sunday we arrived we held a short clinic and ward round to identify any other suitable patients.

The working days started with a handover meeting, at which the residents would present new admissions and post-operative patients. Mrs Tucker would then deliver teaching on the case that we would be helping with that day. We would spend the rest of the day in theatre, where Mrs Tucker took a very hands-off approach to teaching, spending less than half an hour scrubbed all week! She stood back, observed and offered well received tips and guidance to ensure the operations went as smoothly as possible. Building on



the skills learnt in Oxford last year, the team performed three free flaps that week (two gracilis flaps and one latissimus dorsi flap) to treat complex lower limb injuries.

Later in the week, we had the opportunity to visit a local orthopaedic centre to share our experience of orthoplastic collaboration back in Oxford, and some of the patients Mrs Tucker had seen on her last visit had made the journey in to see her again. They were all delighted with the treatment they'd received at Kirtipur, and it was really humbling to see the life-changing results BFIRST had helped to achieve.

We'd like to thank the whole department for making us feel so welcomed and look forward to BFIRST returning to Nepal in February.

Conrad Harrison, Plastic Surgery Trainee