



Education and Travel Bursary Report

Country visited	New Zealand
City or town	Auckland
Hospital/unit/clinic	North Shore
Dates visited	July 2024 – December 2024
Please give an overview of what you saw / did	<ul style="list-style-type: none"> • 6 months pure T&O hands fellowship • Living in the North Shore district of Auckland • Working at one Auckland's 3 main (adult) hospitals. • Approx 1 day clinic + 4 days elective / trauma surgery • Public + private operating • 360 cases in 6 months • Mostly trauma (tendon repair, phalangeal/metacarpal fractures) + common elective conditions (carpal tunnel, cubital tunnel, trigger finger, dupuytren's, ganglions, trapeziectomies + some CMC arthroplasty).
What were the best things about the visit?	<ul style="list-style-type: none"> • Beautiful country • Great for kids • No on calls or weekends • Went on the Singapore microsurgery course
What problems did you encounter?	<ul style="list-style-type: none"> • Limited hands on operating in the private sector • This resulted in low exposure to certain procedures, notably scaphoid fractures, arthroscopy, TFCC / SLL repairs • No PRCs, no wrist fusions or partial wrist fusions, only 2 wrist arthroplasties. • Overly heavy on trauma compared to elective workload • Very little WALANT experience • Would have benefited from more plastics overlap (like the Middlemore fellowship) • Limited research potential • Not a supernumerary post which led to problems around taking leave and lack of flexibility when it came to selecting the most educational list on any given day.

What accommodation was provided?	Private rented accommodation \$1600/fortnight
Do you have an anecdote about your visit you can share?	
Would you recommend this to someone else?	Suggest you contact me if considering this fellowship
How did this experience add to your development as a Hand Surgeon?	<p>The best thing about this fellowship was the high operative numbers (over 360 cases in six months). More operative experience of treating things which would be managed conservatively elsewhere (e.g. phalangeal fractures including mallets, metacarpal fractures, and very high volume of distal radius fractures).</p> <p>Excellent to experience a different healthcare culture and appreciate good things/bad things vs. the UK.</p>
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Hospital/Unit	
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