



SCHOLARSHIP REPORT

This report should be completed by recipients of awards and scholarships from the Royal College of Physicians and Surgeons of Glasgow on completion of the activity for which they received their award or scholarship. Please complete all sections of the report form.

Please return your completed report via email to: scholarships@rcpsg.ac.uk

Or via mail to: **Scholarships Committee Administrator, Royal College of Physicians and Surgeons of Glasgow,
232-242 St Vincent Street, Glasgow G2 5RJ, UK**

Please use typeface when completing this form.

SECTION 1 PERSONAL AND AWARD DETAILS			
Title	Dr.	PID	
Surname	Saleem	Forename(s)	Saira
Scholarship/award awarded	College Travelling Fellowship Award	Amount awarded	

SECTION 2 PROJECT/VISIT DETAILS	
Name/Title	Oncoplastic and Reconstructive Breast Surgery
Location	Nottingham Breast Institute, City hospital Nottingham.
Aims and objectives	<p>1)To enhance my knowledge and skills for the management of breast cancer patients by working in a modern, state of the art breast institute.</p> <p>2)To learn oncoplastic and reconstructive breast surgical skills and later to incorporate into my clinical practice for better aesthetic as well as oncological results. So the poor and underprivileged people of my area can be better served.</p> <p>3) Learning management of challenging cases at multidisciplinary team level to improve patient outcomes.</p>

<p>Summary</p> <p><i>Include methodology, results and conclusions if applicable</i></p>	<p>I had a 2 months stay at Nottingham Breast Institute(NBI), UK. NBI is the leading Breast Cancer Centre of UK which deals with 800 new breast cases annually. I enjoyed winter season here especially the beautiful scene of snow fall. I met a very committed and experienced breast and plastic surgery team at Nottingham Breast Institute who provided me the opportunity to learn the oncoplastic skills very effectively. Especially I would like to mention Mr. Tuabin Rasheed who was my supervisor and a very competent Plastic , reconstructive and aesthetic surgeon.</p> <p>I attended weekly Breast MDTs (multidisciplinary team meetings) with oncoplastic breast surgeons, plastic surgeons, oncologist, pathologist and radiologist where I had a first hand experience of managing complex case discussion at multidisciplinary level.</p> <p>I also attended post op, new referral and Reconstruction clinics as well as specialist clinics for family history & genetics (BRCA 1 & 2 positive patients) . This allowed me to gain experience in the day-to-day management of a wide variety of cases, both benign and cancer patients. I also attended specialist nurse lead clinics for nipple tattooing, bra and prosthetic fittings during my time in the unit.</p> <p>I attended both Day Surgery Unit and main theatre sessions observing a wide variety of surgical techniques. Before operation theatre I used to attend the pre op consent and marking session where incisions measurement and markings were done taking care of both sides symmetry and aesthetic principals.</p> <p>In the theatre I learnt a variety of oncoplastic breast surgery techniques using most aesthetic incisions like; Wide local excision of breast cancer and sentinel lymph node biopsy followed by mammoplasty. I learnt Wise pattern mammoplasty, melon slice, periareolar mammoplasty, wedge or rotational plasty , L plasty, inframammary fold mammoplasty, reduction mammoplasty of contralateral breast. Also I observed nipple reconstruction. Liposuction and fat transfer to breast. Also I learnt how breast and plastic surgeons performed different varieties of pedicled flap like LICAP, LTAP, TDAP, AICAP flaps as well as free flaps like unilateral and bilateral DIEP flap using Microsurgical techniques. Moreover I also learnt the management of complications like seroma following mammoplasty or mastectomy and implant related problems like capsular contracture, although I saw only a few cases of complications here because of adherence to a good quality of perioperative and infection control policy.</p>
<p>Learning outcomes</p> <p><i>Detail here how the aims and objectives were met</i></p>	<p>In Nottingham Breast Institute I have learnt a number of oncoplastic surgical techniques that vary according to site and size of cancer and breast size and ptosis as well surgery on contralateral side for symmetry. Also I can offer patients immediate or delayed breast reconstruction after mastectomy using autologous flaps or allogenic implants. Discussion of patient case at multidisciplinary team level will improve the results of the surgery and management strategy. So instead of asymmetry and cosmetic disfigurement , a patient fighting with cancer will have better aesthetic and oncological outcomes.</p>

Evaluation

How has this scholarship/award impacted on your clinical/NHS practice or equivalent?

Working in a state of the art breast institute and learning oncoplastic surgical skills will definitely upgrade and refine my approach to manage the breast cancer patients. I will be able to apply oncological principles and at the same time taking care of the aesthetic outcome of the surgery, so the breast surgery will be least mutilating to the patient. I can offer the patient a number of options now to conserve the breast or to undergo immediate or delayed breast reconstruction(initially in collaboration with a plastic surgeon), instead of only option of mastectomy or wide excision that was leading to a lot of psychosexual and social trauma to the patient.

SECTION 3 | IMAGES

A case of Breast cancer operated by Wide Local excision, Sentinel Lymph node biopsy and immediate reconstruction by LICAP flap.



*Fig 1: Preoperative Marking of LICAP flap (lateral view)
Perforators marked with hand held doppler.*

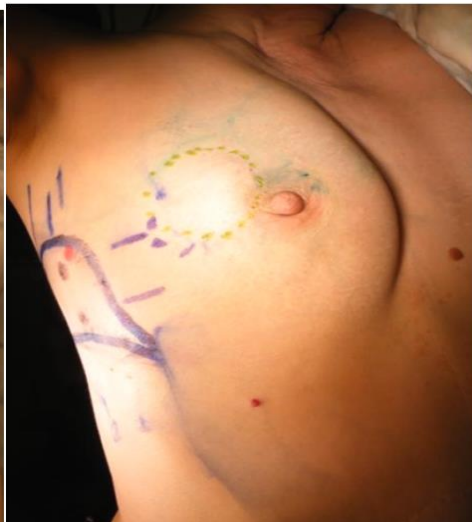


Fig 2: Preoperative marking (front view)

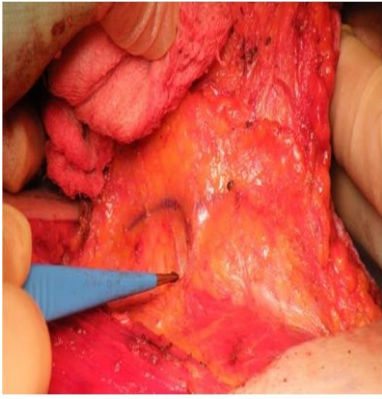


Fig 3: Dissection of LICAP flap



Fig 4: Wound closure



Fig 5: Reconstructed breast(No scar on breast of Wide Local excision or LICAP, it will all be hidden under brow)

SECTION 4 | EXPENDITURE

Breakdown of expenditures

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Please demonstrate how the scholarship/award funding was used to support your project/visit

SECTION 5 | PUBLICATION

Scholarship/award reports may be published in College News. Please tick here if you agree to your report being published.

I give permission for my report to be published in College News

If your report is selected for publishing, the editor of College News will be in touch to discuss this with you.

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