



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	Ms	PID	93541
Surname	Rutherford	Forename(s)	Claire Louise
Scholarship/award awarded	College Travelling Fellowship Ethicon Travelling Fellowship	Amount awarded	£2900

SECTION 2 PROJECT/VISIT DETAILS	
Name/Title	Oncoplastic Breast Fellowship
Location	Singapore
Aims and objectives	<p>Further understanding of the decision making process behind types of breast reconstruction and tailoring this according to the patient. In Singapore women tend to be more petit, with smaller breasts than in the West, therefore I wished to develop an appreciation for how to counsel different patients types depending on anatomy and patient preference.</p> <p>Developing a system for pre-operative planning including the interpretation of pre-operative imaging such as CTA. Learn pre-operative marking.</p> <p>Developing operative skills by assisting in theatre, including raising flaps, fine dissection of vessels involved in flaps raising and anastomosis, and the inseting of flaps, to create a cosmetically acceptable result for the patient</p> <p>Greater understanding of post-operative considerations following reconstruction and the impact his has on the patient.</p> <p>Involvement in departmental research.</p>

<p>Summary <i>Include methodology, results and conclusions if applicable</i></p>	<p>The field of Oncoplastic Breast Surgery is rapidly evolving to match the aesthetic expectations of breast cancer survivors, who are now enjoying improved mortality and quality of life. It is a unique specialty that requires interdisciplinary cohesion between the Plastic and Reconstructive Surgeons and Breast Surgical Oncologists. As such, it is paramount that each speciality has an understanding of the other in order to achieve the best possible aesthetic outcome for a patient without compromising oncological principals.</p> <p>I therefore took the decision to apply for a year out of programme for experience (OOPE) following my ST4 year. I applied for an Oncoplastic Breast Fellowship in Singapore, which commenced in August 2017 for 1 year. My time was split between KK Women’s and Children’s Hospital and Singapore General Hospital. During this time I was fully integrated into the Plastic Surgery Team. I attended daily ward rounds, grand rounds, clinic, theatre, teaching, morbidity and mortality meetings, and research meetings.</p>
<p>Learning outcomes <i>Detail here how the aims and objectives were met</i></p>	<p>During my time in the Plastics Department I became fully integrated into the team. I attended daily ward rounds, giving me the opportunity to further appreciate the post-operative management of these patients and the potential issues they may encounter. I attended weekly departmental meetings to discuss the previous weeks patients, to gain further knowledge and learning from other team members and potential alternative approaches. I attended weekly clinics where I had the opportunity to assess multiple patients wishing to undergo breast reconstruction. I was also afforded the chance to assess patients undergoing cosmetic procedures such as reductions, symmetrisation, implant placement, exchange and removal. In theatre, I have been involved in over 100 reconstructions including DIEPs, TRAMs and LDs. I have also assisted in numerous other operations including clefts, gynaecological reconstructions, burns and more. I have also been exposed to a variety of the more unusual such as gigantomastia and neurofibromas.</p> <p>I have been, and continue to be involved in departmental research. I have recently completed a case report, which is awaiting publication. I have carried out a systematic review, which is currently being written up. I am also in the process of developing a database of breast reconstruction patients in order to encourage surgeons to move towards a no drain abdominoplasty closure using an interdigitation progressive tension technique. The preliminary results have demonstrated a 0% donor site seroma rate and have been submitted to the American Association of Plastic Surgeons for presentation.</p> <p>During this Fellowship I have attended SBOSS (Singapore Breast Oncoplastic Surgical Symposium). I have also participated in an Oncoplastic cadaveric skills day. Both these opportunities have helped to consolidate my knowledge and surgical skills.</p> <p>As a result of this Fellowship, I have developed a far greater understanding of the decision making process behind Oncoplastic Breast Surgery and the importance of careful patient selection and counselling. In theatre, I have a new appreciation of combining oncological safety with artistry to obtain the safest and most aesthetic result.</p>

<p>Evaluation</p> <p><i>How has this scholarship/award impacted on your clinical/NHS practice or equivalent?</i></p>	<p>My year as an Oncoplastic Breast Fellow in Singapore has been a unique training opportunity that has greatly influenced my practice. I have developed new surgical planning skills, including the role of markings and measurements, the importance of incisional placement, and the consideration of adjuvant therapies. I feel confident in patient selection, decision-making, and counselling on a spectrum of Oncoplastic procedures.</p> <p>This fellowship has not only allowed me to experience how breast cancer is managed in a different medical system other than the NHS, it has enabled me to progress in my career aspirations, and ultimately deliver a high standard of care to patients. It has also been personally enriching, having developed life-long friendships and the potential for future collaborations. I would strongly encourage anyone considering a Surgical Fellowship to do so.</p>

SECTION 3 | IMAGES

If available, please provide some images to support your report

SECTION 4 | EXPENDITURE

<p>Breakdown of expenditures</p> <p><i>Please demonstrate how the scholarship/award funding was used to support your project/visit</i></p>	<p>Accommodation >£6000</p> <p>Flights >£1000</p> <p>Vaccinations £350</p>
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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.

All Information we hold concerning you as an individual will be held and processed by the College strictly in accordance with the provisions of the Data Protection Act 1998. Such data will be used by the College to administer its relationship with you as a Fellow or Member. We will not, without your consent, supply your name and address to any third party except where (1) such transfer is a necessary part of the activities that we undertake, or (2) we are required to do so by operation of law. As an individual you have a right under the Data Protection Act 1998 to obtain information from us, including a description of the data that we hold on you. Should you have any enquiries about this right please contact Membership Services Administrator at the College.