



Name:	Prashant Adhikari, MD, MS
Nationality /Country of residence:	Nepal
Place of work:	Hospital for Advanced Medicine and Surgery, Kathmandu, Nepal
Specialisation:	Orthopaedic and Spine Surgery
Member of EUROSPINE since:	2017
Observership:	Klinikum rechts der Isar, Technical University Munich Prof. Bernhard Meyer Ismaninger Straße 22 81675 Munich Germany 19 April – 2 May 2019

I am an Orthopaedic Surgeon from Nepal. Briefly about me, I come from Kathmandu. I did my schooling at my hometown and higher schooling from India, Chennai. I did my MBBS from Novgorod State University, Russia and my post-graduation in Orthopaedic Surgery (Master of Orthopaedic Surgery) is from Kathmandu University. I did a one-year Neuro and Ortho Spine Surgery fellowship under mentorship of Professor Emre Acaroglu & Professor Selcuk Palaoglu at ARTES Spine Center, Ankara, Turkey.

I arrived in Munich, Germany on 18 April 2019, to commence my observership (two weeks 19 April – 2 May 2019) under mentorship of Professor Bernhard Meyer in Klinikum rechts der Isar, Technical University Munich.

Objectives achieved during my Observership:

1. An opportunity to hone my existing surgical techniques and a chance to master more complex spine surgical skills
2. Ample exposure to complex Adult Spine Deformity Surgery, and Scoliosis Surgery
3. Exposure to non-instrumented spine procedures, spine tumours and cervical spine surgery
4. To observe state of the art equipment
5. Solid clinical decision-making process through formal weekly teachings and informal bedside teaching.
6. Opportunity to work with a highly reputable mentor, at a reputable institution, with a diverse case mix, and an opportunity for continued learning, mentorship and advice following completion of my observership
7. Experience of working in a different healthcare system & culture

This grant from EUROSPINE facilitated my further training in complex spine surgery. The funding facilitated my daily living costs and accommodation while in Munich.

Klinikum rechts der Isar, Technical University Munich fellows reap the benefits of the unparalleled volume of spine surgery cases in an academic, yet clinically oriented setting.

While in Munich, I have had the opportunity to attend daily neuroradiology rounds, weekly tumours conferences, weekly presentation and conferences and grand round.

The spine case mix at the centre is very diverse, ranging from simpler operations such as lumbar discectomy to very complex deformity correction surgery with multi-level instrumentation. As a fellow at the centre, one gets the opportunity to scrub alongside the senior surgeons almost in all cases. This affords a fellow to gain a balanced experience as well as an opportunity to master different techniques from an orthopaedic point of view as well as from a neurosurgical point of view.

I would like to thank EUROSPINE, Prof. Bernhard Meyer and the entire team at Klinikum rechts der Isar who made my observership a success, and for all the great teaching I received.



Prof. Bernhard Meyer, myself

I hope this programme from EUROSPINE will continue and benefit observers like me from developing countries.

Thank you!