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Observership:	London Bridge Hospital, London, United Kingdom 2-14 February 2020

First of all, I would like to thank EUROSPINE for selecting me for the fellowship. As a member of EUROSPINE, I wished to apply and participate in the program which has an objective to allow promising young surgeons to interact with other members who are experts across the world and expand their knowledge and expertise.

I was pleased to get an invite letter from Dr Khai Lam, Consultant spine surgeon at the London bridge hospital, London. This centre marks one of the leading hospitals providing highly specialized care in the private healthcare sector in London. Though I received the grant mid 2019, I had to wait as Dr Lam is very busy with many fellows visiting him through various spine organizations.



As Dr Lam had an emergency travel on the first day of my visit, he was kind enough to introduce me to another surgeon Dr Russo who was one of his previous fellows. I observed Dr Russo in his cases of XLIF with percutaneous pedicle screws for degenerative spinal conditions over next couple of days. As the technique was new to me, it was quite interesting to observe and had a good discussion with the surgeon. With Dr Lam at London bridge hospital, I observed surgeries done with the new Excelsius GPS robotic navigation system. Having experience with other robotic and navigation systems earlier, I could easily relate to the new system and its obvious advantages. I also observed cervical disc replacement surgery and anterior interbody fusion techniques (ALIF/OLIF).

Dr Lam was smooth in his surgeries and explained me the tips and tricks of the trade. I also attended the fortnightly MDT meeting and met other surgeons and discussed regarding decision making and planning for their upcoming surgeries.

Stay in London was great. It is a colourful and vibrant place. My apartment was right across the London bridge and the morning walk to the hospital was refreshing. I had time to visit the various sights in the city and go around other landmarks on the weekend.

To EUROSPINE grant coordinators, thank you for the excellent coordination. I thank Dr Lam and EUROSPINE for the Observership and hope to continue my association with the organization in the future.