

NUHS ORTHOPAEDIC SURGERY RESIDENCY PROGRAMME

The mission of the NUHS Orthopaedic Surgery Residency Programme is to provide our residents the knowledge and skills, both clinical and surgical, in all areas of orthopaedic surgery necessary to produce orthopaedic surgeons who are able to provide technically competent and compassionate care of the highest quality to all orthopaedic patients presenting to the National University Health System, and who are knowledgeable of the literature in the field of orthopaedic surgery by the completion of the programme.

To achieve this mission, we are proud to have a keen and committed group of master orthopaedic surgeons in the programme who will mentor the residents. Clinical mentorship is at the very heart of our residency programme. Learning through mentorship is invaluable in developing the necessary skills as well as way of thinking of a practising competent orthopaedic surgeon.



Outstanding Features

Education

1. An outstanding and well respected group of faculty members who have great experience with postgraduate training, are expert surgeons and keen on teaching and training.
2. A comprehensive didactic teaching programme which more than covers the necessary breadth and depth of orthopaedic knowledge.
3. Training facilities for the development of psychomotor skills including experience with cadaveric dissections and motor skills training. Plans are in progress to include Virtual Reality training in arthroscopic surgery etc.

Research & Scholarly Activities

1. Research is well integrated into the programme.
2. Strong emphasis on research in the department – clinical, basic science as well as translational. Multidisciplinary research with other clinical and basic science departments is a strong feature.
3. Advantage of collaborative links with A*Star, YLLSoM and other research institutes which are in physical proximity to NUH.
4. Numerous opportunities for the residents to engage in research under close mentorship.

Clinical Experience

1. Most of the training is done in-house with opportunities for experience in other cluster hospitals – including paediatric orthopaedics, musculoskeletal oncology and hand surgery.
2. Guarantee of a wide range and volume of clinical cases available for teaching.
3. As NUH is an Academic Medical Centre, the NUHS Orthopaedics Residency Programme receives many tertiary and quaternary level referrals which will serve to enhance the residents' experience.
4. Hands-on experience in the operating theatre to develop surgical skills in operative management of a wide range of orthopaedic conditions – all done under the supervision and guidance of master surgeons.



Programme Structure

Orthopaedic training in the NUHS Orthopaedics Residency Programme will span six years, accredited by Post Graduate Medical Education in Singapore (APMES).

R1 (Foundational Year):

This is currently a national requirement. The incoming resident will be required to complete a year of rotations through anaesthesia, general surgery and emergency medicine.

R2 to R5:

The resident will rotate through the various subspecialty disciplines. 25% of the time will be in musculoskeletal trauma. R2 and R3 are the junior resident years while R4 and R5 are the senior resident years. As far as possible, the residents will rotate through each subspecialty in both junior and senior resident periods. The emphasis and training goals and objectives have been designed such that there is progressive learning, training and assumption of graded responsibility. Starting from the July 2018 intake, residents will experience two cross-cluster rotations - once in R2 and once in R5.

Residents will spend most of their subspecialty training within the hospitals in NUHS cluster. This is critical in minimising the disruption to other foundational teaching as well as providing for continued interaction with other residents and with the faculty. During this period, the residents will receive instruction in core foundational knowledge as well as training in basic and advanced motor skills development. To this end, there is a variety of in-house courses (including cadaveric dissection) as well as exposure to and the privilege of being taught by world-renowned international surgeons invited under the auspices of our various named Lectureships (RWH Pho, VK Pillay) and Professorship (N. Balachandran).

The residents, in all rotations, will have experience in treating patients under supervision in both the outpatient and inpatient settings. Residents will receive training in surgical skills in the operating theatre and will have assured opportunities to perform surgical procedures commensurate with his / her level of training and under the supervision and guidance of committed surgeons.

R6:

In this final year, the residents will do at least one six-month subspecialty rotations of his / her choice honing his / her skills in preparation for further training abroad.

Sample Block Rotation

Resident Year	Rotations											
	1	2	3	4	5	6	7	8	9	10	11	12
1 st Year R1	General Surgery NUH						Anaesthesia NUH			Emergency Medicine NUH		
2 nd Year R2	1	2	3	4	5	6	7	8	9	10	11	12
	Trauma NUH / NTFGH / AH			Paediatric Ortho NUH			Trauma Cross cluster			Hip & Knee NUH / NTFGH		
3 rd Year R3	1	2	3	4	5	6	7	8	9	10	11	12
	Foot & Ankle NUH / NTFGH			Spine NUH / NTFGH			Hand NUH			Sports NUH / NTFGH		
4 th Year R4	1	2	3	4	5	6	7	8	9	10	11	12
	Trauma NUH / NTFGH			Hip & Knee NUH / NTFGH			Paediatric Ortho NUH			Foot & Ankle NUH / NTFGH		
5 th Year R5	1	2	3	4	5	6	7	8	9	10	11	12
	Trauma / General Orthopaedics NUH / NTFGH			Spine Cross cluster			Musculoskeletal Oncology NUH			Sports, Shoulder & Elbow NUH / NTFGH		
6 th Year R6	1	2	3	4	5	6	7	8	9	10	11	12
	Elective posting NUH / NTFGH						Elective posting NUH / NTFGH					

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