



OFFICE OF THE DEAN

**Sri Lakshmi Narayana Institute of Medical Sciences**

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II ) dt. 11/07/2011 ]  
[ Affiliated to Bharath University, Chennai - TN ]

Date 23.11.2018

From  
DR. Vijayaragavan,  
Professor and Head,  
Department of orthopaedics,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

To  
The Dean,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

**Sub: Permission to conduct value-added course: Orthopaedic surgical approaches**

Respected Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: **Orthopaedic surgical approaches** on 05.12.2018. We solicit your kind permission for the same.

Kind Regards

DR. Vijayaragavan

Dr. R. VIJAYA RAGAVAN, DNB, |  
Reg No 68472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

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**FOR THE USE OF DEANS OFFICE**

Names of Committee members for evaluating the course:

The Dean: DR. Jayalakshmi.

The HOD: DR. Vijayaragavan

The Expert: Dr. Boblee James

The committee has discussed about the course and is approved.



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Dean

DEAN  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Ageram Kudapakkam, Post,  
Villanur Commune Puducherry-605 502.

Subject Expert

Department of Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Pondicherry - 605 502.

HOD

Dr. R. VIJAYA RAGAVAN, DNB,  
Reg. No. 69472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502



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**Circular**

07.06.2020

**Sub: Organising Value-added Course: ORTHOPAEDIC SURGICAL APPROACHES**

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing **ORTHOPAEDIC SURGICAL APPROACHES.30HRS& DEC18-MAR19**

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before DEC18-MAR19. Applications received after the mentioned date shall not be entertained under any circumstances.

**Dean**

DEAN  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Agaram Kudapakam, Post,  
Villanur Commune Puducherry-605 502.



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## **Course Proposal**

**Course Title: ORTHOPAEDIC SURGICAL APPROACHES**

**Course Objective: To learn new and old techniques**

**Course Outcome: understanding the approach & its necessity**

**Course Audience: 16**

**Course Coordinator: DR.Jayalakshmi**

**Course Faculties with Qualification and Designation:**

**1.DR.VIJAYARAGAVAN DNB ORTHO**

**Course Curriculum/Topics with schedule (Min of 30 hours)**

SINo	Date	Topic	Time	Hours
1	8/12/18	KNOW YOUR PATIENT	4-5pm	1hr
2	10/12/18	CONSENT FOR SURGERY	4-5pm	1hr
3	14/12/18	LIMB MARKING	4-5pm	1hr
4	18/12/18	ANAESTHESIA	4-5pm	1hr
5	21/12/18	TOURNIQUETS	4-5pm	1hr
6	24/12/18	SKIN INCISION	4-5pm	1hr
7	27/12/18	SKIN MARKING	4-5pm	1hr
8	07/01/19	TISSUE HANDLING	4-5pm	1hr
9	11/01/19	EXTERNAL FIXATORS	4-5pm	1hr
10	16/01/19	CLOSURE	4-5pm	1hr
1	16/02/19	PRACTICAL SESSION	3-8	5
2	28/2/19	PRACTICAL SESSION	3-8	5
3	8/3/19	PRACTICAL SESSION	3-8	5
4	21/3/19	PRACTICAL SESSION	3-8	5
			Total Hours	30

**REFERENCE BOOKS:**

**1)SURGICAL EXPOSURES IN ORTHOPAEDICS**

**STANLEY HOPPENFELD**

**2)CAMPBELLS OPERATIVE ORTHOPAEDICS**

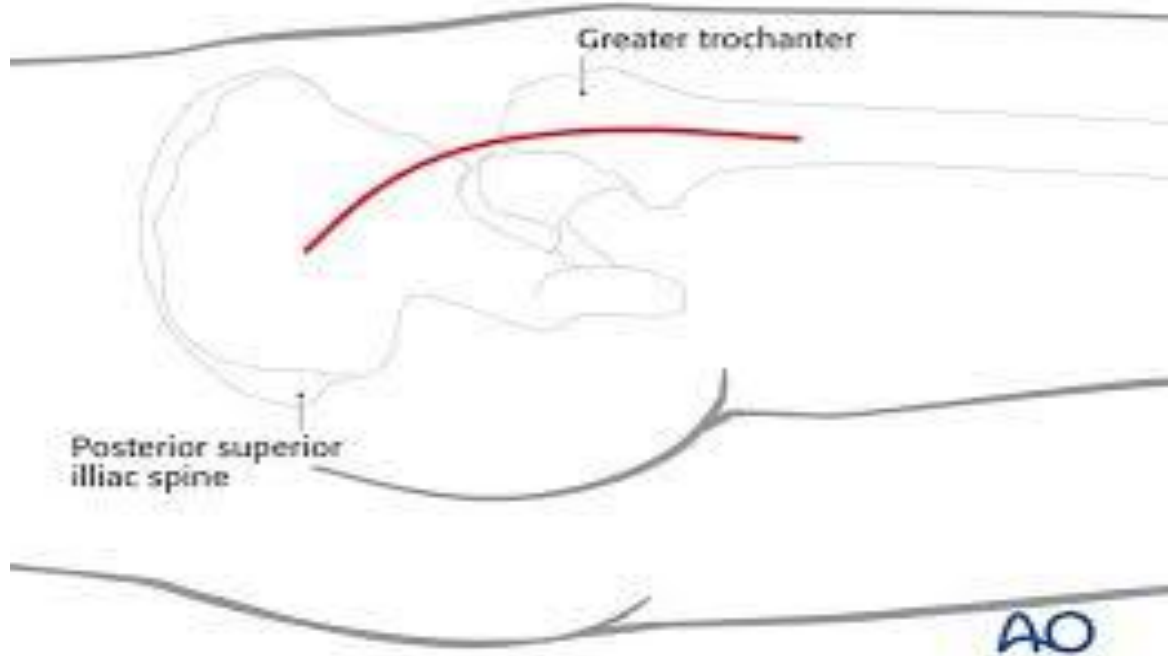


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## ORTHOPAEDIC SURGICAL APPROACHES

8/12/2018

### ORTHOPAEDIC SURGICAL APPROACHES – GENERAL PRINCIPLES

Particulars	Description
Course Title	Orthopaedic surgical approaches – general principles
Course Code	OR10
Objective	<ol style="list-style-type: none"><li>1. Know your patient</li><li>2. Consent for surgery</li><li>3. Limb marking</li><li>4. Anaesthesia</li><li>5. Tourniquets</li><li>6. Skin incision</li><li>7. Skin marking</li><li>8. Tissue handling</li><li>9. External fixators</li><li>10. Closure</li></ol>
Further learning opportunities	Orthopaedic surgical approaches – general principles
Key Competencies	On successful completion of the course the students will have skill in <b>SURGICAL APPROACHES</b>
Target Student	PRE FINAL YEARS Students
Duration	30hrs Dec2018– March 2019
Theory Session	10hrs
Practical Session	20hrs
Assessment Procedure	SHORT NOTES



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“Surgery is the first and highest division of the healing art, pure in itself, perpetual in it’s application and it prolongs the duration of human existence on the earth”-Sushrut, 300 BC

“A surgical procedure starts with an approach, a skin incision”

“To study the phenomenon of disease without books is to sail an uncharted sea, while to study books without patients is not to go to sea at all”.-Sir William Osler (1849-1919)

‘Key to operative surgery is surgical anatomy’

‘Key to surgical anatomy is inter nervous plane’-A K Henry

Key to Successful Orthopaedic procedures

‘GET TO THE BONE AND STAY THERE’

## **BASICS:**

11. Know your patient
12. Consent for surgery
13. Limb marking
14. Anaesthesia

## **POSITION OF THE PATIENT:**

- 1) Supine
- 2) Prone
- 3) Lateral
- 4) Beach chair

Position and draping of the limb (free limb)

Position & Comfort of the surgeon



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## **TOURNIQUETS**

Limb Surgeries – Use tourniquet

Blood less field,

Easy identification of structures

Proper application prior to scrubbing and draping should be ensued

## **SKIN INCISION:**

- Skin Marking
- Distribution of cutaneous nerves
- Direction of blood flow
- Natural lines of skin cleavage – Langer's
  - ✓ Across / in line
  - ✓ May influence the size and prominence of the scar
- Site of incision is determined by
  - Safety and effectiveness, not by cosmetic considerations
- Are you an 'angle' person or a 'curvy' artist
- Extensibility / free access to deeper structure
- Dealing with altered anatomy

## **SKIN MARKING:**

-Plan the surgical approach.

-Palpate bony points and anatomical borders and mark with marking pen

-If necessary outline bony prominences.





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### **DEEP TISSUE INCISIONS:**

- Follow the planes of fascia, some areas plane between the muscles.
- Always leave enough tissue on each side to facilitate closure
- Certain approaches require incision of fascia & muscle along the direction of muscle fibres
- The yellow cords and red tubes : Nerves & vessels should be protected and retracted

### **TISSUE HANDLING:**

- ◆ Respect – crushed tissue is a devitalized tissue
- ◆ Sensitive structures- Nerves & blood vessels
- ◆ Fine structures – Tendons / Tendon sheaths
- ◆ Muscle-

Split in the direction of fibres

Muscles with dual nerve supply Eg. Brachialis

### **APPROACH AT JOINTS:**

Skin incision should not cross flexion creases at 90 degrees.

Skin incisions across the flexion creases are usually curved to traverse crease at about 60 degrees.

Skin incisions perpendicular to flexion crease can cause contractures of joints.

### **PERCUTANEOUS APPROACHES**

Un-displaced & minimally displaced fractures mostly in subarticular regions



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Skin incision wide enough to get the screw with or without washer into fixation site

Clearance of soft tissue till the bone surface

Use of image intensifier

**EXTERNAL FIXATORS:**

Pins Passed through stab cuts in the skin to stabilize the bone

Changed the management of open fractures

Useful in limb lengthening

Safe zones : in order to avoid injury to nerves, vessels & tendons.

Different safe zones for extremities

Skin Incision: Should be long enough to avoid tension.

Deeper structures and tissues to be cleared till bony surface.

**CLOSURE:**

- i. It is always courteous to put the things back where they belong
- ii. How do you close the deep planes
- iii. When not to close the deep layers
- iv. Obliterate dead spaces
- v. Use of suction drains
- vi. Skin closure
- vii. Can you always close the skin ?



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## **In Conclusion**

### **A SURGICAL APPROACH**

- ◆ Position of patient on operating table
- ◆ Surgical landmarks and incision
- ◆ Inter nervous plane
- ◆ Superficial surgical dissection
- ◆ Deep surgical dissection
- ◆ Dangers – Vessels & Nerves
- ◆ Extension of the approach
- ◆ Local measures
- ◆ Extensile approach
- ◆ Closure of the wound



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Annexure- II

VALUE ADDED COURSE

Orthopaedic surgical approaches – general principles

OR10

**4. List of Students Enrolled DEC 2018 – MARCH 2019**

THIRD Year MBBS Student			
Sl. No	Name of the Student	Roll No	sign
1	BHASKARAN .K.C	U16MB275	
2	BHAVANI . K.M	U16MB276	
3	BLESSY AMALA RISHA .J	U16MB277	
4	CAREENA DANIEL	U16MB278	
5	CHANDRA PRAKASH.M	U16MB279	
6	CHINJU S.R	U16MB280	
7	DASARI VENKATA SAI MOUNISH	U16MB281	
8	DEBARPITA NATH	U16MB282	
9	DEEBAK .I	U16MB283	
10	DEEKSHITH D.R	U16MB284	
11	DEEPIKAA D.V	U16MB285	
12	DELFI MARY .E	U16MB286	
13	DEVIKA.U.M	U16MB287	
14	DHAKSHANA .M	U16MB288	
15	EDA SAI VENKATA TEJA	U16MB289	
16	GAURAV KUMAR	U16MB290	

**RESOURCE PERSON**  
**DR.VIJAYARAGAVAN**

**COORDINATOR**  
**DR.JAYALAKSHMI**

Dr. R. VIJAYA RAGAVAN, DNB, |  
Reg No 68472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

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Annexure 4

Course/Training Feedback Form

Course: ORTHOPAEDIC SURGICAL APPROACHES

Date: 21/3/19

Name: DEEBAK.I

Reg NO.

Department: ORTHO

Q 1: Please rate your overall satisfaction with the format of the course:

a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 2: Please rate course notes:

a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 3: The lecture sequence was well planned

a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 4: The lectures were clear and easy to understand

a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 5: Please rate the quality of pre-course administration and information:

a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 6: Any other suggestions:

Comments:

Thank you for taking the time to complete this survey, your comments are much appreciated.

OPTIONAL Section: Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



### EXTERNAL FIXATORS:

External fixation is a surgical treatment wherein rods are screwed into bone and exit the body to be attached to stabilizing structure on outside of the body.

#### Types:

01. Ilizarov apparatus
02. Taylor spatial frame.

#### Indications:

- 4
01. Stabilizing of severe open fractures
  02. Stabilizing infected nonunions
  03. Correction of extremely malalignments and length discrepancies.
  04. Initial stabilizing of soft tissues
  05. Arthrodesis
  06. Ligamentotaxis

#### Contra Indications:

01. Pt with compromised immune system
02. Non compliant pt.
03. Pre-existing pt who would not be able to ensure proper wire and pin
04. Bone pathology

#### 04. TYPES OF SUTURES:

01. Natural
02. Synthetic

Medical Sciences

AKKAM POST,

[005-ME (P-II) dt. 11/07/2011]



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07. Lithotomy position  
- Boot style leg holder or stirrup style position.

08. Sim's position  
- Variation of left lateral position.

09. Lateral position:

10. Trendelenburg position

11. Reverse trendelenburg position

02. Tourniquets:-  
A tourniquet is a device that is used to apply pressure to limb or extremity in order to limit the flow of blood.

Types of tourniquets:-

- 1) Surgical tourniquet
- 2) Emergency tourniquet

Uses:-

3

01. Reduction of certain fractures
02. Kirsch wire removal
03. Replacement or revision of joints of knee, wrist, digits, hand or elbow
04. Arthroscopy of knee, wrist, hand, digits
05. Bone grafts.
06. Graft and repair of lacerated tendons.
07. Subcutaneous fasciotomy.
08. Repair of traumatic nerve damage.
09. Carpal tunnel syndrome
10. Traumatic / Non traumatic amputation.
11. Correction of hammer toe.



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01. Various positions of patients and <sup>Surgical.</sup> physiological approach
02. of tourniquets and its uses.
03. What are external fixators.
04. Types of sutures.

14  
20

### 01. Various positions of patients during surgery:-

01. Fowler's position

- Also called as sitting position
- Used for neurosurgery and shoulder surgery.

02. High Fowler's position:

- Patient seated at head end of operating table.

03. Supine position:-

- Also known as Dorsal decubitus
- Used for intracranial, cardiac, abdominal, endovascular laparoscopic etc.

04. Jackknife position:

- Also known as knee or knee-chest or kneeling positions
- Used in colorectal surgeries.

05. Kidney position:

- Resembles lateral position

06. Prone position:

- Face down with head in neutral position





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### 01. Natural sutures:

- Absorbable materials: Catgut (plain or chromic)
- Non absorbable : Silk  
Linen  
Stainless steel wire

### 02. Synthetic sutures:

- Absorbable: polyglycolic acid (Dexon)  
polyglactin (Vicryl)  
polydioxane (PDS)  
Polyglyconate (Maxon)
- Non absorbable: Polyamide (Nylon)  
Polyester (Dacron)  
Polypropylene (Prolene)

3



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(Deemed to be University under section 3 of the UGC Act 1956)



**CERTIFICATE OF MERIT**

This is to certify that \_DEEBAK.I\_ has actively participated in the Value Added Course on *Orthopaedic surgical approaches – general principles* held during DEC 2018 – MARCH 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. Vijayaragavan  
RESOURCE PERSON

Dr. Jayalakshmi  
COORDINATOR



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**Student Feedback Form**

Course Name: **ORTHOPAEDIC SURGICAL APPROACHES – GENERAL PRINCIPLES**

Subject Code: OR10

Name of Student: Deepika D.V Roll No.: U16 MB285

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

SI. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear					/
2	Course contents met with your expectations					/
3	Lecturer sequence was well planned					/
4	Lectures were clear and easy to understand					/
5	Teaching aids were effective					/
6	Instructors encourage interaction and were helpful					/
7	The level of the course					/
8	Overall rating of the course	1	2	3	4	5

\* Rating: 5 – Outstanding; 4 - Excellent; 3 – Good; 2 – Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

Date: 21/3/19

Deepika  
Signature



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Date:21.3.2019

From  
DR.Vijayaragavan,  
Department of orthopaedics,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

Through Proper Channel

To  
The Dean,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

**Sub: Completion of value-added course: ORTHOPAEDIC SURGICAL APPROACHES**

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Orthopaedic surgical approaches** on 21.03.2019. We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards

Dr.Vijayargavan

Dr. R. VIJAYA RAGAVAN, DNB. |  
Reg. No. 69472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

**Encl: Certificates**

**Photographs**



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