



**stryker**

 **ZIMMER BIOMET**

 **DePuy Synthes**  
THE ORTHOPAEDICS COMPANY OF Johnson & Johnson



 **BMA**



**MDU**



# South West Orthopaedic Conference 2026



**Feedback - February 2026**

# Student South West Orthopaedic Conference 2026

The South West Orthopaedic Conference 2026 took place on Saturday 7<sup>th</sup> February 2026 at The RILD, Royal Devon & Exeter Hospital, welcoming 32 delegates. Aimed at medical students and resident doctors from across the country, the event combined expert-led teaching, practical skills development, and valuable career guidance.

The morning programme featured four expert-led guest lectures covering Paediatric Orthopaedics, Orthopaedic Trauma, Women in Orthopaedics, and guidance on entering Core Surgical Training, offering insight into both clinical practice and surgical careers. Delegates also had the opportunity to submit abstracts, which were presented during the conference, with prizes awarded for outstanding work.

In the afternoon, delegates participated in four interactive workshops led by consultant specialists in MAKO Robot-Assisted Total Knee Replacement, Cemented Total Hip Replacement & Hemiarthroplasty, Spine Pedicle Screw Insertion, and Tibial Nailing, providing hands-on experience and expert guidance. The conference also offered excellent opportunities for networking with leading orthopaedic consultants, fostering collaboration, mentorship, and professional development.

## Course Information

<b>Course Date:</b>	<b>7<sup>th</sup> February 2026</b>
<b>Venue:</b>	<b>RILD Building, Royal Devon and Exeter Hospital (Wonford), Barrack Road, Exeter</b>
<b>Attendance:</b>	<b>32 Delegates</b>
<b>Aimed at:</b>	<b>Foundation Year Doctors, Medical Students</b>
<b>Conference Fee:</b>	<b>£7.50</b>



## Programme

0825 – 0845 Registration

0845 – 0900 Welcome and Sponsors Talk

0900 – 0940 Women in Orthopaedics

0950 – 1030 How to Get Into CST

**1030 – 1050**

**Break**

1100 – 1140 Sports, Trauma and Private Practice

1150 – 1230 Paediatric Orthopaedics

**1230 – 1330**

**Lunch**

1330 – 1400 Oral Presentations

1400 – 1700 Workshops

1700 – 1730 Consolidations and Awards

## Faculty

**Mr Al-Amin Kassam, MBBS, BSc (Hons), FRCS (Tr&Orth)**

Consultant Trauma and Orthopaedic Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Mr Oliver Stokes, MBBS, MSc, FRCS (Tr&Orth)**

Consultant Spinal Surgeon  
Royal Devon and Exeter NHS Foundation Trust

**Miss Kimberley Shuttlewood, MBBS, BSc, MRCS**

Speciality Registrar in Trauma and Orthopaedics  
Royal Devon and Exeter NHS Foundation Trust

**Mr Nathanael Ahearn, MBBS, MSc, FRCS (Tr&Orth), MAcadMED**

Consultant Orthopaedic Surgeon  
Torbay and South Devon NHS Foundation Trust

**Dr James Miller, BMBS, AFHEA**

Foundation Doctor  
Torbay and South Devon NHS Foundation Trust

**Mr Ranjan Vhadra, MBBS, FRCS, FRCS (Tr&Orth)**

Consultant Orthopaedic Surgeon  
First Contact Health, Guernsey

**Dr Ranj Bhakar, MBBS**

Core Surgical Trainee  
Torbay Hospital, Torquay

### Organisers

**Mr William Stokes**

Co-President

**Mr Raman Mobasher**

Co-President

**Miss Emily Vhadra**

Workshop Coordinator

**Mr James Wright**

Workshop Coordinator

**Mr James Gripton**

Workshop Coordinator

**Mr Jason Antwi Dicson**

Workshop Coordinator

**Mr Josh Milne**

Lecture Coordinator

**Miss Fasika Estefanos**

Lecture Coordinator

**Miss Ruby Manhota**

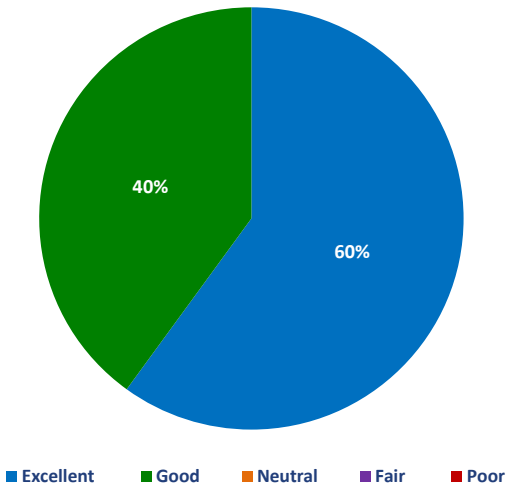
Treasurer

**Mr Kian Gentry**

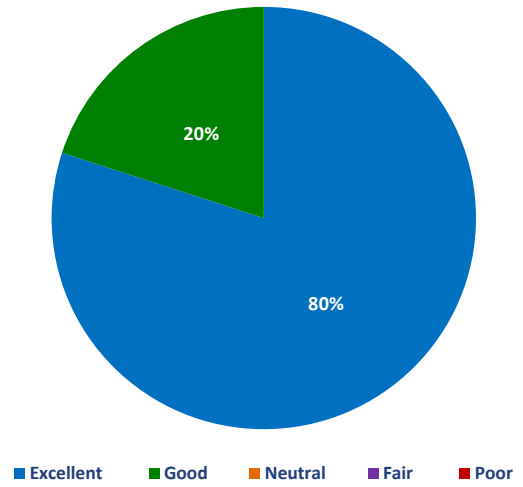
Publicity Secretary

# Overall Feedback

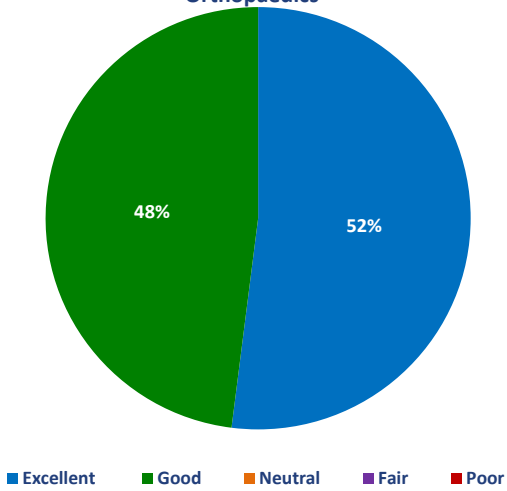
How was the content of the conference?



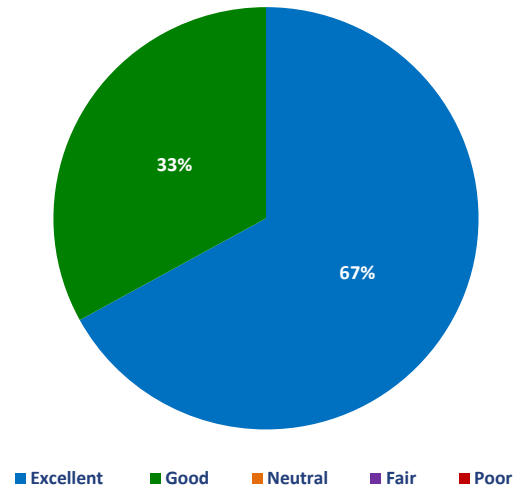
How would you rate the general academic standard of the speakers?



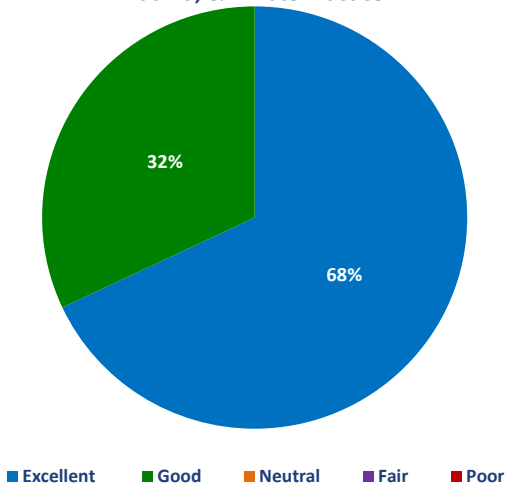
Ms Kimberly Shuttlewood - Women in Orthopaedics



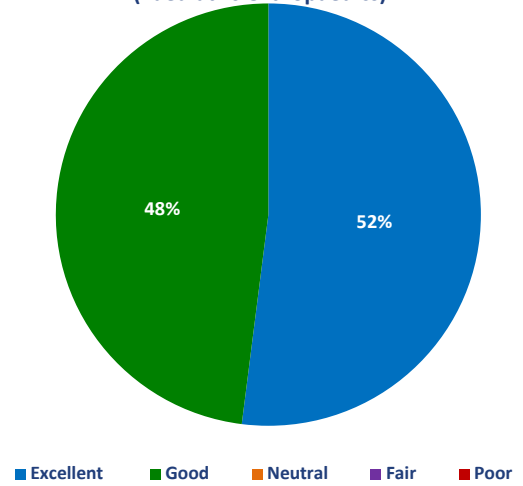
Mr Ranj Bhakar - How to get into CST



Mr Ranjan Vhadra - Sports Medicine, Trauma, & Private Practice

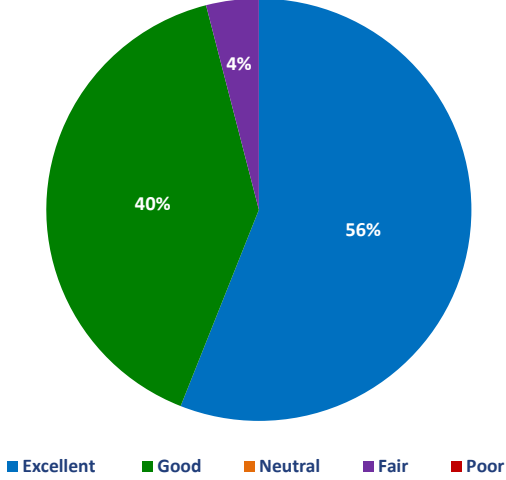


Mr Patrick Reynolds - Little Feet, Big Ideas (Paediatric Orthopaedics)

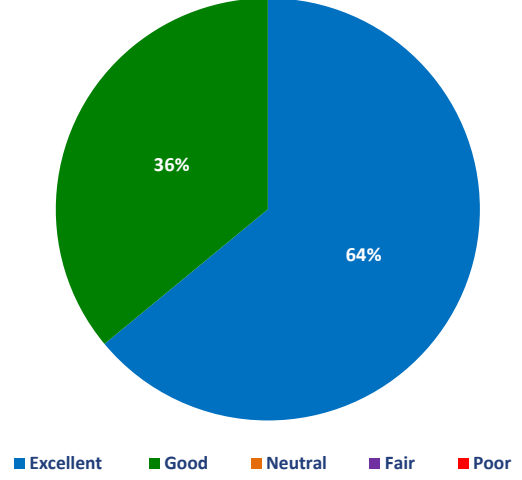


# Overall Feedback

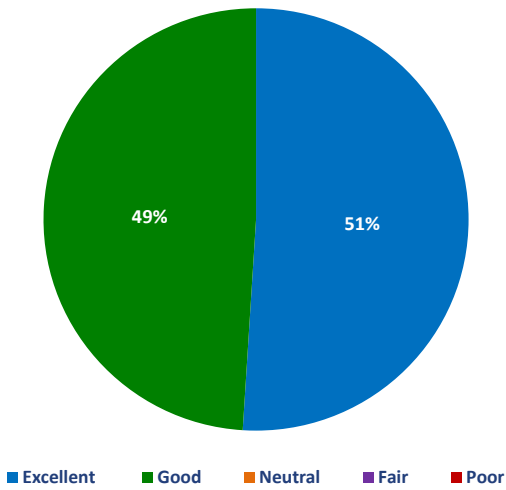
Workshops - MAKO Robot-Assisted Total Knee Replacement



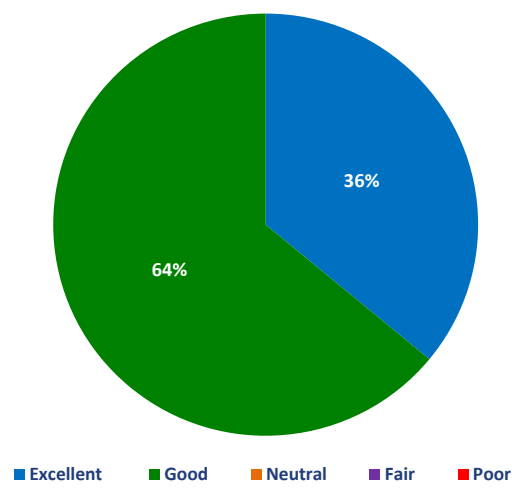
Workshops - Cemented Total Hip Replacement & Hemiarthroplasty



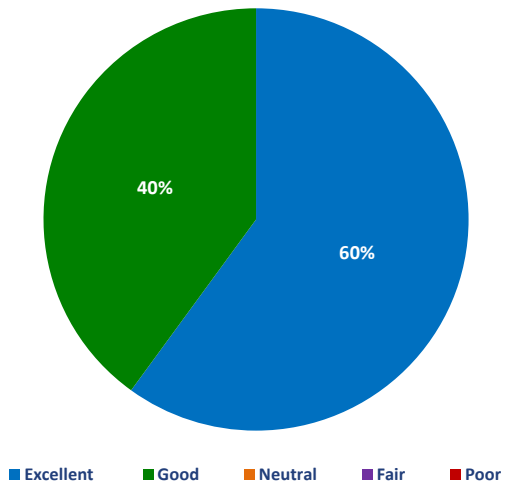
Workshops - Tibial Nailing



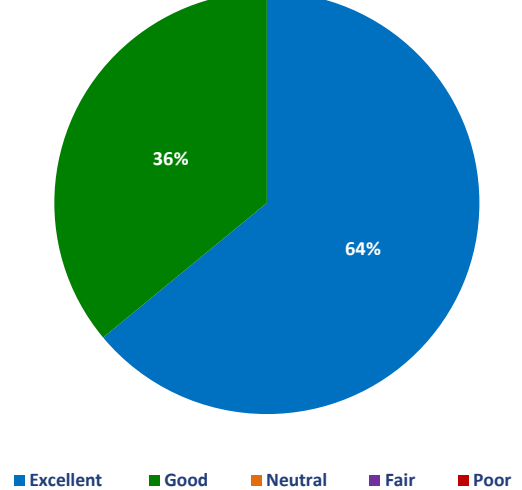
Workshops - Spinal Pedicle Screw



How were the facilities and venue?

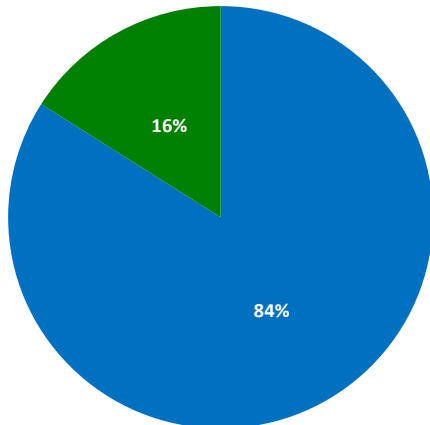


How were the refreshments and lunch?



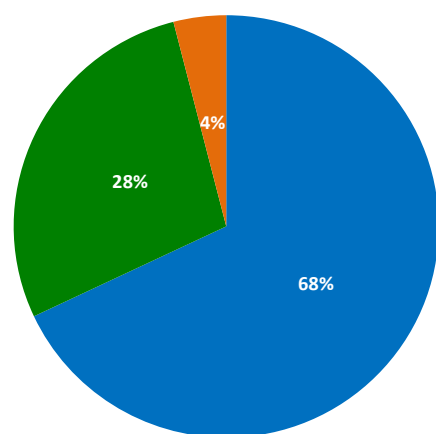
## Overall Feedback

How was the general friendliness of the faculty and organisers?



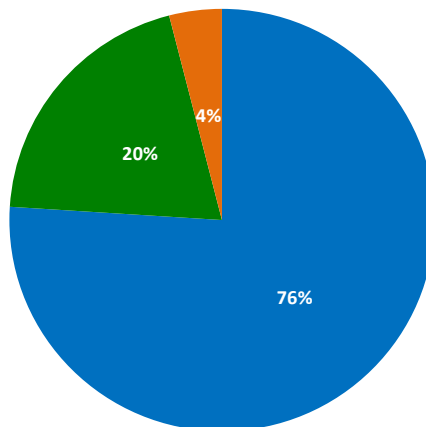
■ Very friendly ■ Friendly ■ Neutral  
■ Not very friendly ■ Can't comment

Would you recommend this conference to a friend?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Do you think that this conference provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

## Individual Comments

The conference was much better than I expected it to be and I hope to join you again next year.

**OM**  
*Exeter Medical School*

It was a really really good conference!

**DK**  
*University of Exeter, Exeter*

Very well organised conference.

**YH**  
*University of Exeter, Exeter*

Very worthwhile conferences with good speakers giving us a good understanding of the field of orthopaedics. I thought Mr Ranj Bhakar was particularly good and useful.

**OP**  
*University of Exeter, Exeter*

Gave me a good understanding of the speciality and how to about applying for it.

**CT**  
*University of Exeter, Exeter*

Excellent speakers, really interesting workshops- great conference.

**NS**  
*University of Exeter, Exeter*

Very useful to get more insight into the training pathway for orthopaedics including core surgical training. Teaching was great, presentations were very informative.

**JR**  
*University of Exeter, Exeter*

I am still in first year but I was quit curious about what orthopedics do in their career.

**TM**  
*University of Exeter, Exeter*

Everything went really well. We stuck to time and everything was easy to follow along.

**PM**  
*University of Exeter, Exeter*



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is an international non-profit organisation which comprises of doctors, dentists and scientists. The aim of the Academy is to disseminate information and facilitate the exchange of medical knowledge between professionals from diverse backgrounds who work in various healthcare settings. In order to achieve this, a diverse range of educational activities are undertaken globally which are further complemented by our publishing house, online resources, and international events and competitions.

## Courses (a selection):

### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Essential Surgical Skills and Principles for Aspiring Surgeons
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures

### Postgraduate:

#### Exam Preparation Courses

- MRCS Part A
- MRCS Part B OSCE
- MRCS (ENT) OSCE
- FRCS (General Surgery) Section I
- FRCS (General Surgery) Section II
- FRCS (T&O) Section II
- MRCP PACES
- ST3 Interview Preparation (General Surgery, Orthopaedic Surgery, Plastic Surgery)

#### Skills Development Courses

- Fresh Frozen Cadaveric Courses
- Intercollegiate Basic Surgical Skills (RCSEd)
- Essential Surgical Skills and Principles for Aspiring Surgeons
- Infant Hip Ultrasound (Graf Method) for Diagnosis and Management of Developmental Dysplasia of the Hip
- Crash Course for Orthopaedic On-Calls
- Management of Hand Fractures and Principles of Fracture Fixation
- Vascular Ultrasound Skills



## Postgraduate Programmes in Surgery:

**Postgraduate Certificate (PGCert) in Surgical Education**

**Postgraduate Diploma (PGDip) in Surgical Education**

**Postgraduate Certificate (PGCert) in Surgical Anatomy**

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

## World Journal of Medical Education & Research



**Peer-reviewed academic journal  
with ISSN.**

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

[wjmer.co.uk](http://wjmer.co.uk)

## Online Revision Resources

DoctorExams consists of thousands of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. The questions have been written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of the given topics. Based on past exams, these questions have been carefully designed to meet the needs of undergraduate students and postgraduate trainees undertaking relevant speciality exams.

### Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Part A
- MRCS Part B OSCE
- MRCS (ENT) OSCE

[doctorexams.co.uk](http://doctorexams.co.uk)

[www.doctorsacademy.org](http://www.doctorsacademy.org)