

**Subject:** Re: Support from Spirit  
**Date:** Thursday, 27 June 2019 at 12:07:47 British Summer Time  
**From:** Harpreet Singh  
**To:** Elizabeth Wright, WAGIH ELMASRI, Dr. H. S. Chhabra  
**CC:** PICKARD, Simon (THE ROBERT JONES AND AGNES HUNT ORTHOPAEDIC HOSPITAL NHS FOUNDATION TRUST)  
**Attachments:** Oswestry observership.pdf, image002.jpg, image001.png

Respected Sir

Firstly i would like to thank you all for supporting me and enabling me undertake this visit to RJAH hospital, Oswestry and work under the guidance of a terrific hand surgeon, Mr Simon Pickard.

It was really an enriching experience observing Mr Pickard earnestly going through his routines at his various clinics and theatres.

In my 3 weeks at RJAH I attended the following sessions

1. Out-patient clinics - 9 sessions ( including one CP clinic, 2 peripheral nerve injury clinic, 1 adult spasticity clinic and 1 tetraplegia clinic)
2. Theatres - 10 sessions
3. Research meetings - 1 session

In the theatres I saw various interesting procedures like

in tetraplegia patients - Grip Reconstruction using the Alphabet Procedure, Deltoid to triceps transfer for elbow extension, tendon transfers like Biceps rerouting for Supinator contracture

In CP patients - tendon transfers, wrist arthrodesis, partial neurectomy of elbow flexors for dystonic patients with elbow flexion contracture

In Facio-scapulo-humeral dystrophy patients - Scapulothoracic arthrodesis !!

and other hand surgery procedures like endoscopic carpal tunnel release.

In the clinics I saw many tetraplegia, CP, stroke and peripheral nerve injury patients and discussed at length how Mr Pickard went about planning their treatment, their expected outcomes, possible complications and future prognosis. Also , I saw a number of follow up patients of these procedures and discussed with Mr Pickard and the patients how the procedures had helped them and how satisfied they were with their treatments.

Also , i was fortunate to attend a research meeting with professors and students from Keele University, UK which gave me an insight into what all was going on in the research field of tetraplegia patients.

For me it was really a great learning and eye opening visit where I got to see the 360 degree view of treatment of hand paralysis in different categories, right from examination to treatment planning , rehab , surgical treatment, post op protocol and ultimately the functional result of the patient.

Mr Pickard is really a very hard working, honest and dedicated person and a gem of a human being who has already devoted more than 15 years of his life working with patients of hand paralysis and I feel blessed to have worked and learned a lot from him.

I would really like to thank you all for this oppurtunity of a life time to learn from a master and also to visit the beautiful countryside of England.

I have attached below the detailed day to day report of my observership at RJAH.

PS- A special thanks to the MSCSI team for their support and encouragement, the therapy team at MCSI, the scretarial staff at RJAH and all the nurses and registrars at RJAH for their help and support.

warmest regards  
Dr Harpreet Singh

On Saturday, May 18, 2019, 1:02:57 PM GMT+5:30, Elizabeth Wright <e.wright@adminandmore.co.uk> wrote:

Dear Dr Harpreet,

Thank you for your email asking for support from Spirit.

I am pleased to confirm that at the last meeting the Trustees approved a grant of £1,000 to contribute towards your expenses for your trip to Oswestry.

We ask for **these** conditions to be met as we have awarded the grant, namely:

1. We would expect to receive a Report with some feedback on the outcome of your visit, which we may wish to put on SPIRIT's website.;
2. You **agree** to provide details of any other support you have received.

If you provide **us** your bank details and we will arrange payment of the agreed amount. The account must be a UK Bank as we will provide the payment as a cheque in GBP

Best wishes for a successful visit.

Elizabeth Wright

**Administrative** Secretary of SPIRIT

**Elizabeth Wright**

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