



DR. HELEN INGOE

SURGICAL CLINICAL FELLOW

PROFILE

Why did you choose this fellowship?

As a keen researcher I chose this fellowship for its access to high quality research team and its active collaboration with Queensland University of Technology. In this fellowship I will experience complex arthroscopic procedures that only few surgeons in the world perform making this a unique opportunity. I hope to gain advanced arthroscopic skills and develop a greater armamentarium of procedures to tackle various shoulder pathologies.

Highlights of the fellowship

- Working as a group of three fellows has allowed me to bounce ideas and concepts as I gain insights into shoulder surgical techniques and research. The camaraderie makes a perfect environment for idea development, collaboration and ongoing personal improvement.
- Experience of private practise and the collaborations needed to provide a successful service for your patients.
- Lifelong access to weekly journal club to present current concepts, discuss, review and debate new literature.
- Presenting fellowship research at international conferences.

ACADEMIC QUALIFICATIONS

- MBBS – University of Newcastle Upon Tyne
- MD – Hull York Medical School
- MSc Orthopaedic Engineering – Cardiff University
- PG Cert Research Methods – York University
- Fellowship Royal College of Surgeons England, Trauma and Orthopaedics
- Departmental Manager Level 5 - Institute of Leadership and Management
- Honorary Research Fellow – University of Otago

AIM OF THE FELLOWSHIP

To independently perform successful shoulder arthroscopic and arthroplasty procedures. To have a clear understanding of how to assess shoulder pathology and to have treatment algorithms for each pathology that are tailored to patient and evidenced based.

WHAT ARE SOME OF THE EXISTING CHALLENGES IN YOUR COUNTRY WITH REGARDS TO SHOULDER INJURIES?

In the United Kingdom we have the same access to new technologies and innovations as Australia. Working in a constrained public health system the use of new technologies is often challenged and needs to be proven as evidenced based before adopting in to routine clinical practice. It is therefore refreshing to work with a team that are pushing the boundaries of surgical techniques with the constant assessment and validation of these techniques as they develop.

RESEARCH PROJECTS

- Superior Shoulder Suspensory Complex Reconstruction for Acute and Chronic ACJ Dislocations using LARS Artificial Ligament: 3 Tunnel QUASR Technique
- The accuracy and reliability of forearm visual referencing in the assessment of humeral version used in the implantation of reverse total shoulder arthroplasty
- The 'Clock face test': a new and complete test for localizing labral lesions in shoulder instability
- Evaluating the cost benefit and environmental impact of surgical planning for shoulder arthroplasty
- Arthroscopic pectoralis major advancement for the treatment of chronic muscle rupture
- Developing a consensus on the outcomes measured in the effectiveness of surgical management of acute acromioclavicular joint injuries and lateral clavicle fractures. An International Delphi consensus collaborating with the University of Otago NZ, University of York UK and South Tees NHS Foundation Trust



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