



12TH Annual Meeting

Friday 24th September 2021

P&J Live, The Event
Complex Aberdeen

Foot and Ankle Scotland (FASt)

FASt is a multidisciplinary group set up to provide an educational forum for foot and ankle orthopaedics across all disciplines in Scotland. This is the first multidisciplinary group of its kind and uniquely brings together the disciplines of orthopaedics and podiatry as well as a number of other disciplines.

Special thanks to

Our Sponsors

Arthrex

Biocomposites

Depuy Synthes

DJO International

Joint Operations

Link Orthopaedics

Pentland Medical

Stryker

Zimmer Biomet

Organising committee

- Mr Nnamdi Obi
- Mr Sam Roberts
- Miss Kim Cameron
- Mr William McMurrich

Welcome

Mr Nnamdi Obi
Consultant Trauma and Orthopaedic Surgeon
University Hospitals Ayr and Crosshouse

Dear Delegates

It is my pleasure to welcome you all to the 12th Annual Meeting of FASt here at the P&J Live, The Event Complex in Aberdeen. Since its inception back in 2009 the annual meeting has continued to grow and be a regular fixture on the conference calendar.

This year sees FASt taking place under the umbrella of the British Orthopaedic Association (BOA) Congress which following a successful application for gateway status has been designated a Flagship event by the Scottish government. We are very much grateful to the BOA in facilitating this meeting which has posed more administrative challenges in the era of Covid-19.

This year the programme addresses a selection of areas of clinical practice that have stimulated interesting discussion in regional remote meetings, in addition to taking time to discuss and reflect upon the challenges and adaptations to working practice that the Covid-19 pandemic has presented.

I hope that you will find this year's meeting beneficial educationally but also provide you with the opportunity for a much needed catch-up with colleagues and friends from across Scotland and beyond after the restrictions of the last 18 months.

Best wishes

Nnamdi

FAST PROGRAMME

08:30 Registration and coffee on arrival

09:15 Welcome to FAST: Mr Nnamdi Obi (FAST Chair)

Session 1 – The management of neurological conditions affecting the Foot and Ankle (Chair – Mr John McKinley)		
09:20 – 09:35	Principles and strategies involved in neurorehabilitation	Audrey Campbell (Physiotherapist, Douglas Grant Rehabilitation Centre, Ayrshire)
09:35 – 09:50	Orthotic approach to management	Sine Collins (Senior Orthotist, Douglas Grant Rehabilitation Centre, Ayrshire)
09:50 – 10:05	Surgical approach to management	Mr Senthil Kumar, Consultant Orthopaedic Surgeon, Glasgow Royal Infirmary

10:05 – 10:30 Coffee/Trade Exhibition

Session 2 – The management of Talar dome osteochondral lesions (Chair – Mr Bob Carter)		
10:30 – 10:50	Pathophysiology and evidence update	Mr Shariff Hazarika, Consultant Orthopaedic Surgeon, Royal Alexandra Hospital, Paisley
10:50 – 11:10	Radiological modalities in the assessment of osteochondral lesions	Dr Natasha Rose, Consultant Radiologist, NHS Grampian
11:10 – 11:30	Surgical approach to management	Mr Mark Farndon, Consultant Orthopaedic Surgeon, Harrogate and District NHS Foundation Trust
11:30 – 12:00	Questions/Discussion	

12:00 – 13:00 Lunch/Trade Exhibition

**Session 3 – Experience and lessons learnt from Covid-19 in clinical practice
(Chair – Mr Shariff Hazarika)**

13:00 – 13:15	Overview of board and departmental response to adaptation in clinical practice during Covid-19	Mr Lech Rymaszewski, Clinical Advisor, Scottish Government
13:15 – 13:30	AHP service perspective on challenges of Covid-19	Leigh Porter Aberdeen City Lead Podiatrist
13:30 – 14:00	Open discussion	

**Session 4 – Complex case discussion
(Chair – Miss Jane Madeley)**


14:00 – 14:30	Complex cases
---------------	---------------

**Session 5 – Research
(Chair – Mr Sam Roberts)**

14:30 – 15:30	Free paper session
---------------	--------------------

15:30 Close of meeting

Thanks to all of the sponsors that made the FASt conference 2021 possible:

Sponsor		Contact	Email
	Arthrex Ltd	Richard Mcmanus	Richard.Mcmanus@arthrex.co.uk
	Biocomposites Ltd	Chris Connell	cc@biocomposites.com
	DepuySynthes	Jamie McKinlay	jmckinla@ITS.JNJ.com
	DJO International	Dan Gordon John Daly	Dan.Gordon@djoglobal.com John.Daly@djoglobal.com
	Joint operations	Jim Carr	jim@jointoperations.co.uk
	Link Orthopaedics	Jim Malcolm	Jim.Malcolm@linkorthopaedics.co.uk
	Pentland Medical Ltd	Jamie Munro	Jamie@pentlandmedical.co.uk
	Stryker	Nick Keaveny	nick@reammedical.com
	Zimmer Biomet	Liam Thomas	Liam.Thomas@zimmerbiomet.com