

# Fellowship Review

## Charing Cross Hospital Microsurgical Fellowship

Pouria Moradi, MBBS, BSc (Med), MRCS (Eng)

### CLINICAL FELLOWSHIP

<b>Fellowship Title</b>	Microsurgical Fellowship, Department of Plastic and Reconstructive Surgery, Charing Cross Hospital
<b>Fellowship Supervisor and email contact</b>	Professor Jagdeep Nanchahal and Mr Simon Wood j.nanchahal@imperial.ac.uk
<b>Location: City and Hospital(s)</b>	Charing Cross Hospital, Fulham Palace Road, London, W6 8RF, UK
<b>Daytime Duties</b>	08:00–17:00
<b>On Call Duties</b>	1 in 8
<b>Length of Fellowship Available</b>	1 year
<b>Number of Fellowships Available</b>	1
<b>Typical Start Date</b>	February
<b>Salary</b>	Depending on years of experience, but enough to live a comfortable life in London
<b>Junior Resident Support</b>	3 Senior House Officers
<b>Accommodation</b>	Private Rental in London
<b>Requirements/Experience</b>	MRCS or equivalent plus having completed or near completion of formal plastic and reconstructive surgical training
<b>Selection process</b>	CV/application form/interview

### WORKING ENVIRONMENT

Imperial College NHS Trust is the largest trust in the United Kingdom and was created in 2007 by merging Charing Cross, St Mary's and Hammersmith Hospitals. The Plastic and Reconstructive Surgical Department is based at the Charing Cross Campus, while still servicing the other 2 sites. The hospital is located in Hammersmith, West London, which is easily accessible wherever you decide to live in the capital. There is an affordable on-site gym and pool, a registrar's room with internet access, and WiFi coverage in both hospital cafeterias.

The Department has 5 consultants, 2 staff specialists, 1 Microsurgical Fellow, 4 Specialists Registrars, 2 Unaccredited Registrars, and 3 SHOs.

In 2009, I performed 409 adult cases encompassing a full range of disciplines covered at Charing Cross, including Lower Limb, Head and Neck, Breast, and Trunk Reconstruction.

### RECONSTRUCTIVE WORKLOAD

Each subspecialty has a weekly multidisciplinary team meeting, followed by a ward round or clinic. These sessions provide

Plastic and Reconstructive Department Charing Cross Hospital London, United Kingdom.

**Note from the editors:** We welcome submissions reviewing relevant courses, texts, or media reviews via a pre-submission enquiry to: pouriamoradi@hotmail.com.  
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ISSN: 0148-7043/11/6601-0013  
DOI: 10.1097/SAP.0b013e3181d2dabf

excellent education and training, which continues into the operating theater. All free tissue reconstructive cases are supervised by a consultant surgeon, with only 2 registrars scrubbed. One trainee raising the flap and the other performing the microanastomosis.

The microsurgical workload included 90 free tissue transfers as follows:

- Fifty-four breast reconstructions (45 DIEPs and 9 SIEAs).
- Twenty-four head and neck reconstructions (9 ALTs, 4 radial forearms, 4 jejunums, 3 fibulas, 1 gracilis, 1 rectus, 1 DCIA, and 1 lat dorsi).
- Twelve lower limb (8 ALTs and 4 radial forearms).

The fellowship also exposed me to 20 pedicled flap reconstructions of the lower limb, sternum, breast and perineal regions, including perforator flaps (S-Gap and I-Gap), muscle flaps (gastrocnemius, pectoralis muscle), musculocutaneous flaps (latissimus dorsi, ORAM), omental flaps, and lower limb fasciocutaneous flaps.

### RESEARCH AND FUNDING

Although not a requirement of the fellowship, research is strongly encouraged and very well supported by the department. As the fellow, you are entitled to 10 days study leave with 800 British Pounds reimbursement for costs incurred. I completed 2 clinical papers during my fellowship, which have been submitted for publication and await presentation at National and International Conferences.

### SUMMARY

■ *“By seeing London, I have seen as much of life as the world can show.”*  
—Samuel Johnson

The Charing Cross Microsurgical Fellowship provided me with comprehensive exposure and training in all aspects of reconstructive plastic surgery in particular microsurgery. As a tertiary referral center for lower limb, breast, and head and neck reconstruction, Charing Cross offers an excellent platform for dealing with complex reconstructive cases, and it is these skills that will provide the foundation on which I can build a consultant practice in Sydney.

Among all the worldwide fellowships offered, this one is a hidden gem, and I recommend it to anyone interested in reconstructive surgery.

<b>What was particularly good?</b>	<ul style="list-style-type: none"> <li>• High volume of microsurgical cases</li> <li>• Weekly lower limb grand rounds.</li> <li>• Living in Central London</li> </ul>
<b>Suggestions for future improvements</b>	<ul style="list-style-type: none"> <li>• Formal Teaching Sessions</li> </ul>

### REFERENCES

1. Moradi P, Durrant C, Glass GE, et al. SIEA flap leads to an increase in abdominal seroma rates compared to DIEP flap for breast reconstruction. *EJPS*. In press.
2. Moradi P, Glass GE, Durrant C, et al. Reconstruction of pharyngolaryngectomy defects using the jejunal free flap: A 10-year experience from a single reconstructive centre. *PRS*. In press.