

AO Alliance Foundation

AO Alliance Foundation Course— Nonoperative Fracture Treatment

June 10–12, 2015 Banjul, the Gambia



A word of welcome

Welcome to the AOAF Course—Nonoperative Fracture Treatment in Banjul, the Gambia.

The AO Alliance Foundation (AOAF) is a humanitarian nonprofit organization responding to the need to improve the care of acute musculoskeletal trauma and neglected cases in the least developed countries in the world. This is done by building local capacity on one hand and by collaborating with local physicians to develop and deliver educational events – such as this event – to provide training to individuals to promote healing and restore health and function.

There continues to be a close collaboration with the AO Foundation (AOF) and the AO Education Institute (AOEI). The AO principles of trauma and fracture management are disseminated to trauma surgeons and operating room personnel through the coordination and delivery of these instructional events.

These AOAF events can be offered to you thanks to the excellent and constructive support received from the national organizing committee. Together with local providers, AOAF events are designed and adapted to your country's specific needs. We would like to thank all those faculty members who dedicate much time away from their hospitals and families to come and teach on AOAF events to improve patient care. We know your expectations will be more than met and that you will return home enriched with new knowledge and skills to help us meet our ultimate goal - improving care of the injured patient.



Rolf Jeker
Chair
AO Alliance Foundation (AOAF)



Joachim Prein
Vice-Chair
AO Alliance Foundation (AOAF)

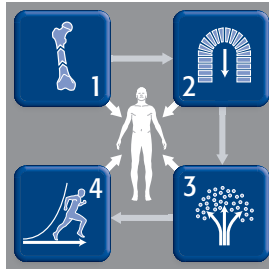


Jim Harrison
Regional Director of Africa
AO Alliance Foundation (AOAF)

The AO principles of fracture management

Fracture reduction and fixation to restore anatomical relationships.

Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.



Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient, and the injury.

Preservation of the blood supply to soft tissues and bone by gentle reduction techniques and careful handling.

Course objectives

This course is an instructional course with the objective to provide doctors and other healthcare professionals with guidelines for basic nonoperative treatment of common fractures and to enable them to recognize those fractures that need operative treatment in a specialist unit.

Structure of the course

- Presentations
- Practical exercises
- Group discussions

Content

This course will address:

- Fracture healing
- Fracture classification
- Treatment of shaft fractures
- Treatment of articular fractures
- Hands-on exercises

Learning outcomes

By the end of the course participants will be able to:

- Describe and classify common fractures
- Describe the basic principles for of fracture treatment
- Prepare and use the nonoperative methods of fracture treatment
- Anticipate potential pitfalls and complications in fracture care
- Identify fractures that would better be treated operatively
- Plan appropriate care for patients on nonoperative fracture treatment
- Formulate systems for maintaining safe standards of practice

Course faculty

The faculty for this AOAF course is composed of regional and national faculty.

Regional course chair

Wilfred Addo, Ghana

Local course chair

Charles Roberts, the Gambia

Regional faculty

Foster Amponsah, Ghana

George Prah, Ghana

National faculty

A Sameteh, the Gambia

K Solanki, the Gambia

A Axmy, the Gambia

Hosted by the AO Alliance Foundation (AOAF)

Course organization

AO Alliance Foundation (AOAF)

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Contact person

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Course information

Course venue

Edward Francis Small Teaching Hospital, Conference Hall, Banjul

Registration and information desk

Open: 07:30 am

Intellectual Property

Course materials, presentations, and case studies are the intellectual property of the course faculty. All rights are reserved. Check hazards and legal restrictions on www.aofoundation.org/ legal.

Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is strictly forbidden. Participants violating intellectual property will be dismissed.

The AO Alliance Foundation reserves the right to film, photograph, and audio record during their events. Participants must understand that in this context they may appear in these recorded materials. The AO Alliance Foundation assumes participants agree that these recorded materials may be used for AOAF marketing and other purposes, and made available to the public.

Security

It is compulsory to wear your badge during the course for lectures, workshops and group discussions.

Portable telephones

Please note that it is not permitted to use portable telephones in lecture hall and in workshop room.

Insurance

Participants are not insured by the course organizers against accidents or other risks. Personal belongings left in the hotel are the responsibility of the individual participant.

Dress code

Casual; beware clothing may get dirty with Plaster of Paris during practical workshops. Loose fitting pants and shirts are recommended.

Course language

English



Wednesday, June 10, 2015

TIME	AGENDA ITEM	WHO
09:00	Introduction/organisation	W L Addo
09:10	Objectives of the course	W L Addo
	Moderator: W L Addo	
	Fracture basics	
09:20	Description of fractures (AO/OTA Classification of Fractures and Dislocations)	G Prah
09:40	Reading an X-ray (examples to show principles)	G Prah
10:00	Fracture healing	F Amponsah
10:20	Complications of a fracture	K Solanki
10:40	TEA BREAK	
	Moderator: W L Addo	
11:00	Open fractures	C A Roberts
11:20	Basic principles of fracture treatment	F Amponsah
11:40	Nonoperative fracture treatment methods	W L Addo
12:00	Fracture disease	G Prah
12:20	Small group discussion 1 (4 groups of 6–8)	W L Addo
13:00	LUNCH	
	Moderator: C A Roberts	
14:00	Practical exercise 1 (90077) Application of volar slab splint (forearm and wrist)	G Prah / K Solanki
15:00	Practical exercise 2 (90082) Application of the above elbow posterior splint	F Amponsah / A Azmy
16:00	Practical exercise 3 (90078) Reduction techniques for the distal end of the radius and application of a basic forearm circular cast	C A Roberts / A Sameteh

Thursday, June 11, 2015

TIME	AGENDA ITEM	WHO
08:30	Registration day 2 Moderator: C A Roberts Fractures of the four long bones	
09:00	Long bone fracture treatment principles	G Prah
09:20	Fractures of the shaft of the humerus	A Azmy
09:40	Fractures of the shafts of the radius and ulna	W L Addo
10:00	Fractures of the shafts of the tibia and fibula	C A Roberts
10:20	Fractures of the shaft of the femur	A Sameteh
10:40	TEA BREAK	
	Injuries around the upper extremity and joints Moderator: F Amponsah	
11:00	Injuries around the shoulder joint 1 Dislocation of the acromio-clavicular joint 2 Dislocation of the shoulder 3 Fractures of the clavicle 4 Fractures of the upper end of the humerus	W L Addo
11:20	Practical exercise 4 Figure of 8 and collar and cuff (demo)	W L Addo
11:50	Practical exercise 5 Reduction of shoulder dislocation (demo)	W Addo
12:15	Injuries around the elbow joint 1 Dislocation of the elbow joint 2 Supracondylar fractures of the humerus 3 Fractures of the condyles of the humerus 4 Fractures of the head of the radius 5 Fractures of the olecranon	G Prah
12:35	Practical exercise 6 Reduction technique for elbow dislocation (demo)	G Prah
13:00	Injuries around the wrist joint 1 Fractures at the distal end of the radius 2 Fractures of the scaphoid 3 Dislocation of the lunate	C A Roberts

Thursday, June 11, 2015

TIME	AGENDA ITEM	WHO
13:20	Practical exercise 7 Reduction technique for supracondylar fractures	C A Roberts
14:00	LUNCH	
15:00	Fractures of the metacarpals and fingers 1 Fractures of the metacarpals 2 Bennett's fracture 3 Phalangeal fractures and dislocations	F Amponsah
15:20	Small group discussion 2 (Long bones)	C A Roberts
	Moderator: W Addo	
16:00	Practical exercise 8 (90083) Application of the above elbow POP	W L Addo / A Azmy
16:30	Practical exercise 9 (90085) Application of a thumb spica	F Amponsah
17:00	Practical exercise 10 (90081) Extension block splint (Burkhalter POP)	G Prah / K Solan
17:30	Practical exercise 11 (90081) Application of the modified shoulder splint	W L Addo / A Sameteh
18:00	End of day 2	

Friday, June 12, 2015

TIME	AGENDA ITEM	WHO
08:30	Registration day 3 Injuries around the lower extremity and joints Moderator: C A Roberts	
09:00	Injuries and fractures around the hip joint 1 Dislocation of the hip joint 2 Fractures of the neck of the femur 3 'Slipped' epiphysis of the femoral head 4 Intertrochanteric fractures	G Prah
09:20	Practical exercise 12 Reduction technique of hip dislocation (demo)	G Prah
09:40	Injuries around the knee joint 1 Fractures of one or both femoral condyles 2 Fractures of the patella 3 Fractures of the tibial spine 4 Fractures of one or both tibial condyles 5 Dislocation of the knee joint	G Prah
10:00	Practical exercise 13 Discuss and demo on reduction of a dislocated knee	G Prah
10:20	Injuries around the ankle joint 1 Surgical anatomy of the ankle joint 2 Sprains of the ankle joint 3 Fractures of the ankle joint	C A Roberts
10:40	TEA BREAK	
11:00	Injuries and fractures of the foot 1 Fractures of the calcaneum 2 Fractures and dislocations of the talus 3 Fracture—dislocations of the mid-tarsal and tarso-metatarsal joint 4 Fractures of the metatarsals 5 Fractures and dislocation of the toes	F Amponsah
11:20	Fractures of the pelvis, including demonstration of pelvic binder	C A Roberts
12:00	Management of fractures of the spine and spinal injuries	G Prah

Friday, June 12, 2015

TIME	AGENDA ITEM	WHO
12:20	Small group discussion 3 (Joint injuries)	C A Roberts
13:00	Practical exercise 14 (90092) Technique of application of skeletal traction (demo)	W L Addo
13:30	LUNCH	
	Moderator: W Addo	
14: 0	Practical exercise 15 (90087) Application of lower leg circular cast	G Prah / A Azmy
1 :	Practical exercise 16 (90088) Application of upper leg circular cast	F Amponsah / A Sameteh
1 :	Practical exercise 17 Application of skin traction for femur fractures	C A Roberts / K Solanki
16: 0	Summary of the course and handing out of the certificates	W L Addo / C A Roberts
	Small groups leaders Group 1: C Roberts / A Sameteh Group 2: G Prah / A Azmy Group 3: F Amponsah / K Solanki Group 4: W L Addo	

Notes

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