

Queens 5 Minutes Orthopaedics for the Primary Care Physicians (GP's)

 **28th June 2025**

📍 **Education Department**
📍 **Queens Hospital, Romford.**

Course Convenor

Krishna Vemulapalli
Consultant Orthopaedics Surgeon
Barking Havering and Redbridge University
Hospitals NHS Trust



Educational aims and objectives

This course will provide a comprehensive overview of orthopaedic issues commonly encountered in primary care. Mr. Vemulapalli, with 17 years of experience as a consultant, has extensive expertise in teaching and training. His insight into the challenges faced by General Practitioners (GPs) comes from his close relationships with GP colleagues and his wife, who is a GP herself.

Designed specifically for GPs and Physician Associates (PAs) in primary care, and delivered by the very experienced Consultant Orthopaedic Surgeons, this one-day course offers an engaging blend of lectures, interactive discussions, and hands-on demonstrations of orthopaedic examinations. Delegates will also have opportunities to engage with experienced faculty members.

By the end of the course, participants will feel confident in diagnosing and managing a range of orthopaedic pathologies within five minutes. They will gain a solid understanding of primary care treatments for orthopaedic conditions, as well as the key indicators for referral. This enables GPs to streamline administrative tasks or enjoy a well-deserved break in the remaining time. Each participant will also receive a course manual for easy reference.

Course Fee: £50

Registration:

<https://bookcpd.com/course/queens-5-minutes-orthopaedics-primary-care-physicians-gps>



Course Administrator- Ms. Deborah Etukudoh

Contact details [Tel:07532622223](tel:07532622223) or Deborah.etukudoh@nhs.net

Faculty:



Mr Krishna Vemulapalli

Consultant Orthopaedics Surgeon
Paediatric & Foot and Ankle Surgeon

Course Director



Mr Ashok Acharya
Consultant Orthopaedics Surgeon
Paediatric & Foot and Ankle Surgeon



Mr Ahmad Ali
Consultant Orthopaedics Surgeon
Arthroplasty & Soft Tissue Knee Surgeon



Mr Karam Al-Tawil
Consultant Orthopaedics Surgeon
Upper Limb Surgeon



Mr. Asif Parkar
Consultant Orthopaedics Surgeon
Hip & Knee Arthroplasty & Soft Tissue Knee Surgeon



Mr Shiv Shankar
Consultant Orthopaedics Surgeon
Hip & Knee Arthroplasty Surgeon



Mr.A.Sivaraman
Consultant Orthopaedics Surgeon
Spinal Surgeon



Mr D Tsekis
Consultant Orthopaedics Surgeon
Upper Limb Surgeon



Mr James Wong
Consultant Orthopaedics Surgeon
Hip & Knee Arthroplasty Surgeon

Course Programme

	08:30- 08:40	Introduction	Mr K Vemulapalli
Hip			
	08:40- 08:50	Hip Problems in patients above 50 yrs	Mr J Wong (TBC)
	08:50-09:00	Hip Problems in Younger Patients (>16 yrs)	Mr S Shankar (TBC)
	09:00-09:20	Hip Problems Paediatrics (<16 yrs)	Mr K Vemulapalli
Knee			
	09:20-09:30	Knee Problems in Patients above 50 yrs	Mr A Ali(TBC)
	09:30-09:40	Knee Problems in younger Patients (>16 yrs)	Mr A. Parkar (TBC)
	09:40-10:00	Lower Limb Problems in Paediatrics (<16 Yrs)	Mr K.Vemulapalli
Break	10:00-10:20	Coffee	
Discussion	10:20-11:20	Group Discussions 5 Min Hip Examination in Primary care. 5 Min Knee Examination in Primary care. DDH newborn Examination Common Hip and Knee conditions in primary care group discussion.	Mr J. Wong(TBC) Mr A. Ali (TBC) Mr K Vemulapalli Mr S Shankar/ Mr A Parkar (TBC)
Foot and Ankle			
	11:20-11:45	Foot & Ankle common Problems in Adult Patients	Mr K Vemulapalli
	11:45-11:55	Foot & Ankle Problems in Paediatrics (<16 Yrs)	Mr A Acharya (TBC)
Shoulder & Elbow			
	11:55-12:05	Shoulder Problems -Degenerative	Mr D Tsekes (TBC)
	12:05-12:20	Shoulder Problems- Soft Tissue	Mr K Al-Tawil (TBC)
	12:20-12:30	Elbow Problems in all Patients	Mr D Tsekes (TBC)
Break	12:30-13:10	Lunch	
Discussion	13:10-14:10	Group Discussions 5 minutes Shoulder and Elbow examination in Primary care 5 minutes Foot and Ankle examination in Primary care Common Shoulder & Elbow conditions in primary care group discussion. Common Foot & Ankle conditions in primary care group discussion	Mr D Tsekes (TBC) Mr A Acharya (TBC) Mr K Al-Tawil (TBC) Mr K Vemulapalli

Hand & Wrist			
	14:10-14:25	Hand & Wrist Problems -Degenerative	Mr K Al-Tawil (TBC)
	14:25-14:40	Hand & Wrist Problems- Soft Tissue	Mr K Al-Tawil (TBC)
Spine			
	14:40-14:50	C-Spine Problems in Adult Patients	Mr Sivaraman (TBC)
	14:50-15:00	L-Spine Problems in Adult Patients	Mr.Sivaraman (TBC)
	15:00-15:10	Spinal Problems in Paediatrics (<16 Yrs)	Mr Acharya
Break	15:10-15:30	Tea	
Discussion	15:30-16:30	Group Discussions 5 Min Hand & Wrist examination in Primary care; 5 Min Spinal Examination; Common Hand & Wrist conditions in primary care group discussion. Common Spinal conditions in primary care group discussion	Mr D Tsekas (TBC) Mr Sivaraman (TBC) Mr K Al-Tawil (TBC) Mr K Vemulapalli
	16:30-16:40	Off-the-Cuff & Impromptu Discussions for any Primary Care Orthopaedics Topics	Mr. K. Vemulapalli & Team
	16:40-17:00	Summarising the day & Closure	Mr K Vemulapalli