

## **Report - 4-week Neurosurgery observership program at Royal Victoria Infirmary, Newcastle upon Tyne**

I feel deeply honored to submit this report detailing my four-week Neurosurgery observership at the Royal Victoria Infirmary, Newcastle upon Tyne. This whole observership program was made possible through the generous support of the SBNS bursary, and I am very grateful for this exceptional opportunity. I was privileged to gain a lot of knowledge and valuable experience under the amazing mentorship and supervision of Ms. Claire Nicholson and Alistair Jenkins, which will indeed shape my future career.

Throughout the observership, I attended theatre sessions approximately four days per week, where I could observe a diverse range of neurosurgical procedures performed using various advanced techniques. Each surgical case provided a unique learning experience, allowing me to witness the precision, skill, and decision-making ability required in neurosurgical practice. The complexity and variety of cases deepened my knowledge and understanding of surgical anatomy and intraoperative management. Participating in ward rounds alongside the registrars was an invaluable component of my learning experience, enhancing my understanding of postoperative patient management and also the importance of planning well for the best care for the patients. Other than the technical aspects of neurosurgery, I also learned about the art of patient-centered care, particularly regarding mental well-being during the recovery period. This holistic approach to patient management was very interesting, and I think I was influenced by this experience in the best possible way.

The outpatient clinics offered great exposure to a wide spectrum of clinical conditions and patient presentations. I am also very grateful for the opportunity I got to attend pre-operative assessment clinics and the Deep Brain Stimulation (DBS) clinic alongside Ms. Nicholson and Mr. Jenkins. These specialized clinics enhanced my knowledge of patient selection, counseling, and the multidisciplinary approach essential for complex neurosurgical cases. Daily attendance at handover meetings also provided a great learning experience about good communication, case prioritization, and the collaborative nature of neurosurgical care. These sessions exposed me to many different clinical conditions and taught me the importance of efficient information transfer in maintaining continuity of care.

I am specially thankful for the consultants and registrars who graciously welcomed me into their Thursday teaching sessions and journal club meetings. This generosity made me feel like a valued member of the team rather than merely an observer. The discussions and case-based learning during these sessions significantly enhanced my clinical knowledge and critical thinking skills. Additionally, observing the mock viva sessions conducted by senior consultants for registrars provided a unique opportunity to gain knowledge and experience on the examination process and about the depth of knowledge required in neurosurgical training. This experience has motivated me to pursue excellence in my own academic development.

This observership marked my first international experience, and I am truly grateful for the opportunity that allowed me to explore the beautiful city of Newcastle upon Tyne during my weekends. Visiting the museums, art galleries, Quayside, the City Center, and Parks allowed me to appreciate the rich culture and history of the city. Also, I got to meet a lot of nice and kind people who welcomed me with a big, loving heart. These experiences made my journey an exciting and unforgettable one, enabling me to form new friendships and broaden my horizons beyond the known limits.

This four-week observership was truly a life-changing experience. The clinical exposure, academic exposure, and personal growth I experienced helped to stabilize my dreams to pursue a career in neurosurgery. The knowledge and skills I acquired during this period will serve as a strong foundation for my future endeavors. I wish to express my heartfelt gratitude to the Society of British Neurological Surgeons for awarding me this bursary. My deepest appreciation goes to Ms. Claire Nicholson and Mr. Alistair Jenkins for their exceptional mentorship, patience, kindness, and unwavering support throughout my observership. They completely changed my life in the best possible way to pursue my dreams. I am also grateful to all the consultants, registrars, and all the staff at the Royal Victoria Infirmary who made me feel welcome and contributed to this enriching experience. This opportunity has been truly transformative, and I am committed to honor the investment made in me by continuing to pursue excellence in Patient care and health services.