



BestCities
CRUCIAL IMPACTS



International Hip Preservation Society (ISHA) – 2023 Annual Scientific Meeting

- Brings hip preservation, prevention and treatment to all people, regardless of age, social status, gender or economic situation.
- Improves detection, diagnosis and access to skilled treatment.



October 5-7, 2023, Cape Town, South Africa



Objectives:

- Boost awareness of hip preservation surgery in Africa, including the value it brings to patient quality of life and its socioeconomic value.
- Speak with stakeholders to identify challenges and barriers preventing hip preservation adoption in Africa.
- Identify orthopedic surgeons in Africa who are interested in being trained in hip preservation surgery.
- Leave a skills training programme legacy across Africa.



Event Highlights:

- Developed an **adolescent screening pilot programme**, which determined that 16.9% of 123 participants screened had undiagnosed hip disease.
- Partnered with East Africa Arthroscopy Association and Mater Hospital in Nairobi to introduce a programme where **experienced surgeons travel to Kenya to train local surgeons** and operate on patients.
- The goal is to train enough surgeons within a two-year period to **sufficiently treat local patients**, then expand the programme across the continent.

Innovative Elements:

- **Local and regional partnerships** addressed challenges unique to each territory in Africa.
- **Digital-first strategy** enhanced ISHA's existing content with live formats enabling Kenya-based surgeon trainees to interact with world-leading hip arthroscopy practitioners.
- **Collaborated with medical innovator Proximie**, which offers a series of live broadcasts in operating theatres around the world, to build a broadcast feed from South Africa. Using the multiscreen capability, global experts acted as proctors for hip operations, enabling trainees to learn rapidly and effectively.
- **Partnership with industry partners Arthrex, Smith + Nephew and Stryker** to help with delivery and supply of equipment into the region, as well as the provision of future cadaveric training workshops.





Evidence of Impact:

- The programme involved **20 surgeon trainees attending 12 virtual training sessions**. Feedback reports indicate satisfaction levels over 98%.
- Medical expert Dr. Josip Cacic, who travelled to Kenya from South Africa in April 2024 as part of the program launch, **operated on 10 patients and achieved a 100% patient satisfaction rate**. The initial call for patients received over 150 applications.
- Second Kenya visitation programme took place 20-24 September with **four days of surgical procedures** and second phase of local surgeon in-person training.
- Provision by ISHA of **regional funding travel bursaries** to enable surgeon trainees to travel to established hubs in South Africa, Turkey and Egypt to spend fellowship training time with experts.

“It is my dream to see everyone have healthy hips across the whole of Africa. The only solution is to train local surgeons to a level that patients enjoy anywhere else in the world.”

- Dr. Josip Cacic,

ISHA Past President, Committee Chair and project director, South Africa

