



# THE COCHIN ORTHOPAEDIC SOCIETY

Dr Dennis P Jose, President, 8A, Noel Define, Stadium Link Road, Kaloor, Kochi 682017 Mob: 9895283937, Email: drdennisp@gmail.com  
Dr Jiss Joseph Panakkal, Hon.Secretary, Thachuthara House, Valavi Road, Kochi-682018, Mob: 9605322260, Email: jissjoseph@hotmail.com  
Dr Joice Varghese M J, Hon.Treasurer, Mulavarickal house, Thuravoor P O, Angamaly-683572, Mob: 9846831410, Email: drjoice@gmail.com

## The Cochin Orthopaedic Society's Monthly Clinical Meeting

**Dr Dennis P Jose**  
President

Dear COS member,  
Our monthly clinical meeting for **December 2023** will be conducted on **6<sup>th</sup> December, 7.45pm sharp at IMA House, Kochi.**

**Dr Jiss Joseph Panakkal**  
Hon.Secretary

There will be a **PG session on Hip / Club foot / Xray discussions from 6.45pm to 7.45pm by Dr Babu Joseph**, Senior Consultant Orthopaedics & Sports Medicine Specialist, Renai Medcity, Kochi.  
I request your active participation in the meeting to have a good academic feast followed by the fellowship.

**Dr Joice Varghese M J**  
Hon.Treasurer

### **Programme:**

**Dr Venugopal R**  
Imm Past President

**Chairperson:** Dr Babu George, Senior Consultant, Department of Orthopaedics, Welcare Hospital, Kochi

### CASE PRESENTATIONS

**Dr John T John**  
Vice President

1	"Most complex knee deformity corrected using Robotic assistance."	<b>Dr Apeksha Kumar</b> , PG Resident, Amrita Hospital, Kochi
2	"A Case of Upper Limb Trauma"	<b>Dr Nandu Padmakumar</b> , DNB Trainee, Rajagiri hospital, Kochi
3	"A case on Chronic flipped meniscus"	<b>Dr Athish Jaims</b> , PG. Resident, MOSC Medical College, Kolenchery
4	"22 year old male- neck of femur fracture. What can go wrong?"	<b>Dr Amal Antony</b> , Fellowship in Hip Arthroplasty, Medical Trust Hospital, Kochi
5	"Scapholunate instability - Reconstruction"	<b>Dr Binoy P S</b> , Hand surgeon, Aster Medcity, Kochi

**Dr Sujit Jos**  
Imm Past Secretary

**Dr. Sudheer Shareef**  
Chairman Long Term Planning

**Dr Balu C Babu**  
IT Secretary

### **EXECUTIVE COMMITTEE MEMBERS**

**Dr. Surej G N**  
**Dr Sreeganes K**

**Faculty talk by Dr Jyothi Madhusoodhanan Nair, MBBS, MD (Psychiatry), Consultant Psychiatrist, Welcare Hospital, Kochi**

**Topic- "Balancing the Bones: Navigating Stress and Burnout in Surgical practice"**

### AGENDA

- **Announcement of Best Paper Presentation in last month's Clinical meeting**
- **COS Quiz Competition & Announcement of last month's Quiz Winner- Dr Balu C Babu**

1. Call the meeting to order	Dr. Dennis P Jose
2. Silent prayer	
3. Minutes of the last meeting	Dr Jiss Joseph Panakkal
4. Secretary's Monthly Report	
5. Calendar of Events	Dr Joice Varghese M J
6. COS Xmas Celebration planning	Dr Dennis P Jose / Dr Jiss Joseph Panakkal
7. COS Family trip planning	Dr Dennis P Jose / Dr Jiss Joseph Panakkal
8. Any other matters	
9. Sponsors Talk	
10. Vote of Thanks	Dr Jiss Joseph Panakkal

This meeting is sponsored by **Welcare Hospital, Kochi** supported by **Audi Kochi**

Thanking you,  
Dr Jiss Joseph Panakkal,  
Hon.Secretary, COS