

**REPORT ON VISIT TO
THE MIDLAND CENTRE FOR SPINAL INJURIES (MCSI)
RJ & AH ORTHOPAEDIC HOSPITAL, OSWESTRY**

Prepared by:

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Date of Visit: 18-20 August 2008

We visited the MCSI from 18 August 2008 until 20 August 2008.

It was a very interesting and informative visit, that gave us a lot of impressions and things to think about.

On the first day of our visit we were 'drawn' into the life of the Centre by participating in daily meetings and round table discussions, in which all members of the multi disciplinary team took part and not just the medical doctors.

This was very interesting to us as in our country it is not a common thing to discuss psychological and personal problems of patients with SCI. We do not have occupational therapists or psychologists.

Afterwards we took part in daily meetings with patients, led by Mr El Masry and his team of Consultants. These patients were in the acute stage.

Then, Mr El Masry himself showed us how the MCSI works. He explained the principles of patients, the daily routines of patients as inpatients and outpatients.

We observed the active rehabilitation and socialisation of the patients and where this takes place. This was a very important thing to see as there is not even a similar clinic in Russia. Some of the specific routine activities of patients we have never seen anywhere else in the world.

In the afternoon Mr El Masry devoted a lot of his time explaining to us the principles of treating patients in the acute stage of spinal injury and also supported those principles with evidence based on his long term experience on the MCSI. His principles were very new to us as in Russia most of the patients are operated on. The advantages of conservative treatment with good results, having observed his results and principles were new and unusual to us.

The second day of the visit was very memorable. Firstly because we attended the meetings between patients and the multi disciplinary team with Mr El Masry.

It was very nice to see that communication was equal between the patient and the team, to observe the appraisal and review of the achieved goals and the creation of new goals to reach. This was another new and great idea that we very much liked.

In the afternoon it was very interesting to observe the medical appraisal of urodynamic studies, the possibilities and principles of work, as, in our region nobody makes the same investigation.

It was very interesting to attend the pre-op ward round with Mr El Masry when he met the patients who were scheduled for surgery the next day.

It was also interesting to meet with the outpatients attending clinic. Some with a long history of their injury.

We were especially impressed by the disagreement between the spinal injury and/spinal cord injury based on MRI data and clinical results from the point of view of the routine method which is much higher than expected. During this meeting Mr El Masry's theory was once more confirmed.

The third day of the visit was very special as we could attend the operating theatre.

We would like to thank Mr El Masry and all his team from the bottom of our hearts for a very warm welcome and for the very informative discussions, showing us interesting results, long term work and supervisions that changed our point of view of the principles of treatment of patients with SCI.

We wish great success and good luck to MCSI and all its staff and the doctors and especially to Mr El Masry.

Thank you very much

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