

FESSH TRAVEL AWARD – REPORT

As hand surgeons, we frequently encounter peripheral nerve problems in our daily practice, ranging from nerve injuries to more complex conditions such as brachial plexus injuries, nerve transfers, and thoracic outlet syndrome. The main purpose of my visit was to improve my understanding of complex peripheral nerve surgery and its clinical management. The Peripheral Nerve Injury Unit (PNI) at the Royal National Orthopaedic Hospital (RNOH) was an ideal centre for this purpose.



Figure 1: The PNI Multidisciplinary Team – [From left to right] Dennis Hazell (Clinical Nurse Specialist), Lisa Swann-Hayden (Clinical Nurse Specialist), Remy Liechti (International PNI Fellow), Mike Fox (Consultant PNI Surgeon), Ashley Simpson (Consultant PNI Surgeon), Sara Boutong (Specialist Registrar), Anna Panagiotidou (Consultant PNI Surgeon), Rustam Jalilov (FESSH Visiting Fellow), Elizabeth Hedge (PNI Fellow), Marco Sinisi (Consultant PNI Surgeon)

My visit took place between 3 and 18 August 2026, and the experience exceeded my expectations. I had the opportunity to observe a wide spectrum of peripheral nerve surgery, including brachial plexus procedures, tumour and thoracic outlet syndrome cases, free functional muscle transfer, and nerve exploration in different anatomical regions. Throughout these cases, the team generously shared their surgical experience, decision-making process, and technical knowledge.

The outpatient clinics were also highly educational. I observed detailed physical examination, differential diagnosis, treatment planning, outcome assessment, and close collaboration with physiotherapists. This multidisciplinary approach helped me appreciate the importance of managing the whole patient pathway rather than focusing only on surgery.

I was also fortunate to attend the London Brachial Plexus and Nerve Injury Course during my visit, which complemented my clinical observations and strengthened the theoretical aspect of the fellowship.

One of the most valuable aspects of my visit was witnessing the consultants' commitment to preserving their accumulated knowledge and passing it on to the next generation. Even during this relatively short visit, I gained valuable insights that will guide my future practice. I believe this experience will positively contribute both to the care of my patients and to colleagues developing an interest in peripheral nerve surgery. I hope to carry this culture of sharing forward in my own practice, both for the benefit of my patients and for younger colleagues interested in peripheral nerve surgery.



Figure 2: The PNI Fellows – [From left to right] Elizabeth Hedge (PNI Fellow), Saad Alrobaiea (International PNI Fellow), Rustam Jalilov (FESSH Visiting Fellow), Angela Rampini (International PNI Fellow), Remy Liechti (International PNI Fellow)

I sincerely thank Mr. Ashley Simpson, his colleagues Mr. Mike Fox, Mr. Marco Sinisi, and Miss Anna Panagiotidou, as well as the fellows and the entire RNOH-PNI team, for their support, generosity, and willingness to share their experience. I am also grateful to FESSH for making this valuable educational experience possible.



CERTIFICATE OF COMPLETION

London Brachial Plexus and Peripheral Nerve Course 2026

This certificate is awarded to

Rustam Jalilov

for successful completion of the course held on

Friday 7 August 2026

St Matthew's Conference Centre, London

Ashley Simpson

Course Director
Nerve Education

nerveeducation.com



ST MATTHEW'S
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22 August 2026

To whom it may concern,

Re: Mr Rustam Jalilov - FESSH Travel Award Visiting Fellowship

I write in my capacity as Consultant Peripheral Nerve Surgeon and Mr Rustam Jalilov's supervisor to confirm that he undertook a visiting fellowship in the Peripheral Nerve Injury Unit at the Royal National Orthopaedic Hospital, Stanmore, from 3 to 18 August 2026 inclusive.

During his attachment, Mr Jalilov attended specialist operating lists and outpatient clinics and took part in the educational activities of our multidisciplinary service. His clinical exposure included the assessment and management of complex peripheral nerve and brachial plexus conditions, including brachial plexus procedures, peripheral nerve exploration, nerve tumours, thoracic outlet syndrome surgery and free functional muscle transfer. He also observed multidisciplinary treatment planning, outcome assessment and collaboration with physiotherapy and the wider team.

As part of the visit Rustam attended the London Brachial Plexus and Peripheral Nerve Course 2026 at St Matthew's Conference Centre, London, which complemented the clinical component of his visit.

Throughout his time with us, Mr Jalilov was engaged, professional and enthusiastic. He interacted constructively with consultants, fellows, nursing staff and therapists and made excellent use of the educational opportunities available. It was a pleasure to host him, and I am pleased to confirm that the fellowship took place as described.

This letter is provided at his request as formal confirmation for the FESSH Travel Award report and for inclusion in his professional records.

Yours faithfully,



On behalf of the **Peripheral Nerve Injury Unit**

Ashley I. Simpson

**BA(Hons) | MBBS | MA(Cantab) | MSc | PGCME | PGCert (Data Science)
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