



August 2023

Dear Specialist Trainee,

Congratulations on your recent Training Programme appointment. The British Orthopaedic Association (BOA) would like to welcome you to the profession and invite you to join our Association if you are not already a member. BOA membership has a number of advantages for trainees, including:

- Access to high-profile travelling, research and leadership fellowships
- Discounted rates for our courses, such as OrthoUpdate (formerly Instructional Course)
- Ability to sit the UK and Ireland In-Training Exam (UKITE) free of charge
- Access to the 2023 BOA Congress. This is a valuable opportunity to network with your peers from around the country and covers the full spectrum of clinical and professional issues of the day.
- Access to 'Early Bird' registration for the BOA Annual Congress from 2024 onwards.
- Automatic membership to British Orthopaedic Trainees Association

For more information on membership and how to apply visit [www.boa.ac.uk/join](http://www.boa.ac.uk/join).

### **BOA Congress 2023**

20th-23rd September

The BOA Annual Congress 2023 is taking place on 19th - 22nd September 2023 in Liverpool, ACC. The programme will be created around the theme of Sustainable Systems, with three days of lectures, debates and discussions including three days of exhibition. The Friday will focus on our training programmes for delegates at all career stages. More details are available at [www.boa.ac.uk/congress](http://www.boa.ac.uk/congress).

General registration is now open and will close on Sunday 3<sup>rd</sup> September.

### **UKITE**

BOA members are able to sit the United Kingdom and Ireland In-Training Exam (UKITE) for free. UKITE is an online mock examination that allows trainees to practice for section 1 of their FRCS Tr and Orth with questions based on the T&O curriculum and is held every December within training programmes.

This year UKITE will run from 08<sup>th</sup>- 15<sup>th</sup> December. In order to sit the UKITE free of charge, you will need to apply for BOA membership by **30<sup>th</sup> September 2023**. Non-BOA members who wish to sit the UKITE will be charged a fee of £150. BOA members and non-BOA members will be required to self-register online for UKITE by **30<sup>th</sup> November 2023**.

More information on UKITE is available at [www.boa.ac.uk/ukite](http://www.boa.ac.uk/ukite).

## **British Orthopaedic Trainees Association (BOTA)**

The British Orthopaedic Trainees Association is the national representative body of orthopaedic trainees. It provides a voice for trainee issues, support and information about training-related opportunities.

The BOA values its close relationship with BOTA and believes that it can only achieve its many aims, including the implementation of its recently published [Diversity and Inclusion Policy](#), by utilising the opportunities that this relationship brings. Your voice as a trainee really does matter - Covid-19 has provided us with immense challenges and the input from BOTA has been invaluable in helping us to respond.

The BOA and BOTA are complementary rather than isolated associations, and there are numerous advantages to being a member of both. Trainees who apply for membership of the BOA automatically receive membership of BOTA. This provides the opportunity to attend the BOTA Annual Congress and participate in national research projects. Members also get access to several exclusive educational courses, bursaries and a TOTUM discount card.

More information on BOTA and its Annual Congress is at [www.bota.org.uk](http://www.bota.org.uk).

### **BOA Ortho Update Course**

January 2024, brand new face-to-face format

The new BOA Ortho Update Course (formerly the BOA Instructional Course) was established to help trauma and orthopaedic surgeons to establish strong foundations for practice and assessment.

This improved course gives delegates the opportunity to access new understanding and support preparation for the FRCS exam. We provide the facility for delegates to participate in Case Based Discussions (CBDs) across a range of critical condition topics, which are essential to their training, and join lectures delivered by expert clinicians. More information can be found at [www.boa.ac.uk/OrthoUpdate](http://www.boa.ac.uk/OrthoUpdate).

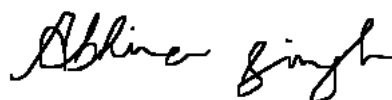
More information on other BOA courses and how to register can be found at [www.boa.ac.uk/learning-and-events/courses.html](http://www.boa.ac.uk/learning-and-events/courses.html)

We hope to welcome you to the BOA soon and wish you all the best as you begin your Training Programme! More information on all the benefits of BOA membership can be found at [www.boa.ac.uk/benefits](http://www.boa.ac.uk/benefits).

Yours sincerely,



**Deborah Eastwood**  
BOA President



**Abhinav Singh**  
BOTA President