

I am sincerely grateful to the Royal College of Physicians of Edinburgh for awarding me the Brian Chapman Scholarship and providing access to the Edinburgh International Course of Medicine for the Older Adult (EICMOA) 2026. This scholarship has provided an excellent opportunity to update my knowledge in geriatric medicine and strengthen my commitment to delivering evidence-based, patient-centred care for older adults.

The sessions on osteoporosis and fracture risk assessment were particularly valuable and directly relevant to my clinical practice. The course presented an up-to-date review of current evidence and international guidelines on the prevention, assessment, and management of osteoporosis in older adults. It reinforced the importance of early identification of individuals at high risk of fragility fractures, comprehensive risk assessment, timely investigation, and appropriate therapeutic interventions to reduce fracture-related morbidity, mortality, and loss of independence.

A key learning point for me was the importance of integrating the latest evidence into routine clinical decision-making. The course enhanced my understanding of contemporary approaches to osteoporosis management, including risk stratification, optimisation of bone health, appropriate pharmacological therapy, falls prevention, and long-term follow-up. These updates have strengthened my confidence in providing high-quality care to older patients while ensuring that clinical decisions are aligned with current best practice.

Importantly, the educational value of the course extended beyond my personal learning. Following the completion of the osteoporosis module, I prepared and delivered an educational presentation at Sushma Koirala Hospital to share the latest evidence and guideline updates with colleagues and consultant physicians. The presentation generated valuable discussion regarding current practice and highlighted opportunities to further align our local management strategies with contemporary international recommendations.

The course also encouraged me to critically reflect on existing clinical pathways within my workplace. Through discussions with senior colleagues and consultants, I was able to share key learning points from the course and contribute to conversations on adopting evidence-based improvements in the assessment and management of osteoporosis and fracture risk among older adults. I believe that these discussions will support ongoing improvements in patient care and promote greater awareness of osteoporosis as a significant yet preventable cause of morbidity in the ageing population.

Beyond the clinical knowledge gained, this experience reinforced the importance of lifelong learning, continuous professional development, and the dissemination of knowledge within healthcare teams. The opportunity to translate newly acquired evidence into educational activities for colleagues has been particularly rewarding, as it

has the potential to improve clinical practice beyond my own individual work and ultimately benefit a greater number of patients.

I am deeply appreciative of the Royal College of Physicians of Edinburgh for investing in the professional development of international physicians through the Brian Chapman Scholarship. Participation in EICMOA 2026 has been an enriching and inspiring experience that has enhanced both my clinical knowledge and my commitment to improving the care of older adults. I look forward to applying the knowledge and skills gained throughout my future clinical practice while continuing to promote evidence-based medicine and high standards of patient care.

Thank you once again for this outstanding educational opportunity and for your continued commitment to advancing medical education worldwide.

Dr. Khatri Gaurab