

Report of fellowship in Spine Team

Half year ago, the most achievement of my personal career is finished the FRCS training and exit examination, however at present, I think it is this: Completed 6 months fellowship training in QMH spine team ! It is so great an experience and must be have great influence in my life!

This is a famous place because of famous people. It is also the reason why many doctors including me willing to come here. Prof Cheung, Prof Luk, Dr. Wong, these are all greatest people who are admired and as our models. Their personality charm is actually an even more important thing, which attract us to here. Their elegant behavior, smart reaction and the strictness all really impress me. For example, in weekly work, one of toughest thing is to preparing the grand round, but I still like it; because in grand round, the seniors can robust vigorous exchange of idea and viewpoint, it's real good. You will get the real attitude to the knowledge and know how to get the truth. It can benefit all of us. It's just like Hong Kong society, a real freedom society !

There are so many experiences and achievement I have got in these months, let's talk one by one :

1, First of all, fulfill the full-duty daily work.

As a temporary registered doctor, I need take care of patients in ward and attending outpatient clinic four times per week. In leisure time, I need make PowerPoint of pre-op and post-op patients for the pre-op meeting. Initially, because of complete different medical system, it's really tough for me to get used of it. But, I think I quickly totally involved in the Hong Kong medical care environment and work as a qualified residence doctor.

2, knowledge and surgical skill

To study spinal knowledge and surgical skill is the aim of my being here. As a pediatric orthopedics doctor, it's really difficult for me to complete this mission with the weak base; it's challenge to me. But on the other hand, I am very positive about my ability of learning and the ability of surgery, I can do most of operation of pediatric orthopedics, including all kinds of peadi trauma, peadi hip (Salter, Dega, Triple and Ganz periacetabular osteotomy), peadi foot (club foot, cavus foot, flat foot-soft tissue and bony procedure), peadi tumor (limb salvage operation, amputation), limb mal-alignment and LLD etc., but lack the really knowledge of spine. In clinic of my hospital, there are always the children with spinal disorder that I cannot provide professional advice. This is the reason why I come here, this is also my personality: thirsting for knowledge and pursuing constantly a progress.

I make progress every day: how to dissection better, how to put the pedicle screw with free-hand technique, how to make pre-op operation plan, and the core knowledge of AIS surgery I think is: using fulcrum bending view to predict the final outcome, achieve a squared fusion block and balance spine, and early operation. In past two months, which is summer holiday, we do a lot of AIS, it's really a good opportunity for me. Roughly estimated, I attended about 20 AIS cases. Every doctor has his own technique and skills. Thanks for the

entire spine team doctors and thanks for the fellowship training arrangements; I have quickly improved my surgical knowledge and skill. Currently, I have done 2 AIS surgeries as surgeon. I think I have made a great progress. However, even I am confident of spinal surgery at present, I know there must be many things I don't know. Because I have new things to get in every time when I attend the operation. Sometime I will suddenly know the meaning what Prof told long time ago. It's good experience to make constantly a progress every day.

Other paediatric spine case include: VEPTR for congenital scoliosis and rib fusion; congenital hemi-vertebral with partial resection and short fusion; Megac growing rod application; lengthening the traditional growing rod; neuromuscular scoliosis; syndromic severe ridged scoliosis. Meanwhile as an assistant I attended a lot of adult spinal surgery, including all kinds of degenerative spinal surgery. And as a surgeon I have done one trauma and one lumbar decompression cases. However, there are still many things I have not seen, include all kind of spinal osteotomy which is more advanced technique, so 6 months is somehow short for me. If have opportunity I will come and learn again.

3, Join the meeting and academic activity at weekend

Joint the 14th Hong Kong International Orthopedics forum at 09/04/2017

Attending the university student clinical examination as a surrogate patient in 27/05/2017

Attending as a judge in SP Chow Group Presentation on 08/07/ 2017

Attending the Saturday inter-hospital meeting

4, Make friends

Thank for April who make a hard work for my registration, giving the kindly advise of how to live, how to work. I really appreciate it.

I appreciate all the spine team doctors: Prof. Kenneth Cheung, Prof. Keith DK Luk, Dr.Wong, Dr.Cheung WY, KC Mak, Kenny, Jason, Paul. Each of them is my teacher, also is my friend. No words can express my thanks to their great kindness.

Also make friend with resident doctors here and oversee fellows: JH, Gramham, Vish, Vincent, Gabriel, Jewel, Zhai, Cai

Thanks to the nurses in the ward and outpatient clinic, we have good cooperation, which make the work easier and happy.

5, Research

It's amazing that there are so many good papers published. Even can published in "Lancet". The underlying reason I think is perfect developed medical system and the attitude to the science. At last two months, I applied to attending some research. After talk about it with Jason, he gave me two subjects. One is Halo-gravity traction for severe scoliosis, the other is C1/2 subluxation. I had spent a lot of leisure time to check the medical record and to review the X-ray and review the articles. It's really helpful to know deeply about this disease.

6, Attending Paedi grand round and discussion

Dr. Wang Chow is another doctor I very admired, very knowledgeable and smart. In DKCH there are many cerebral palsy patients, which are less in our hospital, this is also my weakness point. So if there are opportunities, I will attend Paedi discussion, which can learn a

lot of things from Dr.Chow and Dr.Kuang; and meanwhile make a good friendship.

For summary, I make effort to do hard working every day because so much things to learn, in such a developed place and among such wonderful people. I appreciated every doctor here.

Thanks for Prof.Cheung to give this precious fellowship opportunity to me.

Dr BIAN Zhen
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