

FELLOWSHIP REPORT

Dr. ASHWIN ANIL DESHMUKH, INDIA.

Fellowship in Sports Medicine & Arthroscopic surgeries

01/07/2017 – 31/12/2017

Well it's a very difficult task to fit in your six months experience in just a few words, but still I will try my level best and acknowledge the past 6 months and the people involved to put it down.

Firstly I consider myself fortunate enough to have got this opportunity to work in the Queen Mary Hospital, which is a flagship teaching hospital of the University of Hong Kong with the state of the art infrastructure and the Dutchess of Kent Children Hospital and would like to thank all the professors, seniors and colleagues for it.

Right from my application process, the fellowship acceptance, the telephonic interview and the documentation procedure was made to look very easy by the highly trained office staff of the department of O&T which I can now appreciate how difficult it is.

As an overseas fellow, to come to a new place like Hong Kong was absolutely amazing. I still remember the first day I arrived in Hong Kong I was wondering how am I going to survive the coming six months all alone far away from family and friends. But the next day in Queen Mary Hospital which was my first day as a Fellow in Division of Sports Medicine and Arthroscopic Surgeries I was finally introduced to the department by Dr. Anderson Leung and Dr. Marvin Chung. Once I started to know the working of the department and the division with the help of these two gentlemen who were friends like family, my life in Hong Kong became easier and work enjoyable.

Most importantly about the Division of Sports Medicine and Arthroscopic Surgeries, I got to learn and assist many new techniques and procedures, as the goal of all such surgeries are the same in all centers but the approach and different techniques is what you get to learn out of it. Some of the really challenging surgeries and the techniques which I got to assist were the Arthroscopic Latarjet

procedure and the Reverse Shoulder Arthroplasty. Procedures like massive rotator cuff repairs using patch graft, superior capsule reconstruction, bony bankarts, ACL + ALL reconstruction, Double Bundle ACL reconstruction and the variety of autograft grafts harvesting options and their techniques, meniscal repairs using the all-inside PDS suture technique, trochleoplasties etc were some of the commonly performed procedures. The most important is the Hong Kong lock or the “QM” lock frequently used in shoulder arthroscopy again which were performed with a lot of expertise and ease by the chief of the division **Dr Yau Wai Pan**.

The most important thing that I got to learn in this centre working with Dr Yau was how to work in an organized pattern. That’s one of the greatest qualities to possess and also by far the most difficult one to practice; I wish and hope to inculcate it in my life too, thank you so much Dr Yau.

The working and especially the academics of the Department of O&T is highly impressive especially the weekly Wednesday intra-departmental conferences and also the Saturday inter-hospital meetings, these conference and meetings are very interesting and are an absolute academic feast to attend as all the different sub specialties of the O&T present their work and the discussions over it by the experience of the the professors and the seniors and the recent literature reviews about the same, which helps you to gain a spectrum of scientific knowledge & keeps you updated about the other sub-specialties and not just the one you work in.

Staying away from home in Hong Kong has not just given me a chance to make Chinese friends, naming and thanking all would be really difficult for which I have added the departmental group photo including all, but has also introduced me to a fellow Indian colleague Dr. Divesh Jalan who was a Clinical Associate/Fellow in the Oncology division, with whom I’ve spent most of my times during the past 6 months who has been a constant help and support and a great company in most of the times.

So all in all this fellowship has not just given me an opportunity to learn Sports medicine but also a little bit of Cantonese language which is definitely a very difficult language to learn but it was very helpful for me to interact with

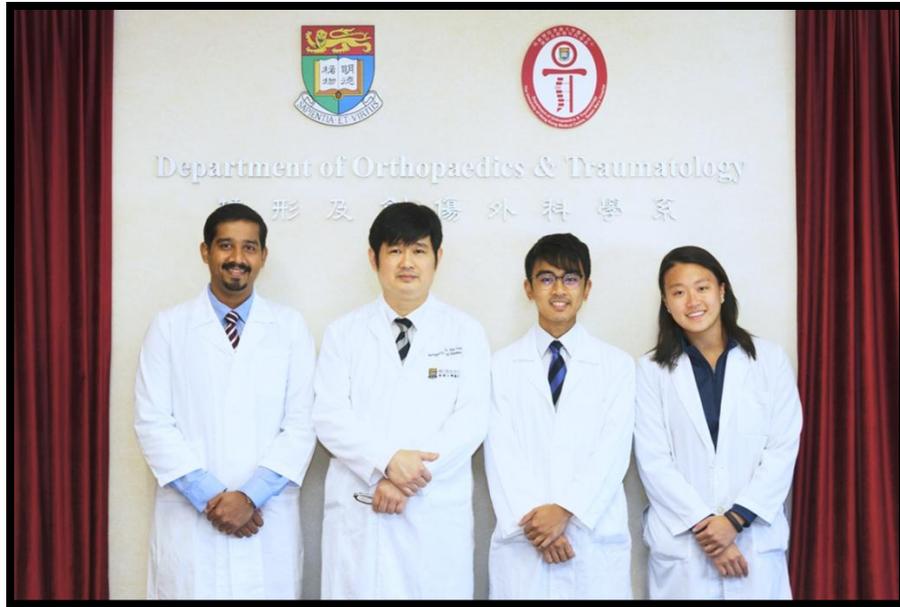
patients in the clinics and in the wards and also got to know about the Chinese culture in a beautiful place like Hong Kong.

I once again would like to thank all the professors, seniors, colleagues, the sports division team Dr Yau Wai Pan, Dr. Anderson, Dr. Marvin & Dr. Nichola, Secretary Eva Liu for all the help, the nursing and the support staff of both QMH and DKCH hospitals and especially of the operation theatre in-charge nurses and the DKCH administrative staff for their kind help and support. And last but not the least all my patients without whom learning would not have been possible.

As a past fellow I would definitely love to visit the department in future if ever there`s any past fellows alumni meet.



Department of Orthopaedics & Traumatology.



**Division of Sports Medicine & Arthroscopic Surgeries group photo
(Left to Right - Dr. Ashwin Deshmukh, Dr Yau Wai Pan, Dr Marvin Chung,
Nicola Ho).**



**Division dinner hosted by Dr Yau Wai Pan.
(Left to Right - Nicola Ho, Dr Marvin Chung, Dr. Ashwin Deshmukh, Dr Yau
Wai Pan).**

**Best Regards,
Dr. Ashwin Deshmukh**