



Dr. Yin Yong Qiang  
Division of Hand & Foot Surgery  
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Working Hospital Yue Yang Second People's  
Hospital, No 263 Baling East Road, Yueyang,  
Hunan Province

## **END OF HAND DIVISION FELLOWSHIP IN THE DEPARTMENT OF O&T ,QMH,THE UNIVERSITY OF HONG KONG**

### **Preamble**

I worked in YUEYANG SECOND PEOPLE'S HOSPITAL in Yue Yang City, Hunan Province, and I had been engaged in Hand Microsurgery for more than ten years. It's my pleasure to study with Dr. Ip in Queen Mary Hospital. I am very thankful to my Supervisor, O&T department and HKU for providing me this opportunity to visit and study in here.

Queen Mary Hospital is honored to have won Reader's Digest Trusted Brand Gold Awards in the Hospital category for 7 consecutive years from 2007 to 2013. These awards had attract me. I knew about QUEEN MARY HOSPITAL through the TV reports many times, with countless international awards, deep impression on advanced hospitals, clean wards and gorgeous doctors and nurses in Hong Kong.

In 2012, Nanning, Guangxi Province, held a conference on the fifth hand microsurgery of the six provinces of central and south China. I first listened to DR.IP WING YUK 's courses, deeply impressed by DR.IP 's abundant learning.In 2015, I was privileged to meet my present mentor DR.IP WING YUK for the second time in the 36th world orthopedic academic exchange conference (SCIOT ) held in Guangzhou, China. Because of Dr. Ip's extensive professional knowledge, elegance and noble character, QMH become increasingly attractive to me.With Dr. Ip's help, I have had an opportunity to visit and study in QMH this year. With trepidation and excitement, I began my fellowship successfully, thanks to the assistance of Dr.Ip, Doris and other colleagues. During this six months, my clinical experience was made

a great progress and my vision and knowledge was widened. Now, I will tell the feeling and achievement of my whole training as follows.

### **Working in the Orthopaedic and Traumatology Department**

Orthopaedic Science is always an front subject in the world of medicine, as is QMH. There are 8 branches in the Orthopaedic Department. Each division has clear division of work, while they are able to complement and cooperate with each other well, showing the superiority of the precise division of labor of modern society. Also, there is a sophisticated, scientific and mature training system in Orthopaedic Department. Not only does it have routine working arrangements akin to other hospital such as, but it also has its special professional training, such as division meetings in every Wednesday. In this meeting, all the knowledge can be absorbed around one disease subject with case discussion, case summary and academic articles learning. The Wednesday Teaching conference for 90 minutes is for whole the Orthopaedics faculty of QMH, every team presents once after few months. It's not particular for hand group but also spine, tumor, joint, sport, trauma etc. It's a good professional training for intern and a good review for senior doctor.

During my six months training, I have ever take part in several academic conferences and various kinds of meeting, including international top-level academic conference, training lessons and the scholars exchange. On the 37th annual congress of the hongkong Orthopaedic association, a lot of specialist coming from all over the world gave plenty of advance information and newest technique within 3days. It's a good chance to widen my field of view.

Moreover, there is an inter-hospital meeting in the morning was held in different hospital on every Saturday. It's a very good learning and literature based platform for everyone. Some special cases will be provided and different ideas coming from different department will be concentrated together. Hospital encourage every people to attend this meeting because anyone can get the information they want, which provides outstanding training and studying platforms for young doctors and enhance the development of Orthopaedic of Hongkong.

I have benefited greatly from these meetings and greatly expanded my horizons and ideas, enriching my clinical experience.

### **Division of Hand & Foot Surgery**

Hong Kong is an international city with highly developed economy and society, relying on light manufacturing, service, finance, and tourism. In Hong Kong, hand-operated industry has been transformed to mechanical automation. Therefore, its cases of hand surgery are different with those I am facing in the hospitals in Mainland China. Even so, there is strict rotation system in QMH, each rotating doctor has a complete theoretical understanding on Orthopaedic and excellent skill training and careful guidance offered by superior doctors, thus making their diagnosis and treatment of disease more comprehensive, detailed, safe and effective. Besides, they master all the skills related to Hand surgery, such as: debridement, dressing, fracture open or close reduction and fixation, tendon repair, tendon or skin grafting, hand function reconstruction, microsurgical technique (Anastomosis of blood vessels and nerves, free flap transplanting, etc.), minimally invasive surgery ( Arthroscopy using in wrist surgery) . Their strong operational capacity is impressive.

The operation of hand surgery are proceeded in QMH and Duchess of Kent Children Hospital respectively. The patients with lesser illness and perioperative period and no hospitalization will be treated in Duchess of Kent Children Hospital, otherwise in QMH. Prior to the grand round in every Wednesday, Dr.Ip will convene the doctors, physiotherapists, occupational therapists to review and research the cases of last week comprehensively and proposal the treatment plans of next step, making the understanding on particular disease more clear and the diagnosis more appropriate. In addition, it ensure the handover in the right place and avoid the mistakes. This arrangement demonstrates the responsibility to the safety of patients, and make the working more efficient. Other than the tasks of surgery, I also take part in the working in outpatient department every week : Clinic at Physio Dept. of QMH on Wednesday afternoon, Hand Clinic at DTRG on Thursday morning, Outpatient S7 Clinic of QMH on Thursday afternoon, and Congenital Hand Clinic at DK on Friday morning.

During the period working in hand team, I am aware of the importance of social division of labour gradually. Hands are known as “the second face of human”, due to the fact that not only do human beings utilize them to labor, create and service, but they also use them to socialize. In the past, Hand surgeons highlight the treatment of hand surgical intervention excessively, but ignore the rehabilitation, leading to the bad therapeutic result of hand diseases. Despite the success of surgery, hands can be stiffness, numbness, swelling, even continue pain. Physiotherapy and Occupational therapy in Hong Kong are world class, making a great contribution on the improvement of hand diseases and the development of hand surgery.

During these months, I followed Dr. Ip and Dr. J Chan to see all kinds of patients and learn how to exam and treat them. Dr. Ip often deliberately interprets those diseases for me. I learned the patients group and disease features in HK. I met some rare disease such as neuromatosis, cerebral palsy, serious RA and special infection. Of course, I also saw some common disease such as CTS which I was very interested. But the different treatment is really worth to learn from Dr. IP, especially, using tendon transfer to reconstruct thumb function for serious CTS patients. How to reconstruct the biceps brachii function by latissimus dorsi muscle transfer is high level operation, how to scan and reconstruct the brachial plexus and take the sural nerve graft to bridge the brachial plexus defect and how to arrange the postoperative treatment are very complex. Every fixation and exercise delivered to the patient should be step by step. The range of motion of all the joints will be recorded carefully by physiotherapist and occupational therapist. Moreover, they will document everything including plan, complications and rehab protocol and explain all of them to patient before getting consent signed.

In DK congenital hand clinic, I saw some patients with cerebral palsy deformity. They were sober, but disabled, and need to rely on a lot of assistive devices and equipment to complete some simple behavior, who eager for rehabilitation. Dr. IP have gave them the appropriate surgery to improve their function so that they could live better. The good outcome of operation can be felt from their smiling face.

In QMH/DTRC, the occupation department have developed a formal rehabilitation programme for variety patients after flexor tendon repair, extensor tendon repairs, bone fracture fixation and nerve repair. These clear and smooth programs could be followed by patients and their family easily. I visited occupational therapy workshop and studied how to use those exquisite machines. Dr. Ip and her strong team's work is impressive to me deeply. It is very enjoyable working in hand team, because of the guidance of Dr. Ip and the support and care provided by the colleagues. And I am very grateful to them, including Dr. Ip, Dr. J Chan, Dr. B. Fung, Dr. M Fok, Dr. C Yung, etc. Besides, I really appreciate the tolerance and instruction of each colleague.

### **Research work**

Subject to my limited knowledge, I can't be in-depth Research working in such a short period. Science is so objective that I dare not to make any research reports in the name of the University of Hong Kong, Queen Mary Hospital, in the absence of clear context, but I have attended some discussing with Danny, the doctoral student of Dr. Ip. I sincerely provided some helpful clinical guidance for Danny's research work and how to make a cranial nerve constrict model on rat. Danny also shows me his new research instrument. He is a modest and scholarly rehabilitation medicine doctor. It's very happy to discuss with him about the surgery and follow-up for patient from other sides. I also worked with Dr. Xu in the animal laboratory vascular anastomosis experiments and with vascular free flap transplantation and vascular bridging and other microsurgical operations, and instructed him for microsurgery and vascular separation, skin flap and so on. Dr. Xu is a neurosurgeon doctor and is now rotating in the hand surgery department. He is modest and capable. Very happy with them in the lab, I also benefit a lot.

In DK congenital hand clinic, I am impressive with the patients with cerebral palsy deformity. They were sober, but disabled, and need to rely on a lot of assistive devices and equipment to complete some simple behavior, who eager for rehabilitation. Although the Hong Kong Government and society give them the highest degree of care and attention, but is there a more effective intervention measures? Can neurology

and hand surgeons have more and better intersection in this field? I'll keep thinking of this problem.

In the future, I still need an open mind for advice by that time. As the progress of human society, manpower emancipation, trauma patients will reduce. In the background of intelligent times, chronic strain patients will be more and more. I hope that I can contribute to mankind in this field.

Now, my visiting will be end. I'm very enjoyable working in our hand team, because of the professional guidance of Dr. Ip and the support and care provided by every friendly colleague. Dr. Ip's extensive knowledge, elegance and noble character enhanced my surgical skill and clinical knowledge. She always answers my all kinds of questions and provided me greatest convenience in study and living. I am also very grateful to Dr. Jennette Chan, Dr. Colin Yung etc. I really appreciate their tolerance for my language and instruction of each colleague. Beside, my best regards to whole Operation Theatre team of QMH and DKCH because of their perfect work. Much thanks to Physiotherapy department and Occupational department, they let me know the super care in hand surgery field. I really want to say thanks to Doris because her great helping and guiding to me. She always knows what I need and give me proper help in time, even resolve every details trouble for me.

I'm enjoyed Hong Kong a lot and it was a wonderful experience to be here. The time is very short and flies, the harvest is difficult to describe and words cannot express how much I appreciate all your support and care!

At last, you are welcome to YueYang and your guidance will be desired!

Kind Regards

Dr. YIN Yongqiang

O&T Dept. Of The Second People's Hospital Of YueYang City, Hunan Province

Fellow and six months limited register doctor for Hand group of O&T Dept. of QMH, The University of Hong Kong.

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