

Dr Panopio Nesti James

Paediatric Orthopaedics Fellow (3 January – 30 June 2017)
Department of O&T, DKCH



I am so honored to receive this much awaited appointment as Clinical Associate (Pediatric Orthopedics) of Department of Orthopaedics and Traumatology. Coming from my beloved country, Philippines, I am so glad that I am surrounded by some of the country's premier orthopaedic surgeons who were trained very well by your institution and are already having their very good practice back home. I do believe that a strong relationship has been built and still standing firm between my country and yours as far as orthopaedic training is concern.

I arrived in HK at the beginning of January 2017, excited and trembling in fear knowing that I am now in a new territory with a different hospital set up. First few days, I was in awe of how people work with so much efficiency and diligence. The work ethics of the staff, nurses and doctors are really great.

I have seen and learned many pediatric cases, and some of them especially the congenital cases I have not seen during my entire Philippine training. One thing I learned best from my supervisors is the value of correct indication and precise judgment in the timing of conservative and surgical treatment. I appreciate the balance of waiting and at the same time efficiency of doing surgery with a sense of urgency in treating DDH, as well as holistic approach in treating Cerebral Palsy, LLD, limb deformities and many more. I am so thankful how I was trained, with a good balance of guidance and trust to improve my skills in decision-making and operative techniques. I must admit, I was and am still a work in progress with many humbling experiences along the way during training period, but they correct and train me in a very patient and constructive manner.

The preoperative meeting is always an enlightening discussion where I can present and ask questions freely to learn from the cases. Wednesday and Saturday Conferences are very enriching and it gives me a fresh update from other fields as well. I am privileged to have presented twice (LLD and Supracondylar fractures) during Wednesday Conferences to in return share my knowledge as well especially for the trainees and the students.

I was able to witness and judge SP Chow special group case presentation and became an examiner in the clinical competency test for medical students. It is of no wonder why these future trainees will be very competitive in their field of specialty because of the early competent training system that is being offered to them.

As far as research output, I'm glad that I was able to pull off a paper about "Predictors of AVN in the treatment of DDH" and presented it during the recent Hong Kong – Taiwan Pediatric Orthopaedic Symposium last 4 – 5 March 2017. This paper will also be presented internationally in the next 11th Combined Meeting of Asia Pacific Spine Society & Asia Pacific Pediatric Orthopaedic Society in Goa, India this year as well.

Overall, indeed it was a very fruitful and meaningful training for me. Special appreciation to the unwavering support of my mentors, Prof. Chow Wang and Dr. Evelyn Kuong. They are very intentional in teaching me the most important details of management and how to be able to practically apply them when I go back home. More importantly, they have imparted to me respectable character in relating with patients and guardians, especially those cases that are very hard to comprehend. Well done, good and faithful mentors.

The Monday Scoliosis Clinic has given me the opportunity, far more than I have experienced to examine and indicate specific treatment. Thanks to Prof. Keith Luk who first taught me the basic radiologic measurement and indications of various treatments.

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Feeling like a member of the group, I was exposed to ward visits, clinics, inpatient care, staff meetings, preoperative meetings, and, surgeries, surgeries, surgeries. It was a very good opportunity to improve skills in decision-making and operative techniques, such as osteotomies, vertebral resection, laminoplasties, pelvic fixation and so on.