

HKU-SICOT FELLOWSHIP 2018 REPORT- Dr. THEJASWI S.G

INTRODUCTION

SICOT-HKU fellowship in Orthopaedics is one of the most sought-after fellowships among SICOT fellowships. It usually has a long waiting period. I had applied in the year 2015-16 and the next slot available was for January 2018. Suffice to say that I was honoured and excited for having this opportunity.

PREARRIVAL

The process of visa started as early as July of 2017. The co-ordinators Jenny Tam and Catherine CHIU were constantly in touch with through email and were very supportive. Before arrival itself all the necessary information such as accommodation, travel information, staff ID, HKU portal ID were given. Their planning and managing skills are commendable.

ORTHOPEDICS AND ONCOLOGY TEAM

I arrived in Hong Kong on 7th of January 2018. I met the Chief of Oncology team, Dr YL Lam on 8th of January at Queen Mary hospital and later was introduced to Dr Ho Kenneth and Dr Yau Raymond.

Activities in department consists of 1 major OT in Queen Mary hospital, and 2 days of OT in Duchess of Kent Hospital. They perform all kinds of musculoskeletal surgeries and reconstruction. The team consists of the most efficient surgeons who are highly motivated and dedicated to work and towards patients. The surgeries are well planned beforehand and meticulous dissection and tumor handling are impressive. Few of the surgeries are navigation assisted for precision. I could observe some complex surgeries involving hip and pelvic tumors and megaprosthesis reconstruction. I was also able to see use of liquid nitrogen for osteosarcoma of proximal humerus.

In Out Patient clinics on Fridays and Monday I had a chance to see the follow up cases with good post op results which included cases of complex reconstructions of pelvis and hip, and expandable prosthesis for knee. I was impressed a lot by the way the counsel patients, specially Dr Lam who gives a lot of time to patients explaining about the condition and the treatment.

Apart from this, the combined pathology meeting, combined sarcoma meeting and radiology meeting were very impressive. Wherein doubtful cases are discussed with pathologist, radiologist, medical oncologist and radiotherapy team. Thus, ensuring a holistic approach to patient. This provided me an opportunity to interact with them and learn more about sarcoma management.

The whole team ensured that I had a good and comfortable observership. I also got an opportunity to present review on chondrosarcoma during one of the Wednesday teaching sessions in the department.

ACCOMMODATION

I was provided accommodation at Jockey Club III, at Kennedy Town. I found this place very comfortable and lit. It is a short walk to the MTR, the light bus station, the market and groceries, park, gym, restaurants and coffee shops. I was also invited to give a talk at Lap-Chee college on Sports injuries.

HONG KONG

Hong Kong is a beautiful place and this fellowship provided me a great opportunity to explore. It also gave me a chance to get to know other fellows in department and I could explore this vibrant city with them. Be it the 'city lights', as it is known as having one of the world's best sky scrapers, or the islands with some wonderful trekking trails and picturesque views, Hong Kong has it all to leave an impression on you.

LEARNING POINTS

This fellowship has helped me to develop interest in musculoskeletal tumors. Apart from the new things in orthopedics that I learnt I'm also greatly impressed by the professionalism, dedication, knowledge and team work of entire oncology team.

I would like to thank SICOT and the entire department of Orthopaedics for giving this opportunity to overseas fellows like me to come and learn with them. My special thanks to Dr Lam, Dr Ho and Dr Raymond, for always being very supportive and caring throughout the fellowship. I would also like to acknowledge the effort and professionalism of Ms Jenny and Ms Catherine.

I hope to come back here for another fellowship in Musculoskeletal oncology.

Thank you.

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