

Fellowship Report

It is a proud moment for me to be a part of Duchess of Kent Children's Hospital, Paediatric Orthopedics team from January to June 2018. I am from Pakistan, which is the sixth most densely populated country in the world. In our country our residency program is only related to general orthopedics and during my training what I realize is that there are many paediatrics patients with deformities especially, DDH, cerebral palsy, polio etc. who are not treated properly. This motivated me to get proper training in paediatric orthopedics and start dedicated paediatric orthopedics services in my country. I consider myself lucky enough to be selected as clinical associate at Duchess of Kent Children's Hospital.



I arrived in Hong Kong in early January 2018. I was slightly nervous and a little bit anxious in my heart because it was my first visit to Hong Kong. Miss May was kind enough, she was guiding me all the time regarding how to reach my residential quarter. The next day she oriented me regarding my job and she remained very cooperative during my training here. I was very surprised to see that every person in the hospital worked so efficiently.

I have seen many paediatric patients with various pathologies like DDH, osteogenesis imperfecta, cerebral palsy, foot anomalies, Perthes disease, slipped capital femoral epiphysis etc. during the start of my training I was totally lost and was unable to understand certain things. Then my supervisor Dr. Chow and Dr. Evelyn guided me and put me on track of paediatric orthopedics. What I learnt from my supervisor is the best assessment of pathology, correct indication for conservative and surgical treatment. I am highly thankful to Dr. Chow for his teaching and improving my planning skills and surgical skills as well. I must mention one thing about Dr. Chow, and it is that I have never seen a mentor like him, with regards to surgical skills, teachings, knowledge, and as a human being in general; he is a kind-hearted man. Dr. Evelyn is also very good teacher, she always encourages me to arrive at a plan and then very kindly correct my mistakes. I am very thankful to both Dr. Chow and Dr. Evelyn for issuing me paediatric orthopedics books and looking after me and sometimes after grand rounds taking me out for lunch in order to provide a friendly teaching environment.

The preoperative meetings, neuromuscular clinics, and gait clinics were always very informative and I was able to freely discuss various cases to enhance my knowledge. The scoliosis clinic was very helpful and I had learnt the art of bracing in scoliosis. During my stay, I also attended geriatrics orthopedic conferences and all the invited guest lectures, which were very much informative.

I would also like to thank the two residents Dr. Anderson and Dr. Justin who were very caring and friendly during my stay. It was a pleasure working and learning with them both during the past six months. During my stay Dr. Anderson qualified FRCS and we celebrated together. And I wish for Dr. Justin's fellowship qualification soon. I wish them both success in their careers and in life.

I would also say thanks to Prof. Cheung the head of department of orthopaedics and traumatology. Before coming to Hong Kong I heard a lot about him and it was an honour for me to meet such a great person and to learn from him during my training here.

Finally, I must admit that this is the beginning and not the end of my training and I would like to visit my mentors again in the future to further widen my knowledge for the betterment of my patients in Pakistan.

Dr. Abbas Ali

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Duchess of Kent Children's Hospital