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Fellow: Division of Sports and Arthroscopic surgery

Dept. of Orthopedics & Traumatology University of Hong Kong



Fellowship report

“Unforgettable lifetime memories”

It's an extremely difficult task to write about the past 5 months in Hong Kong, one of the best experiences of my life in just few lines. I should consider myself very fortunate and lucky to have this opportunity to work in the department of orthopedics and traumatology, HKU one of the best center of orthopedics in the world. Queen Mary Hospital has state of the art infrastructure and is well reputed not only in Asia but in the world.

The process started after I was selected for the fellowship and very happy to join the sports and arthroscopic surgery division of the prestigious O & T department at Queen Mary and Duchess of Kent Children hospital. It was like a dream come true. I was little worried though about the completeness of formalities but everything was made so easy by the secretary sports division Miss Eva Liu. She guided me all through e- mails and prepared all the documents from visa to medical registration. Before arrival to Hong Kong all the necessary information such as accommodation, travel information, staff ID, HKU portal ID was given. She has been very kind and helping throughout the fellowship. The planning and managing skills of the department are commendable.

I arrived Hong Kong on 6th August 2018 and the same day Miss Eva accompanied me to the OPD clinic S7 and introduced me to the division head Dr. Yau Wai Pan and the residents Dr. Tan Jun Horng and Dr. Kevin Fok. Dr. WP Yau welcomed me with a warm gesture and smiling face and briefed about my work in the OPD, Wards and OTs. Then these two gentlemen Dr. JH Tan and Dr. Kevin Fok explained everything regarding working in the hospital. These guys are friends like family and have made my life very easy and work enjoyable, which I thought would be very tuff and difficult.

As a fellow in the sports division I got an opportunity to be involved in every aspect of the daily working of the division including OPD clinics, ward work and OT work. The Division of sports and arthroscopic surgery is full of enthusiasm. The division head is very knowledgeable, dynamic and active, leading from the front. The division has two OT days one in QMH on Thursday other in DKCH on Friday and Monday, Tuesday & Wednesday morning and afternoon clinics. Fellowships are not only to observe and assist surgery or always stay in operation room but to pay equal importance to the patient examination and preoperative planning. The exact way was followed in the sports and arthroscopic surgery division. It was a pleasure and great experience to be actively involved in the OPD clinics examine the patient

thoroughly and make a diagnosis and then discuss the same with the division head. Most of the patients are regarding Knee and Shoulder, the bread and butter of a sports surgeon. Dr. WP Yau would carefully listen to the examination findings and confirm them and would teach the correct way incase needed. He would discuss the plan of management in a very detailed way with recent literature. The most important skill I have learned from my mentor, Dr. WP Yau “Plan of management” – when to investigate, whom to operate, when to operate, how to rehabilitate and when to follow. If I inculcate this skill I would surely consider my fellowship a success. I have learned a lot of basic but very important OPD skills from Dr. WP Yau like the OPD mannerism, organized work culture and examination skills. The Wednesday afternoon clinic is specially made for teaching and Dr. WP Yau would teach examination, demonstrate several tests especially knee and shoulder and discuss the management plan. The division head organizes frequent research meeting and guides regarding research work which is indeed very beneficial.

I had the opportunity to assist in the operation theatre both in QMH & DKCH as a first assistant and get actively involved in all surgical procedures. I have learned a lot of new procedures and techniques and would learn something new in every OT. The key to a surgical procedure is proper sterilization including painting and draping for which Dr. WP Yau is very strict. He shared many basic tips and tricks about the operating room sterilization & mannerism. Although all the procedures are being performed at almost every center but Dr. WP Yau would do some different technique in every procedure. The uniqueness of the division is that even assisting in the same surgical procedure, every time there is a new technique to learn and it would feel like a total different procedure. I have learned some state of the art surgical skills from the mentor like all inside meniscal repair using PDS or all inside using fastfix or truespan, inside out meniscal repair, outside in meniscal repair and ACL + ALL reconstruction, PCL +PLL reconstruction. MPFL repair, single bundle ACL reconstruction, double bundle ACL reconstruction, LCL reconstruction, meniscal surgery, chondroplasty, Rotator cuff repair, massive cuff reapiir with patch graft and bio absorbable spacer, SAD, biceps tenotomy and tenodesis, Benkart reapiir with or without ramplisage are some of the routinely performed procedures. I also got a chance to scrub in some rare procedure like Reverse total shoulder arthroplasty, Single tibial and double femoral tunnel ACL reconstruction and Autologous matrix induced chondrogenesis and use of biospacer in massive cuff tear. Unlike open surgery in arthroscopy understanding the orientation of the structures and the technical details is very difficult but the division head keeps commenting about all the surgical steps right from skin marking to skin closure to make it very easy for the fellow and residents to understand all the steps of the procedure.

I am very thankful to Dr. WP Yau for teaching me not only the basics of knee and shoulder arthroscopy but a lot of new techniques including the HONGKONG KNOT which is very useful in arthroscopic surgery.

The academics and work culture of the Department of O&T is highly impressive. The Wednesday departmental conference and Saturday inter-hospital meeting is an academic feast. It is very informative and a lot of new things to learn from some rare and interesting case discussions. The discussions by the experienced professors and senior consultants would add a lot to the knowledge, difficult to find in books. As the case discussion is from all the sub-specialties, it keeps the knowledge about other subspecialties updated.

I had the opportunity to witness the Harry Fang visiting professor lecture 2018 by Prof Kim Young-Jo (prof Harvard Medical School) and Tam Sai Kit visiting professor lecture on Current Trend in Management of Rotator Cuff Tear by Prof. Kim Yang-Soo (Prof. Catholic University of Korea). This was really a bonus for me as Prof Kim Yang-Soo is a very prominent figure in shoulder arthroscopy and attending his presentations and lectures on different shoulder problems was mind blowing. We also had a division dinner with Prof Kim Yang Soo. I also attended the Hong Kong orthopedic association conference and it was very fruitful with discussions on different topics, recent advances and new trends.

During the weekends I got enough time to explore the beautiful city of Hong Kong. The city is bright in the day and brighter and more vibrant in the night. The victoria harbor view with the trademark world class skyscrapers is breathtaking be it day or night. I also visited many other places like the Great Buddha in the crystal cable car “feel like flying”, the victoria peak, Stanley, Disney and a lot of islands, Macau and many more places, there is a lot actually. The people of Hong Kong are very polite, kind and civilized. Learned a few Cantonese words but found it very difficult. I also witnessed the worst typhoon in Hong Kong.

The accommodation at the DKCH is very neat and clean. The only problem is to share the bathroom. The Hong Kong University sports complex is close to DKCH and can enjoy lot of facilities like swimming and gym.

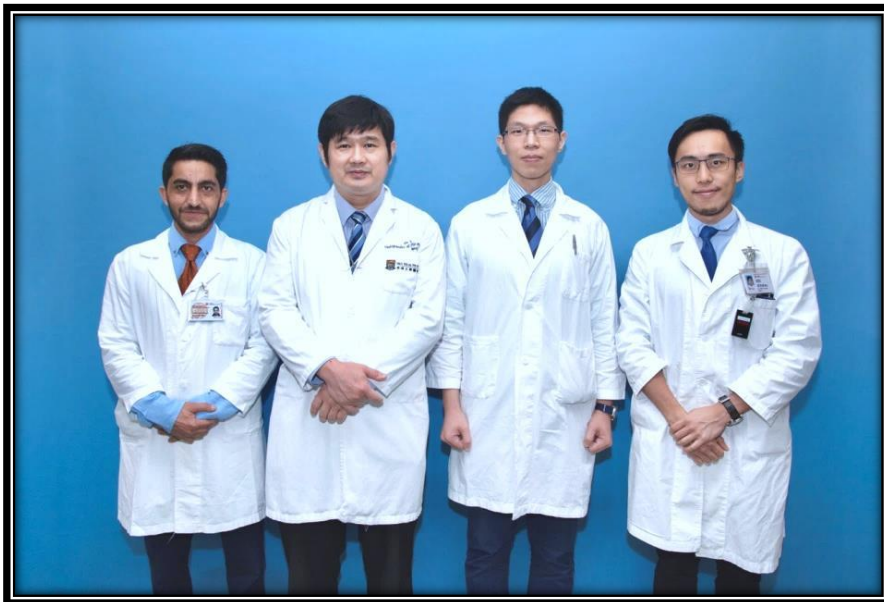
I once again would like to thank my division head Dr. WP Yau for your valuable guidance and teaching. I would like to thank all the professors, seniors, colleagues other fellows and residents. I would fail to write this report if i do not thank the residents of sports division Dr. JH Tan, Dr. Kevin Fok and Dr. Vincent Chan with whom I had a lot of fun inside and outside the hospital. I would like to thank the entire nursing staff of both the Queen Mary Hospital and Duchess of Kent Children hospital especially the operation theatre in-charge nurses and the S7 OPD clinic nurses. I am really amazed by the enthusiasm of the staff and the way they work. I am also thankful to Miss Eva Liu and DKCH administrative staff for their kind help and support. Last but not the least I am very thankful to all my patients without whom learning would not have been possible.

Finally, all I have to say is I am leaving the department with happiness and a bag full of beautiful memories.

Sharing some memories through pictures:



Left to right Me, Dr. Kim Y soo, Dr. WP Yau, Dr. Wang Zejin



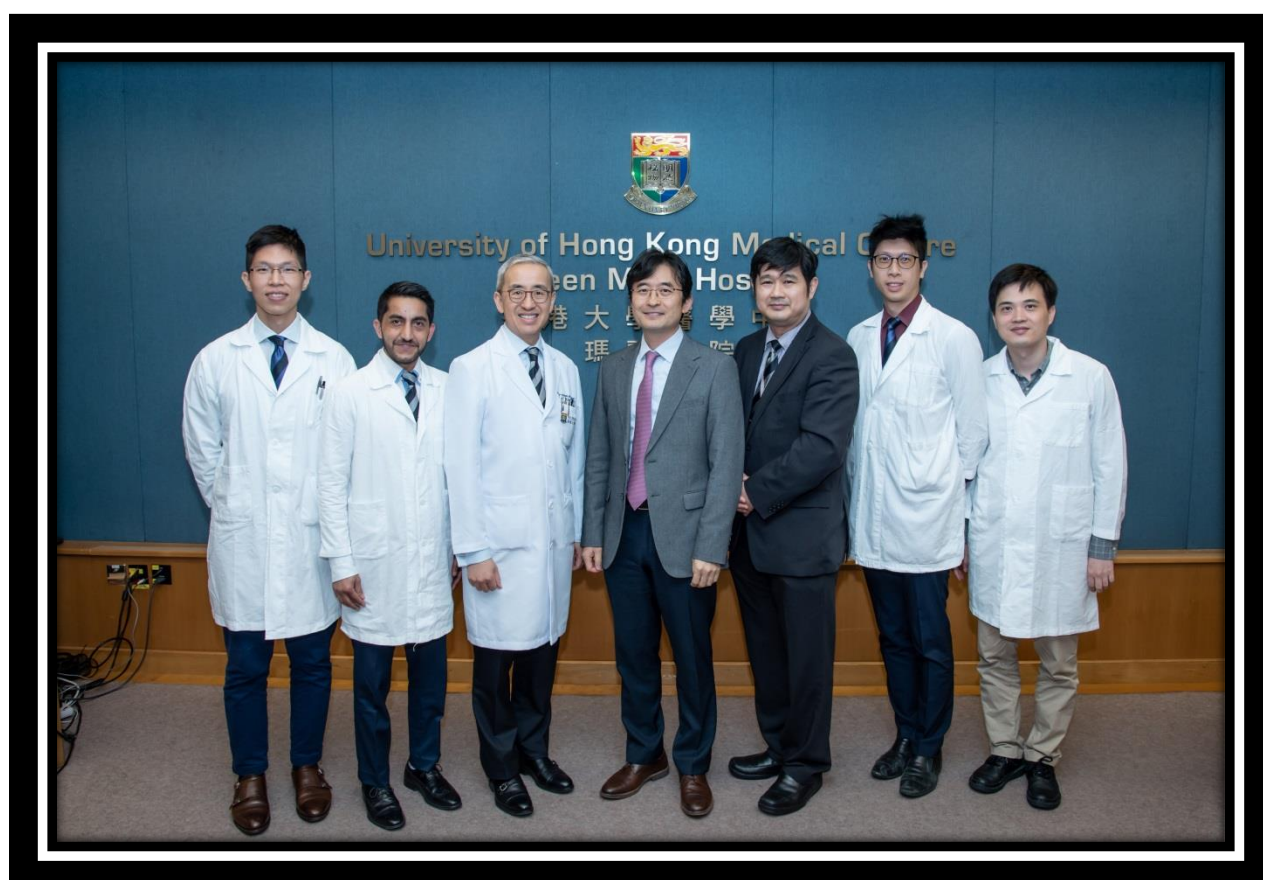
Division Photo- Dr. Shah Azad, Dr. WP Yau, Dr. JH Tan, Dr. Kevin Fok



Other fellows- L to R- Dr.Timothy K, Dr. JT Sadiang, Dr. Anil, Dr. Syed, Dr. Shah



Division photo- L to R- Dr.Wang, Dr. Shah, Dr. WP Yau, Dr. Vincent, Dr. JH Tan



L to R- Dr. JH Tan, Dr. Shah Azad, Prof. K. Cheung, Dr. Kim Y Soo, Dr. WP Yau, Dr. Vincent, Dr. Wang Zejin



Queen Mary Hospital



The Victoria Harbour



The Victoria Peak



The Sandy Bay



The Great Buddha

Typhoon

Stanley

Regards,



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