

## **Hand surgery Fellowship Report- 2015**

**Fellow-** Dr. Chetan Nerpagar

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**Destination** - The University of Hong Kong, Department of O & T, Queen Mary Hospital.

**Guide-** Dr W Y Ip

### **Affiliated hospitals**

1. The Duchess of Kent Children Hospital, Sandy Bay, Hong Kong
2. Queen Mary Hospital, Hong Kong

**Duration-** 1st July. 2015 to 31st Dec. 2015

Work Schedule
Monday- OT session at QMH and DKCH alternate week- Full day
Tuesday- OT session at DKCH – Full day
Wednesday – Am -Grand Rounds, Post-op case discussions and Conference. Pm- Hand Class at QMH
Thursday - Am - Clinics at DTRC. Pm- Clinics/ Teaching session at S7 clinic QMH
Friday- Congenital Hand clinics and OT sessions at DKCH alternate week
Saturday- Inter hospital meetings

### **Frequently operated long and short cases-**

Correction of congenital hand and foot conditions- Syndactyly release, constriction band syndrome, Cerebral palsy, Bone Lengthening procedures	Carpal tunnel open release
Cubital tunnel release with anterior	Trigger finger- A1 pulley release

transposition of ulnar nerve	
1 <sup>st</sup> CMC joint arthroplasty with ligament reconstruction	
Flap surgeries for both hand & foot defects	Ganglion excision
Bony correction, soft tissue reconstruction, joint arthrodesis for various deformity correction	Excision of local swellings, nodules, granuloma, neuroma , nail bed lesions etc.
Tendon repair, reconstruction, Camitz procedure, tendon transfer surgeries for different nerve injuries for the upper limb	Botox injection, local steroid injection techniques
Fracture fixations CRIF/ORIF with K wires, plate and screws of various metacarpals, phalangeal fractures	
Replantation of finger, secondary stage reconstruction procedures	
Exploration, debridements, synovectomy and soft tissue stabilization procedures for infections of wrist and hand.	

### Clinics at DTRC, Hand class & S7

Post operative management, wound care	Conservative management protocols for common hand and wrist conditions like RA, OA, Gouty arthritis
Immobilization techniques, use of different splints in hand and upper limb	Exercise programmes for rehabilitation post injury or post surgery with time and duration
Pressure garment use, scar management	

### Research project

Assigned for the research project for comparison of NCV study for the CTS patients managed by conservative & operative measures.

Worked for data collection with Mr Xue Deng at QMH & DKCH. With the wide scope and duration with involvement of different centers it is expected to take some longer for the conclusion. All required data collected handed over to the associate for further progress.

This Fellowship was an excellent opportunity to bond with my Seniors, co-fellows and all the department staff associated to spread the word of peace and knowledge sharing among us.

Finally, I express my deepest regards for HKU, Dept. of O & T, my guide Dr W .Y. Ip for the opportunity which will benefit me in my future endeavors. I look forward to life long association with the organization to keep myself updated with the state of the art in Hand surgery.

Dr Chetan Nerpagar

Hand Surgery Fellow

Dept. of O & T

Queen Mary Hospital

Hong Kong