

**END OF ORTHOPAEDIC HAND FELLOWSHIP IN THE DEPARTMENT OF  
ORTHOPAEDIC AND TRAUMATOLOGY ,QUEEN MARY HOSPITAL,THE  
UNIVERSITY OF HONG KONG  
A REPORT BY DR.GUAN SHU**

**Preamble**

I worked in MAOMING PEOPLE'S HOSPITAL in Maoming City, Guangdong Province, and I had been engaged in Hand and Foot Microsurgery for more than ten years. I knew about QUEEN MARY HOSPITAL through the TV dramas of TVB for the first time, with deep impression on advanced hospitals, clean wards and gorgeous doctors and nurses in Hong Kong. In 2010, I was privileged to meet my present mentor DR.IP WING YUK for the first time in Annual meeting of Chinese hand surgery held in Shenyang, China. Because of Dr. Ip's extensive professional knowledge, elegance and noble character, QMH become increasingly attractive to me. And I have had an experience as a visitor in QMH for one month in 2013. However, it was difficult for me to study and make a research deeply due to the short time. Until this year, finally I have had an opportunity to visit and study in QMH again. With trepidation and excitement, I began my fellowship successfully, thanks to the assistance of Dr.Ip, Doris and other colleagues.

**Working in the Orthopaedic and Traumatology Department**

Orthopaedic Science is always an front subject in the world of medicine, as is QMH. There are 8 branches in the Orthopaedic Department. including: Division of General Orthopaedic&Oncology、Division of Hand &Foot surgery、Division of Joint Replacement Surgery、Division of Orthopaedic Rehabilitation、Division of Orthopaedic Trauma、Division of Paediatric Orthopaedics、Division of Spine Surgery、Division of Sports &Arthroscopic Surgery. Each division has clear division of work, while they are able to complement and cooperate with each other well, showing the superiority of the precise division of labor of modern society. Also, there is a sophisticated, scientific and mature training system in Orthopaedic Department. Not only does it have routine working arrangements akin to other hospital such as, but it also has its special professional training, such as division meetings in every Wednesday, with the contents on case discussion, case summary and academic articles learning. In addition, the hospital holds the large-scale professional conferences and lessons regularly, such as anatomy course aimed at some particular cases and Orthopaedic specialty conferences of Hong Kong, which provides outstanding training and studying platforms for young doctors and enhance the development of Orthopaedic of Hongkong. Hongkong, as a international metropolis, has a good historical and cultural background and important economic status. Accordingly, Orthopaedic of Hongkong is significant, while there are various kinds of connections between it with Orthopaedic of other countries and regions, including international top-level academic conference, training lessons and the scholars exchange.

## **Division of hand team**

Hong Kong is an international city with highly developed economy and society, relying on light manufacturing, service, finance, and tourism. In Hong Kong, hand-operated industry has been transformed to mechanical automation. Therefore, its cases of hand surgery are different with those I am facing in the hospitals in Mainland China. Because there is strict rotation system in QMH, each rotating doctor has a complete theoretical understanding on Orthopaedic and excellent skill training and careful guidance offered by superior doctors, thus making their diagnosis and treatment of disease more comprehensive, detailed, safe and effective. Besides, they master all the skills related to Hand surgery, such as: debridement, dressing, fracture open or close reduction and fixation, tendon repair, tendon or skin grafting, hand function reconstruction, microsurgical technique (Anastomosis of blood vessels and nerves, free flap transplanting, etc.), minimally invasive surgery ( Arthroscopy using in wrist surgery) . Their strong operational capacity is impressive.

The operation of hand surgery are proceeded in QMH and Duchess of Kent Children Hospital respectively. The patients with lesser illness and perioperative period and no hospitalization will be treated in Duchess of Kent Children Hospital, otherwise in QMH. This arrangement demonstrates the responsibility to the safety of patients, and make the working more efficient. Prior to the grand round in every Wednesday, Dr.Ip will convene the doctors, physiotherapists, occupational therapists to review and research the cases of last week comprehensively and proposal the treatment plans of next step, making the understanding on particular disease more clear and the diagnosis more appropriate. In addition, it ensure the handover in the right place and avoid the mistakes. Other than the tasks of surgery, I also take part in the working in outpatient department, including Hand class、 S7 clinic、 DTRC clinic、 DK congenital hand clinic.

During the period working in hand team, I am aware of the importance of social division of labour gradually. Hands are known as “the second face of human”, due to the fact that not only do human beings utilize them to labor, create and service, but they also use them to socialize. In the past, Hand surgeons highlight the treatment of hand surgical intervention excessively, but ignore the rehabilitation, leading to the bad therapeutic result of hand diseases. Despite the success of surgery, hands can be stiffness, numbness, swelling, even continue pain. Physiotherapy and Occupational therapy in Hong Kong are world class, making a great contribution on the improvement of hand diseases and the development of hand surgery.

It is very enjoyable working in hand team, because of the guidance of Dr.Ip and the support and care provided by the colleagues. And I am very grateful to them, including Dr.Ip, Dr.Fung, Dr.Fok, Dr.Lee, Dr.Chan, Dr.Yan , etc. Besides, I really

appreciate the tolerance and instruction of each colleagues.

### **Research work**

Subject to my limited knowledge, I can't be in-depth Research working in such a short period. Science is so objective that I dare not to make any research reports in the name of the University of Hong Kong, Queen Mary Hospital, in the absence of clear context. However, if my research objects become chronic strain and infected disease in hands in the future, I still need an open mind for advice by that time. As the progress of human society, social division is changing, handicraft were replaced by modern industry gradually, robots replace workers inevitably. Because of manpower emancipation, trauma patients will reduce. In the background of intelligent times, chronic strain patients will be more and more. I hope that I can contribute to mankind in this field.

In DK congenital hand clinic, I am impressive with the patients with cerebral palsy deformity. They were sober, but disabled, and need to rely on a lot of assistive devices and equipment to complete some simple behavior, who eager for rehabilitation. Although the Hong Kong Government and society give them the highest degree of care and attention, but is there a more effective intervention measures? Can neurology and hand surgeons have more and better intersection in this field? I'll keep thinking of this problem.

### **The downside**

Because of bad English skill, it is difficult for me to comprehend various kinds of conferences, literature and the core topics of conversations. Not only does it impact on my study efficiency, but it also influence my social activities more or less, which is my biggest regret.

This half year is meaningful to me. With no doubts, there are advantaged economic and cultural resources in Hong Kong, including healthcare facilities with mature and advanced industry system. Moreover, the research of each subject is promising and there are adequate interactions between each subject. Therefore, it is beneficial to development of specialized skill in such an excellent environment.

I am very glad to meet lots of sincere and friendly colleagues and friends in Hong Kong, who instructed me about knowledge of medicine, culture and education, and provided me space to develop my personality. Also, thanks to them, I had opportunities to know about top-level technology of hand surgery more, and be aware of the close relationship between rehabilitation and orthopaedic. The harvest is difficult to describe and words cannot express how much I appreciate all your support and care!

At last, you are welcome to my department and your guidance will be desired!

Thank you very much!

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