

Fellowship Report



I was working as a Senior Registrar in the Department of Orthopedic and Spine Surgery Ghurki Trust Teaching Hospital, which is the largest orthopedic centre in Pakistan. In this era of super specialty, an orthopedic surgeon must specialize in a particular field, not just to follow the trend, but to deliver health services in a much better way. We in our orthopedic centre, are focusing on establishing orthopedic sub specialties. For this reason I was given the task to establish Hand Surgery Department.

I met Dr Josphine IP(Chief of Hand Department, University of Hong Kong) in a hand surgery conference held in Paskitan, 2018. After listening to her scholarly, knowledgeable and state of the art lectures, I decided to meet her in lunch break. During my meeting, I got to know that she is not just a good hand surgeon but also a beautiful Human Being, a very kind hearted, humble, soft spoken and a gentlewoman. I then decided to apply for training under her supervision and finally I was selected for a period of 06 months fellowship starting from January 2019 till June 2019.

The first person to interact with me was Ms Doris Lau. She is the most helpful person I had met during my stay in Hong Kong. Without knowing me, she helped me in every single step for my fellowship application like a family member or a closest friend. Finally I landed in Hong Kong on 13th of 'January 2019. As it was my first time to visit a country for such a long duration so I was a bit nervous and scared. I was welcomed by the security guard in Duchess of Kent Children Hospital, who guided me to my room in the Doctor's hostel. The room was well furnished, spacious, neat & clean and equipped with all basic necessities. Just one day later, after meeting my supervisor Dr IP and Ms Doris Lau in Queen Mary Hospital, I felt home.

Ms Doris Lau took me around Queen Mary Hospital and showed me different departmental offices. I have found Duchess of Kent and Queen Mary Hospital as the best working place in terms of environment, equipment, building and working staff.

The weekly schedule was made to address all aspects of training. 02 days for surgery, 02 days for clinics and 01 day with morning clinic and evening surgery.

The system of follow up clinics was impressive. We used to have one follow up clinic for fresh operated cases in physiotherapy department, Queen Mary hospital and the other follow up clinic for relatively old cases in David Trench Rehabilitation centre. The clinic team comprised of hand

surgeon, a physical therapist and occupational therapist. We also had a congenital hand clinic on every alternate Friday, mainly for cerebral palsy and congenital hand anomalies. There was a special hand clinic on Thursday afternoon for new cases.

There were 02 main operating days, Monday and Tuesday. I got the opportunity to assist/individually operate a lot of hand cases. Dr IP is not just a good hand surgeon but also a good surgical teacher. She always gives her trainee the main operating seat and herself becomes the assistant, and starting from the pre operative planning till the dressing of the patient she teaches every single step. And the best thing was, she stays in the Operating room till the patient is out of anesthesia. During my fellowship I have operated/assisted multiple hand pathologies including

1. Simple and complex fractures,
2. Degenerative hand pathologies (OA of small hand joints, Carpal tunnel syndrome, Trigger finger, ulnar nerve compression syndrome),
3. Rheumatoid Arthritis,
4. Hand tumors,
5. AV malformation,
6. Nerve injuries,
7. Tendon transfers,
8. Congenital anomalies,
9. Cerebral palsy
10. Soft tissue /Flap coverage
11. Wrist arthroscopy
12. Tendon injuries
13. Tendon reconstruction
14. Brachial plexus tumor

On Wednesday morning we used to have a grand round in which we discuss the patients clinical details, operative treatment and post op rehab plan with the whole hand team, the physiotherapy team and the occupational therapy team. The Wednesday and Saturday inter hospital meetings were a good forum/source for learning and discussing orthopedic problems.

From the very first day I was helped by my fellow resident in hand team. First I met Dr Vincent chan who is a man of orthopedic knowledge and a gentleman. Then I met Dr Peter Siu who I find the most helpful resident. He helped me learn the hospitals computer software and the ward protocols. in the end I met a good friend, Dr Kevin Fok who is not just a colleague but a also a friend to me. A very nice, cool and humble personality.

I must mention, the nursing staff in Duchess of Kent hospital wards were a great help to me. They always try to find ways to help me in patient related ward issue. Also I would like to mention Ms Eva Liu who helped me whenever Ms Doris Lau was away.

I also enjoyed the state of the art sports facility by HKU which was free to avail. The hostels housekeeping staff was very active, helpful and performing their duties very well.

In the end I must say that overall it was an excellent experience working in Queen Mary Hospital and Duchess of Kent children hospital as a Fellow sponsored by Hong Kong University. I would recommend this training to all orthopedic trainees interested in hand surgery in any part of the world.

Thank You Dr Josephine IP and thanks Hong Kong University.

Best Regard

Dr. Haseeb Hussain

Pakistan