

Date 17th June 2015

Report During Fellowship in Hand Surgery QMH

It's a great pleasure to get this opportunity of getting fellowship here. My experience during the whole period of fellowship was very good from 02 Jan 2015 till 30 June 2015.

During my training I worked in Wards, OPDS, OTS, Ward rounds and hand class. Everything is well organized and properly managed here, including team work like doing OPD's with Physiotherapist and Occupational therapist is worthwhile as we can discuss things and plans as well as patient management, counselling and proper rehabilitation is delivered directly to the patient.

Attended morning meetings before morning rounds to discuss discharged patient, plans and post discharge rehabilitation which is really good clinical practice and good knowledge based building block for us.

Weekly schedule starting from Monday, which is operative day in Queen Mary Hospital or Some time in Duchess of Kent Children Hospital. Operation itself is a very good learning being a surgeon but I must say it's not only a surgery which should be aimed to learn, it's a patient management starting from OPDs to admission, preoperative patient assessment to document everything including plan, complications and rehab protocol and to explain all to patient before getting consent signed. I groomed this skill here in as well.

Tuesday is Again Operation day here but supposed to be in Duchess of Kent Children Hospital. Wednesday starts with morning discussion of all discharge patients during a week time. Intern is supposed to present every case systematically from injury, ER management, admission, operation, post op plan, rehabilitation instruction given to the patient and his follow-up. It's a very good interactive session and everyone is supposed to participate in it .Again it's a team work with all consultants of Hand team, fellow, resident, intern, Physiotherapist and occupational therapist. After the detail discussion there is Grand round of admitted patient to discuss history, mode and date of injury, clinical finding on admission, treatment given, plan

and further management including rehabilitation as well as patient counselling and wound review. After the round we are supposed to attend, participate and present the cases done discharge that week. It's a good learning as it's a presentation on preoperative and per operative picture record of wound and surgery, so we discuss each and every step of surgery and future plan for the patient. This is a complete knowledge based implementation of principles and protocols to the patient. After this there is Wednesday Teaching conference for 90 minutes for whole the Orthopaedics faculty, every team presents once after few months, and one time Morbidity and mortality meeting. I attended all the sessions and it enhanced my knowledge a lot and it's a good revision of subject as it's not particular for hand but Orthopaedics including sub specialities of hand and foot, spine, tumor, trauma etc. There is a hand class in the afternoon after lunch in which we attend postoperative patient for wound review, further plans, and rehabilitation and splint instructions. In

QMH they have developed a protocol book for flexor tendon repair, extensor tendon repairs as well as complex injuries of tendon and nerve repair which is very easy, clear and smooth program to be followed by patients.

Thursday is morning OPD in David Trench Rehabilitation Center DTRC, to see the postoperative follow-up patients, again it's a detailed examination of patient with Occupational therapist. We discussed what patient achieved yet and what is the plan for patient, we document range of motion of all the joints, power grip, pinch grip, work hardening, and Activity of daily living as well as occupation. It's two way traffic between our team consisting of doctors, physiotherapist and Occupational therapist, and patient. There is separate spare time for learning, research and paper writing. Seniors are very helpful and friendly and they encourage and provide guidance for paper writing. Thursday afternoon is OPD for new patients. Friday is Congenital hand clinic in DKCH alternatively with OT. Saturday is inter-hospital meeting in the morning I must say a very good learning evidence and literature based platform for everyone. Hospital encourage to attend this meeting and special shuttle service is being provided by hospital for it.

I was examiner in Clinical Competency test CCT exam of final year medical student three times, it was a very good experience to conduct the exam, I was judge in SP Chow grand presentation of final year medical students. Presented once over the big platform on Wednesday case conference meeting. Also last but not least I am glad to mention that my department provided me sponsorship for Grand International conference of APOA and I presented one of my study there, I am very thankful to my Supervisor, department and Hospital for providing me this opportunity.



I assisted many and had hands on experience in vast majority of cases in Hand surgery ranges from emergency wound debridement, fracture fixation, tendon repair, to elective cases including carpal Tunnel syndrome, Mucous cyst with OA , Anterior transposition of cubital tunnel syndrome, trigger finger release, ganglion and other soft tissue benign and malignant swelling including sebaceous cyst and Giant cell tumor of tendon sheath, vast variety of tendon transfer including camitz transfer for advance carpal tunnel syndrome, tendoing interposition arthroplasty for CMCJ arthritis of thumb, nerve repair and graft, soft tissue reconstruction with FTSG, local flap, pedicle flap, removal of foreign bodies to more sophisticated wrist arthroscopies as well as some very complex injuries of Brachial plexus exploration and repair. During my training I have seen new advanced well equipped surgeries including microsurgery under microscope.

I would like thanks to Doris for helping and guiding me a lot throughout my fellowship right from beginning. I still remember that I sent a bank draft for my medical license fees which was rejected and she paid my fees on my behalf which I gave her back once I had reached, but I must say I was here just because she helped me out of the way in good gesture. She is hard working and dedicated person with good command on her job. She helped me to get the Visa for China, she booked my appointment in Immigration department, helped me for ticketing

back to Pakistan in term of good advises, some time she needs to get complete details for me from other departments or person and she was all the time available.

Special Thanks to Amy and Carmen for generous help, for providing me the opportunity to be an examiner in final year test of HKU medical students. Also it was good experience to be one of the judges in SP Chow presentation forum of final year medical student.

I would like to say my thanks to Kei, Ching and Ying for help in making my lunch and food. Special thanks to Ying who helped me a lot for my vegetarian food and also she provided some vegetarian food stuff at different occasions.

In Operation Theater I got good hand on surgical experience, operation theaters are well equipped and I enjoyed surgical procedures with my supervisor Dr. W Y Ip.

I am very thank full to Dr. W Y Ip she taught me hand surgeries with proper principles and protocol, enhanced my surgical skill and clinical knowledge and helped me in decision making and carrier growth.

I would like to Thanks to the whole department of Hand Surgery including Dr. Boris Fung who taught me in rounds and operation theatre. I enjoyed his company, I would like to thanks to Dr. Margaret Fok to guide me in surgeries. My Fellow colleagues including Dr. Richard Lee again he was big help in the first three months, Dr. Sarah a very good intern and hardworking doctor. Dr Graham Shea, he is very good team partner, he is always connected to me and very concerned for patients. He always contact me whenever he wants to get to know anything, we had very good team work together. I also enjoyed to work as a team with intern Angela, she is a dedicated doctor.

I want to thanks to whole department of Orthopaedics and Traumatology for helping, guiding, teaching and providing a very good friendly environment. I learnt a lot from them in clinical meetings and discussions.

I want to say thanks to Physiotherapy department and Occupational department without which we can't provide complete and proper care to our patients. I want to say thanks to Edward, Henry, Elaine Yung from occupational department for helping a lot during opds, Phoebe, Fannie and Vicky from physiotherapy department for helping in hand class.

I want to say thanks to Dr Li and Phoebe from Tung Wah Hospital they helped me a lot for my research work over there.

My special thanks to all members of DTRC and DKCH, special thanks to Miss Joejo for providing me guidance all the time regarding my stay in staff quarter.

My best regards to whole Operation Theatre team of QMH and DKCH who worked with me as a team, I enjoyed surgeries with them a lot. It was a wonderful time with them. Thanks to Moneyh and Shan from DKCH Operation Theater.

Other than my fellowship I enjoyed Hong Kong a lot, people are very kind and helping. I enjoyed Grand Parade and Fire work of Chinese New Year. I visited many places in Hong Kong including The Peak, Stanley, The Repulse Bay, shopping malls. It was a wonderful experience to be here and I wish to come back here for clinical attachment/ conference.

Kind Regards

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