

20 June 2018

Report During Fellowship in Hand Surgery

In the beginning, I would like to express my pleasure and happiness in having this fellowship. In addition, the fact that I am proud to join the University of Hong and to be able to visit Hong Kong.

My experience during the whole period of fellowship was very good from 01 March 2018 until 30 June 2018.

My name is Nasser Al-Ahmadi from Yemen . I work in Aden republic hospital as orthopedic surgeon last 10 years . Who encouraged me to come here is dr Ahmad a colleague from Bangladesh. He was attendant in hand department in 2016. He told me he had get good time and experience especially with dr Ip. Then I read about Hong Kong University and it get number one over Asia universities. This encourage me take decision. Moreover, after several months of correspondence with Ms. Doris. She was a good helper. I thank her very much.

I arrived in Hong Kong on 28 Feb. I came first to duchess of Kent hospital. To the staff quarter. I get good room clean in 8th floor .

In first march, I went to me Miss Doris. She explain to me what i should to follow. Also gave me access card with staff room keys. Then we go together to meet Dr Ip in clinic and Dr. Jeannette. It is my pleasure to study with Dr. Ip in Queen Mary Hospital and also in Duchess of Kent . I am very thankful to my Supervisor, O&T department and HKU for providing me this opportunity to visit and study in here. Frankly, they were more helpful and more informative. During four months, many answers I get from them. Really, thanks for their help.

Start my duty as follow.

I met the sections of Queen Mary Hospital. And Duchess of Kent Hospital. Also physiotherapy centers. I was impressed with the system used in the clinic. And is the participation of physical therapy and occupational therapy with the treating surgeons. A definite idea to post to my country.

Most hand surgeons highlight the surgical intervention, but ignore the rehabilitation. That sometimes lead to the surgery failure and patient's hands become stiffness, numbness, swelling, even continue postoperative pain. Fortunately, Physiotherapy and Occupational therapy system have been established successfully in Hong Kong. Due to the perfect medical and social security system of HK, this therapy system have been the best one and making a great contribution on the improvement of hand diseases and the development of hand surgery

Weekly schedule starting from Monday, which is operative day in Queen Mary Hospital or Some time in Duchess of Kent Children Hospital alternatively.

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 is a good learning as it is a presentation on preoperative and per operative picture record of wound and surgery, so we discuss each step of surgery and 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 Orthopedics faculty, every team presents once after few months, and one time Morbidity and mortality meeting. I attended all the sessions, it enhanced my knowledge a lot, and it's a good revision of subject as it's not particular for hand but Orthopedics including sub specialties of hand and foot, spine, tumor, trauma etc. I had present one topic in 20 June 2018. Topic of gamekeeper and MCPJ dislocation. 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 is 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 is 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 attending this meeting and special shuttle service is being provided by hospital for it.

In addition, around 6 on call in duchess of Kent hospital.

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 can wirte some new things i learn it here.

Brachial plexus tumor resection under microscopy. Sympathectomy of digital artery under microscopy

Four corner fusion of carpal bones.

Tendons transfer.

Schwannoma resection under microscopy.

Extension block of distal interphalyngeal joint.

Chronic gamekeeper of thumb.

Excional arthroplasty of ulnar.

Many cases of carpel tunnel under local anesthesia.

Rotational flap of gluteus.

Saphenous flap.

Centralization of extensor lig of hand.

Fusion of interphalangeal joints.

Camitz operation.

Fix phalynx fracture.

Ulnar nerve transposition.

Synevectomy of wrist.

Septic arthritis.

Z plasty of contracture finger.

Also i am happy to see females orthopedic surgeon. They are active and cleavers. As in my country there is no females in orthopedic field. So now, I can encourage our female doctors to join orthopedic field.

I also attended the Hong Kong Forum 15. This was a great honor for me. Great knowledge i get during this period .



And enable me to participate in the course of microscopic surgery. It 3 days course. Train to make carotid artery anastomosis in rats. Training how to use microscope.



Again thanks for dr Ip for her help and support during this course. This is a good opportunity for me. Now, my visiting will be end. I am very enjoyable working in our hand team, because of the professional guidance of Dr. Ip and the support and care provided by every friendly colleagues. Dr. Ip's extensive knowledge, elegance and noble character enhanced my surgical skill and clinical knowledge. And living my best regards to whole Operation Theatre team of QMH and DKCH because of their perfect work. Much thanks to Physiotherapy department and Occupational department, they let me know the super care in hand surgery field. Again I really want to say thanks to Doris because her great helping and guiding to me. She always know what I need and give me proper help in time, even resolve every details trouble for me.

I am enjoyed Hong Kong a lot and it was a wonderful experience to be here. Four months is very short, but I think both departments will have more times for mutual exchanges and cooperation in the future. I would rather to make this bridge
In conclusion, I say thank you to everyone.



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