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Fellow: Division of Sports and Arthroscopic surgery

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Division of Sports & Arthroscopic Surgery

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"If you can dream it, you can do it. Always remember that this whole thing was started with a dream and a mouse."

– Walt Disney

It has been a great opportunity and privilege to work as a Clinical Associate and Fellow (Division of Sports & Arthroscopic Surgery) in Department of Orthopaedics and Traumatology, where it all started as a dream. My fellowship at the Duchess of Kent Children's hospital and Queen Mary hospital has given me an invaluable learning experience. I would like to take this opportunity to thank the Department of Orthopaedics and Traumatology, Division of Sports, for having provided me with this opportunity.

The whole process started with my selection for the fellowship as informed to me by Ms Eva Liu, secretary for the sports division. She has been such a huge help right from preparation of all the documents for my fellowship application to visa and medical registration at the start; to help me all along the fellowship with any of my problems till the very end. Despite being busy with so much work she never fails to help us promptly with whatever we need.

Prof. Dr Yau Wai Pan leads the division of Arthroscopy and Sports medicine. A great teacher and academician. He gives you the freedom to independently examine the patients in out patient clinic, make an assessment with help of clinical examination, form a provisional diagnosis and chart out the course of action. This has to be presented in detail before him and he takes all the pain to teach us the correct line of management for the patient supported by clinical evidence. The most important thing to learn from him is the patient selection for surgery or conservative treatment; a point where many beginners falter taking an MRI report as the basis of their judgement. The out patient clinics are divided in different groups (knee clinic, shoulder clinic, postoperative clinic, general clinic) and among these, it is the Wednesday afternoon clinic which is the most interesting one. It is a new patient clinic and a teaching clinic for all of us. Here I had the opportunity to learn the classical examination and assessment of patients, discuss the treatment plan for the patients and clear all my doubts. In operation theatre Dr Yau actively involved me in all the surgical procedures right from day one, telling each and every step in great detail as he keeps operating. Same time he did remind me of any potential complications that we should be anticipating and the remedial measures to be taken. I was exposed to a variety of shoulder and knee arthroscopic procedures ranging from simple ACL reconstruction or Rotator cuff repair to management of complex multi ligamentous injuries of knee, complex rotator cuff repair, superior capsular reconstruction, meniscal repair and shoulder arthroplasties.

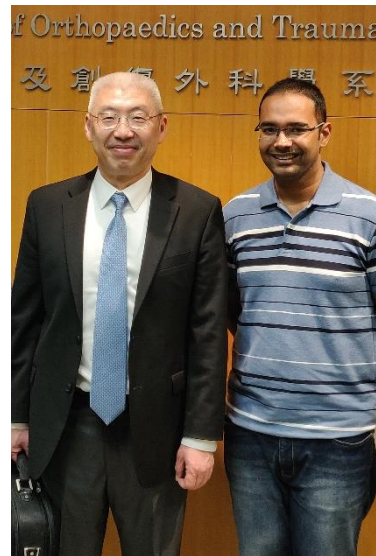
In nutshell I would just say that it is indeed a golden opportunity to work under Prof. Dr Yau Wai Pan. In my path for learning, Prof Dr Yau is an important milestone.

“LEARNING IS AN EXPERIENCE. EVERYTHING ELSE IS JUST INFORMATION”

-ALBERT EINSTEIN

Visiting Professorship and Lectures

I was lucky to have interacted with Prof Bryan Springer during his visit to Queen Mary Hospital for a visiting professor lecture on Uni condylar knee arthroplasty. It was an invaluable experience. Similarly I had the opportunity to meet the famous hand surgeon from Michigan, Prof Kevin C Chung who was here at Queen Mary Hospital to give a lecture on distal radioulnar joint surgeries.



Hong Kong The City

Hong Kong is a busy city bustling with life. However contrary to this thought, the area of Sandy bay is quite and calm. The hospital is situated on the bay side and offers a beautiful sunset view, which is extremely scenic. The city offers a variety of cuisines and I thoroughly enjoyed indulging in a wide array of cuisines. I also grew extremely fond of Dim Sum especially one called 'Lau sa lai wong bao'. I was happy to take time off to enjoy sightseeing attractions in Hong Kong like the 'Big Buddha', Ocean Park and one the best being the breath-taking view of the Hong Kong skyline from "The Peak"





Acknowledgments

I am very grateful to Prof Dr Yau Wai Pan for the opportunity to pursue this fellowship and for your valuable guidance and teaching. A big thanks to Dr Graham Shea, Dr Dr. Leung Ching Ngai Gabriel and Dr. Leung Ka Chun Thomas for sharing the responsibilities in the ward and helping me explore the many eateries in Kennedy Town with great food. I would like to thank Ms Eva Liu and Ms Doris Lau for all their support and help during the process of my application and during the tenure of my fellowship.



Dr. Yau Wai Pan , Dr. Ranjan Rahul , Dr. Leung Ching Ngai Gabriel ,Dr. Leung Ka Chun Thomas , Miss Au Andrea Chor Kiu

At last I am leaving the department with happiness and a bag full of cherished memories.

Regards,

Dr Rahul Ranjan

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