



## Overall Impression

It has been a wonderful opportunity and a great privilege to be a fellow of the Division of Paediatric Orthopaedics at the Duchess of Kent Children's Hospital.

## Introduction

I have applied for this fellowship training while I was finishing my residency training in the Philippines in 2016 and was so excited to receive the email telling me that I can start on January 2019. However, there were problems with my Visa application process, and I finally arrived in Hong Kong on the 28<sup>th</sup> of February and officially started on the 1<sup>st</sup> of March.

Even if I had a late start, people were friendly and accommodating especially on my first day. Dr. Evelyn Kuong was very kind to orient and introduce me to the other staff and took me around the hospital to see the other allied services that we work together with: Physiotherapy, Occupational Therapy and Prosthetics and Orthotics.

## Training and Experience

I learned a lot during these few months. I am very thankful to Dr. Wang Chow and Dr. Evelyn Kuong for all the learning opportunities. I admire their work ethics so much, most especially their attitude during surgery and their passion to teach. Their way of teaching is very commendable; providing a positive environment to learn in such a constructive method. Their enthusiasm in research and their outputs are also a reflection of their eagerness to continue learning.

There are many avenues for learning: the regular paediatric orthopaedic clinics twice weekly, special clinics for neuromuscular patients on Fridays, surgery 2-3 times a week, daily ward rounds, Friday grandrounds, pre op meeting and Wednesday case conferences. There is also a gait analysis clinic once a month. During preop meetings, where surgical cases for the week are presented and discussed, the patients are also invited and examined together, and are made aware of the plan, options and expectations. The different clinics also helped me a lot in learning. They are specifically arranged to maximize the time for patient evaluation, especially for the patients with neuromuscular problem, where we also see them with the team from occupational therapy.

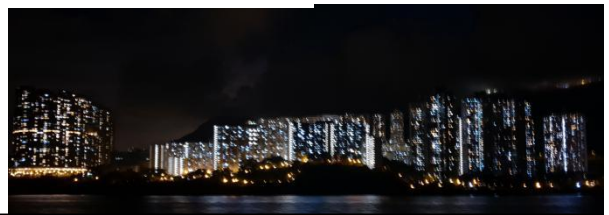
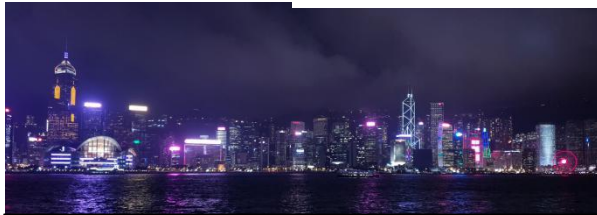
Language difference can be a problem sometimes during clinics, but there are nurses who help translate for me. Dr. Chow and Dr. Kuong are also available when I need to refer patients for questions and clarifications and they would even guide me in examining patients when needed.

We also join the spine team in seeing scoliosis cases every Monday morning. I am also thankful to Dr. YW Wong, Professor K. Cheung and Dr. P. Koljonen for teaching me and entertaining my questions during scoliosis clinic.

## 唔該 - Thank you

I would also like to thank May Ng who has been very helpful and patient in processing my documents. I am also grateful to the nurses and staff from Ward 5&6, SOPD and OT, the Anesthesia team, and all the other doctors I worked with during my stay: Noah, Matthew, Douglas and Janus who were all very friendly and helpful.

## Hong Kong: Sight and Taste



It was not just all work. I was also able to enjoy Hong Kong and its culture. I have never been a solo traveler but I enjoyed my weekends-off going to parks, temples, gardens and malls. I have also tried hiking in trails that is also popular here. You will never get lost because of the road signs and also google map. However, since I cant follow the map very well, I still get lost often and end up finding myself someplace nice.

Food is another good thing I like in Hong Kong. Although I prepare my own food at the quarters most of the time, I enjoy trying local food when I go out. I have always been a fan of noodles and street foods and there is just a variety of them here!

