



Fellowship Report



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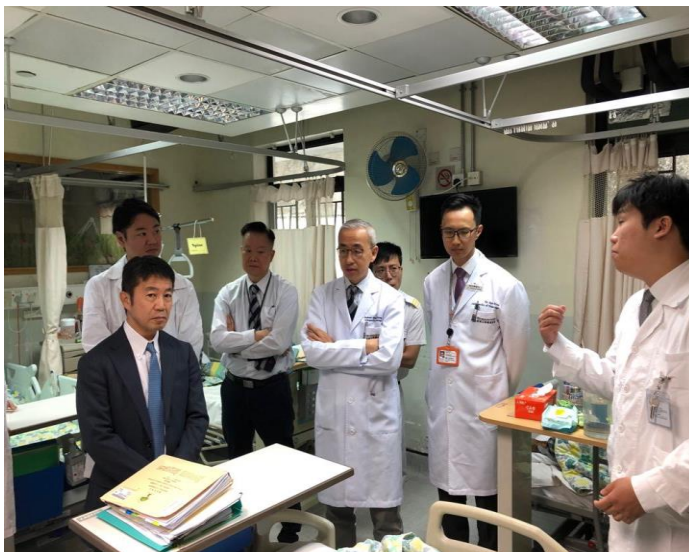


was overjoyed and honored, when I received the opportunity to be accepted in this program.

I spent most of my time in the Duchess of Kent Children's Hospital. The schedule is full and demanding. On Monday mornings, we have the scoliosis clinic, where I get to see old and new cases of different etiologies of scoliosis. Most of the cases comes from the highly effective scoliosis screening by the school health service which this department help set up. This clinic gives me a chance to see new cases and follow up old cases. Here, I learn how to handle different kinds of scoliosis cases and to individualized management. During Wednesday and Friday afternoons, we would have the adult OPD in Duchess of Kent and Queen Mary Hospital, respectively. In these clinics, I would see a variety of cases, from patients with mechanical low back pain, cervical myelopathy and degenerative spine conditions.



Room 1 in Duchess of Kent this is where I conduct my OPD clinic



On Tuesdays and Thursdays, I am in the operating theatre, assisting the different members of the team in various types of spine surgeries. It was a wonderful experience learning from these great surgeons, they would share their own tips and tricks for each kind of surgery. For this, I am very thankful for the invaluable knowledge and experience that I have gained.

On Wednesdays, we would have grandrounds at the Duchess of Kent, this is where I would present each and every spine case admitted. The spine team would discuss the case together with the physical therapist,

occupational therapist and even the social worker. This multidisciplinary approach struck me the most, this ensures that the best and most holistic care is given to each patient.

On Friday afternoons, we would have a pre-operative conference, wherein I would present the cases scheduled for operation the following week. This gives me the chance to analyze the different cases and understand why these patients are undergoing the planned operations. This gives the spine team an avenue to discuss the best surgical plan and approach for each patient. This would ensure that the operations would proceed smoothly. During Saturdays, I was able to attend interhospital meetings where interesting cases from around Hong Kong are discussed.

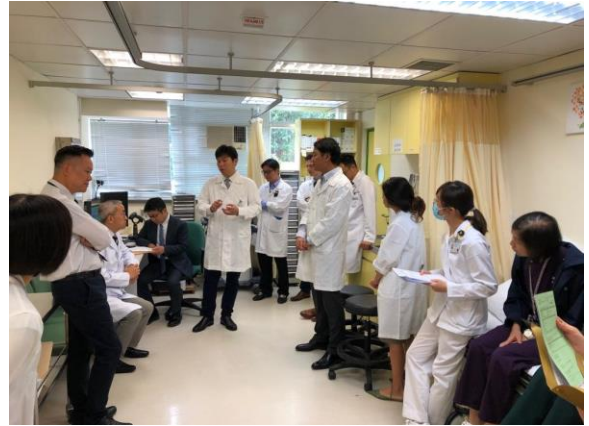


Photo above shows me presenting during grand rounds

For research, I was able to author some case reports and help in the data collection of ongoing studies. Besides getting involved in research, I was able to observe and see their set up and how they go about in producing quality world class papers.



Photos with Professor Cheung and Wong with the spine team and fellows from Japan, Malaysia and Pakistan

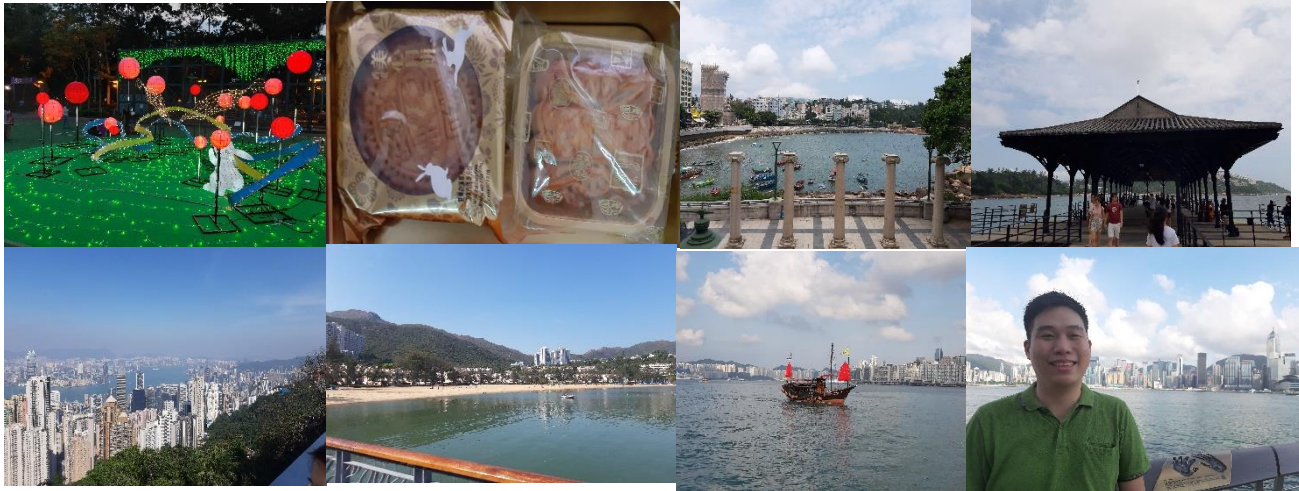
During my stay, there were other fellows who rotated while I was there. Due to this I had managed to meet and make new friends from all over the globe. I have met excellent spine surgeons from the UK, Japan, Pakistan and Malaysia. I have learned much from them too.

I would like to thank the Spine Team, for the invaluable lessons that they have taught me. Not only do you learn how to become a better spine surgeon. This program also makes you a better doctor and person. I am very grateful and honored to have been part of this program.



Photo after our Grand Rounds: Spine Team with Professor Matsuyama from Japan who gave the MB Lee Visiting Professor Lecture

Hong Kong is a wonderful place to stay, there are many beautiful places to go. I was able to explore Hong Kong during weekends. Besides the usual places of central, Tsim Sha Tsui and the peak. I was also able to go to Stanley Beach, repulse bay and discovery bay. I was also able to experience the Mid Autumn festival in September where Victoria Park was wonderfully decorated and I was given many different kinds of delicious mooncake.



Hong Kong is known for its delicious food, it was a treat going around the different restaurants and being able to eat the delicious local Cantonese food and different international cuisines.

