

DUCHESS OF KENT CHILDREN’S HOSPITAL, HONG KONG

PAEDIATRIC ORTHOPAEDIC FELLOWSHIP REPORT

July – December 2019



It is an honor for me to be a part on one of the world’s best “Paediatric Orthopaedic team” at Duchess of Kent Children’s Hospital, Hong Kong from July to December,2019. It is a highly specialized hospital offering state of the art care to the patient by highly skillful and innovative consultants and health staff. I am very satisfied and contended at the end of my fellowship training at such a prestigious institution.

I belong to Pakistan which is one of the heavily populated country in the world. The residency program at our country is mostly oriented to general orthopaedics with little exposure to subspecialized fields. After my fellowship in orthopaedics, I worked with my paediatric orthopaedics supervisor Dr. Sikander Hayat who was also trained in this prestigious institution. Working with him for one year, I also wished to work in this world’s renowned institution and I luckily got the opportunity to work in Duchess of Kent Children’s Hospital, Hong Kong with such learned consultants.

I landed to the Hong Kong at the start of July with my family. We were welcomed and helped by security guard who guided us to our quarter. It had all the basic facilities of living. Miss May was kind enough to solve many problems during my fellowship program. She was very kind and did quick correspondence even before coming to Hong Kong. She always responded very positively and whenever I asked about any query related to my fellowship program.

The department of Paediatric Orthopaedics is run by highly learned and knowledgeable consultants Dr. Wang Chow and Dr. Evelyn Kuong. I have learnt a lot from them throughout my fellowship on how to approach and manage patients and to reach a management plan based on evidence-based

practice. Both are very kind and generous in sharing their experiences and valuable knowledge regarding any problem.

The academic program of the hospital is very balanced and informative as it covers all the aspects of paediatric orthopaedics including scoliosis clinic, general clinics, neuromuscular and gait clinic, seating clinic and skeletal dysplasia clinic with the paediatrician and twice weekly OR, Wednesday clinical conference and Friday grand round with allied health staff.

During my fellowship program I learned a lot from both of my supervisors. It helped me understand the principles and management of :

- Cerebral Palsy patients.
- Neuromuscular patients and basics of gait analysis.
- Deformity correction.
- Guided growth, limb lengthening and deformity correction.
- Congenital anomalies including syndactyly, polydactyly, trigger thumb, fibular hemimelia, torticollis etc.
- Hip pathologies, DDH, Perthes disease, SCFE and hip arthrogram.
- Foot and ankle deformities.

I am thankful to the whole spine team in teaching us the management protocols of scoliosis patients. I am especially thankful to Prof. Kenneth Cheung who always welcomed me so nicely with delight whenever I met him and found him a great teacher. The way he taught AIS management helped us improve the understanding of scoliosis management.

I am also thankful to Dr. Brian Leung, Dr. Kevin Fok and Dr. Noah in helping me throughout my fellowship and the nursing staff of ward 56A and SOPD in dealing and communicating with the patients whenever there was a communication gap due to language barrier.

During my residency I also participated in the teaching of medical students and was also invited to serve as a judge at SP chow Group presentation for medical students. The presentations by the students were very impressive which shows the high standards of medical education in Hong Kong.

At the end, I would like to thank Dr. Wang Chow again who besides being a knowledgeable, skilled and up to date paediatric orthopaedic surgeon is a very humble and kindhearted person. I would also thank Dr. Evelyn Kuong, a very energetic, hardworking and dedicated paediatric orthopaedic surgeon whose dedication to work always fascinated me.

Thank you Hong Kong University, Dept of O&T and Dr Wang Chow for providing me opportunity to work in this renowned state of the art institution and for training me which will no doubt have a positive impact on my career and also helps improve the quality of health service towards paediatric orthopaedic patients in Pakistan.

Best Regards.

Dr. Muhammad Salman

Clinical Associate,

Duchess of Kent Children's Hospital

Hong Kong.