

FELLOWSHIP REPORT

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(Jan to Jun 2020)
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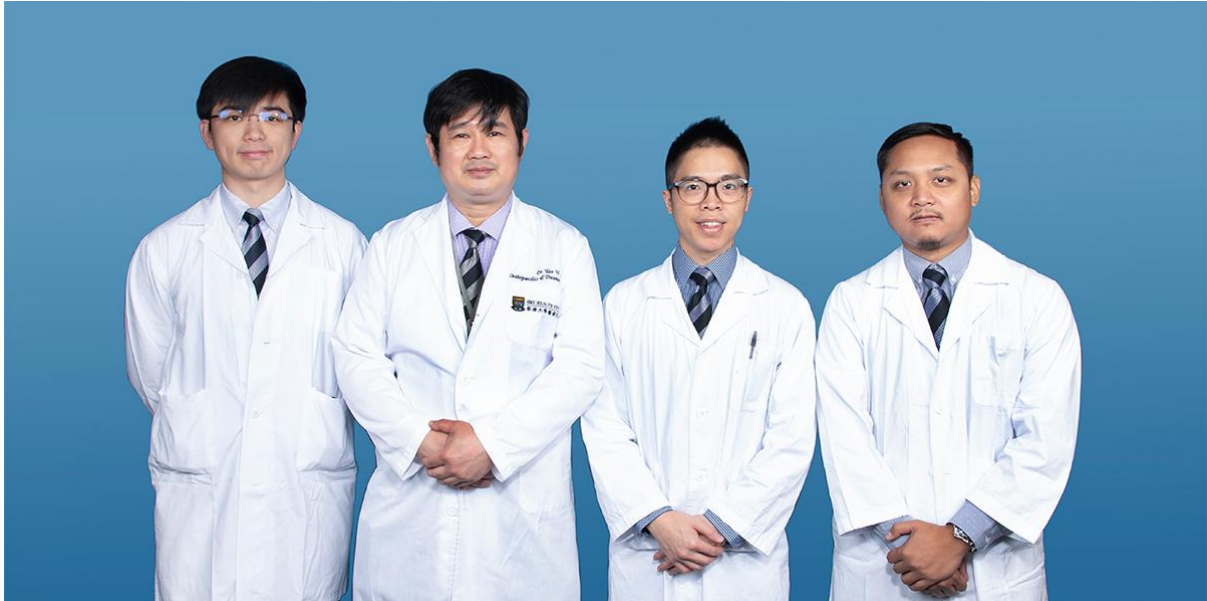


My experience as a fellow with the Division of Sports and Arthroscopic Surgery has been full of invaluable learning experiences. Starting from seeing patients in the out-patient department clinics to assisting in complex surgeries, I have learned immensely, every step of the way.

In the clinics, our senior consultant, Dr Peter Yau, is gracious enough to allow us to see and examine patients and helps us in the approach to a proper diagnosis and thoroughly discusses with us the treatment options. He also advises us well on how to manage patients' expectations, especially on how urgent surgical procedures are needed or not. Learnings from these clinics are something that will greatly help me in practice back in the Philippines as I apply them and be of benefit for the patients that I see as well.

Inside the operating theatre (OT), Dr Yau continues his mentorship as he explains the details and the different techniques of the procedures that we assist in. Here, I have seen and learned greatly, particularly in procedures that I have not seen performed as a resident in the Philippines, such as the posterior approach to harvest of the hamstring tendons, anterolateral ligament reconstruction, and superior capsular reconstruction for irreparable rotator cuff tears. Also interesting for me were the various techniques that Dr Yau does in repairing meniscal tears. In every OT day, it is impossible not to learn something new.

We have also had research meetings, where we try to come up with research-worthy topics, trying to determine knowledge gaps, and discuss what has and has not been done with regards to evaluating data on various topics in sports medicine.



Sports Team: Jan to Mar 2020. (L to R: Dr Gabriel Leung, Dr Peter Yau, Dr Peter Siu, and Dr Gabriel Zetazate)

Despite all the unforgettable learning experiences, it is unfortunate that my stay in Hong Kong coincided with the COVID-19 pandemic, which led to limited hospital operations spanning from February to early May of 2020. This has limited my possible exposure to more clinic and surgical learning experiences, especially as there are only a few sports cases that are considered urgent. But, nonetheless, as we started resuming to scheduling elective surgeries in May, the Sports team was able to accommodate the patients that we have placed on the waiting list and we were able to have surgeries even for days that were not in our usual schedule.

To our relentless mentor, Dr Peter Yau, I will be forever grateful for his passion for training not only doctors from Hong Kong but also foreign orthopaedists such as myself. His contributions to the orthopaedic surgery community expands not only in Hong Kong but across borders in Asia and the world.

I am also immensely grateful to the other doctors I have worked with during my stay: resident specialist Dr Peter Siu and resident trainees Dr Gabriel Leung and Dr Thomas Leung, who have greatly helped me in the day-to-day nuances of hospital work and

in communicating with non-English speaking patients. My gratitude also extends to Ms Eva Liu, the secretary of the Division of Sports and Arthroscopic Surgery, for her considerate and kind assistance from the processing of my application for this fellowship training and through the end.



Sports Team in the Pandemic Times: Apr to Jun 2020. (L to R: Dr Thomas Leung, Dr Peter Siu, Dr Peter Yau, and Dr Gabriel Zetazate)

Because my stay in Hong Kong was strained by the COVID-19 pandemic, I was hindered from exploring the tourist attractions in the city. But despite this, I still consider my fellowship training experience in Hong Kong as unforgettable and largely fulfilling. For the learning experiences and the hospitality and help of the people I have worked with, I will always be grateful. It was certainly a privilege to have worked under the mentorship of Dr Yau and to have worked with the sports team and the friendly nurses of both Queen Mary Hospital and The Duchess of Kent Children's Hospital. The people of Hong Kong are blessed to have you.