

# FELLOWSHIP REPORT

Dr. Lois Desiree C. Obra



The Duchess of Kent Children's Hospital is a well-established and highly specialized center. The fellowship in Paediatric Orthopedics under the Department of Orthopaedics and Traumatology of The University of Hong Kong is a 6 month program that allows valuable exposure to several cases, both common and unique. I had the honor of working with Dr. Wang Chow and Dr. Evelyn Kuong, both true experts in their field. They are very approachable, making the work environment a very positive learning experience. I would also like to thank Dr. Noah So for his guidance and teaching during clinics and research work. I am very grateful to all of them for readily sharing their expertise. My fellowship was a very enriching and memorable experience, one that I will cherish for the years to come.

## APPLICATION PROCESS

After hearing about this exceptional training program through my senior consultants and colleagues who did their training here, I sent in my application towards the end of my residency and was overjoyed when I was accepted. I would especially like to thank Ms. May Ng who very kindly guided me efficiently through the whole application process for both the Hong Kong Medical Society and my Visa. She also provided me with information on how to get to the hospital upon my arrival. As I eventually extended my fellowship for 6 months, she also assisted me in the processing for this as well.



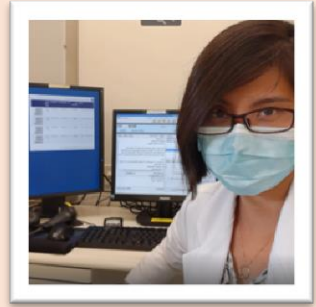
## LOCATION AND ACCOMMODATION



The Duchess of Kent Children's Hospital is located in the very picturesque Sandy Bay. It is one mini bus ride away from Kennedy Town which has the closest access to the MTR lines. I was allowed to stay in an excellent furnished hospital dormitory with complete amenities.

## DUTIES AND RESPONSIBILITIES

As a fellow, I took care of patients in the ward and participated in surgeries. I was also permitted to see and manage patients on my own in the clinic. I found that the language barrier was not a big problem as most of our patients are able to communicate in English. The staff also readily provided me with a translator if needed.



Patient care is highly subspecialized in this center. There is a wide variety of cases with impressively meticulous documentation. Just reading through each case file and seeing the management through time is a valuable learning experience in itself. The senior consultants were always very approachable and open to answering any questions. Listed below are the different clinics I participated in.

- Scoliosis Clinic
- Pediatric Orthopedic Clinic
- Neuromuscular Clinic
- Seating Clinic
- Dysplasia Clinic
- OI Clinic
- Gait Clinic

I went on call for Duchess of Kent Children's Hospital around five times a month. During these times, I was not restricted to stay on hospital premises as long as I was within the immediate area and able to respond immediately. For any questions, members of other departments were always readily available.

I was also given the opportunity to contribute to overseeing medical students as an examiner on several occasions for the Clinical Competency Tests and as a judge for the SP Chow Group Presentations.

## LECTURES AND CONFERENCES



The Department of Orthopedics and Traumatology holds intradepartmental conferences hosted by the different subspecialty divisions every Wednesday. This serves as an excellent avenue for discussion on interesting cases along with updates in research and management. During my time here, I had the honor of presenting thrice in behalf of the Paediatric Orthopaedic division. The topics included Legg-Calve-Perthes Disease, Atypical presentations in Slipped Capital Femoral Epiphysis and Sequelae of Developmental Dysplasia of the Hip.

I was also able to join the Interhospital Conferences held every Saturday. The topics are varied and provides insight in how different centers deal with different cases.

The Paediatric Orthopaedic division also conducts weekly multidisciplinary Preoperative Conferences and Grand Rounds. In addition, a monthly Paediatric Orthopaedic Trauma conference is also held.

## SOCIAL CIRCUMSTANCES



The timing of my fellowship fell during a very interesting time in Hong Kong's history. My fellowship was scheduled for January to June 2020 but the surge in political protests towards the end of 2019 had me questioning if I should proceed. Family and friends also voiced their strong concerns on the matter. Eventually, I made the decision to push through as I felt I should not waste the opportunity.

A few weeks after my arrival in Hong Kong, the COVID-19 pandemic hit. Along with the other international fellows, I was given the option to cut my fellowship short. I made the decision to stay on after much discussion with my family. We all felt that the situation was well controlled in Hong Kong and thus, far safer.

Due to COVID-19, the hospital implemented measures to ensure the safety of the staff. There was a cut of elective surgeries and strict rules put into place with regards to controlling the number of inpatients and patient visitors. We continued to hold regular clinics though there was a significant decrease in patients. As a result, we found ourselves with quite a bit of free time on our hands. The department was quick to adapt to the situation and didactics proceeded as usual through web-based learning and conferences. We also focused our attention on several research projects ongoing in the department.

Towards the end of June 2020, I was offered a six month extension of my fellowship which I gladly accepted. The pandemic had greatly limited the patients and cases during the first half of the year and I was grateful for the chance of more learning.

## FUN AND LEISURE

Hong Kong has no shortage of activities for leisure. There are several museums that are definitely worth a visit or two as some of the exhibits change fairly often. My personal favorites are the Hong Kong Museum of Art and the Hong Kong Museum of History. There are several easily accessible hiking trails as well, including Victoria Peak, Lamma Island and Lantau Island.

Lastly, I especially enjoyed that Hong Kong is a shopping haven for the figure and toy hobbyist. There are many hidden stores especially in the Kowloon area. I was able to procure some hard-to-find items at very good prices.

