

FELLOWSHIP REPORT

Dr Khan Yad Zamin

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Back ground :

I belong to Pakistan which is one of the densely populated but beautiful country in the world. I completed my residency in 2017 and passed my fellowship examination in the same year. I worked as consultant orthopaedic surgeon in a DHQ hospital. But from the very beginning I had interest in paediatric orthopaedic surgery as I completed three months' rotation in paediatric orthopaedics during my residency. In 2019 I got an opportunity to work in the supervision of Dr Sikandar Hayat as fellow (POA) for one year. Who facilitated me for the fellowship in DKCH /QMH Hong Kong in paediatric orthopaedics. I applied by sending an email to Ms. May Ng and after waiting for almost two year and long process I got an opportunity for fellowship in DKCH.

About DKCH paediatric orthopedics team

The Duchess of Kent Children's Hospital is a well-established and highly specialized centre. 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. The paediatric orthopedics team is the best paediatric team. I had the honour of working with Dr. Wang Chow and Dr. Evelyn Kuong, both true experts in their field. They are very humble, approachable and good human beings. I would also like to thank Dr. Noah So for his guidance and facilitation in EMS system during clinics. I am also thankful trainee Dr S.Fang for his support. I would also like to thank May Ng who has been very helpful and patient in processing my documents

My experience, duties and responsibilities:

I learnt a lot during these few months. I have assisted may cases in OT and have seen many new cases and skills. I have also improved my knowledge to examine a cerebral palsy patient and other patients with neuromuscular disorders.

As a fellow, I took care of the 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 centre. 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. There are many opportunities for learning like:

Scoliosis Clinic

Paediatric Orthopedics Clinic

Neuromuscular Clinic

Seating Clinic

Dysplasia Clinic

Endocrine and metabolic disease clinic

Gait Clinic

I went on call for Duchess of Kent Children's Hospital around five times a month. During these times. For any questions, members of other departments were always readily available.

Accommodation and food:

I was provided an accommodation inside the hospital Block D which was very convenient and comfortable. I had to take bus 58 or taxi to go to Kennedy town and MTR. The food was a big issue for me. I had to search for halal food and some time I had to prepare my food at apartment.

Sports and gym:

As exercise is important part of my life. HKU has given me the free access to sports complex at Stanley for gym and swimming.

Academics 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 honour of presenting once in behalf of the Paediatric Orthopaedic division. The topic was DDH in 6 - 18 months of age, medial approach and also presented my paper on outcomes of medial approach in open reduction of DDH .

I also participated in interhospital conference held every Saturday. The Paediatric Orthopaedic division also conducts weekly multidisciplinary Preoperative meetings on Wednesday, which were very helpful for me. On every Friday there was a grand round and a bedside discussion.

During my duration I also got an opportunity to attend the annual conference " 18th Hong Kong International Forum".

"Hello Hong Kong" :

I was here not only for learning purposes but also to experience culture and to enjoy tourism. I enjoyed visiting the city's ancient-old temples, such as the Mo Man Temple, exploring world-class museums, like the Hong Kong Heritage Museum, and discovering an array of lovely gardens and parks and explored many islands.

Thanks to HKU :

At the end I am very thankful to the University of Hong Kong for giving me this opportunity to learn and when i will go back i will serve the humanity and that is our goal .