

Fellowship report

Dr Malik Osama Tanweer

July to Sept 2023

Background:

My roots are from the Greenland called Pakistan, and the city of lights Karachi. I seek and worked effortlessly since the beginning as my aim was always to serve the underprivileged, this pushed me to work as a trainee in "The Indus Hospital" where they offer quality care free of cost. My supervisor who was not only a supervisor but also a mentor for millions named Prof Dr Syed Kamran Ahmed who is a ray of light as he has been also a part of this program 'Hand and Wrist Fellowship' from The University of Hong Kong. From there I developed an interest in Hand and Wrist surgery, so I also opted this highly demanding field also to add on my Synopsis was also reflecting my interest i.e. "Functional Outcome of hand and wrist after Distal Radius fractures treated by ORIF versus Cast group a Randomised controlled trial study". Fast forward to the time of completion of traineeship where I witnessed mixed kind of experiences which made me learn that sometimes the hurdles hit hard but made me tough sometimes the feeling of accomplishments made me erase all the tough memories. Soon after the residency program I was fortunate to be appointed as Junior Consultant under the same roof. Observing my curiosity and enthusiasm to serve in this field helped my supervisor Prof Dr Syed Kamran Ahmed decided to follow his footsteps and emailed Dr WY IP for my hand fellowship and fortunately I got the approval from her, that was turning point in my career that I have just done with my postgraduate exam and I was privileged enough to bag the Junior Consultant and Clinical Associate job in Hand and Wrist Fellowship Program of Hong Kong which is known to be one of the best hand and wrist program in the world.

But the time has its own management and the COVID hit around the globe so due to this pandemic my fellowship was delayed and after the long wait I got the slot in July 2023. In the mean while I established my private practice and got 3 year experienced in different private sector hospitals. I have found so many neglected hand injuries including tendon and nerve injury which made me incline more towards hand surgery.

About Queen Marry and DKCH hand team:

Dr WY IP (Chief of Hand Department, University of Hong Kong) a very kind, humble, soft spoken and good hearted lady, always tried her best to convey the knowledge and skills, a complete gentlewoman.

Ms Doris Lau wow what a character she is the most helpful person on the earth I have not seen it before, from my all documentation work to each and every problem I have encountered during my travelling and daily living here in Hong Kong she guided me like a guardian.

Dr Marvin the Hand Fellow a very multitalented guy he taught me different aspect of skills and techniques that I am surprised to see and learned from him.

Dr Felix the Resident in hand surgery is very friendly and we enjoyed the gossips on lunch most of the time and he guided me the short cuts route, time table and routine duties and how to work in CMS system.

Dr Jackie the Plastic surgery trainee rotated from the other hospital is very polite and always help me in minor problems like how to upload the balance from 7/11 and write down the notes, last but not the least always taking me from David Trench to Queen Marry Hospital and Queen Marry to DKCH.

Experienced and Learning:

On Monday we have an operation list every alternate week in Queen Marry and in later half in DKCH every week.

On Tuesday we have a full list in DKCH every week.

I have seen and assisted so many elective cases of hand like trigger finger, cubital and carpal tunnel syndrome, ganglionic cyst, foreign body, benign swelling of hand like gouty tophi, mucous cyst and GCT of tendon sheath, neuroma excision and end to side repair of nerve.

Flexor and extensor tendon injuries, fractures of fingers hand and scaphoid, CMCJ subluxation management with tightrope.

Soft tissue reconstruction with STSG, FTSG, local flap for hands.

I am fortunate to see the free vascularized fibular graft for Ewing Sarcoma of Humerus treated by liquid nitrogen by Oncology team and after that we have done the vascular anastomosis of peroneal vessels to posterior circumflex vessels.

On Wednesday we have a meeting with the occupational and physiotherapist in Q&M, in which we mostly discussed the postoperative cases of last week their rehabilitation plans and early recovery.

Here we have a protocol book for flexion and extensor tendon repair postoperative rehabilitation which is simple and easy to understand.

On Thursday we have a clinic in David Trench Rehabilitation Centre (DKRC) for postoperative follow up patients, here again we have a multidisciplinary approach with OT and PT team for the early recovery of patients.

On Friday we have a congenital hand clinic in DKCH in which we are seeing the cerebral palsy and stroke affected individuals with upper and lower limb problem.

We are doing Botox injection, fractional lengthening, neurotization and tendon transfer in such patients for improvement of their daily living and give them the functional limbs.

Basic Microsurgery Course:

I have also done the Basic Microsurgery Course of three days from 16th to 18th of August in which I have done the carotid and femoral vessels repair in RATS under the microscope. Ms Helen there was too cooperative and help me in different steps of microsurgery.

Case presentation at QMH:

I have also got the opportunity to present the case in Wednesday conference in Queen Marry Hospital. We have discussed the approach to different problems in Rheumatoid affected hand and their operative management.

Symposium in Kuala Lumpur, Malaysia:

Dr WY IP has appointed me as her fellow to present some of the cases of wound management in 2nd MATRIDERM APAC Symposium Kuala Lumpur, Malaysia. It will be an honour and pleasure to present and share some of the work in Hong Kong at the international level. Once again it is possible all because of Dr WY IP effort who provided me the platform and all support to enhance my career growth.

Leisure time:

I have enjoyed a lot here I got the Hong Kong staff card and went to avail the gym facility in sports complex for fitness and also for swimming. I played tennis as well.

I loved the discipline and cleanliness of the island very much.

On weekends I went to with my other overseas fellows for Hiking and visit different Islands and shopping malls.

I went to different places and enjoy the beauty of nature here.

Closing remarks:

I am very thankful to the whole team of hand surgery, for providing me the opportunity to work in different environment and help me in learning wide variety of hand cases.

I would like to thanks Dr WY IP she taught me the proper principles and protocol, enhanced my surgical skills, clinical knowledge and decision making in hand surgeries.

Thank you University of Hon Kong

Best regards

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O & T

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