

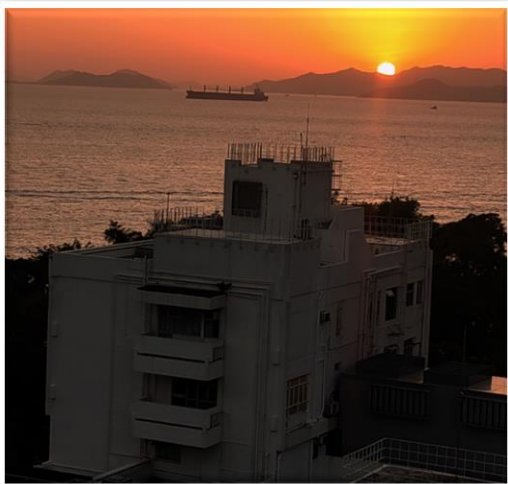
MY FELLOWSHIP EXPERIENCE IN PAEDIATRIC ORTHOPAEDICS

Dr. Jan Micah E. Tan



It has been a great privilege and honor to be a fellow of the Division of Paediatric Orthopaedics from July to December 2023. This truly has been a great experience!

I applied for the paediatric orthopedic fellowship program early 2020. I was thrilled and honored to have been accepted as Clinical Associate of the Department of Orthopaedics and Traumatology in the Division of Paediatric Orthopaedics, the University of Hong Kong. However, due to the pandemic, my appointment has been postponed several times. Finally, I received good news that appointments for foreign visitors have resumed and I would start my fellowship in July 2023. I would also like to thank Ms. May Ng for helping me process all the necessary documents I had to comply with to make this fellowship possible.



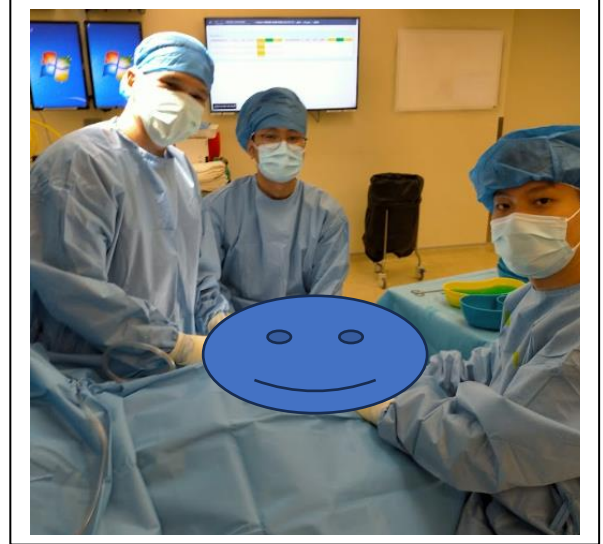
Peaceful ocean sunset view from my quarters at DKCH



Duchess of Kent Children's Hospital

MY DUTIES AND WORK EXPERIENCE

Every morning I am assigned to do ward rounds for in-patients in the Duchess of Kent Children's Hospital (DKCH) wards. I participated in surgeries done in DKCH, Hong Kong Children's Hospital (HKCH) and Queen Mary Hospital (QMH). Clinics include Paediatric Orthopaedics, Scoliosis, Neuromuscular, Gait, Seating, and Combined Endocrine, Metabolic and Dysplasia. Every week, we have grand rounds at DKCH and HKCH together with the team of doctors, nurses, physiotherapists, occupational therapists, and prosthetists. It did not take a long time for me to feel at home because the staff are very friendly and accommodating.



LEARNING EXPERIENCE WAS AWESOME!

The Paediatric Orthopaedic team has a positive culture for learning. I am grateful for Dr. Wang Chow, Dr. Evelyn Kuong, and Dr. Noah So for their dedication and passion to teach. Every week we have our pre-op meeting. Presenting cases I am not well knowledgeable of in the pre-op meetings has been a challenge. But it is a great learning experience because the seniors guide me and gently correct my mistakes. Aside from pre-op meetings, there are weekly conferences hosted by different divisions per week. It helps me get updated not just in paediatric orthopaedics but also in other specialties.

During clinic, Dr. Chow, Dr. Evelyn, and Dr. Noah, would take time to help me examine patients and share their knowledge as we see patients together, even though at times there is a heavy list of patients in the OPD. During grand rounds we take time to review our patients and discuss post-op management at the same time seniors would give academic input. During surgeries, my seniors explain the procedure very well and teach me their techniques. Dr. Chow even takes an extra mile in calling me to his office and explaining to me again the PAO procedure we just did the previous day, in detail, with a pelvic model for me to better understand.



Hong Kong Children's Hospital



Queen Mary Hospital

It has been great to work with Seniors and Colleagues...

Dr. Janus Wong, Dr. Will Lau, Dr. Ricky Chan, and Dr. Johnny Wong have helped me a lot especially in talking to patients who can't speak English, in explaining surgical procedures to patients and signing consents. I have also learned a lot from cases they presented and the literature reviews they shared during pre-op meetings. It was a pleasure working with them.

It has been a challenge for the team when we had to split our duties in throughout the week in the Duchess of Kent Children's Hospital which is at Hong Kong Island and Hong Kong Children's Hospital which is at the Kowloon side, and they are located opposite each other. I am thankful to Dr. Noah, Dr. Evelyn, and Dr. Janus who are always willing to offer me a ride in their cars going back and forth.



Aside from work, I enjoyed food trips to nice restaurants during lunch breaks together with the guys.

Hong Kong is an amazing place with rich culture, wonderful sights, delicious food, and many fun things to do. Off work, I spent time exploring to make my stay even more enjoyable.



I will be forever grateful for all the experiences I had during this 6-month Paediatric Orthopedic Fellowship in this wonderful place, Hong Kong. My journey and learning process will continue as I head back to the Philippines. I hope to see everyone again soon...

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