



Fellowship Report

It is honor and great privilege to work as a fellow in Paediatric Orthopaedic Division at Duchess of Kent Children's Hospital and Hong Kong Children Hospital, Hong Kong from January to April 2024.

I'm from Karachi, Pakistan, which is one of the biggest city of Pakistan according to area and population, also called city of lights. I am working in one of biggest tertiary care public sector hospital of Karachi i.e. Dr Ruth K.M Pfau Civil Hospital, Dow University of Health Sciences, Karachi, where large number of patients visit daily in clinics and emergency from Karachi and out of Karachi. Many patients use to come to Karachi from different cities of Pakistan as well especially from rural areas. Many patients also visit clinics due to paediatric orthopaedic problems especially clubfoot, DDH, cerebral palsy, polio and many others. This motivated me and my seniors also encouraged me to get training in paediatric orthopaedic. In 2017, I got mentorship training in Ponseti technique for clubfoot, after that I started to work in clubfoot clinic in Civil Hospital Karachi. We run clubfoot clinic twice a week in civil Hospital Karachi. Then I wanted to get proper training in paediatric orthopaedic surgery for which I contacted my colleague from Peshawar Pakistan who had done training from Hong Kong. In 2019, I applied for fellowship training program at Hong Kong University, DKCH/HKCH/QMH Hong Kong.

In 2020, Covid hit around the globe so due to this pandemic my fellowship was delayed and after a long wait I got email for selection in Feb 2023 for January 2024. Then I started my documentation process in which Miss May NG helped and guided me a lot at every step for documentation and visa process. Meanwhile in Karachi, I joined my senior, Professor Anisuddin Bhatti, he is the most senior paediatric orthopedic surgeon in Pakistan. Decision to come to Hong Kong was not easy for me because of my family. Then finally I decided to come to Hong Kong.

I arrived at Hong Kong in late January 2024. After arrival, I came to DKCH on same day I met Miss May NG. She guided me all regarding timing, clinics schedule. Miss May is very kind and helped me whenever I needed. After that I met Miss Kitty who handed over the room key to me and guided me how to reach the hostel. Miss Kitty is also very kind, I asked her for an extra blanket and heater for my room as the temperature here was low during my early days of arrival. She provided me these on the same day when I asked, I am thankful to her. Next day, I met Dr Chow Wang who is Consultant and Chief of Paediatric Orthopaedic Division, he is very kind, humble and great person.

The department of Paediatric Orthopaedic is run by highly learned and knowledgeable consultants Dr Chow Wang and Dr Evelyn Kuong and their team which include Dr Noah So, who is Associate Consultant and Dr Janus, who is Assistant Consultant. I have learnt a lot from them throughout my fellowship on how to approach and manage patients and reach a management plan based on evidence-based practice. Their way of teaching is very commendable. I must

mention one thing about Dr Chow Wang is that he is great mentor and leader, he always encourages his juniors.

The academic program of the hospital is balanced, well organized and informative as it covers all the aspects of paediatric orthopaedic including scoliosis clinic, general clinic, neuromuscular and gait clinic, seating clinic, skeletal dysplasia clinic with multidisciplinary team, Monday OR in DKCH, Thursday OR in HKCH, Wednesday preop meeting, clinical conference meeting, and grand round on Tuesday in DKCH and Friday at HKCH with allied health staff.

I am thankful to the whole spine team in teaching me the management protocols of scoliosis patients. I'm especially thankful to Dr Paul Koljonen who taught me AIS management. I would like to thank the two residents, Dr Rebecca choy and Dr Crystal Lam who helped me during my fellowship and nursing staff of ward 5-6 A and SOPD staff who helped me in communicating with patients and their attendants whenever there was communication gap due to language barrier.

During my fellowship, I had attended two international conferences in Hong Kong children Hospital in March 2024. These were very informative conferences. It was a great experience to present in Wednesday conference with Dr Rebecca and Dr Crystal at Queen Mary Hospital when we had paediatric orthopedic department presentation in March 2024.

At the end, I would like to thank Dr Chow Wang again who besides being a knowledgeable, skilled and up to date paediatric orthopaedic surgeon is a very kindhearted and humble person. I would also thank Dr. Evelyn Kuong and Dr Noah So, they are hardworking and dedicated paediatric orthopaedic surgeons whose dedication to work always fascinated me. They all taught me proper principles

and protocol, enhanced my clinical knowledge, surgical skills and decision making in paediatric orthopaedic. I will always remember you people in Golden words.

I'm very thankful to Dr Noah So who helped me a lot throughout my training. He introduced me to other staff and took me around the hospital, DKCH and HKCK to see other allied services that we work together. He used to give me a drive for HKCH because HKCH is far from DKCH. I learnt a lot from Dr Noah, how to approach the patient and manage patients, especially the steps of examination. Whenever I have a query, he answers my query.

Thank you, Hong Kong University, Dept of O&T and Dr Chow Wang, for providing me opportunity to work in this renowned state of the art institution and for training me which will no doubt have a positive impact on my career and helps improve the quality of health service towards paediatric orthopaedic patients in Pakistan.

Best Regards,

Dr Muhammad Noman,

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Paediatric Orthopaedic Division,

DKCH, HKCH, QMH