

PEDIATRIC ORTHOPAEDICS FELLOWSHIP REPORT

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Overseas Fellow
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Overview

Hong Kong, with its well-established healthcare system, renowned medical institution, and a commitment to excellence in medical education, has emerged as a desirable destination for overseas fellows seeking comprehensive training in Pediatric Orthopaedics. My Filipino mentors have trained in the same institution and have attested to their excellent training. For orthopedic surgeons aiming to sub-specialize, The University of Hong Kong's Department of Orthopaedics and Traumatology, Division of Pediatric Orthopaedics headed by Dr. Wang Chow and Dr. Evelyn Kuong, with Dr. Noah So and Dr. Janus Wong as Associate Consultants offers invaluable experiences to gain exposure to diverse patient populations, cutting-edge technologies, and innovative surgical techniques.

Clinical Experience

The training grounds are mainly the Duchess of Kent Children's Hospital (DKCH) and Hong Kong Children's Hospital (HKCH). The program emphasizes an approach that allows fellows to actively participate in patient care, surgical procedures, and clinical decision-making. I was able to perform ward rounds, assist in surgeries and do out-patient consults with the supervision and guidance of my mentors.



Duchess of Kent Children's Hospital with Alumni Filipino Fellows Dr. Lois Desiree Obra-Roces and Dr. Gracia Cielo Balce



Duchess of Kent Children's Hospital entrance



Hong Kong Children's Hospital entrance



Hong Kong Children's Hospital Building A and B

Weekly Schedule and Activities

The usual weekly schedule consist of the following:

- **Monday**
 - **Scoliosis clinic with spine team in the morning**
 - **DKCH Surgery**
- **Tuesday**
 - **DKCH out-patient clinic in AM**
 - **DKCH Grand Rounds in PM**
- **Wednesday**
 - **Pre-op Conference at HKCH in AM**
 - **Clinical Case Conference**
 - **HKCH out-patient clinic in PM**
- **Thursday**
 - **HKCH surgery**
- **Friday**
 - **HKCH Grand Rounds**
 - **Casting Clinic at HKCH**
 - **Subspecialty clinic**
- **Saturday**
 - **Academic Conference**
 - **Ward rounds**

- **Subspecialty clinics**
 - Gait Analysis
 - Skeletal Dysplasia
 - Neuromuscular
 - Seating clinic
 - Combined Subspecialty Clinics

Monday

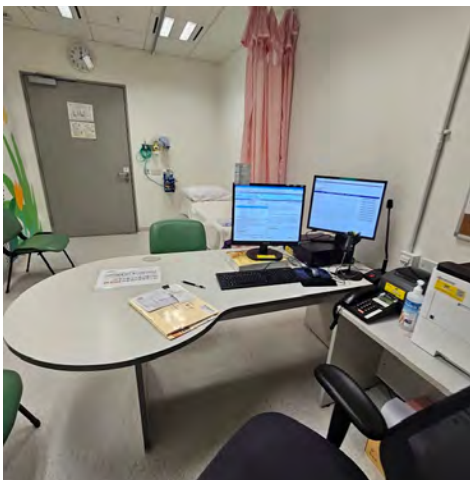


Me and Dr. Shahzaid (overseas spine fellow) in scoliosis clinic.

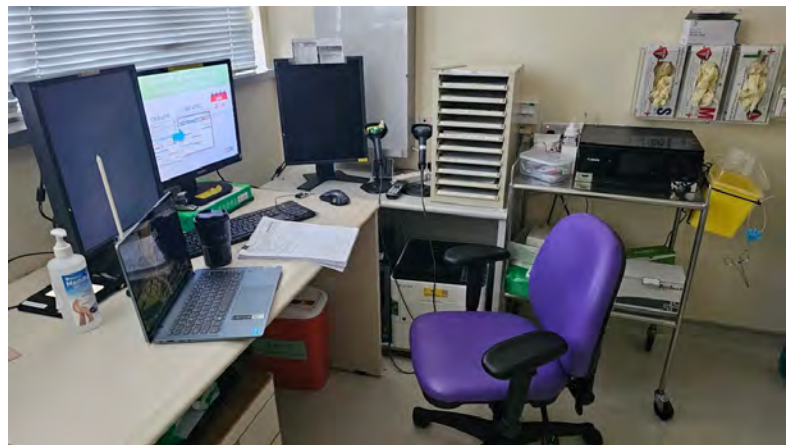


DKCH female changing room at Operating Theatre. The scrub suit, cap, mask and shoes are provided.

Tuesday



At first, I get to observe the consultants in performing detailed history taking, comprehensive physical assessment, analysis of radiographs and clinical decision making during clinic sessions. After getting the hang of it, I was able to do consultations on my own. The consultants are very approachable. They are nearby and ready to discuss cases and answer my questions.



Out-patient clinic setting. A consultation room is provided where I can access the digital patient records and perform consultation.

Sometimes, translators are available. But if that was not possible, English-speaking patients are chosen or I get to do consultations together with other trainees who can speak the local language.

Grand Rounds at DKCH were held at 2pm on Tuesdays. I endorse the patients admitted, post-op patients and pre-op patients for next week. The whole team is usually present to discuss the theoretical and clinical aspects of the cases. We get to see and examine patients together.

Wednesday



This is the Kwun Tong Promenade where I usually walk by to get from MTR station to HKCH. I just chose to have my morning walk along this scenic bay side but one can take a minibus from train station to the hospital.



Play area at HKCH 6th floor ward. The pre-op conference is held in the multifunctional room at 6N ward.

The residents and myself present the pre-operative cases. After which, we get to see and examine the patients discussed and revise the plan as needed.



After the conference and doing ward errands, I get to enjoy my lunch at the canteen with a nice view of the promenade. I personally enjoy the hospital food as it is both delicious and nutritious.



HKCH out-patient clinic where we spend most of the Wednesday afternoons.



Mini theater at the waiting area for kids to watch child-friendly shows and movies.

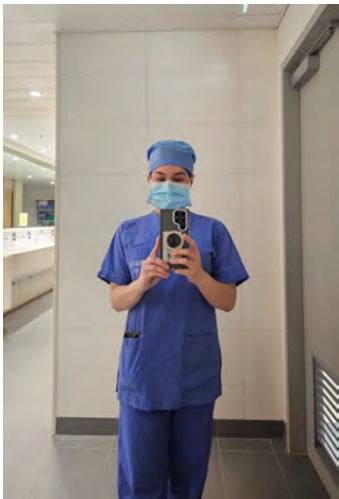


Wednesday Clinical Case Conference is held at Queen Mary Hospital. Each division will present every 3 months. The first one, we discussed Congenital Pseudoarthrosis of Tibia.



Second Clinical Case Conference was about Slipped Capital Femoral Epiphysis. This is an excellent avenue for case-based academic discussion.

Thursday



Female changing room at HKCH building B 4th floor. As with DKCH, scrub suit, cap, mask and shoes are provided. There are plenty of lockers to store your personal belongings.



The HKCH Operating Theatre is very spacious with separate scrub area and preparation area. Lead gowns are also provided complete with thyroid shield.

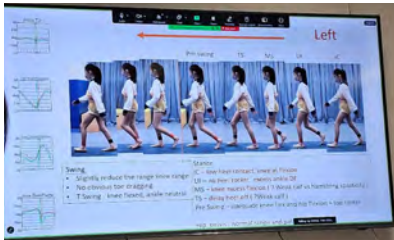
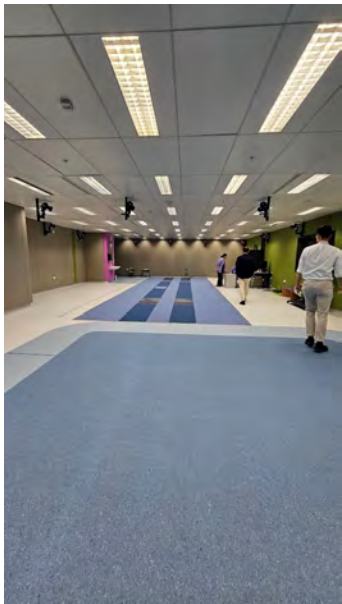


Friday mornings are designated for HKCH Grand Rounds. As with DKCH, the whole team including the nursing and allied health colleagues are in attendance.



Casting Clinic at HKCH starts right after rounds.

Here, Ponseti casting for clubfoot, cast removal and revision are performed.



Gait Analysis Clinic at HKCH Building B. Detailed and comprehensive assessment of patients with gait deviations are deliberated.

Program Strengths

- Dedicated and experienced faculty
- Strong emphasis on academic and research activity
- Supportive and collaborative learning environment
- High surgical volume and diverse case mix

The mentorship I experienced was exceptional. The consultants are equipped with a rare ability to balance patience and approachability with a strict dedication to precision and training. Their knowledge and experience are vast that every day, i learn something new.

They are kind and willing to answer my questions, no matter how trivial they seemed. They explain complex surgical concepts and elaborate techniques that are invaluable in my growth as a pediatric orthopedic fellow. They are gentle, sincere, and care for their patients. Such genuine qualities are evident in how they can recall the case of each patient just by their first name.

They're such an admirable team. I am inspired to grow and emulate their teaching approach when I get back to my home country.



Dr. Noah So and Dr. Evelyn Kuong being candid at DKCH OT. They are truly admirable people and a joy to work with. Their delightful personalities compliment their expertise.



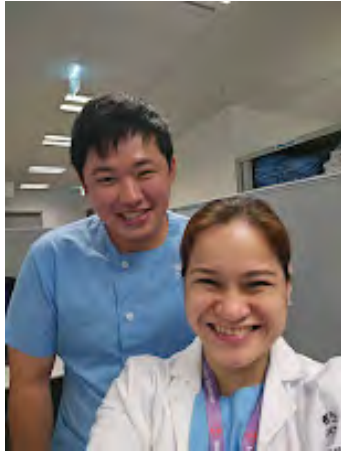
Lunch with Dr. Leung, me, Dr. So, Dr. Wong and Dr. Yee. The residents Dr. Leung and Dr. Yee were magnificent in guiding me during my first days as a fellow.



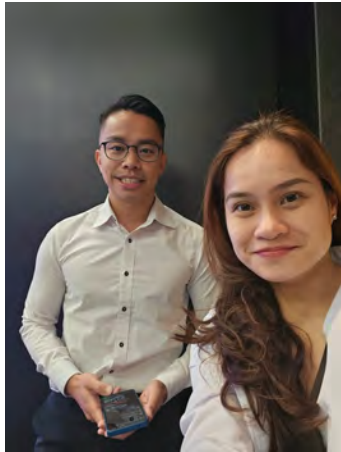
Dr. Kuong as a speaker at the 20th Hong Kong International Orthopedic Forum.



Dr. Janus Wong discussed Developmental Dysplasia of Hip during the same forum. He led our research work and was truly supportive. He would even offer to give me a lift every now and then. He is sunshine personified.



Dr. Kuan and I at HKCH
doctor's office



Dr. Liu and I as speakers for
the Wednesday Clinical Case
Conference



New Year's Lunch with other
international fellows



Weekend roaming around Hong
Kong with other fellows



My Dorm room window view



Bay side near the dorm. Perfect
for afternoon strolls