

Fellowship Report – Joint Replacement Surgery
Department of Orthopaedics & Traumatology
The University of Hong Kong
Fellow: Dr. Mariam Zaighum
Period: 1st April 2026 – 30th June 2026

 How It All Began

Three months. Two hospitals. One unforgettable journey.

When I first arrived in Hong Kong, I was nervous, excited, and honestly a little scared.

Would I fit in? Would I learn enough? Would I survive the food? (Spoiler: yes, and it was delicious.)

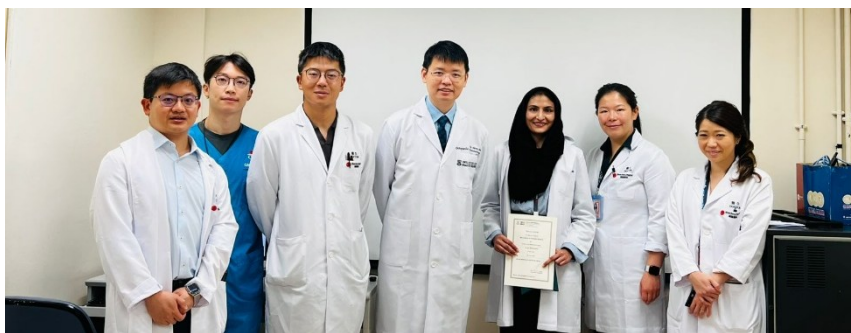
But from the moment I stepped into DKCH, all my worries disappeared. The Joint Replacement team welcomed me like an old friend. And just like that, my fellowship adventure began.

 Getting Here (Thanks to Julia)

A big thank you to **Ms. Julia** (our secretary) for helping me with the visa process and all the paperwork. She was so kind and made everything smooth and easy right from the start. Without her help, getting everything ready would have been much harder. Thank you, Julia, for being so supportive throughout my stay.



 The Joint Replacement Team



I am deeply grateful to the Joint Replacement team at HKU for their exceptional support and guidance throughout my time in Hong Kong. Special thanks to **Dr. Henry Fu (Chief of Division)**, **Dr. Amy Cheung**, **Dr. L. Chan**, **Dr. Michelle Luk**, **Dr. Lawrence Lau**, **Dr. Thomas Leung**, and the residents. Their kindness and

encouragement made this experience truly unforgettable. Witnessing the success of female surgeons in this field fills me with pride and inspires me to strive for excellence in my own career. Having such remarkable female mentors has been a tremendous source of motivation.

More than just teaching me surgical skills, they welcomed me like family. Whether it was patiently explaining challenging cases or checking in to see if I had eaten, their genuine care and warmth made all the difference. (Farewell dinner with team)



 What I Picked Up Along the Way

During my 3-month fellowship, I learned a lot – not just about joint replacement surgery, but also about the local culture and how the healthcare system works here in Hong Kong.

I worked in two hospitals:

- **Queen Mary Hospital** – where they handle complex cases and revision surgeries
- **Duchess of Kent Hospital** – where they do primary joint replacements, both with and without robotic help



A Peek Into My Week

We had a clear weekly routine that helped me balance surgery, clinics, and learning.

Day	What Happened
Monday	Ward rounds (teaching rounds) + Outpatient clinic
Tuesday	Complex case clinic + occasional surgery
Wednesday	OR day (Queen Mary Hospital - complex and revision cases, DKCH- primary cases)
Thursday	OR day (Duchess of Kent Hospital - primary and robotic cases)
Friday	OR day (Queen Mary Hospital)

In the Operating Room (My Favourite Part)

I got to see and join many kinds of surgeries, including:

- Total hip replacements and hip revisions
- Total knee replacements and knee revisions
- Partial knee replacements (UKR)
- Robotic-assisted joint replacements



The team is really at the front line of joint replacement. Every week, we did robotic-assisted surgeries using different robots and systems. I worked closely with experienced surgeons who guided me step by step. This hands-on time gave me a much better understanding of surgical techniques and how to take care of patients.

One thing that really stuck with me: no matter how busy the day was, my mentors always took a moment to explain *why* they made a certain cut or chose a particular implant. That kind of teaching is priceless.

Getting My Brain On (Research & Academics)

During my fellowship, I was exposed to ongoing research activities in the division. I had the opportunity to:

- Participate in pre-op meetings and inter-hospital academic meetings
- Learn about data collection and research methodologies

I am grateful to the team for encouraging me to think academically and for involving me in their research discussions. This experience will help me in my future academic career.

A Conference Worth Remembering



I was lucky to attend the **HKOA Annual Congress**. The theme was related to hip and knee advances, which matched my fellowship perfectly. I learned about new techniques, new updates, and listened to research presentations by local doctors. It was a great chance to learn.



The Friends Who Made Hong Kong Feel Like Home

Life away from home is never easy, but Allah always has a way of guiding us forward. I was fortunate to meet two wonderful people, Johnson and Wang, who started as strangers but quickly became close friends. We worked together on a joint team and explored Hong Kong side by side, sharing the struggle of finding halal food, long conversations, hearty



laughter that left our stomachs aching, and growing in knowledge together. I cannot imagine this journey without their companionship—they hold a special place in my heart.

Special thanks also to my dormitory companions from the *China Pakistan, Philippines and India* sharing the same living space with such good people made life much easier

Eid Away from Home

Celebrating **Eid at Kowloon Islamic Centre** was a beautiful experience. Being away from home on Eid is always hard, but the community there was so warm and welcoming. It felt like a home away from home, and I am grateful for that lovely memory.

After the prayers, we shared a big meal together – biryani, kebabs, and sweets. For a few hours, Hong Kong truly felt like my second home.

Food, Transport & DK Quarters Life

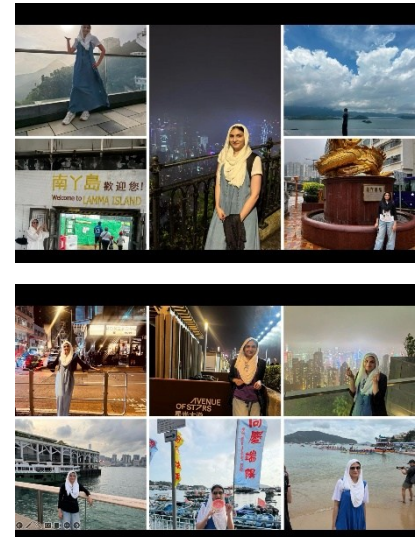
I stayed at **DK Quarters**, which had all the basic facilities. The food in Hong Kong is amazing – so many different cuisines to try, from local dim sum to halal options. The transport system is excellent, very easy to use, and made it simple to get around the city.



Exploring Hong Kong (Weekend Adventures)

I also had the chance to explore Hong Kong during my free time. The city is beautiful and full of energy. Some of the places I visited:

- **Victoria Peak** – the view of the city from the top is unforgettable and 13.7km walk back (which was like a mission in the end)
- **Tsim Sha Tsui Promenade** – lovely walk by the harbour with the skyline in front
- **Ngong Ping 360 & Big Buddha** – peaceful and beautiful
- **Repulse Bay** – a nice relaxing beach
- **Mangkok and Temple Street Night Market** – full of life, shopping, and street food
- **CUHK**: exploring university
- **Daragon festival, Museum and many more..**



Every weekend felt like a little adventure. Hong Kong is truly an amazing place – a mix of modern city and quiet nature.

What This Journey Meant to Me



The fellowship was not only about professional growth but also about personal development. Moving to a new place, working in a different environment, experiencing new foods, and trying to understand a new language—all of these have had a profound impact on my life. I am deeply grateful to the Joint Replacement team for providing such a professional yet friendly environment that made me fall in love with Hong Kong.

I carry Hong Kong in my heart, leaving a piece of my own behind. This place will always be dearly missed.

