

Report

Asia Pacific Spine Society

Depuy Synthes Travelling Fellowship 2013

Fellow: - Dr. Ankit Gupta,

Senior Resident, Department of Orthopaedics,

All India Institute of Medical Sciences (AIIMS), New Delhi, India.

Fellowship Program: 10th Nov 2013 – 30th Nov 2013

Details of Center & Guides			
Center's Visited	Country	Guide	Duration
Hospital for Traumatology & Orthopaedics	HCM City, Vietnam	Prof Vo Van Thanh	10.11.13 – 17.11.13
Wakayama Medical University	Wakayama, Japan	Prof. Munehito Yoshida	17.11.13 – 24.11.13
Saiseikai Wakayama Hospital			
Sumiya Hospital			
Wakayama Medical University Kihoku Hospital			
St. Mary Hospital	Seoul, South Korea	Prof. Kee Yong Ha	24.11.13 – 30.11.13

1st Country: HCM City, Vietnam

Guide: - Prof. Vo Van Thanh

Hospital for Traumatology & Orthopaedics: -

The Asia Pacific Spine Society (APSS) – Depuy Synthes Travelling Fellowship started from Ho Chi Minh City, Vietnam on 10th Nov 2013 but due to VISA problem, I joined on 12th Nov 2013. I reached the Hospital for traumatology & Orthopaedics in afternoon, Prof Vo Van Thanh gave me a very warm welcome and after we went to the operation theatre. It was an Orthopaedic only hospital & they had an elaborate OT complex with 10 Operation Theatres dedicated only to Orthopaedics, out of which 5 theaters also ran overnight for the emergency cases. The case we saw was a dorsal AIS with 70-degree curve in which they planned to do a Posterior instrumentation & correction. We were allowed to scrub and I was amazed with the technique he had of inserting the pedicle screws without any assistance of image intensifier, and in a short time too. Also one could see the ease at which he was correcting the deformity. Well the day ended with a wonderful dinner with Prof Thanh and his team. Wednesday (13 Nov 2013) we reached the Hospital at 7:00 am in the

seminar room where all the cases done previous day and night were discussed and also had a presentation from Dr. Philip Cheung. Then we went for the hospital round with Prof Thanh and saw many cases of Sacral tumor, tubercular spine, idiopathic deformity, cervical myelopathy, etc. Prof Thanh showed his technique of Cervical Laminoplasty, which he called as VVT technique, which was simple and cost effective. Also, today was the Out Patient Clinic day for Prof Thanh, and we saw variety of patients. Prof Thanh always tried to use simple and effective techniques. He always taught us to be humble and kind to the patients and be a good person. Then on Thursday (14 Nov 2013), I had my presentation and there was healthy discussion at the end.



One case was lined up for the day, which was a triple major curve with Major curve of 117 degree; the plan was posterior instrumentation and correction with ost -

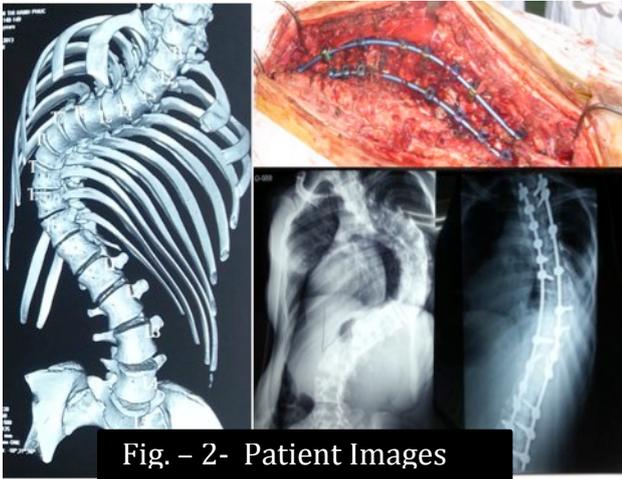


Fig - 2- Patient Images

eotomy if required. We were allowed to scrub and Prof Thanh even let each of us put 2 pedicle screws using his own technique of pedicle screw placement. He corrected the deformity on single rod by the technique of rod rotation and then applied the second rod. For more severe and rigid curves he also uses 3-rod technique. The Surgery went on well and the curve was corrected to around 45 degree. After the long surgery, we went back to hotel and in night had a wonderful dinner with Prof Thanh. Friday (15 Nov 2013) we saw Cervical Laminoplasty by VVT Technique in a case of cervical Laminoplasty by Dr Heine, the technique required only 3.5mm cortical screws and SS wire for fixation, which can be done in minimum possible

cost without compromising the decompression. The day ended with a lively dinner with Dr Vo Ngoc Thien An, who was also the son of Prof Thanh and our co fellow but could not continue the fellowship due to some visa problem. Saturday (16 Nov 2013) was our last day in Vietnam and Prof Thanh who took us to his hometown and we got to see the famous and beautiful Cao Dai temple. We also met Mrs Thanh, who cooked by herself an elaborate lunch for us all.



Fig. 3 – Meal Time

Prof Thanh Office

Dinner with Prof Thanh & Team

Learning Chop Sticks

Lunch with Mrs & Prof Thanh

Every day in Vietnam was a memorable one, and Prof Thanh along with his team made every possible attempt to make us comfortable, help us learn the concept of spine. I like to thank all for the hospitality given to us.



**Fig. 4 - CAO DAI TEMPLE with
a. Prof Thanh b. Dr Sohail & Dr Philip**

I will always remember what Prof Thanh said & believed, that “spine care would always be based on kindness, generosity, close friendship, creativity and successful cooperation”. Prof Thanh was exceptional to drop us till the boarding gate of our plane!

2nd Country: Japan (Wakayama)

**Guide: - Prof Munehito Yoshida
Center’s Visited**

- 1. Wakayama Medical University
Hospital,**
- 2. SaiSeKai Wakayama Hospital,**
- 3. Sumiya Hospital,**
- 4. Wakayama Medical University
Hospital Kihoku.**

I along with other fellows arrived in Japan, on 17.11.13 in the morning and Dr. Hiroshi Hashizume (Dr.Hiro) came to pick us from the airport. Dr.Hiroshi is a lecturer, Spine Specialist with Prof. Munehito Yoshida. We did the city tour of Wakayama with Dr.Hiroshi. Monday

(18.11.13) was our official day of the fellowship and Dr.Hiroshi picked us up, we reached University Hospital and met Prof. Yoshida and the entire Orthopaedic and Spine team. We also joined the ward rounds and saw variety of patients of Degenerative spine deformity, arthroplasty, lumbar disc prolapse. I really appreciate the quality of care given to the patients. After the rounds, we had presentations on endoscopic concept & decompression by Dr. Akihito Minamide & Dr Hiroshi in the department office; it really was a very good introduction for me to understand the concept and rationale for endoscopic spinal surgeries. We also went to see the out patient department of Prof Yoshida.



**Fig. 5 - With Prof. Munehito Yoshida and
Dr Hiroshi Hashizume in OPD**

We had our Lunch at the department office with Prof. Yoshida. After lunch, we went to Saiseikai Wakayama

Hospital where Associate Prof. Hiroshi Yamada performed microendoscopic surgery for the L4-L5 Rt foraminal stenosis on a 67yr old female. The incision was really tiny and visualization of the involved site was excellent in the television. We were able to see the specially designed curved bur by Prof Yoshida, which is routinely used for the microendoscopic procedure.

The next we saw a case of cervical myelopathy in which they did a midline double door Laminoplasty using a bone substitute of hydroxyapatite block. I had my presentation scheduled for the same evening from 7 pm. I presented in the seminar room and the presentation went well, and the day ended with a wonderful dinner with Dr.Hiroshi Hashizume. Next day, on Tuesday (19.11.13) we went to Sumiya Hospital where 3 cases were lined up for Prof. Yoshida, well I must say that each and every person including the doctors, staff, workers of each and every hospital were very helpful and cooperative, even when they had difficulty understanding English. The

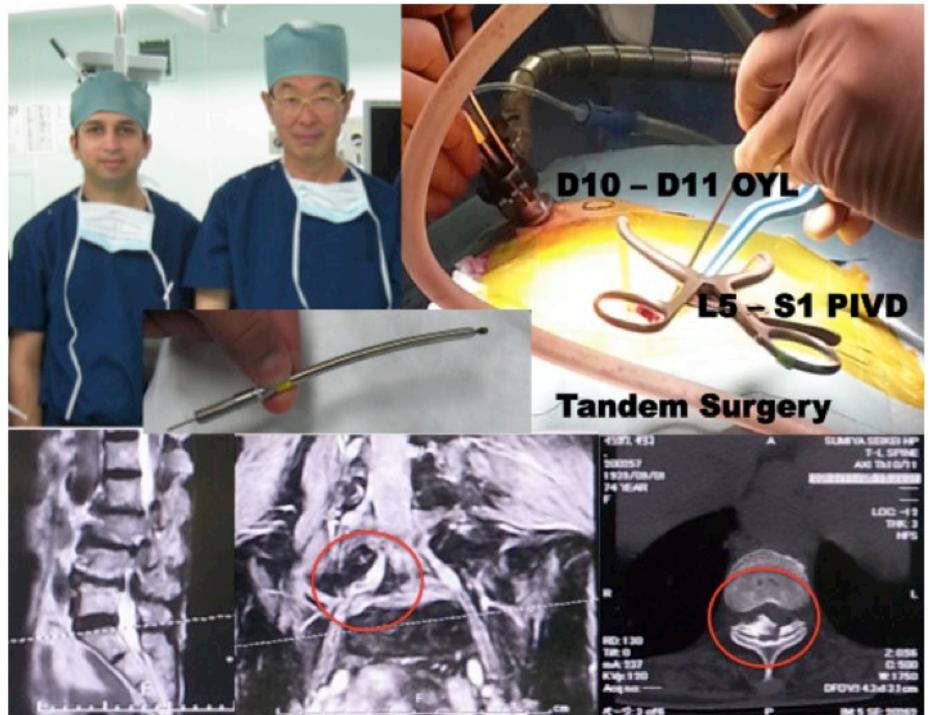


Fig. 6 –Prof. Yoshida at Sumiya Hospital, performing Tandem Surgery, with Specially designed Curved Bur in inset

Operation theatre setup of Sumiya hospital was nice and had latest equipments. 1st case was 57 yr old patient, with recurrent PIVD L5 S1who previously operated with transforaminal endoscopic discectomy, also had D10 D11 Ossified yellow ligament. Extraforaminal decompression of L5-S1 and mini open laminectomy of D10 D11 was planned. Tandem surgery was being performed on the patient simultaneously. Prof. Yoshida made it look really easy and was quite fast. We saw 2 more micro endoscopic procedures, and then were free in the afternoon. Prof Yoshida had arranged a welcome dinner at an



Fig. 7 -Dinner at “AOI” with Prof. Yoshida and Team

authentic Japanese Restaurant for all of us at the “AOI” restaurant. The moment we entered the restaurant it felt really wonderful and totally Japanese, almost all the doctor of the spine team were there to join us along with Prof Yoshida. I really liked the way they served the food, and also by now I learned using the chopsticks.

We had a welcome speech by Prof. Yoshida and the team followed by vote of thanks from our side. On Wednesday (20.11.13) we went to Wakayama medical university hospital and saw 3 cases of microendoscopic discectomy and one case of Foramen magnum decompression and C1 laminectomy, C2 laminoplasty with duraplasty. The Operation Theatre complex of Wakayama Medical university hospital was quite big with all kinds of latest equipments and gadgets available.

On Thursday, (21.11.13) Dr Shunji Tsutsui took us to the Wakayama Medical University Hospital Kihoku, and we met Dr Mamoru Kawakami and his Assistant Dr Yuyu Ishimoto, Dr Kawakami is famous internationally. I saw two cases today. 1st was a lumbar canal stenosis L3 – L5 with L4/L5 spondylolisthesis, Dr Kawakami did decompression with posterolateral fusion



with instrumentation from 13 – 15. I scrubbed along and actively assisted. The second case was a lumbar canal stenosis, in which Dr Kawakami did a modified marmot surgery. Well it was a treat to

watch the surgery for the first time and also to scrub again with Prof Kawakami. Dr Hiroshi joined us later in the surgery. And after the surgery we had a wonderful Chinese dinner and proceeded to Kobe and stayed there. Friday (22.11.13) we attended the 16th Annual Meeting of the Japanese Society for the study of Endoscopic & Minimally invasive spine surgery, at Kobe, Japan.



Fig. 9 – Japanese Conference, Kobe, Japan

Since the presentation were in Japanese we stayed there for some time and moved to our Lunch with Prof Yoshida and Dr Hiroshi. It was an exceptionally luxurious lunch, with live barbeque and best of the food possible. Then we had free day and Dr Hiroshi took us through the scenic beauty of Kobe and it was really a live city. Next day, (Saturday, 23.11.13) we left for Kyoto, the ancient city of Japan, Dr Hiroshi as always had it perfectly planned and arranged for the trip, and via train we reached Kyoto and enjoyed the whole day at Kyoto, and

came back to Wakayama and stayed for the last night there.

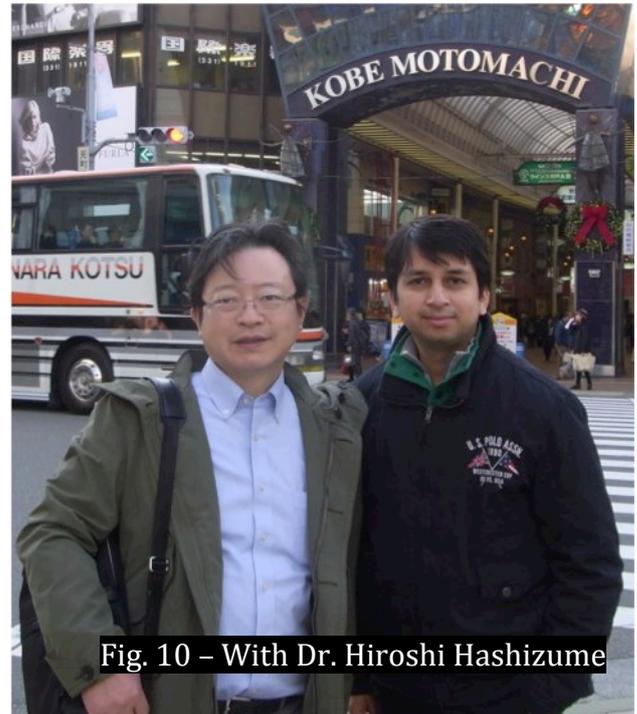


Fig. 10 – With Dr. Hiroshi Hashizume

Dr. Hiroshi was outstanding and so cooperative throughout the trip, I being a pure vegetarian was a constant source of mental and physical exercise for Dr Hiroshi and he took every care and precaution to provide me with vegetarian food, I am really grateful to him. I like to thank Prof Yoshida for the wonderful hospitality and arrangement. Nonetheless I would also like to thank all the doctors of the spine team for being so cooperative & kind.

3rd Country: - South Korea, Seoul

Guide: - Prof Kee Yong Ha

Seoul St. Mary's Hospital

We reached Seoul on 24th afternoon and Dr Anh was there to pick us up. We

stayed in the guesthouse of Seoul St. Mary's Hospital where Susanna, our fellowship coordinator in Seoul, had already left us the aprons and souvenirs, which was really nice.



Monday (25.11.13) was our first day to the hospital and we joined the early morning departmental conference where they discussed the admitted cases. St. Mary's Hospital was so much clean, well maintained and well organized; it gave impression of a five star hotel. We then joined the hospital rounds and they had best of the care in the hospital, also I saw

many cases of adult deformities. We then met Prof Kee Yong Ha in the Out patient department and he was very warm and lively to welcome us. We saw a case of Sacral tumor in the operation theatre in which combined team of General surgeon and Orthopaedic surgeon did sacral excision below S2. The operation complex was huge with 28 operation theatres and world-class standards. Next day Tuesday (26.11.13) 4 cases were lined up, first two cases were performed by Dr Kim one of which was a 79 female with degenerative scoliosis in which he performed DLIF for L2/L3 & L3/L4 level, well it was first time for me see DLIF and it really looked easy in his hands. 2nd case was Spine Stenosis L3 – L5 where he did PLIF with bullet cages. Then, I got the chance to scrub with Prof I assisted Prof Ha in two cases, DLIF



Fig. 12 – Prof Ha performing DLIF

and PLIF. They do staged surgery for degenerative scoliosis, wherein they first do DLIF and then do Posterior instrumentation, by doing this they first correct the deformity and then try to decrease the number of instrumented vertebra. Also, Prof Ha believes more in PLIF than TLIF, as he thinks that TLIF is only indirect decompression and direct decompression, which is the primary goal in Stenosis, is achieved best by



Fig. 13 - Dinner with Mrs & Prof Ha, Dr Kim & Dr Ahn



Fig. 14 - At Seoul St. Mary Hospital

PLIF. In the evening there was presentation by Philippe Roussouly, CEO SMAIO, on Spine database management software KEOPS, and it really looked to be wonderful software integrating each and every parameter required for spine patients, everyone was impressed. The day ended by dinner with Prof Ha and team.

The next day Wednesday (27.11.13) I assisted in 2 cases both performed by

Prof Ha, both were spinal stenosis in elderly females. Thursday, 28.11.13, we had presentation by Dr Ahn gave a presentation of the work done in the hospital and we gave an introduction note. The rest of the day was free and we with Dr Ahn did the city tour of Seoul. In the night we had special dinner with Mrs & Prof Ha and Dr Kim, it was a memorable dinner. Friday 29.11.13, our last day in hospital, I scrubbed in a case, a 78 female with degenerative scoliosis, previously operated with 3 level DLIF and now posterior instrumentation with fusion was planned with PLIF. After the surgery we were given the Certificates by Prof ha. I really want to thank Prof Ha for the lively interactions and hospitality. Finally the 3 weeks of fellowship came to an end and all the 3 of us fellows had a dinner together on the last night.

I like to thank Asia Pacific Spine Society for giving me this opportunity. The fellowship of this sort requires many permutations and combinations in choosing the right centers for the fellow, coordinating with every fellow and making the flight plan, etc, I know it is a very difficult job and tiring too. I would like to thank Prof Arvind Jayaswal (

President), Dr Kuniyoshi Abumi (Vice-Chairman) and Dr Mun-Keong Kwan (Honorary Secretary) for giving me the chance and choosing the right centers for me, also for helping me through the fellowship. The fellowship was well planned and synchronized; I like to thank Helen Chong for managing the fellowship well as she was always there to help me throughout the fellowship and took every possible measure to make us complete our fellowship comfortably.

It would be rude on my part if I don't thank my co fellows, Dr Sohail & Dr Philip for their constant support and cooperation throughout the fellowship.

Attached Below is my Log Book

Dr. Ankit Gupta Log Book as a Part of Report for APSS travelling Fellowship

Date	Age	Sex	Diagnosis	Procedure	Surgeon	Role	Hospital
12 Nov	11	M	AIS	Posterior instrumentation (T2 to L2) Double rod rotation technique	Prof. Thanh	Assist	Hospital for Trauma – Orthopedics, HCM city
14 Nov	17	M	AIS	Posterior instrumentation (T1 to L4) + Multiple SPO	Prof. Thanh	Assist	Hospital for Trauma – Orthopedics, HCM city
15 Nov	70	M	Cervical myelopathy with OYL	Cervical C3 to C6 laminoplasty	Dr. Hien	Assist	Hospital for Trauma – Orthopedics, HCM city
18 Nov	69	F	L4/5 PID	Microendoscopic discectomy and decompression	Prof. Yamada	Observe	Saiseikai Wakayama Hospital
18 Nov	70	F	Cervical myelopathy	C3 to C7 double door laminoplasty	Prof. Yamada	Observe	Saiseikai Wakayama Hospital
19 Nov	74	F	L5/S1 foraminal stenosis + T10/11 OYL	Microscopic L5/S1 transforminal endoscopic decompression + T10/11 open laminectomy	Prof. Yashida + Dr Nomura	Observe	Sumiya Orthopaedic Hospital
19 Nov	57	M	Recurrent PID L L5/S1	Microendoscopic fenestration and discectomy	Dr. Nomura	Observe	Sumiya Orthopaedic Hospital
19 Nov	45	M	Recurrent PID L L4/5	Microendoscopic fenestration and discectomy	Dr. Nomura	Observe	Sumiya Orthopaedic Hospital
20 Nov	68	M	R L4/5 lateral canal stenosis	Microendoscopic R L4/5 lateral canal decompression by posterior approach	Prof. Yamada	Observe	Wakayama Medical University Hospital
20 Nov	52	F	R L2 extraforaminal radiculopathy	Microendoscopic transforminal R L2 decompression	Prof. Yashida	Observe	Wakayama Medical University Hospital
20 Nov	70	M	R L4/5 far lateral disc with R L4 radiculopathy	Microendoscopic transforminal R L4 decompression and L4/5 discectomy	Dr. Hashizume	Observe	Wakayama Medical University Hospital
20 Nov	12	F	Basal skull and C1/2 compression with	FM decompression, C1 laminectomy, C2 laminoplasty + Duroplasty	Prof. Yamada	Observe	Wakayama Medical University Hospital

			syringomyelia				
21 Nov	61	F	Spinal stenosis L3/4 and L4/5	L3/4 and L4/5 decompression + PL fusion L3 to L5	Prof. Kawakami	Assist	Wakayama Medical University Kihoku Hospital
21 Nov	67	F	Spinal stenosis L2/3, L3/4, L4/5 and L5/S1	Modified Marmot operation L2 to S1	Prof Kawakami	Assist	Wakayama Medical University Kihoku Hospital
21-22 Nov	The 16 th Annual Meeting of the Japanese Society for the Study of Endoscopic and Minimally Invasive Spine Surgery JESMISS 2013 - Kobe City						
25 Nov	42	M	Cordoma lower sacrum	En bloc excision posterior approach	Prof Kim	Observe	Seoul St Mary's Hospital
26 Nov	79	F	Degenerative scoliosis	DLIF L2/3 and L3/4	Prof Kim	Observe	Seoul St Mary's Hospital
26 Nov	71	M	Spinal stenosis L3/4 and L4/5	PLIF L4/5 and PL fusion L3 to L5	Prof Kim	Observe	Seoul St Mary's Hospital
26 Nov	68	F	Degenerative scoliosis	DLIF L1/2 and L2/3	Prof Ha	Assist	Seoul St Mary's Hospital
26 Nov	59	F	Low grade lytic spondylithesis L5/S1	PLIF L5/S1	Prof Ha	Assist	Seoul St Mary's Hospital
26 Nov	61	F	Spinal stenosis L4/5	Open laminectomy L4/5	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	80	F	Spinal stenosis L4/5	Posterior decompression + PL fusion L4/5	Prof Ha	Assist	Seoul St Mary's Hospital
27 Nov	73	F	Spinal stenosis L2 to L5	PLIF L3/4 and L4/5, PL fusion L2 to L5 and posterior decompression	Prof Ha	Observe	Seoul St Mary's Hospital
27 Nov	48	F	PID L4/5	Transforaminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
29 Nov	78	F	Operated case of Degen. Scoliosis with DLIF in Situ with Cage Backout	PLIF with P.Instrumentation - D12 - L4	Prof Ha	Assist	Seoul St Mary's Hospital