

APSS Travelling Fellowship Report 2019

12/03–03/04



Sarawak General Hospital

Keio University Hospital

Chang Gung Memorial

Efe Levent ARAS MD, PhD
Aarhus University Hospital-Denmark

Sri Krishna Chaitanya Kondety MS Ortho
Kims Hospital -India

Mirza Osman Beg FCPS Ortho
North East Medical College Hospital -Bangladesh

Khizer Ghalib MS Ortho
Lahore General Hospital-Pakistan



Sarawak General Hospital 12.03-19.03



12.03

We all arrived in Kuching /Malaysia at around 3pm in the Lobby of Hotel Meritin, which was centrally located in the city. After brief introduction we had some rest and dinner together.

13.03

We arrived hospital at 8 am and were warmly welcomed by Prof Chung-Check Wong and other faculty of the Spine Surgery Department. There was an operative spine surgery course going on in Sarawak General Hospital, which we had an opportunity to participate and observe the live surgeries together with other course attendees mainly from China.

There were 2 surgeries on day-1. AIS and Adjacent segment degeneration, which can be seen in Logbook. Appendix.



WHOLE SPINE
SITTING (AP)



RIGHT
BENDING





14.03

There were 2 surgeries on the second day; C1/C2 TB spine addressed by Occipito-cervical fusion and neglected AIS operated by VCR and deformity correction(PSF). Professor CC-Wong was very illustrative in explaining each and every step of the surgery, in which we had a chance to interact with him during the surgery via special audio and camera system in the OR.



15.03

We had a morning ward round where we had an opportunity to see the post-op x rays and clinical result of the patients operated in the course. We had a detailed case discussion after that until 2 pm together with interesting cases from our Chinese colleagues.



18.03

We observed two cases operated by Dr MD Zakhi . The first one was a lumbar canal stenosis operated by L3 to Sacrum fusion and decompression. The second one was L4/L5 HVD operated by microdiscectomy. After the two cases, we had a good academic discussion with Dr MD Zakhi regarding saggital balance.

Keio University Hospital 19.03-26.03



19.03

We left Kuching early in the morning, and reached Japan without any problems. Hotel were located near by Yotsuya station, which was located walking distance to Keio University Hospital.

We have already received our meticulously prepared week schedule before our arrival to Japan.

20.03

Dr. S. Suzuki from Spine Dept. picked us up from our hotel and introduced us to other colleagues in the morning conference , where we received a warm wellcome from Spine and Orthopaedic Surgery team. After the conference , we had a chance to attend 2 surgeries ; which were PSF for AIS and Posterior decompression for lumbar metastasis. - Appendix 1 . After completion of surgeries, we attended to the weekly afternoon conference held by Prof. M. Matsumoto in English. All the cases operated in the previous week were presented by the residents and we had a chance to discuss the cases, which was illustrative and academic



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22.03

We started in operation theatre sharp 08.00 am, We had a 2 cases of Baloon Kyphoplasty performed by Dr. E. Okada and Dr. Tsuji.



23.03

We met the operating team sharp at 8 in the OT for preparation of congenital scoliosis case. PSF with multiple Ponte osteotomies and VCR were performed in this case. Later, we had a good discussion of complicated AIS cases and possible solutions for intraoperative problems. .



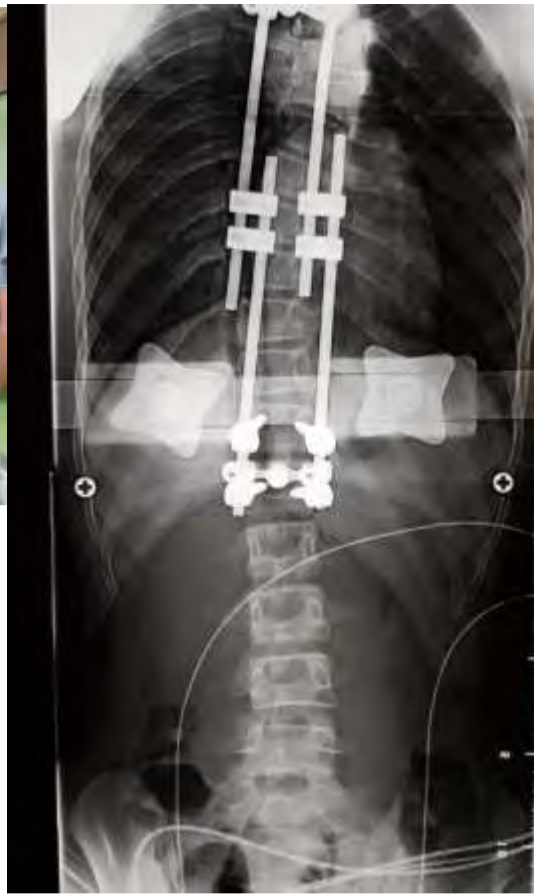
25.03



Monday was the last day for Group 1A, in which we had a chance to observe several AIS cases and a resection of recurrent schwannoma and expansive laminoplasty for cervical myelopathy case.

We received our certificate of participation from Keio University Hospital Spine Surgery Department.

After the first week, we had to separate into two groups due to VISA issues. Therefore Dr. Mirza and Dr. Khizar stayed one week more in Tokyo, Japan. They had a chance to attend The International Spine Symposium of 4 universities organised by Prof. Mario Matsumoto with an international faculty from USA and China. They have observed selective cases of deformity and degenerative diseases. The cases which were observed can be seen in the Appendix.



The 7TH
International Spine Symposium
of 4 Universities

Date: March 30th, 2019, 8:00-15:00
 Chair: Morio Hatsumoto (Professor, Keio University)
 Place: Keio University Mita Campus, North Building Conference Hall, 2-15-45 Mita, Minato-ku, Tokyo
 4 Universities: UCSF, Yonsei Univ., Beijing Univ., Keio Univ.
 Speakers: Padat Devireddi, Chris Ames, Alekos Theologis (UCSF), Yoichi Hata, Inbo Hahn (Yonsei Univ.), Nathan Li (Beijing Univ.), and
 Registration Fee: 3,000 Yen
 Contact: Dept. of Orthop. Surg., Keio Univ., Fusaoka Tanooka (fusaoka.t@keio.jp), 3-160-8587, 35 Shinjyuku-ku Shinanomachi, Tokyo, JAPAN
 Tel: 03-3253-1211

Chang Gung Memorial Hospital 26.03-03.04



26.03

We arrived Taipei airport by around 4 pm and it was approx. 1 hour drive to Hotel Fullon, Link. The Hotel was very good with facilities and 100 meters walking distance from CGM hospital.



27.03

We met Dr. Y. Li at the lobby and arrived at the hospital at 8.15 am. We were introduced to Prof Po-Liang Li, who welcomed us to the operating room. The operating complex was very big with around 70 operating rooms. We had an opportunity to observe 4 Cases which included also MISS-TLIF.

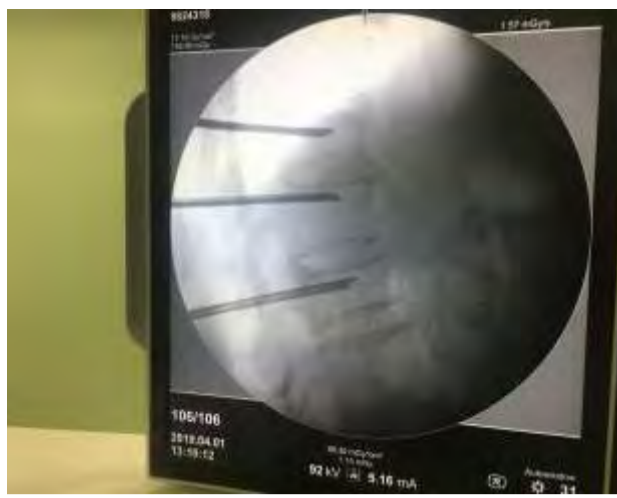
28.03

We were ready by 7 AM at spine surgery ward, and introduced to Prof. Chi Chien Niu. We had clinical discussions about patient X-rays and how to optimise it. We proceeded to the weekly clinical conference, in which we had summary of last weeks cases and an excellent video presentation of endoscopic transforaminal discectomy by Dr. Chen.

We also had a chance to observe navigation guided TLIF by Prof. Lai. He was very illustrative in explaining all the key techniques of the procedure.

29.03

We had an opportunity to observe lumbar fusion and vertebroplasty operated by Dr. Shaih. He was very friendly and was discussing the key techniques of this procedure.



30.03

On Saturday, we had a metastasis case discussion conference with Prof. Chen at 10 am in the hospital together with residents from the orthopaedic surgery dept

01.04

We had an opportunity to observe couple of cases operated by Dr. Tsai including vertebroplasty/kyphoplasty and lumbar fusion.



02.04

This was the last day of our fellowship. We observed two cases of endoscopic transforaminal discectomy by Dr. Kao, a kyphoplasty case by Dr. Shaih. We also had an opportunity to observe lumbar fusion by Prof. Chi Chien Niu. We had brief discussion regarding the fellowship experience with the faculty of spine department and left to hotel for preparation to the last stop: APSS-APPOS Conference in Incheon, South Korea.



General aspects of fellowship programme:

During these 3 weeks of travelling fellowship programme, we had an opportunity to observe different techniques and approaches, which we believe that it is gonna help us to improve our skills in the future. Moreover, this was a great opportunity for us to establish a network in between different countries, not only in Asia but also in Europe, which we are sure that it will continue in the future. We would specially like to thank to APSS for providing us this opportunity and fellowship centers, which were welcomed us with great hospitality and as a part of their team.

Appendix: Surgery Log Book

Date	Diagnosis	Procedure	Surgeon	Hospital
13-03-2019	AIS	Direct vertebral Rotation, Correction	Prof. CC Wong	Sarawak General Hospital
13-03-2019	Adjacent Segment Degeneration	L3 PSO, Extension of fusion and saggital realignment	Prof. CC Wong	Sarawak General Hospital
14-03-2019	C1/C2 TB	OC Fusion with cage placement	Prof. CC Wong	Sarawak General Hospital
14-03-2019	AIS	Deformity correction with VCR	Prof. CC Wing	Sarawak General Hospital
15-03-2019	Case Discussions		Prof. CC Wong	Sarawak General Hospital
18-03-2019	Lumbar canal Stenosis	L2-Sacrum fusion and decompression	Prof. MD Zaki	Sarawak General Hospital
18-03-2019	Lumbar Disc	Microdiscectomy	Dr. Zakhi	Sarawak General Hospital

Date	Diagnosis	Procedure	Surgeon	Hospital
20-03-2019	AIS	Th11-L3	Dr. K.Watanebe, Y. Mitsuru	KUH
20-03-2019	Lumbar Metastasis	Posterior Decompression	Dr. O. Tsuji	KUH
22-03-2019	Compression fracture	BKP	Dr. E. Okada	KUH
22-03-2019	Compression fracture	BKP	Dr. N. Fujita	KUH
23-03-2019	Congenital scoliosis	PSF T2-L2 VCR+Ponte osteotomy	Dr. K.Watanebe	KUH
25-03-2019	Recurrent Schwannoma	Total Resection	Dr. N. Nagoshi	KUH
25-03-2019	AIS	PSF T2-L2+Ponte	Dr. K.Watanebe	KUH
25-03-2019	AIS	PSF T2-L3 +Sublaminar Tapes	Dr. E.Okada, N. Fujita	KUH
25-03-2019	AIS	PSF	Dr. Y.Mitsuru	KUH
25-03-2019	Cervical myelopathy	Expansive Laminoplastomy	Dr. O.Tsuji	KUH
27-03-2019	Early Onset Scoliosis	Removal of growing rod and Final fusion (posterior fusion)	Dr. K.Watanabe	KUH
27-03-2019	Cervical myelopathy	Laminoplasty	Dr. E. Okada	KUH
28-03-2019	AIS	Posterior fusion	Dr. K.Watanabe	KUH

28-03-2019	AIS	Posterior fusion	Dr. K. Watanabe	KUH
28-03-2019	Degenerative spondylolisthesis	TLIF	Dr. K. Watanabe	KUH
28-03-2019	Cervical tumor	Anterior-posterior resection	Dr. N. Nagoshi	KUH
29-03-2019	Visit International University of Health And Welfare, Mita Hospital			
30-03-2019	International Spine Symposium at Mita Campus			
01-04-2019	Lumbar spinal stenosis	Laminoplasty	Dr. K. Watanabe	KUH
01-04-2019	Spinal Cord Tumor	Resection	Dr. O.Tsuji	KUH
01-04-2019	Foraminal stenosis	MIS-PLIF	Dr. E. Okada	KUH
01-04-2019	Lumbar spinal stenosis	Laminoplasty	Dr. S. Suzuki	KUH

Date	Diagnosis	Procedure	Surgeons	Hospitals
27-03-2019	Lumbar Spondylolisthesis	L3- L5 Fixation	Prof. Lai	CGM Hospitals
27-03-2019	OWCF	Kyphoplasty	Dr. Choi	CGM Hospitals
27-03-2019	L4/L5 Spondylolisthesis	MISS- TLIF	Dr. Choi	CGM Hospitals
28-03-2019	L3/L4/L5 LCS	L3/L4/L5 Fixation and decomprssion	Prof. Niu	CGM Hospitals
28-03-2019	Kyphoplasty	L3 Kummels lesion	Dr. Kao	CGM Hospitals
28-03-2019	L3/L4 HIVD	Endoscopic Transforaminal discectomy	Dr. Kao	CGM Hospitals
29-03-2019	Lumbar canal stenosis	L3-L5 Fusion and decompression	Dr. Tsai	CGM Hospitals
30-03-2019	Case Discussion – Tumor session			CGM Hospitals
01-04-2019	D11 Fracture	Kyphoplasty	Dr. Tsai	CGM Hospitals
01-04-2019	Lumbar canal stenosis	L3-L5 Fixation	Dr. Tsai	CGM Hospitals
02-04-2019	D12 Fracture	Kyphoplasty	Dr. Shaih	CGM Hospitals
02-04-2019	L4/L5 HIVD	Transforaminal endoscopic discectomy	Dr. Kao	CGM Hospitals
02-04-2019	L4/L5 HIVD	Transforaminal endoscopic discectomy	Dr. Kao	CGM Hospitals
02-04-2019	L3/L4 Spondylodiscitis	Transforaminal decompression and fusion- PSF MISS	Dr. Kao	CGM Hospitals
02-04-2019	Lumbar Canal stenosis	L3-L5 Fusion and decompression	Prof. Niu	CGM Hospitals