



APSS NEWS

News From Your Regional Spine Society

Issue 3 / Dec 2016
www.apssonline.org

President's Message



It has been a busy and productive year. I am thrilled to see the continued growth in membership, courses and congress attendance. We are pleased to keep you abreast with the latest APSS news and activities via our newsletter, *APSS News*.

In this issue, we bring you the highlights of the recently concluded events i.e. Spine Deformity Solutions: A Hands-On Course jointly organised by SRS-APSS in Hong Kong and APSS Surabaya Operative Course in Indonesia. A special feature on the history of APSS since its inception in 1979 is also included. Don't miss out the articles on the first-hand experiences of APSS fellows.

Many more exciting activities are lined up for APSS members for the coming new year 2017. The Combined Congress happening in Goa from September 22-24 2017 will be one of the largest Spine and Paediatric Orthopaedic meetings in Asia-Pacific. Do check out the Diary of Events for the upcoming courses and fellowships.

Additionally, I would like to encourage you to apply for the fully sponsored 2017 APSS DePuy Synthes Clinical and Travelling Fellowships. Applications will be accepted until January 31, 2017. Fellows will meet the regional spine experts at their spine centres to interact and learn further about spinal surgeries, and will be invited to join us at Goa 2017 Combined Congress.

We appreciate you being part of APSS and we would like you to continue receiving our updates via *APSS News* and bi-weekly email newsletters. Therefore, we encourage you to stay active in APSS by renewing your annual membership. Do invite your colleagues in the Spine section to sign up so that they too can enjoy the benefits of being APSS members.

On behalf of APSS, I would like to extend my sincere appreciation to our corporate sponsors, i.e. DePuy Synthes, Medtronic and NuVasive, for their support this year, and we are eager to continue the partnership with these great establishments.

Lastly, Season's Greetings and A Happy New Year to you and your family! We look forward to a greater year for APSS in 2017.

Yours sincerely,

KUNIYOSHI ABUMI, M.D., Dr. Med. Sci.
President

BE AN ACTIVE APSS MEMBER TODAY!

Privileges:

- ◆ **Members' rate for APOA & APSS events**
- ◆ **Opportunities to be part of APSS fellowship**
- ◆ **Chances to observe live surgeries**
- ◆ **Bi-annual Newsletter**
- ◆ **Email Updates from Asian Spine Journal**

APSS Membership Fee
US\$50 Annually

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SPECIAL POINTS OF INTEREST

- ◆ *Goa 2017 Combined Congress*
- ◆ *APSS Founding Members & History*
- ◆ *Highlights of fellowships: APSS - DePuy Synthes, APSS - Medtronic & APOA - SICOT Spine*

SRS-APSS 7th Spine Deformity Solutions: A Hands-On Course, Hong Kong, 28 - 30 October 2016

The 7th Spine Deformity Solutions: A Hands-On Course was held in the Surgical Skill Centre, Hong Kong University from October 28-30, 2016. The course was organised by a combined team from the Scoliosis Research Society (SRS) and the Asia Pacific Spine Society (APSS).

The course was mainly targeted for spine surgeons (orthopaedic and neurological surgeons), residents and fellows. It was specifically designed for small group interaction for better learning, and opportunities for hands-on work. Ten hours of the course was devoted to lab work. Topics and lab sessions covered all areas of the spine and a variety of conditions and techniques.

A total of 31 doctors from various institutions from the Asia Pacific region participated. The course chairpersons were Dr. Kuniyoshi Abumi of Sapporo Orthopaedic Hospital (Japan), Dr. Kenneth MC Cheung of University of Hong Kong (Hong Kong) and Dr. Munish C. Gupta of Washington University, St. Louis (USA). The intimate learning theme began on Friday evening with small group "Fireside Chats" with faculty at the Le Meridien Cyberport Hotel and proceeded to presentations, video demonstrations and lab rotations on Saturday and Sunday at the Surgical Skills Centre.

The APSS President, Dr Kuniyoshi Abumi, commented on the recently concluded course:

"The Hands-On Course provided an opportunity for participants to expand their knowledge and improve their skills through training and discussions with leading spinal deformity surgeons from around the world. Participants had several chances being taught by faculties themselves. The most special note of the course was high



SRS-APSS faculty: Seated from left: Dr Kenneth Cheung, Dr Yong Qiu, Dr Keith Luk, Dr Kuniyoshi Abumi, Dr Munish Gupta, Dr Lawrence G Lenke, & Dr Ahmet Alanay. Standing from left: Dr Kenny Kwan, Dr Wai Yuen Cheung, Dr Wong Yat Wa, Dr Christopher Ames, Dr Jason Cheung and Dr Kwan Mun Keong.

density of instructors. Participants were especially pleased with the high faculty to participant ratio: 13 faculties for 31 participants. Three participants to a cadaver, gave them a good chance to try out new techniques during the cadaver dissection.

As a result of participating in this course, participants were able to identify appropriate options for cervical and adult deformity reconstruction, apply techniques to avoid complications in spinal deformity surgeries, and develop skills in complex cervical deformity correction by correct placement of spinal fixation anchors and osteotomy techniques for cervical, thoracic and lumbar spine."

Dr Abumi further extended his appreciation to the corporate sponsors: DePuy Synthes Spine, K2M, Inc. Medtronic, NuVasive, and Zimmer Biomet. The course could not be realised without their commitment and continued support.



Group photo of the faculty and delegates.



Dr Kenneth Cheung (3rd from right) with participants during a lab session.



Participants observing Dr Munish Gupta (on the left) in a lab session with participants.



APSS-SRS Faculty (from left) Dr Kwan, Dr Ames and Dr Abumi.



Participants being guided by Dr Abumi in a lab session.



Participants listening to the explanation given by Dr Wong Yat Wa.

APSS Surabaya Operative Course, 16-18 December 2016



Group photo of the faculty with the local representatives.



APSS Executive Committee, Dr Abumi and Dr Sivananthan, with the local representatives at the press conference of the course.



Surgery case of O-C2 Fusion done by Dr Abumi and local team for a patient on Day-3 of the course.



Dr Wong Yat Wa guiding an international delegate during the saw bone hands-on workshop.



Dr Jae Yoon Chung teaching a group of local and international delegates during the saw bones workshop.

The second operative course this year was held fruitfully from 16 to 18 December at Dr Soetomo General Hospital, Surabaya, City, East Java, Indonesia. It was jointly organised by the APSS and the Indonesian Orthopaedic Spine Society. A total of 102 local and international participants attended the three-day course that was led by the President of APSS, Dr Abumi and other 18 international and local faculty members from Japan, Hong Kong, Korea, India, Indonesia, Malaysia, Singapore, Taiwan, Philippines and Bangladesh. This is the second time APSS held its operative course in Indonesia following the last operative course in Bandung in 2004.

The course was aimed to educate the participants of the spinal surgical techniques in managing various spinal disorders and expose the participants to the advanced surgical technologies. The course consists of three main components: live surgery demonstration, saw bones workshop and clinical lectures. The highlight of the course is the showcase of live surgeries, in which the surgeries are transmitted live to the auditorium to facilitate the learning of the surgical techniques. Live surgery cases of occipito-cervical fusion with O-C2 angle, anterior cervical discectomy and fusion, posterior osteotomy and instrumented fusion, open TLIF, hemivertebrectomy, posterior spinal instrumented fusion and laminoplasty were demonstrated during the course.

Additionally, the pre- and post-discussions of live surgery cases and presentation of short clinical lectures by prominent senior spine surgeons were appreciated by the delegates. A saw bone workshop was also held during the course for the participants to engage in hands-on experience with the spine experts to reinforce the basic concept of the essential surgical techniques. Plenty of networking and fellowship opportunities were also presented to the young spine and orthopaedic surgeons to meet and interact with the leading Asian spine specialists and researchers.

The local organising committee headed by Dr Ketut Martiana was commended for the successful course that was of high quality in many aspects.



The delegates listening attentively during the pre-operative case presentation.



Dr Arvind Jayaswal explaining pedicle screw insertion techniques to the delegates.



Token of appreciation presented by Dr Abumi to Dr Ketut Martiana, local organising chairman.



Post-operative evaluation of congenital scoliosis case led by Dr Keith Luk.

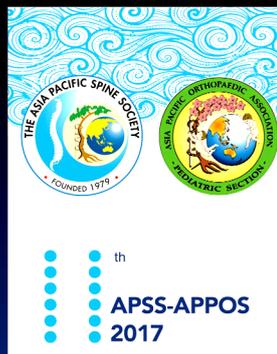
CALL FOR ABSTRACTS

SUBMISSION DEADLINE : 23 APRIL 2017

Accepted abstracts will be published in the Asian Spine Journal - Special Edition
For more information go to www.apss-appos2017.org/abstractsubmission.html

THE COMBINED CONGRESS
11TH COMBINED MEETING OF ASIA PACIFIC SPINE SOCIETY & ASIA PACIFIC PAEDIATRIC ORTHOPAEDIC SOCIETY
8th Biennial Meeting of the International Federation of Paediatric Orthopaedic Societies
Pre-meeting Course of International Society for the Advancement of Spine Surgery

September 22 - 24, 2017



Grand Hyatt, Panaji,
Goa, India

*India beckons
Goa 2017*

HIGHLIGHTS

Pre Conference Workshops –
Spine & Pediatric Orthopedics Topics

Plenary Sessions Everyday –
Combined APSS & APPOS / IFPOS

Breakout Sessions –
APSS & APPOS / IFPOS

Keynote Symposia for Regionally Relevant
Topics & Various Expertise

ISASS Pre-meeting course on Sagittal
balance - Drawing board to OT

Master Techniques - Video Sessions

Round Table - Discussions / Debates

Meet the Masters Session

Scientific Sessions

Poster Presentations



Organising Chairmen

Dr. Arvind Jayaswal (APSS)

Dr. Ashok Johari (APPOS-IFPOS)

www.apss-appos2017.org



2016-2018 Diary of Events

| Activity | Date | Venue |
|--|----------------------|--|
| APSS Basic Spine Course | 13 Jan 2017 | University of Malaya, Kuala Lumpur, Malaysia |
| APSS Kathmandu Operative Course | 16 Mar - 18 Mar 2017 | Kathmandu Medical College Teaching Hospital, Kathmandu, Nepal |
| APSS DePuy Synthes Clinical & Travelling Fellowship 2017 | 31 Aug – 20 Sep 2017 | Centres of Excellence for Spine Surgery, Asia Pacific |
| 11th Biennial Combined Congress of APSS-APPOS | 22 Sep - 24 Sep 2017 | Grand Hyatt, Panaji, Goa, India |
| APSS Colombo Operative Course | 30 Oct – 1 Nov 2017 | Colombo, Sri Lanka |
| APSS Medtronic Fellowship 2016 / 2017 | Sep 2016 - Dec 2017 | The University of Hong Kong, Hong Kong National University Health System (NUHS), Singapore University Malaya Medical Centre, Kuala Lumpur, Malaysia Sarawak General Hospital, Kuching, Malaysia |
| APSS Annual Congress | 7 Jun - 10 Jun 2018 | Taipei, Taiwan |

APSS Basic Spine Course 2017



Date: 13th January 2017 (Friday)
Venue: 4th Floor, Faculty of Medicine, NOCERAL, Orthopaedic Surgery Department, University of Malaya, Kuala Lumpur, Malaysia

A full day programme consisting of lectures and saw bone workshops for trainees of Orthopaedics or young Orthopaedic surgeons who are interested in the Spine field.

Live Surgeries • Case Discussions • Saw Bone Workshops • Clinical Lectures

2ND APSS KATHMANDU OPERATIVE SPINE COURSE

16TH – 18TH MARCH 2017
Kathmandu Medical College Teaching Hospital
Sinamangal, Kathmandu
NEPAL

The History of APSS

In 1962, Western Pacific Orthopaedic Association (WPOA) was founded with a great contribution of Dr. Hodgson, Dr. Jackson, Dr. Miki and Tan Sri Dr. Abdul Majid.

In 1979, the WPOA Spine Section was launched as the first sub-specialty section of WPOA during the 6th WPOA Congress in Taipei. Dr. Arthur Yau (HONG KONG), the Founding Chairman and 16 Founding Council Members from 11 member countries formed the first-generation leaders of the Spine Section. Please refer to the image below.

Following the establishment of the Spine Section in 1979, some new surgical tools and techniques like Harrington Instrumentation, surgical correction and fusion for ankylosing spondylitis and wide decompression for myelopathy by using air drill came about. These advanced spine surgeries were performed in a few countries in the Asia-Pacific region, but they were still not available in many other Asian countries.



The mission of the Spine Section was to advance the professional spine care in Asian countries, and to educate the young spine surgeons by going around the member countries and providing the local surgeons an opportunity to interact with and learn from the pioneers of spine surgery. To achieve our mission, practical operative courses were held during the section meetings and later evolved as individual course with the components of pre-operative case discussion, live surgeries, post-operative discussion, saw bone workshops and lectures. The first course was held in Manila in 1980. After that, more operative courses were held in Chiba, Bangkok, Manila, Seoul, Jakarta, Taipei-Kaoshiung, Kuala Lumpur, Ho Chi Minh, Ganga, Xi'an, Bandung, Dhaka, Colombo, Hanoi, Kathmandu, Yangon, Phnom Penh and Surabaya.

The pre-operative and post-operative discussions with the faculties from WPOA region provided exciting opportunities for the attending young surgeons to engage in enthusiastic and dynamic exchanges of ideas and thoughts about spine surgeries. During the early operative courses, the Spine Section Chairman, Dr. Yau, demonstrated a leadership in the discussions there. Although the surgical tools and equipment back then were not highly advanced, the young spine surgeons were extremely motivated to learn from the live surgeries. These young spine surgeons went on to become leaders in spine surgery in their respective countries. The operative courses played a vital role, in educating the spine surgeons in our region and making advanced spine surgery widely available in the Asia-Pacific region.

The first Congress of the WPOA Spine Section was organised in 1980 in Manila by Dr. Acosta to promote scientific research and development. The Congress of the Spine Section was held concurrently with the WPOA Congress or between the WPOA Congress years. After its First Congress in Manila, the WPOA Spine Section met in Perth, Tokyo, Bangkok, Singapore, and Seoul.

Since the 7th Spine Section Congress at Jakarta in 1992, the formation of the combined congress with the WPOA Paediatric Section materialised. The main driver for combining the two sections is the paediatric spine disorders are common topics in both sections. The other merit of the combined congress is to organise the meeting more effectively for both sections in terms of resources and attendance. The combined congress has since been held in different parts of Asia Pacific including Taipei, Kochi, Pattaya, Singapore, Jeju, Gifu, Kuching and Hong Kong.

The History of APSS...continued

The era of WPOA Spine Section from 1979 to 2000 was a growing time for spine surgery in the region. Some advanced surgical techniques appeared, including safe and effective decompression using diamond head air drill for myelopathy, the reduction and fusion using the new instrument of pedicle screwing for the unstable lumbar spine, and the posterior surgery with pedicle screw system for scoliosis. Since the Fifth Combined Congress in Adelaide in 2001, the name of WPOA changed to APOA with the admission of India, Pakistan, China and Bangladesh, and we stepped into the era of the APOA Spine Section.

The surgeries during this period included spine reconstruction with pedicle screwing for thoracic, lumbar and cervical spine, less invasive micro-endoscopic surgery for disc herniation and canal stenosis, and vertebroplasty or kyphoplasty for osteoporotic compression fracture.

In 2012, APOA Spine Section began a new era as the Asia Pacific Spine Society (APSS). Following the renaming of the section, the 9th Combined Congress of APSS-APPOS, was held in Kuching in 2013.

Despite having its new name for four years, APSS boasts a long history of 37 years since its inception. Today, the APSS has developed into a great, well-known international society comprising 19 chapter members with continuous growth and contributions of its members.

Moving forward, the APSS focuses at training the surgeons from the developing and under-developed nations by organising operative courses to create a high standard spine surgery training, and to make the expertise of certified spine surgeons available to the patients and public in our region. Moreover, we offer various fellowship programmes including short term and long term clinical fellowship, travelling fellowship and visiting professorship to facilitate the learning process of the advanced procedures of spine surgeries. Through more standardised learning development, further efforts to establish a regional training program and accreditation system for spine surgeons could be formed.

APSS partners with various international and national spine societies to promote research collaboration by conducting multi-center RCT studies, accumulating epidemiological and clinical data, and sharing the scientific research knowledge and findings. As a society covering a wider scope in Asia Pacific region, APSS strives to build closer ties with growing national spine societies in the Asia Pacific and set up joint academic programs. The APSS has been partnering with AOSpine, Scoliosis Research Society, International Society for the Advancement of Spine Surgery, Malaysian Spine Society and Association of Spine Surgeons of India.

APSS welcomes spine surgery practitioners to journey in accomplishing greater achievements and realising the mission to advance the science, art and practice of spine surgery and promulgate the maintenance of professional standards in order to provide the best professional care to patients with spinal problems.



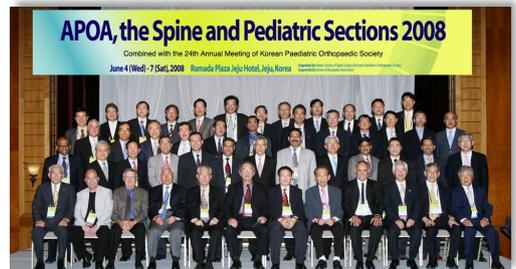
The Spine Section Chairman, Dr. Yau, demonstrated a leadership in the discussions during the 3rd Practical Course on Operative Spinal Surgery.



The 3rd Practical Course on Operative Spinal Surgery, as part of the 3rd Congress of WPOA Spine Section, organised by Dr. Inoue in Chiba, Japan in 1983.



The 10th APOA Operative Spine Course in Kuala Lumpur in 2001.



The APOA Spine and Paediatric Sessions Combined Congress 2008 in Jeju, Korea.



Presentation of certificates to the APSS DePuy Synthes Fellows during the APOA Spine and Paediatric Sessions Combined Congress 2011 in Gifu, Japan

APSS DePuy Synthes Travelling Fellowship Experience

The APSS DePuy Synthes Travelling Fellowship is organised annually by the APSS. The fellowship for 2016 was held between March 14 and 28. It is highly sought after by young surgeons from the Asia Pacific region while established and renowned senior surgeons share their knowledge, experience and resources to assist the young surgeons.

A total of 24 applications were received, out of which, seven applicants with the highest scores were selected. The eighth applicant was an exchange fellow between the International Society of Orthopaedic Surgery and Traumatology (SICOT) and APOA. The applicants were divided into two groups of four, each fellow coming from a different country. They followed a 15-day fellowship schedule in different APSS Spine Centres of Excellence in South Korea, Singapore, Nepal and Australia. These travelling fellows finally joined the clinical fellows at the 19th APOA Congress in Melbourne from March 29 to April 1.

Prior to the fellowship, they were guided to apply for visa, as well as to secure flight tickets and accommodations. They were also informed of the fellowship itinerary and the airport transfer that they would expect.

The first group of four spine surgeons from Japan, Nepal, Taiwan and Denmark, were attached to the Kyung Hee University Hospital in Gang Dong, Seoul and the Singapore National University Hospital. Meanwhile, the second group of four spine surgeons from China, South Korea, Malaysia and Bangladesh, were attached to the Tribhuvan University Teaching Hospital in Kathmandu and the Royal Children's Hospital in Melbourne.

14 - 20 March 2016

At the Kyung Hee University Hospital, fellows who were hosted by Dr Kim Ki Tack, commented that their time passed too fast while they discussed about surgeries, outpatient cases, indications, methods and local traditions, culture, history and food. They were invited to attend internal conference meant for teaching younger surgeons and local hospitals' spine symposium. Additionally, the fellows observed and assisted in many spinal surgical procedures such as corpectomies and osteotomies, posterior laminectomy with posterior fusion using pedicle screws, laminoplasty (single door), posterior vertebral column resection (PVCR), PLIF surgery, PSO and many more. Their host showed them the techniques of posterior instrumentation T9-S1 with iliac screws and explained how to insert the pedicle screws in upper thoracic area as well as how to estimate the screw position from the C-arm check.



Group 2 Travelling Fellows with Dr Shrestha (in the middle), a former APSS Travelling Fellow.

Concurrently, another group of fellows were welcomed by Dr Rohit Pokharel at the Tribhuvan University Teaching Hospital in Kathmandu. Fellows joined in the busy clinic, pre-operative rounds, and scrub in for several cases. At this centre, they saw a multitude of traumatic spine injury and spine infections coupled with multiple fractures. Many different cases were discussed, observed and assisted including degenerative spine, post traumatic spine fractures, prolapsed intervertebral discs, tuberculosis, radiating pain from L5 root irritation, canal stenosis and tetraplegia. Within the same week, they also visited various local hospitals in the city and outskirts of Kathmandu to observe different cases and meet different surgeons in Nepal. One of the surgeons that they met was a former APSS Travelling Fellow, Dr Dipak Shrestha, who shared with the fellows the cervical pedicle screw insertion technique that he learnt from Dr Kuniyoshi Abumi during his fellowship.



Group 1 Travelling Fellows from left: Dr Valancius, Dr Yasuda, Dr Chou and Dr Sitoula with their host, Dr Kim Ki -Tack (in the middle) in the Kyung Hee University Hospital operating theatre.



Group 2 Travelling Fellows from left: Dr Zhuang, Dr Faruk Senan, Dr Lee, Dr. Ali and Dr Rohit Pokharel during a ward round, also present was a local doctor (in white coat).



Group 1 Travelling Fellows observing Dr Kim Ki-Tack performing a PSO surgery.

APSS DePuy Synthes Travelling Fellowship Experience...continued

21 - 28 March 2016

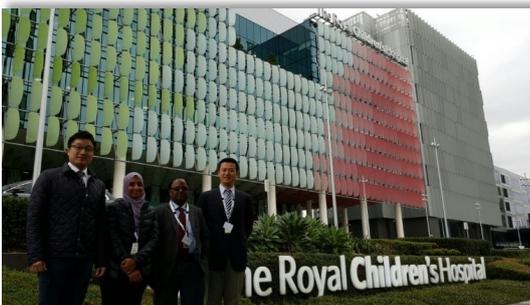
Fellows were warmly received by Dr Wong Hee Kit and Dr Gabriel Liu at the National University Hospital in Singapore. The attachment in Singapore was intensive and fruitful in learning with a busy schedule which included surgeries from early morning to late evening. The fellows participated in several cases every day and learnt various procedures including advanced cervical procedures, lumbar MIS TLIF, MIS posterior fusion and anterior/lateral lumbar surgeries, posterior laminectomy, laminoplasty, fusion with lateral mass screws, thoracoscopic treatment of idiopathic scoliosis, cervical ADR, cervical arthroplasty. Lunch breaks were also fully utilised for meaningful discussions with local spine residents about cases, techniques, attending presentation and scientific activities. During other time, they were welcomed to join the department ward rounds and outpatient clinics.



Group 1 Travelling Fellows with Dr Wong Hee Kit (3rd from left) and Dr Gabriel Liu (far right) at the APOA Congress in Melbourne, Australia.



Group 1 Travelling Fellows observing an operation headed by Dr Wong Hee Kit in Singapore.



Group 2 Travelling Fellows with Dr Michael Johnson at The Royal Children's Hospital in Melbourne.



Simultaneously, the second travelling group travelled from Kathmandu to meet Dr Michael Johnson at The Royal Children's Hospital in Melbourne. Ward rounds, clinic consultation sessions, observation of complex spinal deformity surgeries, case discussions, presentations,

radiology conference were some of the activities the fellows participated. The host showed the usage of the 'smartlink' to facilitate the insertion of the rod into the curve during the adolescent idiopathic scoliosis cases. They saw an interesting method of bone graft harvesting from the iliac bone using the acetabular reamer, which provided large amounts of bone, relatively fast, during a case of anterior lumbar interbody fusion. Other cases observed including posterior fixation for thoracic fracture, degenerative lumbar and spinal tumour cases. Fellows were also exposed to the rehabilitation services in Australia and met with a former APSS travelling fellow, Dr Gerald Quan, who shared with them his experience in treating spinal tumours.

Presenting the fellowship experience and receiving the certificates at the 19th APOA Congress marked the end of the fellowship programme. During the congress, both the clinical and travelling fellows met with each other and attended the APSS scientific programmes. They exchanged their experiences and adventures during their respective fellowships. These fellowship programmes provided the younger surgeons with great networking platform, allowed a lifelong professional and



2016 APSS Travelling and Clinical Fellows met at the 19th APOA Congress in Melbourne, Australia.

personal friendship to be nurtured, as well as fostering the learning and development of spine surgery from the experts. The fellows reported that the fellowship programme was a once in a lifetime opportunity and experience.

2016 APOA-SICOT Spine Fellowship

The APOA-SICOT Spine Fellowship is first of its kind to be held between the two well-known organisations. It is an exchange programme which presented the opportunity for two exchange fellows to interact and learn from renowned spine surgeons from different continents.

This year, the APOA-SICOT Spine Fellowship was awarded to our APSS member from Hong Kong Dr Jason Pui Yin Cheung. He was fortunate to be able to spend about 4 weeks in Aarhus, Denmark. Meanwhile, Dr Kestutis Valancius, an orthopaedic spine surgeon from Aarhus, Denmark was awarded the fellowship and spent about 3 weeks in spine centres of excellence in South Korea and Singapore.

Read the following individual experiences and knowledge gained during this unique fellowship exchange programme.



APOA-SICOT Spine fellows: Dr Jason Cheung (left) and Dr Kestutis Valancius (right).

Fellow Name: Dr Jason Pui Yin Cheung (Hong Kong)

Host: Dr Cody Bünger from the Department of Orthopedics E, Århus University Hospital, Aarhus, Denmark

Attachment period: 25 September - 21 October 2016



Dr Jason with his host, Dr Cody Bünger.

Q: What were the observations that you have made during the fellowship?

I was particularly impressed with the amount of teamwork from top down and bottom up for daily patient care and surgery. I attended every morning meeting where a conference was held with surgeons, nurses and students present and a thorough discussion of each inpatient and surgical case took place. The healthcare system in Denmark is a very efficient machine with appropriate gateways to prevent overburdening the hospital with inpatients but still able to provide patients with rehabilitation possibilities.

Q: What were your daily schedule and experience like?

I had a packed schedule during my stay at Aarhus. There were scrubbing opportunities daily and I managed to assist all the consultants from their unit: Dr Peter Helmig, Dr Li HaiSheng, Dr Ebbe Stender Hansen, Dr Kristian Hoy and of course Dr Cody Bünger. I found all of them to have different approaches to cases and it was a delight to learn surgical tips from them all. Some interesting tips include positioning the patient for posterior cervical surgery and using an arm traction device for pull-shoulder radiographs.

Q: Any specific areas or procedures that interests you?

Seeing Dr Cody distract his magnetically controlled growing rods. He performed these procedures in the operating theater under direct vision of the image intensifier to confirm that distractions occurred. This is different from our practice in Hong Kong of doing distractions in the outpatient setting. We had enlightening discussions about the differences in practice and it was interesting to hear his thoughts about our work.

I was impressed with their research team and facilities. They have an in-house 3D printer that is used clinically and Dr Cody has a strong research team with many students and assistants to carry out impactful studies. The method of managing the team has given me new insight into how to run my research in Hong Kong.

I also joined Dr Cody's weekly research meeting. Here I was given opportunities to present to their unit my own research, pick their brains for suggestions and comments, as well as establish some collaborative work. Of particular interest was comparing our results with growing rod surgery. Discussions are underway for collaborative work.

Q: What do you like best about the APOA-SICOT Spine Fellowship that you have just completed?

This was an excellent fellowship and having spent a few weeks in a single center allowed me to fully assimilate into the daily routine and participate in their patient management. I had many opportunities to observe how other surgeons dealt with difficult cases and complications and hopefully I can incorporate some of the new knowledge into my daily practice.



Dr Jason with Dr Cody's team members, Dr Wan Miao and Dr Li Fang.



Dr Cody performing magnetically controlled growing rod distraction.

2016 APOA-SICOT Spine Fellowship...continued

Fellow Name: Dr Kestutis Valancius (Denmark)

Hosts: Dr Kim Ki-Tack from Kyung Hee University Hospital, Gang Dong, South Korea

Dr Wong Hee Kit and Dr Gabriel Liu from the National University Hospital (NUH), Singapore

Attachment period: 14 March - 1 April 2016

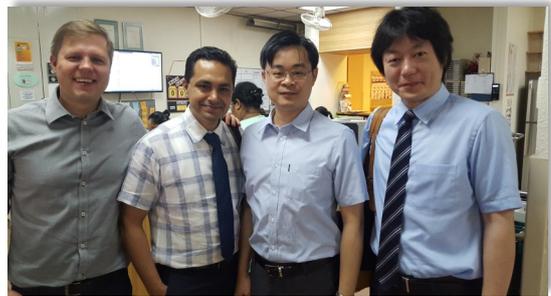
What were the observations that you have made during the fellowship?

For me it was interesting to observe all logistics concerning patient's treatment - decision-making, hospitalisation and surgery process, post-op treatment - which are quite different from the ones I am used to. I was especially interested in MIS procedures with microscope and thoracoscopy that we are not performing in our centre.

Q: What were your daily schedule and experience like?

At Kyung Hee University Hospital, South Korea, I attended teaching conferences for young orthopedic surgeons and spine surgeries up to 5pm. I also attended a symposium with the theme focused on "Controversies in Spine Surgery".

Whilst in Singapore, my schedule was packed everyday which allowed me to participate in many cases. Our hosts briefed us on the advanced MIS techniques decision making in deformities cases, thoracoscopy deformity corrections and the Spine Centre's scientific activities.



Dr Kestutis with 3 other APSS Travelling Fellows, Dr Prakash Sitoula, Dr Shih-Hsiang Chou and Dr Hiroyuki Yasuda.



Dr Kestutis in a group photo with Dr Wong Hee Kit and Dr Gabriel Liu at the National University Hospital in Singapore.



Dr Kestutis and APSS Travelling Fellows with Dr Kim Ki-Tack (middle) at the Kyung Hee University Hospital, South Korea.



Dr Kestutis and APSS Travelling Fellows with APSS President, Dr Abumi at the APOA Congress in Melbourne, Australia.

Q: Any specific areas or procedures that interests you?

In Korea, I was particularly impressed with Dr Kim Ki-Tack's composure and quick movements while performing demanding corpectomies and osteotomies. He took us through each step during a pedicle subtraction osteotomy (PSO) and posterior vertebral column resection (PVCR) procedures. He explained to us the differences between PSO and PVCR procedures. Ultimately, we had good discussions about spinal instability, diagnostics, and treatment guidelines.

In Singapore, while supervising a junior surgeon performing a surgery on a patient with OPLL in C3-C7 area, Dr Wong Hee Kit discussed the different options i.e. types of corrective surgery or procedures and outcomes for the aforesaid condition. I also had a chance to observe for the first time a detailed procedure of the lumbar MIS TLIF. With the guidance of our hosts, I also learned the lateral recess decompression (including inferior laminectomy and superior articular process).

Q: What do you like best about the APOA-SICOT Spine Fellowship that you've just completed?

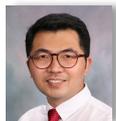
It was a lifetime experience to be able to come together to share my experiences with other young surgeons from around the world and nurture lifelong friendship while learning from the leading spine experts.

Asia Pacific Spine Society

The APSS started with the Western Pacific Orthopaedic Association - Spine Section in 1979 as an educational and scientific forum for the advancement of knowledge in the field of spine surgery. Our mission is to advance knowledge in the field of spine surgery and promulgate the maintenance of professional standards in order to provide the best professional care to patients with spinal problems.

APSS News

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Report on APSS-Medtronic Fellowship 2015

By Dr Chris Yin Wei Chan
Education Committee Chairman

The APSS-Medtronic Fellowship 2015 is the first fellowship programme jointly organised by APSS and Medtronic. It was successfully held in four spine centres of excellence in the Asia Pacific region, between 19 August 2015 and 19 August 2016.

Four (4) successful applicants were awarded with the fellowships, out of which three (3) were selected from developing countries and one (1) from a developed country. Each fellow was selected based on compliance as per the list of criteria set in the programme. To be eligible to apply for the fellowship, it is fundamental that the applicant is a spine surgery practitioner and an active member of APOA and APSS. As part of the award benefits, fellows were given economy air travel, hotel accommodation and allowance which were claimable upon submitting their post fellowship reports and feedback forms.

Each fellow was attached to a spine centre of excellence and spent a duration of 3 months with their respective hosts. Following are the distinguished spine experts who graciously hosted the fellows at their respective spine centre of excellence: -

| Fellow Name | Center Name | Host | Period |
|--|--|--------------------|-----------------------|
| Dr. Sanjay Yadav (INDIA) | The University of Hong Kong, Hong Kong | Dr Kenneth Cheung | 19 Aug - 20 Nov 2015 |
| Dr. Rajesh Bahadur Lakhey (NEPAL) | Sarawak General Hospital, Kuching, Malaysia | Dr Chung-Chek Wong | 01 Oct - 15 Nov 2015 |
| | University of Malaya, Kuala Lumpur, Malaysia | Dr Mun-Keong Kwan | 16 Nov - 31 Dec 2015 |
| Dr. Kumar Shantanu Anand (INDIA) | University of Malaya, Kuala Lumpur, Malaysia | Dr Mun-Keong Kwan | 07 Mar - 23 Apr 2016 |
| | Sarawak General Hospital, Kuching, Malaysia | Dr Chung-Chek Wong | 23 Apr - 05 June 2016 |
| Dr. Lau Yan On Yvonne (HONG KONG) | Kyung-Hee University, Seoul, Korea | Dr Ki-Tack Kim | 23 May - 19 Aug 2016 |

During the fellowship, not only did the fellows have unique opportunities to interact and learn directly from Asia Pacific's leading spine experts, they were also invited to attend scientific meetings in or around the region. This further enhanced their network and encouraged them to contribute to spine research.

Here are some of the feedbacks from our fellows, excerpts from their individual reports: -



Dr Sanjay with host, Dr Wong Yat Wa (Hong Kong).

"I had the opportunity to pursue academic activities under the mentorships of spine experts, learnt basic research methodology and how to formulate and approach relevant clinical questions."

Dr. Sanjay Yadav (INDIA)

"I had chances to assist and observe many interesting cases, it was very inspiring and I learned more on spine surgery."

Dr. Rajesh Bahadur Lakhey (NEPAL)

"I was exposed to a varied array of spine surgeries, which included surgeries for correction of spinal deformities, spine trauma and degenerative spine."

Dr. Kumar Shantanu Anand (INDIA)

"I learnt not only the techniques but also the up-to-date principles in treating adult spine deformity, the advanced modifications in osteotomy and, most important, the attitude of being a spine surgeon."

Dr. Yan On Yvonne Lau (HONG KONG)

To learn more about their individual experiences, please feel free to browse the fellowship reports and log books submitted by the fellows at www.apssonline.org/apss-fellowship-report.html.



Dr Kumar with hosts, Dr Kwan Mun Keong and Dr Wong Chung Chek (Malaysia).



Dr Yvonne with host, Dr Kim Ki-Tack (Korea).



Dr Rajesh with host, Dr Wong Chung Chek (Malaysia).