



APSS NEWS

News From Your Regional Spine Society

Issue 4 / Jul 2017
www.apssonline.org

President's Message



APSS is off to a great start this year. We have successfully concluded its ever first basic spine course designed for orthopaedic trainees and young orthopaedic surgeons who are keen to enhance their knowledge on the basic principles in spine surgery earlier this year. We are also delighted to have successfully organised the 2nd APSS Kathmandu Operative Course. The course has provided a unique forum for the delegates to learn and enhance the principal and advanced knowledge on spinal surgical techniques. For those who are keen to attend our operative course, the next operative course will be held in Colombo from November 5-7.

On a different note, I would like to congratulate the APSS DePuy Synthes Spine Travelling and Clinical Fellows and APOA-SICOT Spine Fellows who will be hosted at different spine centres of excellence in the Asia Pacific region and in Aarhus and Berlin, respectively. I hope that the fellows will benefit from the experience and encourage their colleagues to be part of the interaction and learning of spinal surgeries in the region.

Following the recent call for applicants for APSS Medtronic Fellowship 2017, four (4) successful applicants have been selected from a pool of 30 applicants to be awarded the fellowship awards. They will spend a duration of three (3) months' professional attachment at a spine centre of excellence in the Asia Pacific Region. To find out more about this long-term fellowship programme, read about the fellowship experience and testimonial of one of the APSS Medtronic Fellows 2016, Dr Mohammad Saiful Islam, on the last page of this issue.

Additionally, we are getting ready for the Goa 2017 Combined Congress with the paediatric section of APOA happening from September 22-24, 2017. Discounted fees are currently being offered for congress registration until August 31, 2017 only. Following that, do mark your calendar for the next APSS Congress to be held in Taipei from June 7-10, 2018.

In the beginning of this year, APSS has re-introduced life membership; thus, I would strongly encourage you to consider subscribing to life membership. While enjoying the privileges of APSS membership, you could build a wider network in Spine. I recommend you to generously extend the invitation to your fellow colleagues to sign up with APSS so they too can enjoy the benefits.

Since the introduction of this bi-annual newsletter in December 2015, we strive to continue sharing highlights and exciting activities planned for APSS members in the region as well as encouraging discussions on interesting spine cases. Please continue to provide any feedback and suggestions to improve our newsletter.

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

BE AN ACTIVE APSS MEMBER TODAY!

Privileges:

- ◆ Member's 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
US\$500 Lifetime

Log on to
www.apssonline.org

IN THIS ISSUE

APSS Basic Spine Course2
 2nd APSS Kathmandu Operative Course.....3
 2017-2018 Diary of Events...4
 2017 Fellowship Recipients...7
 2016 APSS Medtronic Fellow's Testimonial8

SPECIAL POINTS OF INTEREST

- ◆ Goa 2017 Combined Congress
- ◆ 2nd APSS Colombo Operative Spine Course
- ◆ APSS Congress 2018 in Taiwan

APSS Basic Spine Course | 13 January 2017



APSS introduced its ever first basic spine course designed for orthopaedic trainees and young orthopaedic surgeons who are keen to enhance their knowledge on the basic principles for spine surgery earlier this year. It was held at NOCERAL, Department of Orthopaedic Surgery, University of Malaya in Kuala Lumpur, Malaysia as a one day course on January 13, 2017. The course was fully sold out prior to the course and attended by 36 local and international delegates from the South East Asia region.

Group photo of the Organising Chairman, APSS faculties and 36 local and international delegates from the South East Asia Region.

It was conceptualised and organised by Prof Mun Keong Kwan and the faculty consists of young APSS members who are outstanding spine surgeons from The University of Hong Kong, National University of Singapore and University of Malaya.

The course covered lecture topics and saw bone workshop featuring the common surgical procedures performed during the spine surgeons' daily practice such as lumbar decompression, lumbar and sacral screws fixation, TLIF, thoracic pedical screws fixation, fracture fixation, lateral mass fixation, C1/2 fixation, laminoplasty and ACDF.

This course ran smoothly and the participants interacted with the speakers through a live Q&A session using mobile phones throughout the course. Many constructive and lively discussion took place between the speakers and participants. By the attending the course, the participants expanded their knowledge and consolidated their understanding on the indications of spinal condition and surgeries as well as surgical techniques of all these basic procedures. Thanks to the positive comments received for the course, APSS is working towards organising this kind of basic spine course in other chapters around the region.

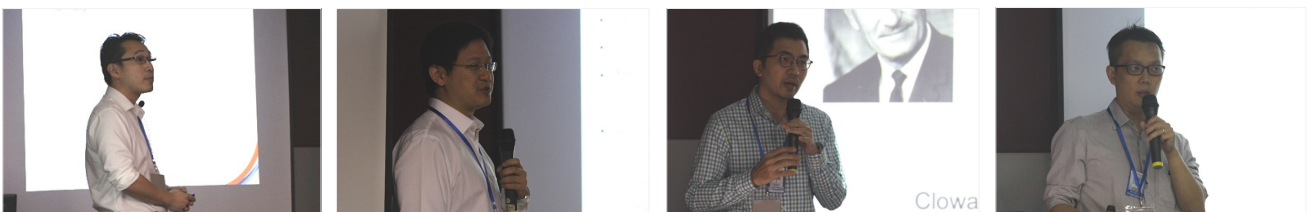


Dr Leok Lim Lau discussing about lumbar pedicle screw insertion.

Dr Jason PY Cheung observing a participant inserting lumbar pedicle screw.

Dr Chris YW Chan observing a participant inserting lumbar pedicle screw.

Dr Chee Kidd Chiu discussing about thoracic pedicle screw insertion.



From left to right: Dr Leok Lim Lau (Singapore), Dr Jason PY Cheung (Hong Kong), Dr Chris YW Chan (Malaysia), and Dr Chee Kidd Chiu (Malaysia) giving lectures during the course.



Dr Mun Keong Kwan presenting token of appreciation to Dr Jason PY Cheung accompanied by Dr Chris YW Chan.

Dr Mun Keong Kwan presenting token of appreciation to Dr Leok Lim Lau accompanied by Dr Chris YW Chan.

Dr Chee Kidd Chiu illustrating on the fracture reduction technique using monoaxial pedicle screws.

2nd APSS Kathmandu Operative Course

16 – 18 March 2017

Following the success of the first course held in Kathmandu in May 2014 and growing demand from the young Nepalese spine surgeons, APSS was encouraged to organise a second operative course in Kathmandu. The operative course was held in the post disaster stage as Nepal is experiencing the phase of reconstruction after the devastating earthquake in April 2015.

The collaboration between the APSS and the Association of Spine Surgeons of Nepal (ASSN) attracted 47 registered international and local delegates to attend the course from March 16-18, 2017 at the Kathmandu Medical College Teaching Hospital, Sinamangal, Kathmandu in Nepal. The group of nine international faculty members comprised spine experts from Japan, Korea, India, Hong Kong, Malaysia, Taiwan and Sri Lanka were welcomed with an open heart and warm hospitality by the local host.

The course provided a unique forum for the delegates to learn and enhance the principal and advanced knowledge on spinal surgical techniques. The course started with the pre-operative discussion on the first day. The patients and their cases were presented by the local organising team and the faculty members interacted with both the patients and delegates in evaluating the procedures required to address the patients' spinal problems. It was then followed by four saw bone workshops on thoracic, lumbar and cervical pedicle screw fixation as well as anterior and posterior instrumentation of cervical spine. Delegates were given the chance to have a personal, hands-on learning experience during the workshops that were guided by the international spine instructors.

Didactic lectures were delivered and live surgeries demonstrations were showcased during the subsequent two days. Delegates in the auditorium interacted with the surgeons in charge of the surgeries during the live surgeries demonstrations through live transmission. The procedures demonstrated during the live surgeries included laminoplasty, ACDF, posterior fusion, C1/C2 fusion, discectomy, open TLIF and MIS TLIF. All the patients fared well post operations, and were discharged.

The delegates reported that they appreciated the pre-operative and post-operative case discussion, hands-on saw bone workshops and interaction with the experienced surgeons the most. ASSN commented that the course was indeed a great learning experience for the host and delegates.



- (1) *Dr Yat Wa Wong explaining the techniques of lumbar pedicle screw insertion.*
- (2) *Dr K S Sivananthan showing the techniques on anterior instrumentation of cervical spine.*
- (3) *Dr Chi-Chien Niu teaching a group of delegates during the cervical saw bone workshop.*

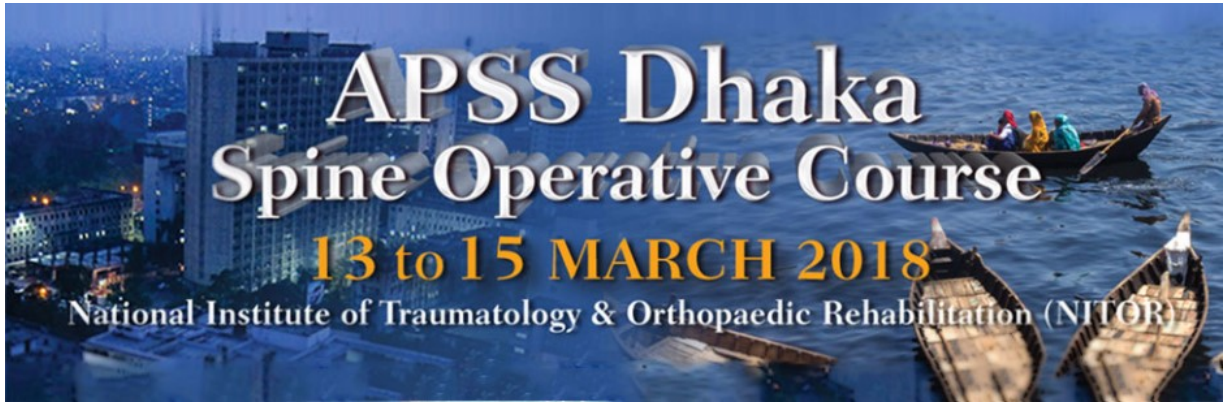
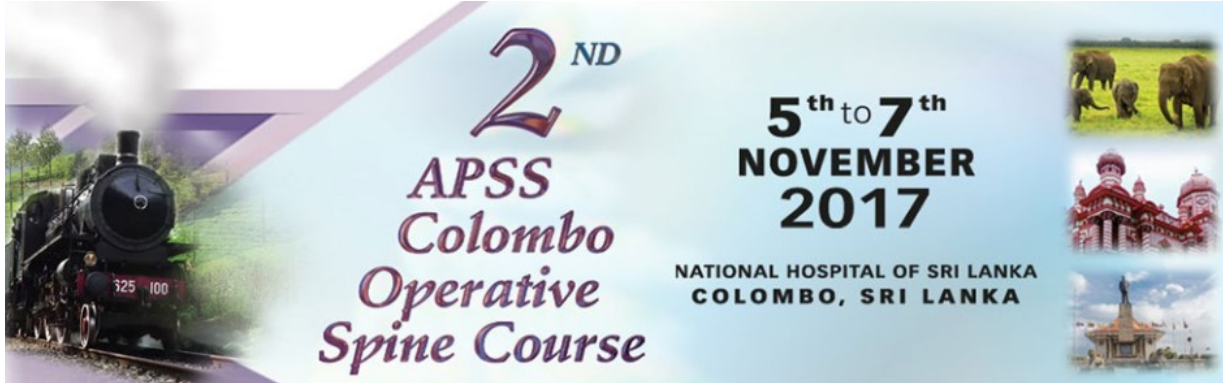


- (4) *Dr Kuniyoshi Abumi identifying the level of fusion to be done for one of the patients during the course.*
- (5) *Dr Arvind Jayaswal explaining his view on management of congenital kyphoscoliosis.*
- (6) *Dr Jae Yoon Chung assessing the patient who was presented with L5/S1 Spondylolisthesis Grade 2.*
- (7) *Faculty members and delegates listening attentively to a lecture delivered during the course.*

Mark your calendar!

2017-2018 Diary of Events

| Activity | Date | Venue |
|--|----------------------|--|
| APSS Cambodia Outreach Programme | 6 Jul - 7 Jul 2017 | Khmer - Soviet Friendship Hospital, Cambodia |
| APSS Medtronic Fellowship 2016 | 7 Aug - 31 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 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 | 5 Nov - 7 Nov 2017 | National Hospital of Sri Lanka, Colombo, Sri Lanka. |
| APSS Dhaka Operative Course | 13 Mar - 15 Mar 2018 | National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR), Dhaka, Bangladesh |
| APSS Annual Congress | 7 Jun - 10 Jun 2018 | Taipei, Taiwan |



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

REGISTRATION

NEW!

Discounted Fees until
August 31, 2017

*India beckons
Goa 2017*

H I G H L I G H T S

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)

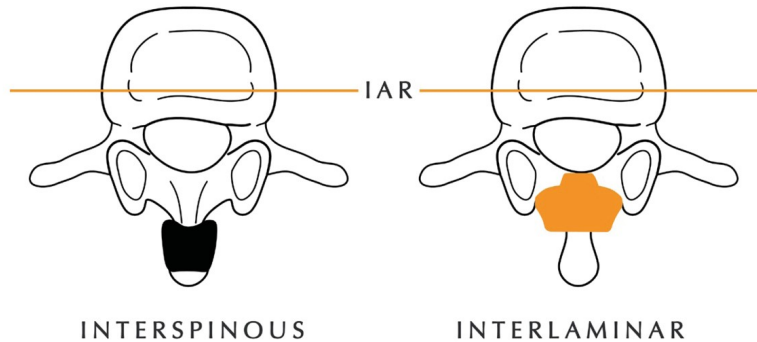
www.apss-appos2017.org



THINK LUMBAR MOTION PRESERVATION

EXPERIENCE IntraSPINE®

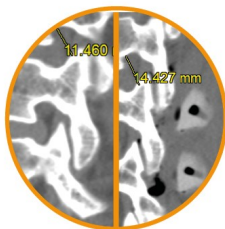
Dynamic interlaminar device



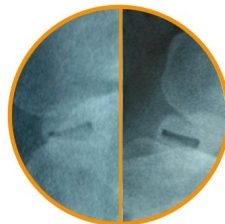
IAR: Instantaneous axis of Rotation



View of the silicone core (half covered)



Relieve
loading on Facets and
increase Neuroforaminal Height



Motion Preservation
in Extension and
in Flexion



Interlaminar
no load on
Spinous Processes

IntraSPINE® is a class IIb medical device manufactured by COUSIN BIOTECH s.a.s.
The management system of COUSIN BIOTECH s.a.s has been certified as meeting the requirements of ISO 13485.
Please read instructions for use carefully. Reference: PURINTGB01 - Version: 16/06/17
Non contractual pictures and texts. Specifications likely to be modified without notice.
Cousin Biotech S.A.S capital : 340 656 € - 398 460 261 RCS Lille - N°TVA FR 34 398 460 261

Do you know that APSS offers multiple fellowship programmes to its members annually?
Below are fellowship recipients of the fellowship programmes for year 2017.

congratulations

2017 Fellowship Recipients!

APSS DePuy Synthes Clinical Fellowship



Dr Kedar Phadke
(INDIA)



Dr Ting-Chun Huang
(TAIWAN)



Dr Akira Iwata
(JAPAN)

APSS DePuy Synthes Travelling Fellowship



Dr Rajat Mahajan
(INDIA)



Dr Muhammad Zahid
Khan
(PAKISTAN)



Dr Jesse Jerus Alem
Gabrieli Joson
(PHILLIPPINES)



Dr Ralph
Schernberger
(GERMANY)



Dr Kai Cao
(CHINA)



Dr Bishnu Babu
Thapa
(NEPAL)



Dr Sharif Ahmed
Jonayed
(BANGLADESH)



Dr Simon Toftgaard
Skov
(DENMARK)

APSS Medtronic Fellowship



Dr. Karthikeyan
Maharajan
(INDIA)



Dr. Asrafi Rizki
Gatam
(INDONESIA)



Dr. Kiran Gurung
(NEPAL)



Dr. Naing Lin Oo
(MYANMAR)

APOA-SICOT Spine Fellowship



Dr Hideki Shigematsu
(JAPAN)



Dr Hwee Weng Dennis Hey
(SINGAPORE)

You may also be one of them. Simply be an active member and apply for the fellowship when the call for applicants is open. Visit www.apssonline.org for more information.

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

APSS Secretariat

Unit 1.6, Level 1, Enterprise 3B,
Technology Park Malaysia (TPM), Jalan
Innovasi 1, Lebuhraya Puchong - Sungei
Besi, Bukit Jalil 57000 Kuala Lumpur,
Wilayah Persekutuan, Malaysia

Phone: (603) 2168 4267, (603) 89960700,
(603) 8996 1700, (603) 8996 2700
Fax: (603) 8996 4700
E-mail: spine@apssonline.org



2016 APSS Medtronic Fellow's Testimonial



Dr Mohammad Saiful Islam is an Assistant Professor of Orthopaedics & Traumatology, Department of Orthopaedics & Traumatology, Mymensingh Medical College & Hospital, in Bangladesh. His early career training focuses in the Lumbosacral region.

Having successfully completed the APSS Medtronic Fellowship in 2016, Dr Mohammad Saiful is pleased to share with us his experience in two spine centres in Hong Kong: Queen Mary Hospital and Duchess of Kent Children Hospital from October 23, 2016 to January 21, 2017.

Q: How did you get to know about APSS and the fellowship programme? What was the reason you chose to apply for the fellowship with APSS?

I am always keen to work with new people and in a new environment and to stay in touch with the latest methodology in the orthopaedic surgeries. During my participation in the 18th APOA Congress 2014 held in Thailand, I was inspired by Prof Md Iqbal Qavi, Chairman of Membership Committee for APOA Bangladesh, thus decided to subscribe to Life Membership for APOA and APSS. Since then, I have been keeping track with APSS academic updates accessible on APOA and APSS website. Prof Md Iqbal Qavi and Prof Md. Shah Alam notified me about the opening for APSS Medtronic Fellowship 2016 and I have decided to apply, knowing that it will be an amazing opportunity to work with spine surgeons and in well-equipped spine centers.



From left to right: Dr Mohammad Saiful with Dr Kenneth MC Cheung, Dr Keith DK Luk, Dr Yat Wa Wong and his surgery team during the APSS Medtronic Fellowship 2016 in Hong Kong.

Q: How would you describe your fellowship experience at the centre? What do you like best about the APSS Medtronic Fellowship that you have completed?

It is a privilege to work with Prof Kenneth MC Cheung, Prof Keith DK Luk and Prof Yat Wa Wong. My fellow colleagues and nurses were very helpful throughout my stay. The centres are very well-equipped with modern facilities for spine treatment. During the attachment, I was fortunate to be able to attend the SRS-APSS 7th Spine Deformity Solutions: A Hands-On-Course (Cadaveric course) held at the University of Hong Kong, many thanks to the help given by Prof KMC Cheung. During the Cadaveric Course, I was honoured to get a chance to learn spine surgery techniques from Prof Kuniyoshi Abumi and Prof Lawrence G Lenke. Being able to observe experts in their elements allowed me to observe different surgery techniques. Besides that, I also learnt the latest principles in treating conservative and operative treatment of children, adult spine deformity and disease condition, especially MAGEC rod insertion in scoliosis management. Towards the end of the fellowship, I presented my research findings on Spinal Stenosis, Spinal Infection, CSM under the consultations of my fellow mentors.

It was a noteworthy and memorable experience in my career and I would highly recommend my peers to apply for future APSS fellowship programmes.

Mark your calendar for APSS Medtronic Fellowship 2018

Be one of the four (4) fellows to spend three (3) months in a spine centre of excellence in the Asia Pacific Region. Enhance your professional development by learning from and interacting with renowned spine surgeons. Check out our website (www.apssonline.org) for the application opening in 2018.