

Report for the APSS – DePuy Synthes Spine Clinical Fellowship 2016

Fellow: Dr Abdul Satar senior registrar spine unit department of orthopedic and spine surgery Khyber Girls Medical College Peshawar Pakistan.

Mentor: Dr. Kuniyoshi Abumi, MD

1. Director of Sapporo Orthopaedic Hospital-Center for Spinal Disorders,
2. Professor Emeritus, Hokkaido University

Duration: 14 Mar - 02 Apr 2016.

Centre's visited: 1) Sapporo Orthopaedic Hospital-Center for Spinal Disorders & affiliated hospitals (2) Spinal Cord Injury Centre, Hokkaido Chuo Rosai Hospital, Bibai. (3) Hokkaido Orthopaedic Memorial Hospital, Sapporo (4) National Hospital Organization Hokkaido Medical Center, Sapporo (5) Eniwa Hospital, Eniwa

REPORT

13.03.2016

Arrival to Sapporo

A pleasant surprise was that Prof Abumi himself received me at the Chitose airport although it was Sunday and early morning. For this I will be always grateful to Prof Abumi. It gives me a lesson no matter how big you are you don't leave your responsibilities to other. He gave me a short tour of the city, dropped me at hotel and arranged everything. At 7 pm we had dinner at an Indian restaurant which was excellent. Prof gave me a detailed program when, where to go to see maximum amount of spine surgery.



14.03.2016

As decided at 8.00 am I was picked by a person sent by Prof Abumi and he took me to the Eniwa hospital. The first case was 60 years' patient with low back pain and Stenosis symptoms. Prof Shigenobusato discussed the patient with me in detail, specifically the operative plan. And I was taken to O.T and to my surprise I was asked to scrub in the case. Prof Shigenobusato did posterior instrumentation and fusion along with interbody fusion at two level. The case went smooth as per plan and I learnt a lot new things to make sure good fusion.

After first case I was offered lunch and after that assisted Microdiscectomy. Took train and came back to hotel had a few minutes' walk in the cold evening.

15.03.2016

Worked with Prof Abumi. In the morning did clinic saw outdoorpatients discussed a lot of patients with Prof and he answered my questions in detail.

After lunch assisted two surgeries both cases were of OPLL with cervical spine stenosis and myelopathy in one case there was instability so Prof did fixation with decompression while in the 2nd only decompression. I was lucky that I was the first assistant and had a life time chance to see cervical pedicle screw fixation closely and I think this one day worth my whole fellowship and all my struggle paid off. Prof even gave me to feel screw purchased. At the end he dropped me to hotel and in detail discussed my plans for next two days





16.03.2016

Prof Abumi have arranged my visit to one of the two spinal cord injury center in japan in Bibai City. I was picked from room and reached hospital where I met Prof Suda K. A thorough, gentle man explained to me the plan for the day. We went to Operation Theater where two patients were on list. The first case was degenerative scoliosis in which DLIF and posterior instrumentation was planned while the second was D12 fracture in which posterior instrumentation with fusion was performed. The speed and technique of Prof Suda was unique. He graciously allowed me to scrub and assist him in both cases and had detail discussion about DLIF. After that joined Prof Suda in departmental meeting where pre and post op cases were discussed. Then we had conference of the spinal cord center in which two serious cases with regard to rehab was discussed at the end Prof Suda dropped me to station and had very nice and fruitful day.

17.03.2016

Went to Eniwa hospital in the morning we had discussion of Pre op case. It was 14-year young female, she had deformity since child hood which was initially treated by conservative treatment bracing. But her curve was progressing so fusion surgery was planned. Prof Sato and Prof Abe discussed with me the case and preoperative planning was done. In detail discussed level of fusion and touch vertebra concept. We discussed DLIF and Prof Abe showed me variation of vana cava and surprisingly it's not uncommon. Then we went to Operation Theater and they allowed me to scrub with them. Was impressed with their technique of fusion bed preparation. Also saw first time polyethylene bands instead of sub laminar wires at the end very nicely corrected spine with meticulous fusion technique was performed.

In the night had a very good time with Dr. Abumi and other colleagues from Hokkaido Memorial hospital at dinner in local restaurant. Was impressed by the food and local hospitality. I am extremely thankful to Prof Abumi for his extra care of me.

18.03.2016

Spent day in Hokkaido memorial orthopedic hospital. Got there by subway train without problem as taught by Prof Abumi. Very warmly received by Dr. Suzuki Masaru, he showed me different patents and we discussed Pre op cases in detail. We had thorough discussion on lumbosacral junction variation. Then we went to theater and operated two cases: 1st case was l4 l5 DDD with radicular symptoms and weakness in L5. Dr Suzuki did PLIF and the screw was passed using CBT technique, which was new for me and he demonstrated it to me and we talked about the advantages. Second case was lumbar Stenosis with claudication symptoms in 50 year old male. We did two levels Decompression without fixation. I am thankful that they allowed me to scrub and have a close look. Had a long weekend due to 21 march public holiday so visited nearby places



22.03.2016

Had a chance to assist 2 spine cases with Prof Abumi at Sapporo Orthopedic Hospital. First was a revision case of deg scoliosis previously treated with L3 to L5 fixation and stenosis at L5 S1 and L2 3. So we had L5 S1 bilateralforamina decompression with TLIF. Prof thought me how to use chisel for decompression. First time saw sacroiliac fixation with screw through the SI joint into the ilium. The second case was one level L4L5 decompression and it was done extremely fast. I was amazed with the use of chisel and currets for decompression.



23.03.2016

Today I went to center of spinal cord injuries Hokkaido in nearby small beautiful city Bibai. As like previous time was very warmly received by Dr Suda and his team. The first case was degenerative scoliosis and we did PISF from L2 to L5. I was amazed with technique and skills of DrSuda. With TLIF on one side the post op correction was excellent.

The second case was rare thoracic T12 T11 disc with myelopathy which Prof Suda fixation and decompression. We had detail discussion about Pre op and Post op cases.

24.03.2016

Today had a very busy day at Hokkaido orthopedic memorial hospital. Participated in the morning in ward discussion about surgical site infection (SSI) in spine. I shared with them our experience as we have frequent cases of SSI and also pyogenic and tubercular spondylitis. Was convinced with the suggestion of early debridement and culture specific antibiotics with preservation of implants as long as it provides stability. In the afternoon we performed two cases. First case was degenerative scoliosis which had Stenosis and root symptoms on right side and had twice before operated. The surgery was done by Dr Shigeki Ohshima and PLIF was performed.

The second surgery was L4 L5 PID with left sciatica in which Dr Oda performed microdiscectomy.

25.03.2016

Again went to Hokkaido orthopedic memorial hospital where assisted two surgeries. The first case was very interesting with C3 to C6 OPLL with myelopathy. For the first time I saw French door laminoplasty with the use of t saw and spacers. Done by Dr Suzuki with extreme ease and I amused with his excellent skills. The second case was of lumbar degenerative scoliosis with two level PLIF done by Dr Oda. Both allowed me to scrub with them and explained to me everything I asked.

27.03.2016

Prof Abumi took me on a whole day trip at a nearby skiing area and Ottoro city the port of Hokkaido.

28.03.2016

Left Sapporo for Melbourne where I attended APOA Congress 2016. It was a very good experience where I met other fellows. Had a wonderful time, learned a lot of things and met many great spine surgeons.

01.04.2016

I left Melbourne in late night and reached home next day. Overall, it was an unforgettable experience.

Log book

14 MAR	Deg.Scoliosis	PISF +TLIF	Prof Shingenobusato	Assisted
	PIVD	Discectomy	Prof Shingenobusato	Assisted
15 MAR	OPLL	Cervical ped screw Fixation	Prof Abumi	Assisted
	OPLL	Laminoplasty	Prof Abumi	Assisted
16 MAR	DegScoliosis	DLIF/PISF	Prof Kotasuda	Assisted
	D12 Fracture	PISF	Prof Kotasuda	Assisted
17 MAR	AIS	PISF	Prof Yuichiroabe	Assisted
18 MAR	L4L5 DDD	PLIF	Dr Suzuki Masaru	Assisted
	Spinal Stenosis	Decompression	Dr Suzuki Masaru	Assisted
22.MAR	Deg.Scoliosis	PISF+TLIF	Prof Abumi	Assisted
	Spinal Stenosi	Decompression	Prof Abumi	Assisted
23 MAR	DegScoliois	PISF TLIF	Prof Suda	Assisted
	PID thoracic	PISF Decompression	Prof Suda	Assisted
24.MAR	Deg ScoliosisL4L5 Stenosis	PLIF L4 L5	Dr Shigeki Ohashima	Assisted
	L4 L5 PID	Microdiscectomy	Dr Itaru Oda	Assisted
25 MAR	C3 to c6 OPLL	Laminoplasty	Dr Suzuki Masaru	Assisted
	Deg.scoliosis	PLIF	Dr Itaru Oda	Assisted