

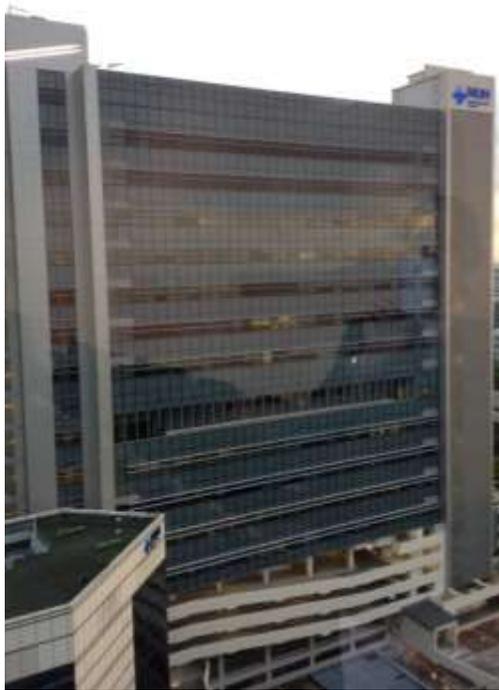
APSS - Depuy Synthes Spine Travelling Fellowship 2013 Singapore, India, Indonesia: 10th - 30th November.

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NUHS



Dr Hyun Kee Yang, Dr Park Dae-Hyun, Ed SimorKhan.

1st Stop: Singapore (10th to 17th November 2013)

- 1) National University Hospital of Singapore.

Supervisor: Prof Wong Hee-Kit and Prof A/Gabriel.

Our first hospital visit, was to the National University Hospital. On the first day we presented our cases and had some academic discussion on it. The very same day we had the opportunity to join Prof Wong Hee Kit OT. I was very fortunate to be able to scrub up the first case with him which was a case of Adolescent Idiopathic Scoliosis.



OT with Prof Wong Hee Kit and Prof Gabriel

The subsequent cases were assisted by my two other colleague from Korea. All in we observed five cases in NUHS which was performed by Prof Wong and Assoc. Prof Gabriel Liu.

On Following days, we had the opportunity to tour the NUHS hospital, we visited the wards, the hand clinic set-up which incorporates the rehabilitation and occupational therapy unit, all under one roof. We also visited the research centre, the private wing clinic and the labs.

We also took part in the spine team grand rounds where they had Pre-op Discussion & Clinical Case Discussion. On their academic day we had the chance to listen to their Clinical Research Presentation which was on 1) Supraphysiological BMP-2 induced inflammation in a Rat model, and a Basic Research Presentation on 1) Protamine based polyelectrolyte microbeads: a potent carrier of rhBMP-2 in posterolateral spinal fusion application.



On the evenings we had dinner with Prof Wong and Prof Gabriel, they took us to one of the local Malaysian Penang Restaurant, Indian Cuisine and also a Chinese restaurant. We also went round Singapore town to take some photos together.



Dinner with Prof Wong and Prof Gabriel



Sightseeing at Singapore

2) Visit to Singapore General Hospital

Guide: Dr. John Chen Li Tat, Assoc. Prof. Tan Seang Beng

This was the second hospital we visited, we took part in their morning academic session and also presented my case too. We had a tour in the hospital, where they showed us around their wards, clinics and research facilities.

3) Visit to Singapore Tan Tock Seng Hospital

Guide : Dr Leslie Ng

The last hospital we visited, we listened to one of the specialist talk on his experience doing fellowship training in arthroplasty at Innsbruck, Austria.

We also had the opportunity to observe a case of spine degenerative disease where an XLIF was done.

The experience we had in Singapore was a memorable experience, we had learned different approaches of treating cases, all the hospitals we went to had most of the state-of-the-art facilities, very advanced research centres and laboratories. Great thanks to all staff members especially Prof Wong and Prof Gabriel for such a kind hospitality.

2nd Stop : Coimbatore, India

Ganga Hospital, Coimbatore, India

Prof S Rajasekaran, Dr Ajoy Shetty, Dr. Rishi Kanna, Dr. Bala Murali

My second stop was to India, my first time ever in India and it was through Asia Pacific Spine Society. That alone had inspire me further in reaching my goal to become a Spine Surgeon.

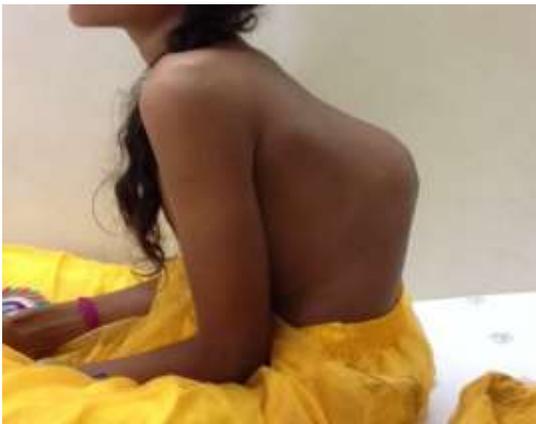
We spend the whole of five days in Orthopaedic Ganga Hospital. I was very fortunate to be able to visit one of the AO Spine Center in India. We were introduced to the spine team, their fellow students and staff. We were amazed of the management of this particular hospital. The amount of cases they had were enormous. Its one of the best training centre I had ever visited.

We had the opportunity to spend three whole day in OT and another two days in the outpatient clinic. We were very lucky to be able to see variety of spine cases ranging from Trauma, Infection, Degenerative, Tumour and Deformity in children and adult.

Throughout our stay here we observe no less than 20 spine cases in OT, and 50 cases in clinic.



Photo with Prof Rajasekaran



Variety of Cases

Despite their busy schedule in clinical work, the spine team were also very active in spine research. They had many publications, International Award Winning Research project and took part in many AO research work. Prof Rajasekara himself presented one of his research winning paper title ‘The Anatomy Of Failure In Lumbar Disc Herniations in Humas’ to us during a short academic session.

All work and no play will always makes a ‘Spine Surgeon’ a dull person. Over the weekend we had a wonderful activity arranged by Ganga Hospital. We went for an elephant ride, a boat ride at Pykara Lake and went to Ooty Hill Station which is a popular hill resort in the state of Tamil Nadu in Southern India and located 2240meter above sea level.



Weekend getaway

We couldn't thank you enough for such a wonderful and warmest hospitality by Prof. Rajasekaran and his great team. Definitely we would want to come here again for any kind of spine training and courses.

3rd Stop : Indonesia (24th-30th)

Department of Orthopaedic and Traumatology, Dr Hasan Sadikin Hospital, Bandung.
Guide : Dr BambangTiksnadi

Our third and final stop was to Indonesia. The first hospital we went to was Dr Hassan Sadikin Hospital in Bandung. Over here we presented our cases, and their spine team also presented some case discussion and also some of their published work. We had the chance to visit their wards and clinic. Unfortunately we were not able to observe any case in OT because on that day the the whole of Indonesia were on strike due to some medicolegal issues and all the operating theaters were not functioning except the emergency OT.

In Bandung we did some shopping as well, many Malaysians actually come here for shopping. We also visited the

The next stop to visit was a CiptoMangunkusumo Hospital, Jakarta. Our host was Dr Dohar Tobing.

It took us about five hours to reach Jakarta travelling by road. I was really shocked by the terrible traffic. I thought Kuala Lumpur's traffic was bad, this is much worst.

We had our presentation session in the morning and observe a case in the OT after that. In the evening we had dinner with the spine team, tried some of the Indonesian food. We also tried the most expensive coffee in the world 'Kopi Luwak'.

The last hospital we visited was Fatmawati Hospital, Jakarta. Our host over there was Dr Luthfi Gatam and Dr Didik Librianto. Here we had some acedmic discussion and some presentation from their spine team. We also had the opportunity to scrub together with Dr Luthfi. Later in the evening we had our farewell dinner.

In short, this Spine Travelling fellowship programme is very beneficial for any surgeon who would like to pursue a carrier as a spine surgeon. It gives a good experience as to how cases are managed in other centers. So many things I have learnt from the more experienced surgeon.

Apart from that I also had a great opportunity to get to know other peoples culture, and I had built many new relationship with friends from other countries, Singapore, India, Indonesia, and Korea. Me and my Korean friends had a great time together, many things we have shared and learnt from each other. In conclusion, I would recommend this programme to be applied by all new spine surgeon and also for those who really have interest in doing spine. Lastly I would like to thank the Organizer especially Prof Kwan Mun Keong who had chosen me and gave me this great opportunity to participate In this great programme and also special thanx to his wonderful team, Ms Kong, Ms Helen, Mr Billy and others, who had make sure that everything went smoothly as planned.



Photo session with Dr Dohar and team



OT with Dr Luthfi



The Monash Monument in Jakarta



Farewell Dinner

LOG BOOK

No	Date	Particulars	Case	Procedure	Surgeon	Role	Hospital
1.	11/11/13		AIS	Posterior Instrumentation and Fusion	Prof Wong	Assistant	NUHS
2.	11/11/13		HNP L4L5	Microdiscectomy	Prof Gabriel	Observer	NUHS
3.	13/11/13	Rebecca Koh Yin Yi (12)	AIS	Thoracoscopic	Prof Wong	Observer	NUHS
4.	13/11/13	Susan Tan Ah Wah	Lumbar Spinal Stenosis	Extension of Fusion	Prof Wong	Observer	NUHS
5.	13/11/13	Hong Kam Thongla	L1 Chance Fracture	MISS	Prof Gabriel	Observer	NUHS
6.	15/11/13		Degenerative Disc Disease	XLIF L2L3,L3L4	Dr Leslie	Observer	TanTock Seng
7.	18/11/13	Fathima Ameen (13105031)	AIS	Posterior Instrumentation and Fusion	Prof Rajasekaran	Observer	Ganga Hospital
8.	18/11/13	Mohan Durai (13111630)	C5C6, C6C7 Disc Prolapsed	ACDFC5C6,C6C7	Dr Ajay	Observer	Ganga Hospital
9.	18/11/13	Venketeshwara Prasad (13071871)	C5C6 Disc Prolapsed	ACDF C5C6	Dr Bala	Observer	Ganga Hospital
10.	18/11/13	Ramachandran	L1 Pseudoarthrosis	Vertebroplasty	Dr Ajay	Observer	Ganga Hospital
11.	18/11/13	Yusuf Siddiq (13111652)	Spinal Stenosis L3L4, L4L5	TLIF	Dr Rishi	Observer	Ganga Hospital
12.	18/11/13	Gangadharan (13110975)	HNP L1L2, L2L3	Microdiscectomy	Dr Bala	Observer	Ganga Hospital
13.	18/11/13	Isthavan (13111981)	C4C5 Disc Prolapsed	ACDF C4C5	Dr Ajay	Observer	Ganga Hospital
14.	20/11/13	Yassar Arafath (13073669)	Congenital Lumbar Kyphosis	Posterior Corrective Instrumentation and stabilization	Prof Rajasekaran	Observer	Ganga Hospital
15.	20/11/13	Armhassain (13083953)	T11,T12 Pathological Fracture	Posterior Instrumentation and vertebroplasty	Prof Rajasekaran	Observer	Ganga Hospital
16.	20/11/13	Sreelaksmi (13102279)	AIS	Posterior Instrumentation and Fusion	Dr Ajay	Observer	Ganga Hospital
17.	20/11/13	Hajjira (13112861)	T8 Pathological Fracture	Posterior Decompression Instrumentation	Dr Ajay	Observer	Ganga Hospital

18.	20/11/13	Srinivasan (13101062)	HNP L4 L5	Microdiscectomy	Prof Rajasekaran	Observer	Ganga Hospital
19.	20/11/13	Saraswathi (11041237)	L5S1 Spondylolisthesis	L5S1 Fusion	Dr Rishi	Observer	Ganga Hospital
20.	22/11/13	Selvi Deepa (13111173)	Congenital Thoracolumbar Kyphosis	Posterior Corrective Instrumentation and stabilization	Prof Rajasekaran	Observer	Ganga Hospital
21.	22/11/13	Master Shankar (13071871)	Odontoid Fracture	Screw fixation	Prof Rajasekaran	Observer	Ganga Hospital
22.	22/11/13	Jayantha (131000074)	HNP L4L5	Microdiscectomy	Dr Ajay	Observer	Ganga Hospital
23.	22/11/13	Shobana (13112455)	Disc Prolapsed C5C6	ACDF C5C6	Dr Ajay	Observer	Ganga Hospital
24.	22/11/13	Kathirvel Samy)	R Global Brachial Plexus Injury with Neuropathic Pain	C5-T1 Laminectomy with DREZ Lesioning	Dr Bala	Observer	Ganga Hospital
25.	28/11/13		Ca Prostate with Mets to spine	Posterior Instrumentation and Decompression	Dr Dohar	Observer	CiptoMangu nkusumo Hospital, Jakarta
26.	29/11/13		TB Spondylitis	Posterior Instrumentation and Decompression	Dr Luthfi	Observer	Hospital Fatmawati
27.	29/11/13		HNP L4L5	Microdiscectomy	Dr Luthfi	Assistant	Hospital Fatmawati