



# APSS Travelling Fellowship 2018

GROUP 1

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17.05.18 -  
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# Introduction

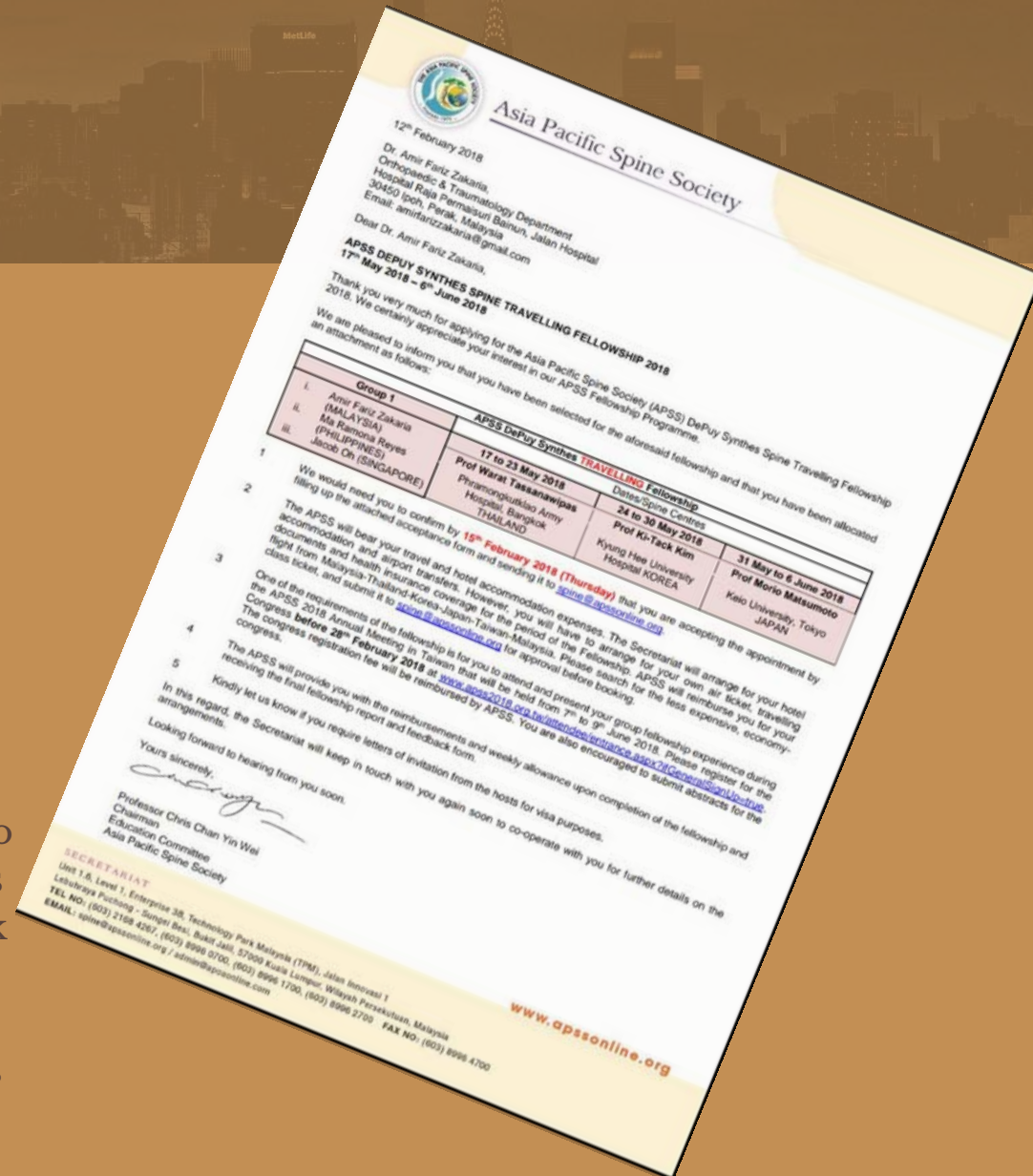
## THE JOURNEY

We were privileged to have received the APSS Depuy-Synthes Travelling Fellowship 2018.

Four fellows travelled to four different countries in nearly four weeks in a bid to gain experience and exposure of spine surgery.

We would like to express our gratitude to Dato Dr K.S Sivananthan, Professor Chris Chan, Professor Warat, Professor Ki-Tack Kim, Professor Yong-Chan Kim, Dr Kota Watanabe, Dr Shinjiro Kaneko and Professor Morio Matsumoto for giving us this opportunity.

This is our journey...



# The Fellows



Dr Amir Fariz Zakaria  
Hospital Ipoh, Malaysia



Dr Ma Ramona Reyes  
Southern Philippines Medical  
Center  
Davao Doctors Hospital  
Philippines



Dr Jacob Oh  
Tan Tock Seng Hosp  
Singapore



Dr Miao Wang  
Aarhus University Hosp  
Denmark



# APSS Depuy- Synthes Travelling Fellowship

Bangkok

17-23rd May 2018



Seoul

24-30th May 2018



Tokyo

31-6th June 2018



# Bangkok, Thailand

**17TH MAY 2018**

Arrived in Bangkok in the afternoon and greeted with Japanese dinner by Professor Warat Tassanawipas, Chief Orthopaedic of Phramongkutklao Army Hospital. It was the first time that all the members met and marked the beginning of our fellowship.

**18TH MAY 2018**

## Phramongkutklao Army Hospital

Started the day early at 0730 with morning conference attended by staffs of orthopaedic department. It was then followed by presentations by spine fellows.

Beginning at 0930 hours, we were brought to OR and observed 2 surgeries; L4 spine metastasis and adolescent idiopathic scoliosis Lenke 1C.







## 19TH MAY 2018

### Asia Pacific Cervical Arthroplasty Course - Chulalongkorn University Surgical Training Centre

Courtesy of Prof Warrat, we were fortunate to attend this cervical arthroplasty course. This cadaveric course gave us 'hands-on experience' on cervical disc replacement. It was instructed by Dr James Tan from Gleneagles Hospital, Singapore and organised by Zimmer-Biomet.

## 20TH MAY 2018

### Free & Easy

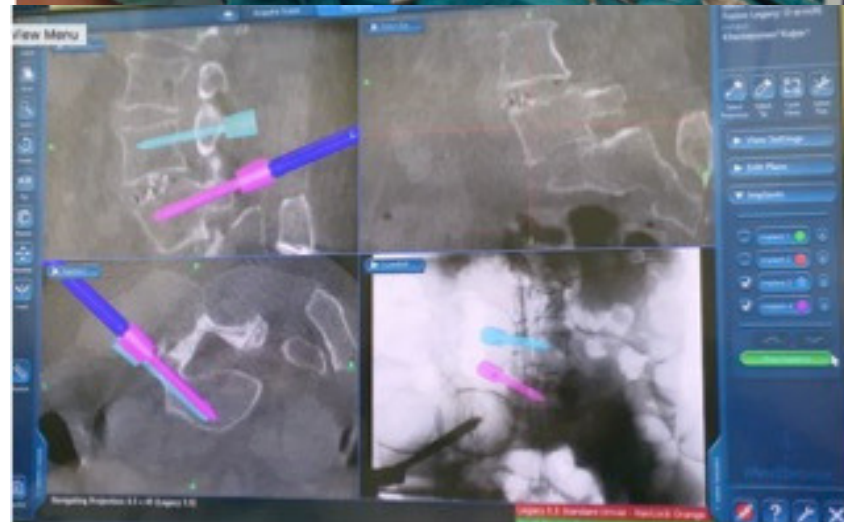
It was our off day and we took the opportunity to explore the colourful city of Bangkok.



## 21ST MAY 2018

### Siriraj University Hospital

We started early at 0730 hours, beginning with meeting with Professor Surin Thanapipatsir, Chief of Orthopaedic Siriraj University Hospital and President of Thailand Spine Society. It was then followed with the department's morning



conference and presentations by the spine fellows.

By 0930 hours, we were led to OR and observed two surgeries; spine metastasis and lumbar stenosis. After lunch, we were brought to Congdon's Anatomical Museum, the University and Thailand's oldest anatomy museum established in 1947.

## 22ND MAY 2018

### King Chulalongkorn Memorial Hospital

At 0800 hours we were led by Thai spine fellows to OR. There we met Assoc Prof Worawat Limthongkul and Dr. Veerasak Singh Thanakit that specialises in degenerative spine. We were amazed with the state of the art OR and observed three cases; selective nerve root block for lumbar stenosis, O-arm navigated MIS TLIF and O-arm navigated OLIF and posterior instrumentation.





**23RD MAY 2018**

### Rajavithi Hospital

Our last visit was to this Bangkok public hospital. We met with Dr Athikom Methatien, a skillful spine surgeon that dedicates most of his work to scoliosis. We had the opportunity to assist him during his surgery; adolescent idiopathic scoliosis Lenke 2AN.







## 24TH MAY 2018

We departed to Seoul via Thai Airlines at 0710 hours and arrived at 1615 after a short lay over in Taipei. At the airport we were welcomed by staffs of U&I company that drove us to Harmony Hotel at Gangdong-gu area.

Soon after we met with Dr Park and Dr Lee, two spine fellows, attached to Kyung Hee University. They then brought us for dinner.

## 25TH MAY 2018

**Kyung Hee University Medical Centre (Hoegi)**  
By 0700 hours, we were invited by the staffs of U&I company to Kyung Hee University Medical Centre in Hoegi. There we met with Dr Kang, a spine surgeon with interest in cervical.

We were brought to OR and introduced to Professor Lee Jung-Hee. He demonstrated a case of degenerative lumbar disease with OLIF and PSF L2-L5 using wave-flex, an invention by Medyssey to prevent proximal junctional failure.





After lunch, we attended a presentation by Dr Kang regarding his latest research on cervical surgeries.

Our next agenda was to Lotte Tower where we were able to experience the picturesque view of Seoul.

By evening, we headed to Kyung Hee University Hospital Gangdong where we met with Professor Ki-Tack Kim, Chairman of Orthopaedic Department Kyung Hee University, Director of Kyung Hee University Hospital and President of Korean Society of Spine Surgery. We enjoyed a delicious Japanese dinner and had the opportunity to know more of each other.

## 26TH MAY 2018

### U&I Facility Tour

On Saturday, we were brought to U&I factory at Gyeonggi-Do that manufactures spinal implants. We were briefed regarding the steps of productions and latest researches by the R&D team.







In the afternoon, we were brought to Gangnam and spent our own time exploring the area.

## 27TH MAY 2018

### Free & easy

We took the opportunity on this Sunday to visit many areas around Seoul including Seoul Park, Lotte Mall, Itaewon and Gangdong-Gu area.



## 28TH MAY 2018

### Kyung Hee University Medical Centre (Gangdong)

By 0800 hours, we were in OR and introduced to Professor Yong Chan Kim. We were able to observe three cases; posterior vertebral column resection with expandable cage, stage 1 surgery for failed back syndrome (posterior release and pedicle screw insertion) and posterior decompression with posterior instrumentation of L2-S1 for lumbar stenosis.





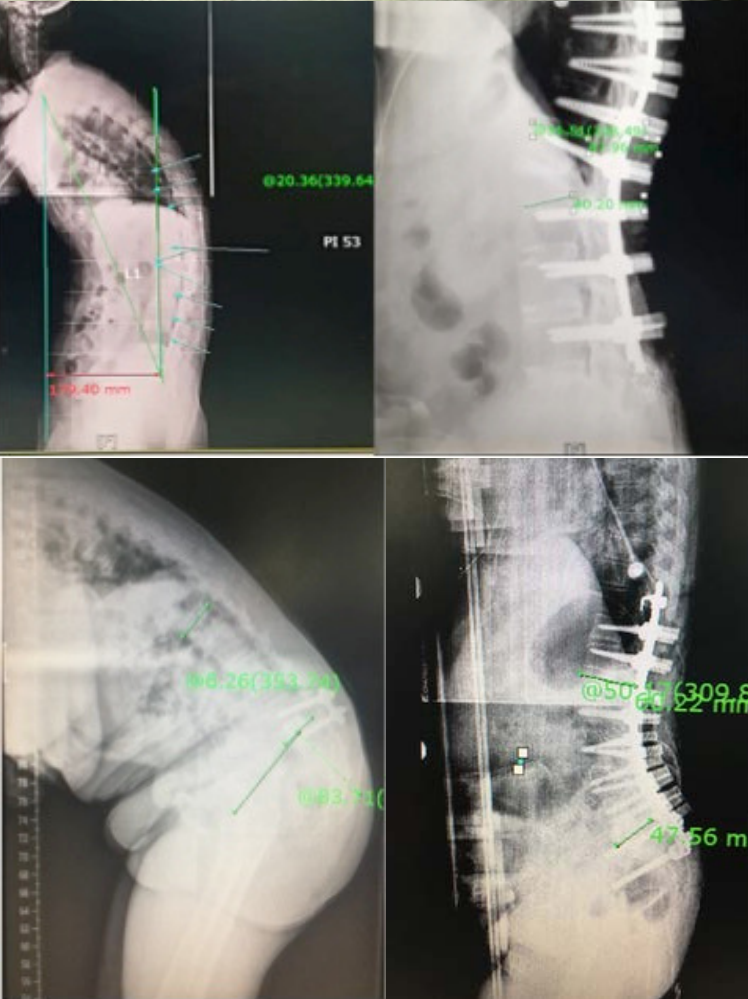
In the evening, we were brought to Korean BBQ and grilled dinner with the orthopaedic faculty of Kyung Hee University Hospital. It was in conjunction with Teacher's Day Celebration and also graduation of the orthopaedic residency.

## 29TH MAY 2018

### Kyung Hee University Medical Centre (Gangdong)

We were in OR by 0800 hours and had first hand experience by assisting Professor Ki-Tack Kim. He has popularised his techniques of vertebral osteotomy especially in cases of ankylosing spondylitis. We assisted in three cases; Brodie osteotomy of L2 for ankylosing spondylitis, OLIF L4/L5 for isthmic spondylosis and 2nd stage surgery (OLIF L2-L5 and PSF L2-iliac) for degenerative lumbar deformity.

In the evening, we enjoyed a traditional Korean dinner with the spine team of Kyung Hee University Hospital.





**30TH MAY 2018**

## Kyung Hee University Medical Centre (Gangdong)

We attended the spine clinic in the morning and listened to a lecture given by Professor YC Kim regarding proximal junctional failure in osteoporotic spine. We also exchanged gifts and were presented with certificate of fellowship completion at Kyung Hee University.

In the afternoon, we departed to Tokyo via Air Seoul at 1700 hours and arrived at Narita Airport around 1930. We soon made our way to Wing International Hotel at Shinjuku district by bus.







# Tokyo, Japan

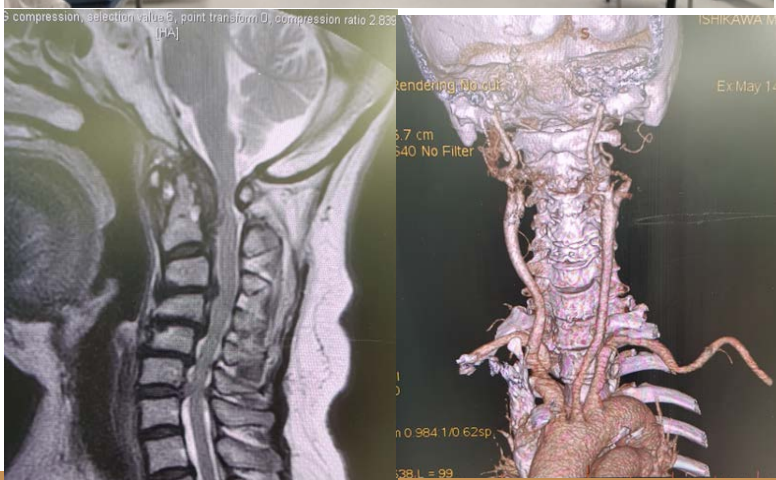
**31ST MAY 2018**

## Keio University Hospital

We met with Dr Kazuki Takeda, spine fellow at Keio University Hospital, at the hotel around 0645 hours. We then walked to the hospital and met with Dr Kota Watanabe, Chief of Spine Keio University Hospital along with Professor Morio Matsumoto, Chief of Orthopaedic Keio University Hospital.



Our day then began at 0715 with a 'breakfast talk' organised by Stryker regarding their spinal implants. This was followed by a spine conference at 0730 hours where all the cases in wards were presented. We were surprised to hear the number of patients in ward and the variety of cases available.



By 0830 hours, we proceeded to OR and we were amazed to see the large size and state of the art equipments. We also took the opportunity to assists four surgeries that day; two were cervical





decompression for cervical stenosis, a lumbar decompression for lumbar stenosis and PSF T2-T11 for neuromuscular scoliosis.

At night, we were treated with a welcoming dinner at an Izakaya attended by the spine team.

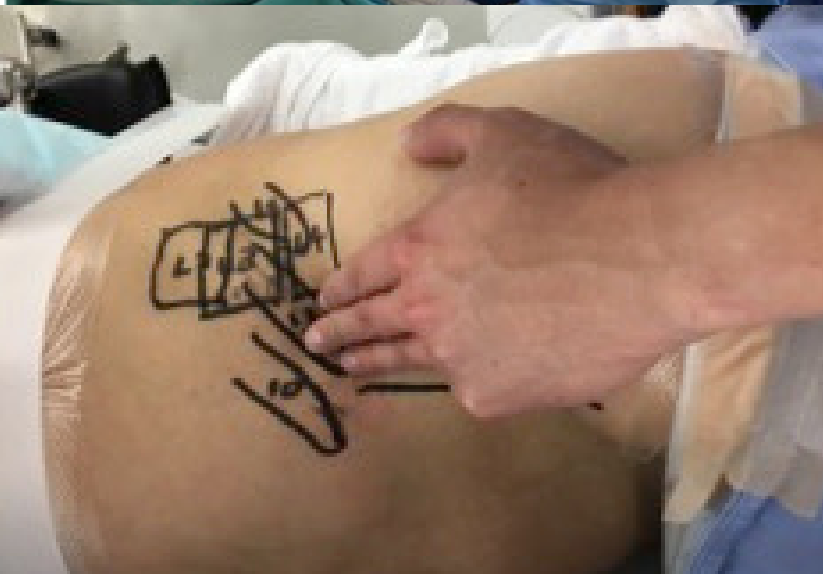
## 1ST JUNE 2018

### National Hospital Organization Muruyama Medical Centre

We travelled by car to Musashimurayama, 40km away from Tokyo to one of the largest public hospital. There we met with Dr Shinjiro Kaneko, Chief of Orthopaedic and Spine Surgery.

After a brief introduction, we immediately went to OR and actively assisted a case of degenerative lumbar disease planned for OLIF and PSF L2-L5.

Surgery ended around 1830 hours where we then proceeded with presentation of our spine researches. This was followed by an Italian dinner at 2030 hours. We adjourned around 2200 hours and returned back to the hotel via train accompanied by Dr Junichi Yamane.





## 2ND JUNE 2018

### Tokyo Sightseeing

We had an exciting Saturday as we started by visiting the Meiji Shrine, one of the biggest and most popular shrine in Tokyo. By noon we enjoyed lunch at a famous ramen restaurant.

This was followed by attending a baseball game between Keio University and Waseda University. It was an overwhelming experience to attend a baseball match for the first time and to observe the high spirit of Keio University fans. Match ended with Keio University claiming victory.

By evening, we were surprised with Japanese grilled bbq dinner nearby Shibuya.

## 3RD JUNE 2018

### Hakone Sightseeing

it was a memorable experience to visit Hakone, about 80km west to Tokyo. We took the train and arrived there around noon. After lunch at Gotemba, we had a perfect view of Mount Fuji. We proceeded to Gora where we then took the cable car followed by a cruise. We saw the 'Valley



of Hell' and tasted the famous black egg.

By 2030 hours we were back in Tokyo and enjoyed dinner at a local seafood restaurant in Shinjuku.

## 4TH JUNE 2018

### Keio University Hospital

The morning started with a spine conference followed by surgery beginning at 0830 hours. That day we saw several interesting cases among them is the drop head syndrome secondary to basilar invagination and C0-C1 instability. An occipital-cervical fusion was performed by Dr Kota Watanabe. Apart from that we also assisted in three other cases which were; PLIF for lumbar stenosis, excision of intramural hemangioma and microendoscopic discectomy for lumbar PID.

In the evening, we were treated with another Japanese dinner attended by most of the spine team.







## 5TH JUNE 2018

Free & easy

We were allowed to have our own free time on this day. We took the opportunity to explore other parts of Tokyo including Tokyo Sky Tree, Asakusa, Akihabara and Shibuya.

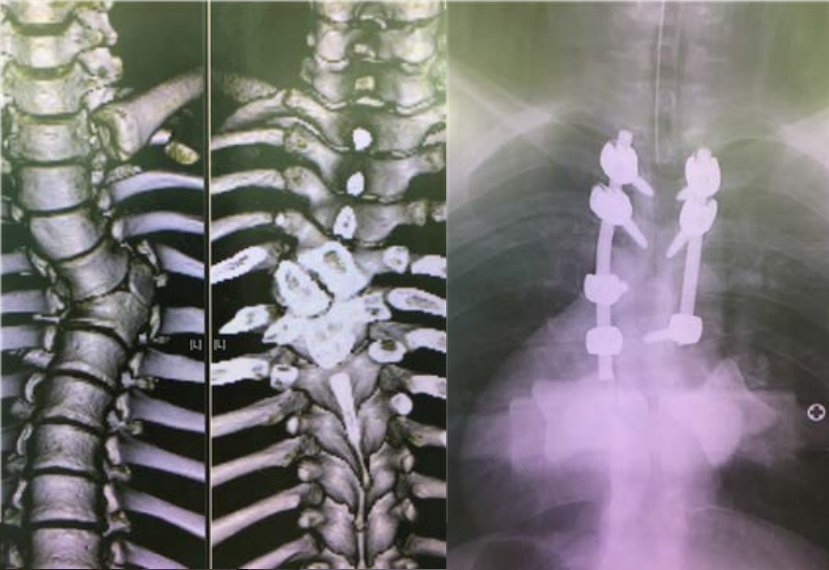
At 1900 hours, we attended an exclusive dinner with Professor Morio Matsumoto at Kojunsha Club in Ginza. We were overwhelmed with the fine dining restaurant and the exquisite menu. We also presented gifts to Professor Matsumoto and Dr Kota Watanabe.

## 6TH JUNE 2018

**Keio University Hospital**

We attended their weekly orthopaedic department conference at 0730 hours. This meeting includes discussion of selected cases and introduction of new staffs.

As soon as the meeting ended, we were presented by Professor Morio Matsumoto with a certificate of fellowship completion and also a piece Keio University alumni tie.



This was followed by OR beginning at 0830 hours. We observed three cases on this day; laminoplasty and PSF for cervical stenosis, resection of hemivertebrae and PSF for congenital scoliosis, and excision of intramural hemangioma.

At 1730, we attended a spine symposium organised by the orthopaedic department, Each of us presented our studies followed by a key lecture by Professor Morio Matsumoto on laminoplasty.

By 1930, we attended a farewell dinner held for us. There we met with Professor Masaya Nakamura, a renown orthopaedic spine oncology surgeon.







# Taipei, Taiwan

**7TH JUNE 2018**

We departed our hotel around 1030 hours and headed to Narita airport via airport bus. We boarded Cathay Pacific airlines at 1540 hours and arrived in Taipei at 1825 hours.

We were brought to Mezi Hotel by airport transfer.

**8-9TH JUNE 2018**

We attended the APSS congress during the day followed by the congress dinner on 8th June 2018. We were celebrated on stage with our certificate of completion of the APSS Travelling Fellowship 2018 presented by Dato KS Sivananthan and Professor Kuniyoshi Abumi



# Log book Bangkok, 17-23rd May 2018

Num	Age/Gender	Diagnosis	Surgery
1	19/F	AIS Lenke 1C	PSF T2-L3
2	45/M	Spine metastasis L4	PSF L3-L5 and decompression
3.	56/M	Rectal ca with spine metastasis	PSF L4-S1 and decompression
4.	72/M	Lumbar stenosis	PSF L3-L5 and decompression
5.	65/M	Degenerative scoliosis	SNRB L3/L4, L4/L5
6.	68/F	Lumbar stenosis L4/L5	O-arm navigated MIS TLIF
7.	72/M	Degenerative scoliosis	O-arm navigated OLIF L3-S1 and PSF L3-S1
8.	18/M	AIS Lenke 2N	PSF T2-L2

# Log book Seoul, 24-30 May 2018

Num	Age/Gender	Diagnosis	Surgery
1.	85/F	Degenerative scoliosis	OLIF L2-L5 and PSF L2-L5
2.	66/M	Bladder Ca with T8 spine metastasis	PVCR and PSF T5-T11 with expandable cage
3.	67/F	Failed back syndrome	Stage 1 surgery: posterior release and pedicle screw insertion T10-S1
4.	80/F	Spinal stenosis L2-S1	PSF L2-S1 and decompression
5.	50/M	Ankylosing spondylitis	Brochie osteotomy L2 and PSF T8-L5
6.	56/M	Isthmic spondylosis L4/L5	OLIF L4/L5 and PSF L4-L5
7.	67/M	Spondylolisthesis L5/S1 with kyphotic deformity	Stage 2 surgery: OLIF L2-L5 and PSF L2-Illiac

# Log book Tokyo, 31-6th June 2018

Num	Age/Gender	Diagnosis	Surgery
1.	15/F	Neuromuscular scoliosis	PSF T2-T11
2.	74/F	Lumbar stenosis	Laminectomy L3-L5
3.	68/F	C1/C2 instability with multilevel cervical stenosis	C1-C2 fusion and C3-C5 laminoplasty
4.	80/F	CSM	Laminoplasty C5-C6
5.	67/F	Meningioma	Excision biopsy
6.	73/M	Lumbar stenosis	OLIF L2-L5, PSF L2-L5
7.	64/F	Dropped head syndrome, C0/C1 instability and basilar invagination	C0-C4 fusion
8.	76/M	Lumbar stenosis secondary to DISH	PLIF L1/L2, L2/L3 and decompression
9	69/F	Hemangioma T8	Excision of hemangioma
10	35/M	PID L4/L5	MED L4/L5
11	77/F	CSM	PSF C2-C4 and decompression
12.	15/F	Congenital scoliosis	Resection of hemivertebrae T5 and PSF T3-T7



Thank You APSS!

