

Report for the APSS - Deputy Synthes Spine Travelling Fellowship 2013

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Mentor:

HCM city, Vietnam	10 th to 17 th November 2013	<i>Assoc Prof Vo Van Thanh,</i> Spinal Surgery Department A, Hospital for Trauma – Orthopedics, 929 Tran Hung Dao Street District 5, HCM City, Vietnam 70000
Wakayama, Japan	17 th to 24 th November 2013	<i>Prof Munehito Yoshida,</i> Wakayama Medical University, School of Medicine 811-1 Kimiidera Wakayama, Japan 641-00012
Seoul, Korea	24 th to 30 th November 2013	<i>Prof Kee Yong Ha, Dr Yeonkyung Park,</i> Seoul St Mary's Hospital, College of Medicine, The Catholic University of Korea 505 Banpo-Dong, Seocho-Gu, Seoul, 137-701 Korea

The APSS travelling fellowship program 2013 took place from 10th Nov 2013 to 30th Nov 2013. My fellowship started in HCM city, Vietnam. I arrived Vietnam on the 10th Nov and was welcomed by Dr. Tuan, Prof Thanh's colleague, immediately in the airport. With the warm hospitality from Prof Thanh and his colleagues, I soon arrived the hotel and have a nice welcome dinner with Prof Thanh, his team and Dr Sohail on that day.

We were accompanied by Dr. VNT An to the Hospital on 11 Nov 7.00 am. We have visited various departments and different clinical areas of the hospital in the morning. My impression in HCM city Hospital for Trauma – Orthopaedics was a small but warm hospital with many many patients. We then went to the Trauma Hospital to observe a case with cervical laminectomy with posterior fusion performed. After lunch, we had discussion with Prof Thanh for some difficult scoliosis cases. And the day ended with few lectures by Prof Thanh on spinal TB, Scoliosis and cervical myelopathy.

12 Nov was an operation day. We arrived hospital at 7.00 am. The cases admitted and operated on the previous call day were discussed in the morning. After that we had presentation from Dr Sohail on "Lumbar fenestration and discectomy". At 9.00am, we went to the operating room for operation. The first case was hemilaminectomy T5 for inspinal tumour excision performed by Prof LaPierrie, a visiting Neurosurgeon from France. The second case was a posterior instrumentation for AIS using double rod technique by Prof Thanh. We were all impressed by the skills, efficiency and experience of Prof Thanh. The day concluded with a local vegetarian dinner with two visiting surgeons from France, the APSS fellows, Prof Thanh and his team.

13 Nov, after morning meeting with the whole department staffs and students, I presented my topic " Cervical laminoplasty using titanium miniplate". We had many good discussions on that topic afterward which I learned a lot. Then followed by the busy morning and afternoon out patient clinic with Prof Thanh. We saw a lot of complicated, interesting and good cases during the clinic time.

14 Nov, we had chance to scrub up and assist a scoliosis cases as well. It was a very severe and rigid AIS case with anterior release performed 2 weeks before. That time was the posterior correction from T1 to L4 with multiple SPO. Under the guidance by Prof Thanh, we had a chance to do the free hand pedicle screw insertion and the patient had a very good correction of deformity as evidenced by post-op XR.

15 Nov, we assisted one case performed by Dr Hien, Prof Thanh colleague. It was a case of cervical myopathy with multiple level stenosis and ossification of the ligamentum flavum. Patient presented with central cord syndrome. Cervical laminoplasty with VVT technique was done. The VVT technique was designed by prof Thanh using lateral mass screw and tension band wiring to prevent the hinge from falling back.

16 Nov, we went to prof Thanh's hometown in Vietnam, Tay Ninh. We have a very relaxing and enjoyable one-day trip with Prof Thanh's family and his staff. We left Vietnam after a farewell dinner with his team.

17 Nov, we arrived Kansai airport in Japan and were picked up by Dr. Hiroshi Hashizume. We started our training in Japan on 18 Nov. We arrived the Wakayama Medical University at 7.30 am. The day started by morning meeting and then grand round of all the in-patients in the hospital. After that we have lecture by Dr. Hiroshi Hashizume and Dr Akihito Minamide on cervical and lumbar microendoscopic decompression for PID and spinal stenosis. Wakayama University Hospital and Prof. Munehito Yashida is world famous in endoscopic spinal decompression for cervical and lumbar spinal pathology. It was a very good experience to learn from Prof Yoshida and his team. In the afternoon, went to Saiseikai Wakayama Hospital to observe two operations by Prof. Yamada. The first one was microendoscopic decompression for lumbar L4/5 PID while the second one was cervical laminoplasty for multiple level spondylotic myelopathy. The day ended by our presentations. I presented my "prospective study on lumbar spinal stenosis with treadmill assessment".

19 Nov, we observe three operations performed by Prof. Yashida in Sumiya Orthopaedic Hospital. Sumiya Hospital is a famous MIS spine hospital in Japan, which is around 20 minutes drive from Wakayama University Hospital. The first operation was Tandem operation with microendoscopic transforminal decompression for lumbar spinal stenosis and open laminectomy for thoracic OYL. The other two were microendoscopic discectomy for recurrent PID. We were very impressed by the skills and experiences of Prof. Yoshida and his team. He would perform excellent decompression for single level spinal stenosis within 60 minutes using endoscopy. In the evening, we have a warm welcoming dinner at the authentic Japanese cuisine restaurant "Aoi". The food and environment was very good and we could also enjoy the traditional Japanese garden there.

20 Nov. After arrival Wakayama Medical University at 7.30am, we have morning round in the hospital for 1 hour. After that we have observed 3 microendoscopic operations by prof Yoshida and his team. This further consolidated our understanding and knowledge in various endoscopic spine procedures. Besides MIS spine operation, we have also observed one case of upper cervical spine decompression performed by Prof Yamada. With the kind guidance by Dr Hiroshi, we have a very fruitful day.

21 Nov, we went to Wakayama Medical University Kihoku Hospital, which is located in the northeast of Wakayama and we need around 90 minutes to go there by car. In Kihoku hospital, we meet Prof. Kawakami who is a very famous spine surgeon in the world. We have the chance to assist two spine operations there. One was the famous Marmot operation, which was initially described by Prof Kawakami. After that we travel to Kobe City.

21-22 Nov - The 16th Annual Meeting of the Japanese Society for the Study of Endoscopic and Minimally Invasive Spine Surgery, JESMISS 2013 - Kobe City

22 and 23 Nov, we have a relaxing and enjoyable trip to Kobe City and Kyoto with Dr. Hiroshi.

24 Nov, we traveled to Seoul and meet Dr Ahn in the airport and started our fellowship in St. Mary Hospital.

25 Nov, we joined the department morning meeting at 7.00 am and then the ward round. After that we joined Prof Ha out patient clinic. In the afternoon, we observe the lower sacrum cordoma excision performed by Prof Kim and a tumour surgeon. In the evening, we met Dr. Philippe from France and he introduced us the KEOPS system for spine patients' data collection and study purpose.

26 Nov, operation day with Prof Ha and Prof Kim, we assisted the DLIF operations and discussed with Prof Ha concerning about degenerative scoliosis management. We were very impressed by Prof Ha's skills and efficiency in his operation.

27 Nov, operation day with Prof Ha and Prof Kim, we assist 2 cases on lumbar spinal stenosis with decompression and fusion. Then I joined Prof Kim in the afternoon for lumbar transformial epidural injection. We have dinner with the orthopaedics department in the evening.

28 Nov, we have spine journal club meeting at 7.00 am. We have some discussion on acute spinal cord injury and adult degenerative scoliosis. Then we spend half day for city tour in Seoul and then dinner with spine team surgeon in the evening.

29 Nov, operation day with Prof Ha and Prof Kim. First case was an adult degenerative kypho-scoliosis with previous DLIF 3 level 2 weeks ago. Posterior decompression and L1 to iliac fixation was performed. There was excellent correction of alignment both in sagittal and coronal plane. The second case was a single level PLIF for low-grade degenerative spondylolisthesis.

30 Nov, HK.

My three weeks of stay in Vietnam, Japan and Korea were extremely fruitful and satisfying. I would like to express my sincere gratitude to Prof Thanh, Prof Yoshida and Prof Ha for all their hard work in organizing such an enriched program. Moreover, I would like to thank their teams and all other consultants for their hospitality and efforts to teach me and share their experiences.

Finally, I would like to thank the APSS for offering me this precious chance to participate in this fellowship program. And thank you very much Miss Kong and Miss Chong for your help and arrangements during the fellowship. I will remember this fellowship in the rest of my life.



Hospital for Trauma – Orthopedics in HCM city, very busy hospital



Sever AIS with posterior instrumentation and multiple osteotomies performed



Prof Thanh and me



Lunch with Prof Thanh's family in his home



Wakayama university hospital; Prof Yoshida and his team



Prof Kawakami and the modified Marmot operation



MIS, transforminal decompression for far lateral disc



Lunch with Prof Yoshida and Dr Hiroshi



We met Prof Kawakami



Trip to Kyoto



St. Mary Hospital, Seoul



Degenerative scoliosis with DLIF done; Operation with Prof Ha.



Prof Ha, Prof Kim, Dr Ahn and us

Log book of cases assist or observe during fellowship (Attached below)

Date	Age	Sex	Diagnosis	Procedure	Surgeon	Role	Hospital
11 Nov	65	F	Cervical myelopathy	C3 to C6 laminectomy with fusion by plating	Prof. Thanh	Observe	Trauma Hospital, HCM City
12 Nov	48	F	T5 intra-dural tumour	T5 hemilaminectomy with tumour excision	Prof. Lapierrie	Assist	Hospital for Trauma – Orthopedics, HCM city
12 Nov	11	M	AIS	Posterior instrumentation (T2 to L2) Double rod rotation technique	Prof. Thanh	Assist	Hospital for Trauma – Orthopedics, HCM city
14 Nov	17	M	AIS	Posterior instrumentation (T1 to L4) + Multiple SPO	Prof. Thanh	Assist	Hospital for Trauma – Orthopedics, HCM city
15 Nov	70	M	Cervical myelopathy with OYL	Cervical C3 to C6 laminoplasty	Dr. Hien	Assist	Hospital for Trauma – Orthopedics, HCM city
18 Nov	67	F	L4/5 PID	Microendoscopic discectomy and decompression	Prof. Yamada	Observe	Saiseikai Wakayama Hospital
18 Nov	68	F	Cervical myelopathy	C3 to C7 double door laminoplasty	Prof. Yamada	Observe	Saiseikai Wakayama Hospital
19 Nov	74	F	L5/S1 foraminal stenosis + T10/11 OYL	Microscopic L5/S1 transforminal endoscopic decompression + T10/11 open laminectomy	Prof. Yashida + Dr Nomura	Observe	Sumiya Orthopaedic Hospital
19 Nov	57	M	Recurrent PID L L5/S1	Microendoscopic fenestration and discectomy	Dr. Nomura	Observe	Sumiya Orthopaedic Hospital
19 Nov	45	M	Recurrent PID L L4/5	Microendoscopic fenestration and discectomy	Dr. Nomura	Observe	Sumiya Orthopaedic Hospital
20 Nov	68	M	R L4/5 lateral canal stenosis	Microendoscopic R L4/5 lateral canal decompression by posterior approach	Prof. Yamada	Observe	Wakayama Medical University Hospital
20 Nov	52	F	R L2 extraforaminal radiculopathy	Microendoscopic transforminal R L2 decompression	Prof. Yashida	Observe	Wakayama Medical University Hospital
20 Nov	70	M	R L4/5 far lateral disc with R L4 radiculopathy	Microendoscopic transforminal R L4 decompression and L4/5 discectomy	Dr. Hashizume	Observe	Wakayama Medical University Hospital
20 Nov	12	F	Basal skull and C1/2 compression with syringomyelia	FM decompression, C1 laminotomy, C2 laminoplasty + Duroplasty	Prof. Yamada	Observe	Wakayama Medical University Hospital
21 Nov	61	F	Spinal stenosis L3/4 and L4/5	L3/4 and L4/5 decompression + PL fusion L3 to L5	Prof. Kawakami	Assist	Wakayama Medical University Kihoku Hospital
21 Nov	67	F	Spinal stenosis L2/3, L3/4, L4/5 and L5/S1	Modified Marmot operation L2 to S1	Prof Kawakami	Assist	Wakayama Medical University Kihoku Hospital
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25 Nov	42	M	Cordoma lower sacrum	En bloc excision posterior approach	Prof Kim	Observe	Seoul St Mary's Hospital
26 Nov	79	F	Degenerative scoliosis	DLIF L2/3 and L3/4	Prof Kim	Observe	Seoul St Mary's Hospital
26 Nov	71	M	Spinal stenosis L3/4 and L4/5	PLIF L4/5 and PL fusion L3 to L5	Prof Kim	Observe	Seoul St Mary's Hospital
26 Nov	70	F	Degenerative scoliosis	DLIF L1/2 and L2/3	Prof Ha	Assist	Seoul St Mary's Hospital
26 Nov	59	F	Low grade lytic spondylolisthesis L5/S1	PLIF L5/S1	Prof Ha	Assist	Seoul St Mary's Hospital
26 Nov	61	F	Spinal stenosis L4/5	Open laminectomy L4/5	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	80	F	Spinal stenosis L4/5	Posterior decompression + PL fusion L4/5	Prof Ha	Assist	Seoul St Mary's Hospital
27 Nov	73	F	Spinal stenosis L2 to L5	PLIF L3/4 and L4/5, PL fusion L2 to L5 and posterior decompression	Prof Ha	Observe	Seoul St Mary's Hospital
27 Nov	48	F	PID L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	53	F	PID 4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	66	F	PID L5/S1	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	71	F	Spinal stenosis L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	80	F	Spinal stenosis L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	54	F	PID L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	67	F	Spinal stenosis L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	68	M	Lateral canal stenosis L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	83	F	Spinal stenosis L4/5	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
27 Nov	77	M	Spinal stenosis L5/S1	Transforminal epidural injection	Prof Kim	Observe	Seoul St Mary's Hospital
29 Nov	78	F	Degenerative kyphoscoliosis	L1 to S1 fusion + iliac screw. Posterior decompression and SPO L4/5	Prof Ha	Assist	Seoul St Mary's Hospital
29 Nov	53	F	L4/5 degenerative spondylolisthesis	PLIF L4/5	Prof Kim	Observe	Seoul St Mary's Hospital