

APSS MEDTRONIC SPINE FELLOWSHIP

(October 1, 2015-December 31, 2015)

Fellow:

Dr. Rajesh Bahadur Lakhey

Tribhuvan University Teaching Hospital, Maharajgunj, Kathmandu, Nepal.

Hosts:

Dr. Wong Chung Chek, Sarawak General Hospital, Kuching, Malaysia (October 1, 2015 - November 15, 2015)

Prof. Kwan Mun Keong, University Malaya Medical Center, Kwala Lumpur, Malaysia. (November 16,2015- December 31,2015)

For the fellowship, I left Kathmandu on September 30, 2015 by Malaysian Airlines flight and reached Kuching on October 1, 2015. On reaching Kuching, I was picked up at Kuching airport and brought to my hotel- Hotel Hung Hung by the courtesy of APSS. At the hotel lobby, I was greeted by Ms. Dency Song.

I went to the hospital and was given the introductory tour of Sarawak General Hospital on the day.

The next day, I went to Outpatient Department and was introduced to my respected mentor Dr. Wong Chung Chek. I attended the outpatient clinic and was impressed by patient flow of the spine clinic and the management of the patients at the spine clinic. In the afternoon, I attended the scoliosis clinic.

I followed the spine team schedule for the whole one and half months as given below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Operation Theater	Rounds	Rounds	Operation Theatre	AM: Spine Clinic PM: Scoliosis Clinic	Free	Free

I attended the spine operation theaters on Mondays and Thursdays, when I got the chance to assist and observe many interesting cases, the list of which is given below:

S.no.	Date	Diagnosis	Operation	Obsever/assistant
1.	10/05/2015	spinal stenosis	MIS TLIF	assistant
2.	10/05/2015	tuberculous spondylodiscitis	posterior instrumentation	observer
3.	10/05/2015	L5 radiculopathy	transforaminal steroid injection	observer
4.	10/08/2015	cervical myelopathy	laminoplasty	assistant
5.	10/08/2015	thoracolumbar scoliosis	PSF	assistant
6.	10/08/2015	adolescent scoliosis	PSF	assistant
7.	10/12/2015	congenital scoliosis	PSF and vertebrectomy L1/2	assistant

S.no.	Date	Diagnosis	Operation	Obsever/assistant
8.	10/12/2015	cervical myelopathy	laminoplasty and fusion C3-6	assistant
9.	10/12/2015	spinal stenosis L4/5, L5/S1	TLIF L4/L5, L5S1	assistant
10.	10/12/2015	lateral recess stenosis	transforaminal steroid injection	assistant
11.	15/10/2015	scoliosis on growing rod	distraction and revision of screws	assistant
12.	15/10/2015	scoliosis on growing rod	distraction on growing rod	assistant
13.	15/10/2015	PIVD L4/5	tubular discectomy	assistant
14.	15/10/2015	lateral recess stenosis	medial facetectomy	assistant
15.	19/10/2015	cervical myelopathy	ACDF C3/C4	assistant
16.	19/10/2015	spinal canal stenosis L3/L4, L4/L5	MIS TLIF L3/L4, L4/L5	assistant
17.	26/10/2015	compression fracture C7, T1-5	posterior instrumentation	assistant
18.	26/10/2015	post discecomy with recurrent pain	open discectomy	assistant
19.	26/10/2015	T11 compression fracture	vertebroplasty	observer
20.	29/10/2015	congenital scoliosis	second stage surgery	assistant
21.	29/10/2015	bilateral C5C6 dislocation	ACDF C5C6	assistant
22.	29/10/2015	L5 radiculopathy	transforaminal steroid injection	observer
23.	11/02/2015	L3 chance fracture	posterior instrumentation	assistant
24.	11/02/2015	traumatic spondyloptosis L5S1`	TLIF L5/S1	assistant
25.	11/09/2015	C6/C7 TB spine	ACCF C6 and plating C5/7	assistant
26.	11/09/2015	lateral recess stenosis L4/L5	transforaminal steroid injection	assistant
27.	11/12/2015	congenital scoliosis	PSO and T11/12 vertebrectomy,posterior instrumentation	assistant
28.	11/12/2015	adolescent scoliosis	PSF	assistant

I attended the rounds on Tuesdays and Wednesdays. I attended the Spine OPD and Scoliosis clinic on Fridays. Saturdays and Sundays were free days, when I went to interesting places like Riverside, Semengoh park and Sarawak Cultural Village.

My fellowship at Sarawak Hospital was very interesting period. It was very much inspiring to work with Dr. Wong Chung Chek. Dr. Brian, Dr. Azrul, Dr. Sureisan, Dr. Aida and Dr. Syahril were very helpful and helped me to learn more about spine surgery.



Sarawak General Hospital



Hotel Hung Hung



With my mentor Dr. Wong Chung Chek



Boat ride in Sarawak River



A Visit to Sarawak Cultural Village

After completion of my fellowship at Sarawak General Hospital, I left Kuching by Malaysian Airlines flight on November 15 and reached Kuala Lumpur. I was transferred to my hotel Anjung Penyayang by the arrangement made by APSS.

I started my fellowship at University Malaya Medical Center on November 16. On the first day, I attended the morning class and met my respected mentor Prof. Kwan Mun Keong. I attended the spine clinic and preop-rounds on the first day. I followed the spine team schedule for the whole one and half months as given below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning class, Spine OPD, Preop rounds	Morning class, Operation Theater	Morning class, Rounds, Teaching, Preop rounds	Morning class, Operation Theater	Scoliosis clinic	UMSC Operation Theatre	Free day
Evening UMSC Operation Theater		Evening UMSC Operation Theatre		Evening UMSC Operation Theatre		

I attended operation theatre on Tuesdays and Thursdays. I also attended UMSC operation theatre. I attended the following interesting operations:

Date	Diagnosis	Operation	Assistant status
17.11.15	United L2/L3 chance fracture	removal of implant	Observed
17.11.15	Adolescent idiopathic scoliosis	PSF T3-L1	Observed
17.11.15	Prolapse Intervertebral Disc	L4 laminectomy, partial laminectomy L3 and L5, discectomy L4/L5	Observed

Date	Diagnosis	Operation	Assistant
18.11.15	L4L5 stenosis	Posterior Decompression L4/L5	Observed
21.11.15	T4 cord compression secondary to tumour	Transpedicular biopsy T4	Observed
23.11.15	Right L5S1 Stenosis	Posterior decompression L5S1 and L5S1 Discectomy	Observed
23.11.15	L4L5 central canal stenosis	Posterior decompression L4L5	Observed
23.11.15	L4L5 Central canal stenosis	Posterior decompression L4L5	Observed
24.11.15	L4L5 lateral canal stenosis	Posterior decompression L4L5	Observed
24.11.15	L3/L4 herniated nucleus pulposus with lateral canal stenosis	Posterior decompression L3/L4 with discectomy	Observed
24.11.15	Cauda Equina Syndrome with L4/L5 spondylolithesis	Transforaminal Lumbar Intervertebral Fusion L4/L5	Observed
25.11.15	L4L5 stenosis	Posterior decompression	Observed
25.11.15	L3L4 and L4L5 stenosis	Transforaminal Lumbar Intervertebral Fusion L3/L4 andL 4/L5	Observed
26.11.15	infantile scoliosis	Rod Distraction	Observed
26.11.15	Adolescent idiopathic scoliosis	PSF T4-L3	Observed
26.11.15	Pathological fractures T11, T12, L1, L4	Transpedicular biopsy of L4	Observed
27.11.15	Adolescent idiopathic scoliosis	PSF T5-T12	Observed
27.11.15	Adolescent idiopathic scoliosis	PSF T3-L1	Observed
28.11.15	Adolescent idiopathic scoliosis	PSF T7-L4	Observed
28.11.15	L3L4 and L4L5 stenosis	Posterior decompression L3/L4 and L4/L5 level	Observed
28.11.15	C2 hangman frcture	Halovest application	Observed
30.11.15	Adolescent idiopathic scoliosis	PSIF T3-L3	Observed
30.11.15	PID with Cauda Equina Syndrome	PD L1L2	Observed
1.12.15	Degenerative Scoliosis	Posterior spinal fusion and instrumentation L2-S2	Assisted
2.12.15	L4L5 Stenosis	PD L4L5	Assisted
2.12.15	L4L5 Stenosis	PDL4L5	Assisted
3.12.15	L4/L5 spondylolisthesi with radiculopathy	PDL4L5	Assisted
4.12.15	AIS	PSIF T9-L3	Assisted
4.12.15	AIS	PSIF T2-L4	Assisted
7.12.15	AIS	PSFT3-L3	Assisted
8.12.15	AIS	PSFT3L3	Assisted
8.12.15	AIS	Insertion of Growing rod	Observed
5.12.15	T3 mets with Frankle C neurology	posterior decompression and instrumentation T1-T5	Assisted
9.12.15	Adolescent idiopathic scoliosis	PSIFT3L4	Assisted
11.12.15	AIS	PSIF	Assisted
11.12.15	spondylolisthesis L4L5	Posterior decompression and Non Instrumented fusion L4L5	Assisted

Date	Diagnosis	Operation	Assistant
11.12.15	Acute Disc Polapse L5S1 with Previous L5S1 Posterior Decompression	Discectomy L5S1 (Revision of L5S1 Posterior Decompression)	Assisted
12.12.15	AIS	PST4L3	Assisted
12.12.15	AIS	PS T3L3	Assisted
12.12.15	Severe Stenois L4L5	Posterior Decompression	Assisted
14.12.15	AIS	PSF T4L2	Assisted
14.12.15	L3 Implant	Removal of Implant	Assisted
14.12.15	Facet Cysts	PDL4L5	Assisted
15.12.15	AIS	PSF T10-L3	Assisted
15.12.15	AIS	PSF	Assisted
16.12.15	AIS	PSF T3-L1	Assisted
16.12.15	spinal stenosis	PD	Assisted
17.12.15	AIS	PSIF	Assisted
17.12.15	Neuromuscular Scoliosis	PSF T10-L5	Assisted
18.12.15	AIS	PSFT10-L3	Assisted
18.12.15	AIS	PSFT9-L3	Assisted
18.12.15	Pseudoarthrosis T12, L1	Vertebroplasty T12, L1	Observed
18.12.15	Pseudoarthrosis T9, T12, L1	Vertebroplasty T9, T12, L1	Assisted
19.12.15	Cervical Stenosis	PDF under LMF	Assisted
19.12.15	Cervical Stenosis	Posterior Cervical Decompression	Assisted
22.12.15	AIS	PSIF	Assisted

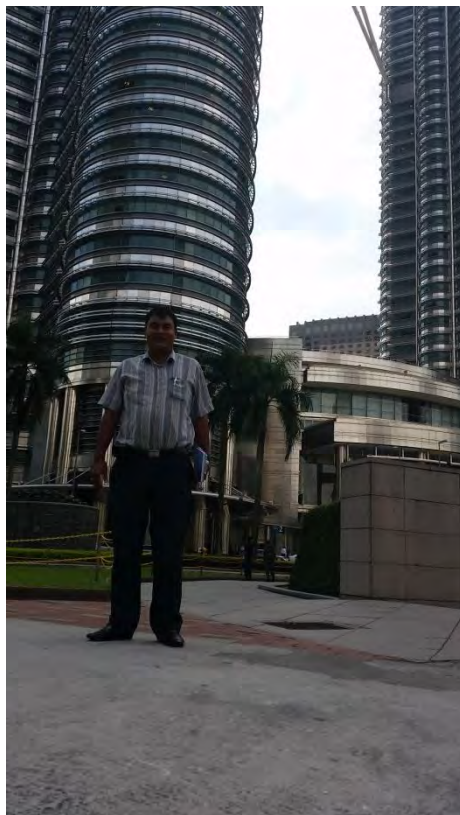
Prof. Kwan Mun Keong, Prof Chris Chan Yin Wei and Dr. Chiu Chee Kidd were very kind and helpful to me. The one-and-half month fellowship at University Malaya Medical Center was very inspiring for me and I learned more on spine surgery.



With my mentor Prof. Kwan Mun Keong at Spine Research Center



With Spine Team



A visit to KLCC

The APSS Medtronic fellowship was very much helpful for me to learn on spine surgery. I am very grateful to Asia Pacific Spine Society that I was provided with the opportunity to complete my fellowship with renowned surgeons in one of the busiest spine centers.