

# **Report of the APSS - Depuy Synthes Spine Travelling Fellowship 2013**

**Fellow : Dr. Sohail Ahmad**

Assistant Professor, Dept. of Orthopaedic Surgery

J.N.Medical College,A.M.U. Aligarh, India

**Duration : 10<sup>th</sup> – 30<sup>th</sup> November, 2013**

**Attachements :**

**10<sup>th</sup> – 17<sup>th</sup> November – Prof. Vo Van Thanh ( Vietnam )**

**17<sup>th</sup> – 24<sup>th</sup> November - Prof. Munehito Yoshida (Japan)**

**24<sup>th</sup> – 30<sup>th</sup> November- Prof. Kee Yong Ha (South Korea )**

I reached Ho Chi Minh city (HCM) in the night of 10<sup>th</sup> Nov. and was received by a young spine surgeon working with Prof. Van Thanh at the airport. Fellowship started from 11<sup>th</sup> November. Dr. An, Prof. Van Thanh's son and himself a spine surgeon picked us from the hotel and took us to the hospital for Trauma and Orthopaedics where we met Prof. Thanh and other members of his team. After a formal introduction we went for the hospital round to see its various sections and the facilities available there. Then we went with Prof. Thanh to meet the director of the hospital. In the afternoon we went to the operation theatre to observe a case of cervical myelopathy where Prof. Thanh did laminectomy (C3-C6) and posterior fixation with double plating.

Day ended with discussion about a case of scoliosis to be operated next day.

- 12<sup>th</sup> November :- day started with discussion about the emergency cases of the previous day, then we went to the conference room of the hospital where I presented my paper **“Results of discectomy by interlaminar fenestration technique in lumbar disc prolapsed”** which was well appreciated by the audience. Then we went to the operation room where two cases were lined up. One case was of T5 intradural tumour which was operated by a French visiting neurosurgeon Prof. Labierrie. Second case was of adolescent idiopathic scoliosis where Prof. Thanh and his team members did deformity correction. In both the cases we got a chance to scrub and actively participate in the operation. In the evening we went for the welcome dinner with Prof Thanh and his team members along with Prof. Labierrie in a traditional Vietnamese’s restaurant.
- On 13<sup>th</sup> November again in the morning we had discussion about previous day emergencies in the chamber of Prof. Thanh and then we went to the conference room where Dr. Philip presented his paper on cervical laminoplasty. Then we went for the ward round with Prof. Thanh and had detailed discussion about the cases admitted there in the ward and about the preoperative planning of the patients waiting for operation. Then we went to the outpatient clinic with Prof. Thanh where we saw different type of spine cases that came to him from different parts of the country.
- Next day (14<sup>th</sup> Nov.) started with emergency case discussion and paper presentation by Dr. Ankit Gupta in the conference

room. Then we went to the operation theater where we assisted a case of severe scoliotic deformity. Prof. Thanh did second stage deformity correction with posterior instrumentation. He introduced us to his technique of pedicle screw insertion without using C- arm and also gave us an opportunity to practice it on his patient. In the evening he took us to a vegetarian restaurant for farewell dinner.

- On 15<sup>th</sup> November after the morning discussion we directly went to the operation theater where a case of cervical myelopathy was posted for operation. We scrubbed with Dr. Hien , a member of Prof. Thanh spine team and assisted him in cervical laminoplasty by VT technique. It was a nice experience to see this new technique of cervical laminoplasty. In the afternoon we went for the city tour to experience the Vietnamese culture and traditions.
- On 16<sup>th</sup> November Prof Thanh took us to his native place which was around 100 km from the HCM. Prof. Thanh's wife especially prepared vegetarian food for us. We had lunch with them at their house and went to visit local temple and the city. In the evening we returned to HCM and stayed at his house for sometime where we met other members of his family. Then Prof Thanh himself accompanied us to the airport where we took a flight for Japan. We reached Kansai International Airport in the morning of 17<sup>th</sup> Nov. where we were received by Dr. Hiroshi who took us for a city tour of Wakayama as hotel check- in time was 3 pm and plenty of time was left. We had lunch with him in a vegetarian Japanese restaurant and then he dropped us to the hotel.

- On 18<sup>th</sup> November Dr. Hiroshi took us to the Wakayama Medical University Hospital. We went to the conference room of the Orthopaedics department where we met Prof. Yoshida and his team members. After the morning conference we went for the ward rounds with Prof. Yoshida where he showed us different type of spine cases admitted in the ward. After finishing the ward rounds we went to Prof. Yoshida's outpatient clinic where we had a very informative discussion with him about different aspects of spine surgery and their philosophy of management of spinal canal stenosis. After taking lunch with Prof. Yoshida we went to Saisei Kai Hospital with Dr. Hiroshi. There we observed two cases being operated by Dr. Yamada where he did microendoscopic lumbar spine decompression in one patient and cervical laminoplasty in another. In the evening again Dr. Hiroshi picked us from the hotel and took us to the hospital where we all presented our papers in the conference room of the department and had a detailed discussion about the presentations.
- On 19<sup>th</sup> November we went to the Sumiya Orthopaedic Hospital where we observed three cases of spine operated by Prof. Yoshida and his team members. Prof Yoshida discussed the various aspects of microendoscopic spine surgery. In the evening we went for a welcome dinner at traditional Japanese restaurant where we met all the members of the Prof. Yoshida's spine team. It was a nice moment for all of us to experience the culture and traditions of the Japanese people.
- 20<sup>th</sup> November :- day started with morning seminar in the conference room of the department and then we went to the operation theater where we observed four cases of

microendoscopic spine surgery done by Prof. Yoshida and his team members.

- On 21<sup>st</sup> November we were taken to Kihoku hospital, another hospital of Wakayama Medical University which was about 100 km from the Wakayama city. There we met another very senior and experienced spine surgeon Prof. Kawakami. We scrubbed with Prof. Kawakami in two cases of spine surgery. In one case of lumbar spine stenosis he demonstrated Modified Marmoth technique of lumbar canal decompression. In the evening we had dinner with Prof. Kawakami and his team members and after the dinner Dr. Hiroshi drove us to the Kobe city.
- Next day ( 22<sup>nd</sup> Nov.) we went to attend the 16<sup>th</sup> annual conference of JESMIS 2013 with Prof. Yoshida and Dr. Hiroshi. On 23<sup>rd</sup> November Dr. Hiroshi took us to Keoto , a beautiful city near Osaka. There we enjoyed the beautiful landscape and other sight seeing spots. We returned to Wakayama city in the evening of 23<sup>rd</sup> Nov. and left the city in the morning of 24<sup>th</sup> Nov. to catch the flight to South Korea. We reached Seoul in the afternoon of 24<sup>th</sup> November where Dr. Ahn received us at the airport and took us to the guest house of the Seoul St Mary Hospital.
- On the 25<sup>th</sup> November Miss. Susana took us to the conference room of the Orthopaedic department where we met Dr. Kim and other members of the Orthopaedic Department. After finishing the morning seminar we went to the outpatient clinic to meet Prof. Kee Yong Ha, and then Dr. Ahn took us to the different sections of the hospital and for the ward rounds. In the afternoon we went to the operation theater where we observed Dr. Kim operating a patient of sacral chordoma. Next morning

(26<sup>th</sup> Nov.) after finishing the morning conference we went to the operation room where we observed/assisted Dr. Kim who operated two patients of spine where he did PLIF L4-L5 and DLIF L2-L4. In the afternoon we scrubbed with Prof. Ha who performed two cases again one PLIF and one DLIF. He discussed the steps of DLIF in detail and showed us how to do it.

- On 27<sup>th</sup> November we directly went to the operation room where we first assisted Prof. Ha in two cases of spine where he did DLIF in one patient and PLIF in the other patient. In the afternoon we observed Dr. Kim giving transforaminal epidural injections in ten patients. Next day (28<sup>th</sup> Nov.) started with attending morning spine conference from 7am to 8 am and then we went for the city tour with Dr. Ahn. We went to see different palaces and the museum and experienced the tradition and culture of the Korean people. In the evening we had dinner in an Indian restaurant with Prof. Ha and his wife. They tried few Indian dishes and liked the taste of Indian curry and tandoori chicken.
- On 29<sup>th</sup> Nov. we directly went to the operation room in the morning where we assisted Prof. Ha in two cases of spinal surgery. In the evening we went to the out patient clinic where Prof. Ha presented us the certificates of the fellowship. On 30<sup>th</sup> November we checked out from the guest house of the hospital to catch the flight back to India.
- My three weeks of stay in Vietnam, Japan and South Korea was extremely satisfying. I would like to express my heartfelt gratitude to Prof. Vo Van Thanh of Vietnam, Prof Munehito Yoshida of Japan, Prof. Kee Yong Ha of Korea and other

consultants from the affiliated hospitals for having organized such an academically enriched programme and taking extra efforts to teach us and share their skills, technique and experience.

- Finally I would like to thank Asia Pacific Spine Society, especially the chairman; Prof. Arvind jayaswal, Secretary; Prof Kwan Mun Keong for selecting me for this fellowship and giving me this opportunity to visit the centre of excellence and interact with stalwarts of spine surgery. I would also like to thank Ms Y.M.Kong and Helen Chong for coordinating the fellowship programme.



1a - With Prof. Thanh in his office



1b - Having dinner with Prof. Thanh and other members of his team



1c – Scrubbed with Prof. Thanh



1d – With Dr. Hien in OT



1e – Receiving certificate



1f – Having lunch at Prof. Thanh's house





2a- With Prof. Yoshida at  
Sumia Hospital



2b – Welcome dinner with Prof.  
Yoshida and his team members



2c – With Prof. Kawakami  
and his team members



2d – Scrubbed with Prof.  
Kawakami at Kihoku Hospital



2e – Attending JESMISS 2013  
With Dr. Hiroshi at Kobe



2f – Having lunch with Prof.  
Yoshida and Dr. Hiroshi



3a – With Prof. Ha after morning conference



3b - With Dr. Ann at Secret garden



3c – With Prof. Ha and his wife at an Indian restuarant



3d – With Prof. Ha and his team after receiving certificates at his office

## Log Book

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		F	L4/5 PID	Microendoscopic discectomy and decompression	Prof. Yamada	Observe	Saiseikai Wakayama Hospital
18 Nov		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 extraforminal 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 laminectomy, 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
21-22 Nov	The 16 <sup>th</sup> Annual Meeting of the Japanese Society for the Study of Endoscopic and Minimally Invasive Spine Surgery JESMISS 2013 - Kobe City						
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		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	PLIF L5/S1	Prof Ha	Assist	Seoul St Mary's Hospital

			L5/S1				
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