

APSS-Depuy Synthes Spine Travelling Fellowship

25th October to 15th November, 2014

Kim, Young-Hoon

Singapore

(27th October – 1st November 2014)

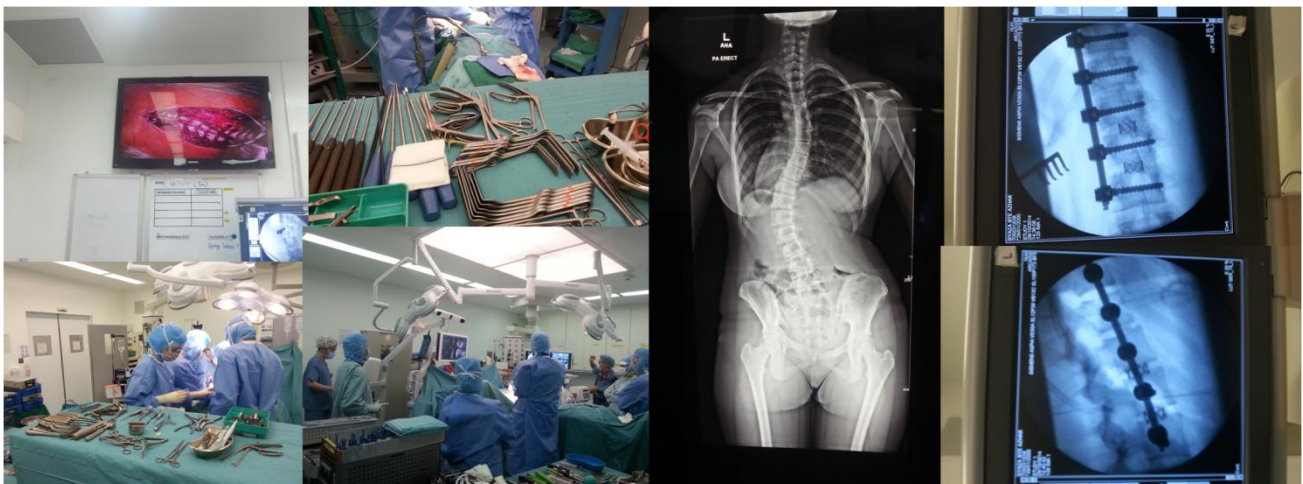
Exciting start of APSS-Depuy synthes Spine travelling fellowship 2014

Keeping away from my work burdens and patients was enough to make me excite. However, at this time, my first overseas fellowship gave me unforgettable experience. And through this report, i would like to express my deep appreciation to all of APSS boards for allowing me to have this chance. Moreover, i also want to express deep thanks to my friends, Dr. Khoo, Tzeng, Hsieh.

Day 1

(27th, Oct, 2014)

Because there was some communication mistake, we missed our presentation in the morning of the first day. However, we made it following days. With the beginning of Dr. Gabriel's kind introduction, we started our first day. We met faculties of spine service of NHS including prof. Hong, Gabriel, Naresh, Lau and other staffs. After then we joined operation of Prof. Hong (TL scoliosis) and Gabriel (MIS TLIF). In the evening, spine team treated us with delicious seafoods at the gorgeous restaurant with nice night sights of Singapore.



Day 2

(28th, Oct, 2014)

We joined the operation of Prof. Hong and Naresh. And we had a chance to learn about thoracoscopic scoliosis correction. Prof. Hong gave us knowledge about indications, limitations, technique and his own tips. And AP Naresh' operation gave us minimally invasive treatment for the degenerative spine (injection and discoplasty etc.) And we also took a hospital tour including clinic. Dr. Lau treated us with pork soup (Rou gucha). Personally it was quite interesting experience..

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Day 3

(29th, Oct, 2014)

In the morning, we have presented our talks. I presented a research topic (Spinal cord injury and experimental trials) and Dr. Tzeng presented his case studies (Staged posterior correction for severe spinal deformity). After this conference, we have visited Singapore general hospital. At this hospital, we met r. Tan, Yue and John. And we had case conferences. After conference, we take a tour of this historic hospital. For the dinner, Dr. Gabriel brought us to fine Chinese restaurant.



Day 4

(30th, Oct, 2014)

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From the morning, we have spine ground round. Two fellows, Dr. Khoo and Hsieh presented their topics. And Case conferences of NHS and research topics were also presented. Personally, Dr. Naresh's topic (for Metastatic spine tumor) and Hu (BMP release modulation study) were interesting. I felt that NHS has well structured research system. Sharing the results with other staffs made them update continuously. With this report, i would like to express thanks to Dr. Gabriel for his organization of our fellowship program. Even though i and my institute hosted some travelling fellows, we did not provide such a well organized program. If we have another chance to host other fellow next time, i will remember his contribution and do my best to provide much organized program.



Day 5

(31th, Oct, 2014)

We joined the operation of Dr. Naresh (Degenerative spondylosis). And after the operation, we had group dinner. I and Dr. Hsieh tasted turtle soup. It seems like oriental herb soup.

Day 6

(1st, Nov, 2014)

Dr. Gabriel invited us to visit Marina bay area. Thanks Gabriel!!

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Bangkok

(1st November – 7th November 2014)

Flight from Singapore to Thailand

During the last week, we were wondering about our next visit because we could not get any further information. On 1st Nov. we moved to Thailand with worries. When we got there Bangkok airport, we were frustrated. However, owing to devotion of many persons especially Ms. Cheryl Low, we finally could reach to Prof. Charoen and arrange our visiting schedule. Even though there was a little problem at the beginning, overall visiting to Thailand was much helpful. Visiting a couple of hospitals and meeting lots of experienced doctors in one country gave us more chance to experience and learn.

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Day 1

(Monday, November 3, 2014)

We visited Department of orthopaedic, Chulalongkorn hospital.

Prof. Aree Tanavalee, the APKS president, take us inside operation theatre .Prof. Wicharn Yingsakmongkol have two operations: one is 60 y/o male with cervical spondylotic myelopathy ,ACDF with plate C4-7 was performed with a very fast speed and give us a lecture about his clinical research.The other operation is L2-3 instability and he performed XLIF L2-3 with plate-screw fixation.



Day 2

(Tuesday, November 4, 2014)

We visit Department of orthopaedic Faculty of medicine Siriraj Hospital (Mahidol university) and joined the difficult case discussion and one of our fellow present his data. Prof. Cheron Chotigavanich (APOA president) present minimally invasive method to treated osteoporotic compression fracture patients .In the afternoon colleges of Professor Saranatra Waikakul guided us to Grand Palace for a detail tour to realize the history of Thailand . At night , Prof. Cheron Chotigavanich bring us to a nice Thailand food restaurant near Chaophya river.



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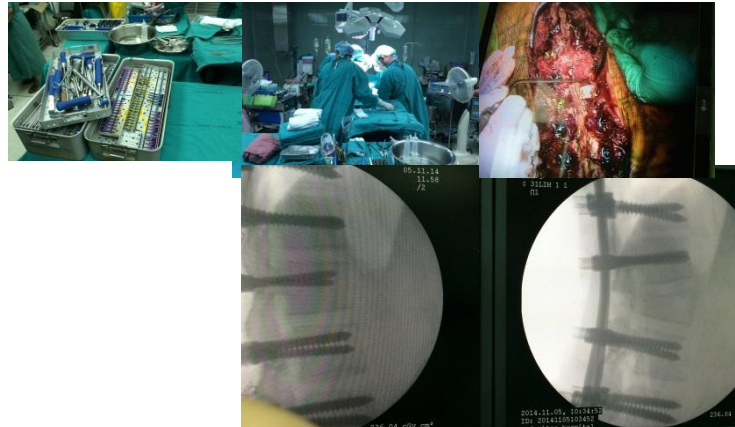
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Day 3

(Wednesday, November 5, 2014)

We visit the Department of orthopaedic of Rajvithi hospital(public hospital).

Dr. Athikom Methathien give us a lecture of spinal osteotomy and fracture treatment .He performed a pedicle subtraction osteotomy and long instrumentation fixation on a 30 y/o ankylosing spondylitis male patient .



Day 4

(Thursday, November 6, 2014)

In the morning ,we visited department of Samitivej hospital and Professor Prof. Cheron Chotigavanichl give us a introduction about the hospital and take us to every part of the department .The Samitivej hospital passed JCI certification for 4 years and undergoing mock survey when we in hospital.In the afternoon , Prof. Cheron Chotigavanich take us to visit Chaophya hospital and with his colleges blessed for future beside the Chaophya river in Loy kratong festival.



Day 5

(Friday, November 7, 2014)

Today we visited Ramathibodi Hospital, one of the teaching hospitals of Mahidol University. At there we met Dr. Gun Keorochana, he is Dr Tzeng's old friend during their fellowship in the UCLA. We take a guide tour around the hospital. After that, we visited the operation theatre to see two surgeries. One is ACDF for multi-level cervical spondylotic myelopathy, the second one is posterior decompression and instrumented fusion using RAMA plate for a patient with L4/5 spondylolisthesis. During the interval between the two surgeries, we present our four topics to the spine team members. We have short discussions after each presentation. At night, we have dinner with Dr Gun, A/Prof Pongsathorn, the fellows and residents in the spine team at a famous Thai food restaurant. We have a happy time with them.

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Day 6-7

(Saturday - Sunday, November 8-9, 2014)

On the weekend we joint a local tour to the Dammnoen Saduak Floating Market. The colourfully clad merchants at these lively markets paddle along congested canals in sturdy canoes laden with fresh fruit and vegetables to sell to shoppers on the banks. We have some local food there. After happy ending in Bangkok, we moved to our last stop - Kuching, Malaysia on Sunday.



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Kuching

(10th November – 15th November 2014)

Day 1

(Mon, 10th November)

On our first day to the Sarawak General Hospital, we were greeted warmly by Prof. Wong Chung Chek and the Orthopaedic departmental members. After our brief introduction, we followed Prof. Wong to the ward to see his patients. After that, we proceeded to join Prof. Wong in the operation theatre. He performed a posterior decompression and fusion with supplement T8 PSO on a patient with thoracic OPLL. Dr. Tzeng and Dr. Kim were given the privilege to scrub in to join this surgery. Prof. Wong showed us how to insert thoracic pedicle screws by using the “funnel technique”. After surgery, we have dinner with the spine team members at a famous seafood restaurant.



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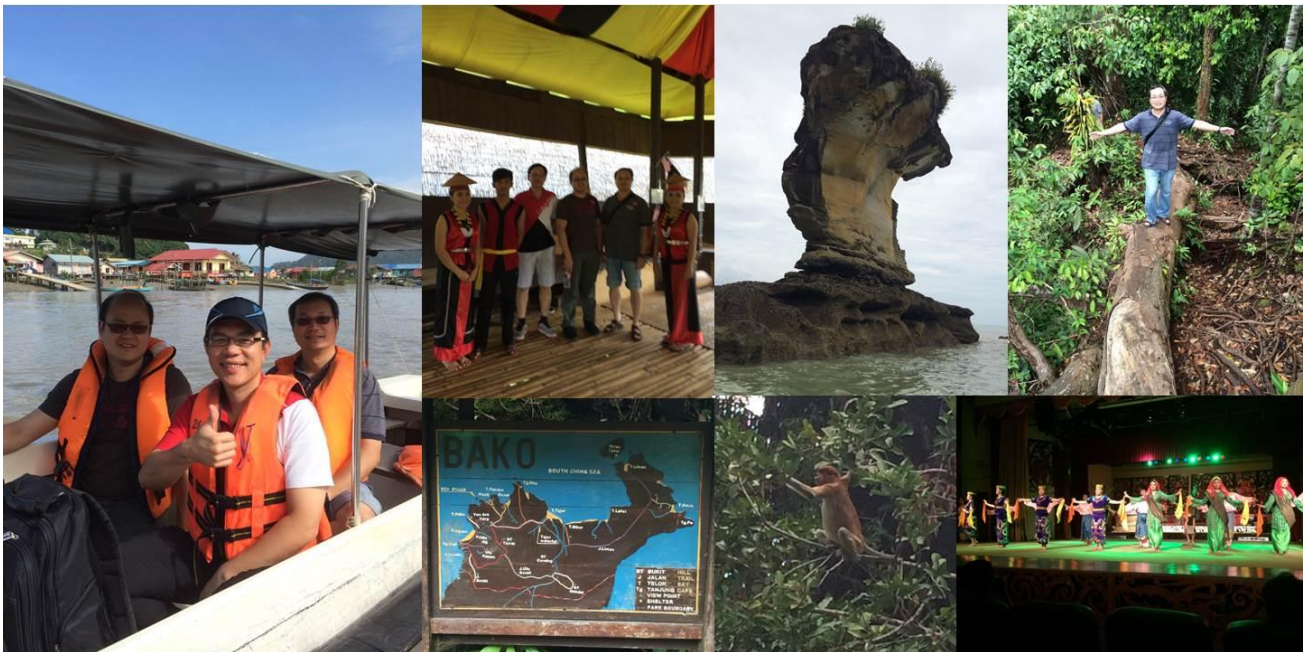
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Day 2

(Tue, 11th November)

The second day in Kuching was a free time. We joint a local tour to the Bako National Park. We were attracted by the rainforest, abundant wildlife, jungle streams, interesting plant life, secluded beaches, bizarre rock formations and trekking trails. We visited Sarawak Culture Village in the afternoon. The village residents provide information on their various traditional cultures and lifestyles. We visited buildings that represent every major ethnic group in Sarawak; longhouses of the Iban, Bidayuh and Orang Ulu, a Melanau tall-house and a Chinese farm house among others. We also visited a theatre to enjoy multicultural dance performances.



Day 3

(Wed, 12th November)

At the third day in Sarawak general hospital, we have presented our research to the members of this hospital. Dr. Tzeng presented “staged posterior correction for the severe spinal deformity”, Dr. Hsieh presented “Minimally invasive TLIF” and Dr. Khoo presented “Tbc. Spondylitis in infants”. And I, Dr. Kim, presented “Degenerative lumbar scoliosis”. And we shared our experience and knowledge each others. After our presentation, we have a chance to learn about thoracic screw insertion technique by Prof. Wong. For lunch, we were treated by Prof. Wong with traditional Dyak food. In the afternoon we had a chance to visit another hospital which Prof. Wong was working for attending doctor. At this hospital, we attended the revisional surgery for complicated osteoporotic spinal fractures.

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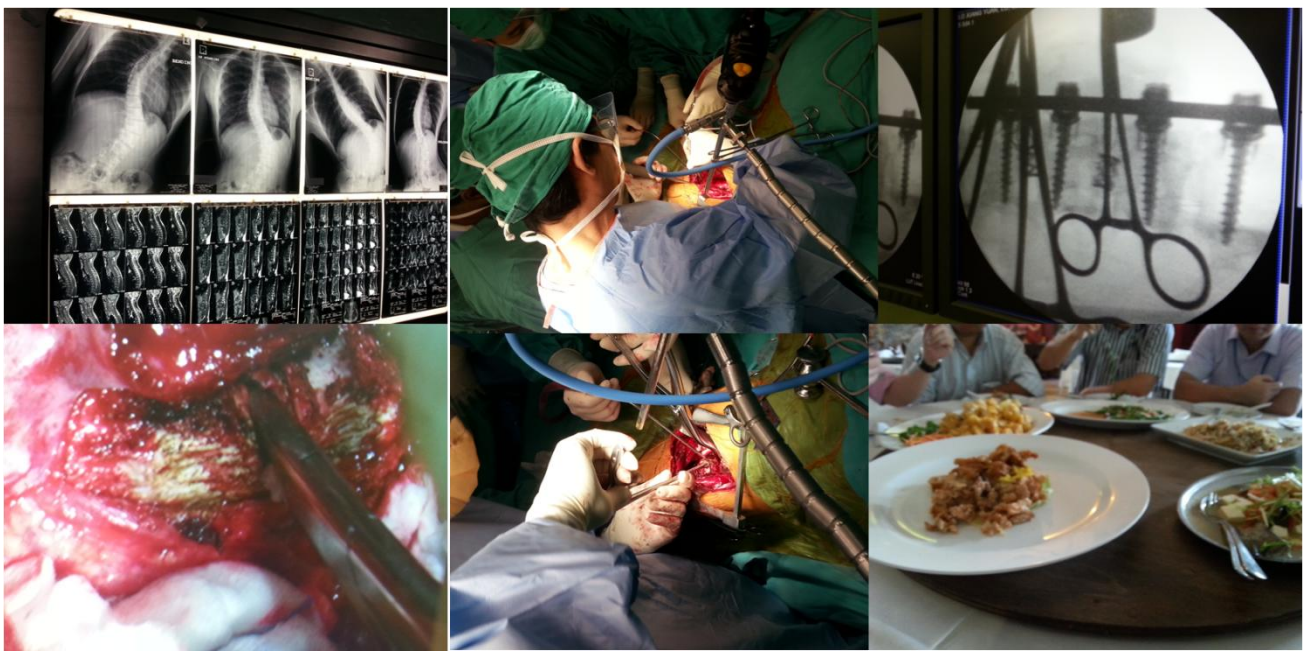
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Day 4

(Thur, 13th November)

We have attended scoliosis operation. This fifteen year old boy was diagnosed with the thoracolumbar scoliosis more than fifty degree Cobb's angle. Prof. Wong decided anterior surgery, and anterior correction and fusion from T10-L2 was done. In this operation, we learned about management of the diaphragm for anterior thoracolumbar surgery. Personally it was a good experience to compare it with Prof. Hong's thoracoscopic surgery. After this operation, Prof. Wong treated us with another traditional food. We are really appreciated his hospitality despite the unexpected our visit. We are sincerely willing to express our deep gratitude to him.



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Day 5-6

(Fri- Sat, 13th November)

Thanks to Prof. Wong's consideration, we were able to have more time for our friendship. We have visited museum for Sarawak under the guidance of Dr. Khoo, co-host of Kuching. And we have shared our personal knowledge and experiences at our own dinner. Moreover, personal communication made us more intimate. Even though we have met just three weeks ago from each country and different situations, all of us could feel our deep friendship. On Saturday, we decided to go Kayak for enhancing our relationship more. It was unforgettable memory for us. We promised each other to enhance our relationship forever and contribute our efforts for advance of APSS and communications between our countries.

We are deeply appreciate all, hosting professors and doctors and APSS for giving us this precious chance. And we are still missing all of doctors who met during our fellowship program. And we are also expressing deep thanks to Ms.Cheryl for her dedicated support.

