

# Berita Ortopedik

JILID 2 BIL 2

NEWSLETTER OF THE MALAYSIAN ORTHOPAEDIC ASSOCIATION

APRIL 2005

## UPDATE FROM THE HUMANITARIAN SERVICE COMMITTEE

### Donation from the Chinese Orthopaedic Association

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In response to the appeal by the Indonesian Orthopaedic Association (IOA), the Malaysian Orthopaedic Association (MOA) contacted international orthopaedic organizations to provide material support for the victims of Tsunami in Banda Aceh. We organize the transportation of these items to Banda Aceh via Kuala Lumpur with Malaysia Airlines (MAS) and Tentera Udara DiRaja Malaysia (TUDM) while the IOA organizes the distribution to places that needed the materials.



IOA, MOA, COA and GPM representatives.



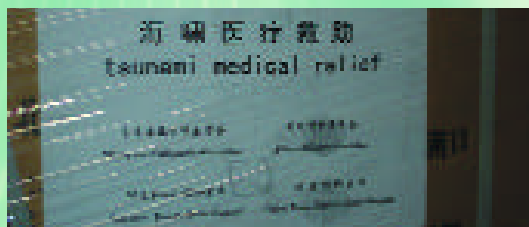
Medical relief items from COA awaiting transportation to Banda Aceh.

The following responded to the MOA's call for assistance

- 1) Philippine Orthopaedic Association
- 2) Chiba Children's Hospital, Japan
- 3) Chinese Orthopaedic Association
- 4) Individuals and organizations in this country



Foreign Minister of Malaysia during the official hand over.



From China Orthopaedic Association to Indonesian Orthopaedic Association.

On 29 March 2005, a handing over ceremony of medical relief items from the Chinese Orthopaedic Association (Dr Ding Lixiang representing the President, Prof Qiu Guixing) to the IOA (represented by the president Dr Bambang Tiksnadi) was held in the Ministry of Foreign Affairs, Putrajaya. Present at the occasion was YB Datuk Seri Syed Hamid Albar, Minister of Foreign Affairs, Dr Saw Aik, President of MOA, and Exco Members, and Encik Nur Anwar Hashim, Vice President of Global Peace Mission. The donated items consisted of many kinds of orthopaedic instruments, implants and medications supplied by reputable orthopaedic companies totaling 1490 kg in 155 boxes, with the estimated cost of RM 1.2 million. These items will be transported to Banda Aceh by TUDM in the next few days. The event was covered by the Utusan Malaysia, the New Straits Times and RTM.



Unofficial handing over of the items.

The medical relief trip to Sri Lanka was very successful as reported by Dato' Dr K S Sivananthan. With the delivery of the donations by the COA, we have no further plans in North Sumatra in the near future since the IOA has established a mechanism to arrange for direct delivery of medical relief items to either Banda Aceh or Jakarta. The last project for the humanitarian committee will probably be the medical field trip to Batam island by two of our members from 1 to 3 May 2005.

In future, with the continuing support from NGOs like the GPM, MERCY Malaysia, TIMA and others, we hope to be able to organize elective visits by our orthopaedic surgeons to selected hospitals in Banda Aceh, Sri Lanka, Batam Island and possibly other areas to perform scheduled operations that require expertise that may not available in these places. For this purpose, the Humanitarian Service Committee of the MOA hopes to acquire several sets of portable basic orthopaedic instrumentations that can be carried by our members to selected areas where facilities are lacking and bring them back for replenishing.

Finally, we can also help to source for sponsorships for some of the orthopaedic surgeons serving in disaster affected areas to have short attachments at medical institutions in Malaysia on specific fields like management of complications of fracture so that they can provide better service to their people. **E**

# 22<sup>nd</sup> ASEAN Junior Travelling Fellowship Report

The ASEAN Junior Travelling Fellowship programme was started 22 years ago with the intention of exchanging ideas and thus improving orthopaedic care in this region. It has achieved much more than that, fostering close ties between the ASEAN neighbouring countries and producing a legion of Orthopaedic surgeons with lasting friendships across the seas. For the 22<sup>nd</sup> travelling fellowship, the countries (in the order they were visited) were represented by:

Philippines – Dr Larry V Acuña

Singapore – Dr Wilson Wang

Indonesia – Dr Nino Nasution

Malaysia – Dr Sharifah Roohi Ahmad

Thailand – Dr Piyachart Suttinark.

The five-week Fellowship started on the 12 September, immediately after the Asian Pacific Orthopaedic Association Meeting held in Kuala Lumpur ended. This year the historical significance was having a lady orthopaedic surgeon in the junior programme for the first time. We all left from our respective countries and arrived in Manila on Sunday the 12 September. The plan was to travel on Sunday, with one week in each of the five original countries. Each fellow became an ambassador for his or her own country – an euphemism for a tour guide! We didn't complain, however because we were very well taken care of. It was actually an all-expense paid holiday for five weeks, with a one week working condition that was more than acceptable for us! We first met in Manila's four-star Discovery Hotel and experienced true Filipino hospitality.

The "boys" were given a three room suite while being the only girl in the entourage; I had the privilege of my own room. Although we were escorted, wined and dined like royalty, it was a tight schedule with 5 hospitals being covered as well as sight-seeing tours arranged for us in between. There were 3 government and 2 private hospitals in the list, with a quick run through 2 medical colleges. Dr Rafael Bundoc took us on a historical tour of the Medical School of the University of Philippines which is steeped in colonial history. We listened enraptured as he described the storming of the school by the American forces and how the Filipino doctors and nurses were ruthlessly shot defending the hospital.

The other well-known historical medical school was that of University of Sante Tomas, where our Filipino fellow, Dr Larry Acuña graduated from.



The Philippine General Hospital and Philippine Orthopedic Center were bustling with activity. The POC particularly is the largest orthopedic hospital in South East Asia, and possibly the world, with 700 beds! What struck us the

most was the numerous patients housed in the ward on traction, awaiting finances and theatre time to proceed with their operation.



This center was replete with a spine ward, hand ward, physical therapy & brace units amongst others:

Everyone was enraptured with the practicality of CMR by finger traps done conveniently in the emergency ward!

Training of the residents is taken very seriously with comprehensive training sessions, a strict Chief resident, implementation of demerit points and penalty weekend calls for errant doctors! Watchout Malaysian residents.

In contrast to the government hospitals, were the private centers providing orthopedic care in comfort. Of course, there's a price to pay! What I found remarkable was that even in the private centers, there were orthopedic residents, research in abundance and provision for charity cases, food for thought indeed.

Of course it was not all work we were well fed in the nicest of restaurants.

And the tour of the Philippines ended with the story of the legendary José Rizal – a national hero- in Intramuros, the city within the walls, by our most enigmatic tour guide, George.

The next stop was Singapore and we were housed in Orchard Towers, a nice 4-star hotel right off Orchard Road, enabling us to "stimulate" the Singapore economy as Wilson (our Singapore counterpart) put it. As there was some construction going on in the hotel, it was very noisy and we managed to get upgraded as well as wrangle a free dinner!! We had a tight schedule to follow starting off with dinner at the American club with Dr Ong Leong Boon, the Secretary General of the Asean Orthopedic Association followed by two presentations minimum at each hospital. On Monday we were all impressed with the technology and sparkling interior of Singapore General Hospital! We were cordially invited into theatre where we witnessed cervical disc replacement surgery as well as computer guided joint replacement. Dr Inderjeet was master-minding a bad pelvic fracture. A hectic day at work was followed by dinner at an Irish pub.

The next day we were to tour the other giant, National University Hospital, or NUH for short. We met up with Prof Wong Hee Kit, Head of Dept of Orthopedics as well as Prof Robert Pho, who enjoyed reminiscing with us with a backdrop of the dept research projects.

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We visited the prosthetic centre where Mr Leow showed us the fine tuning required in prosthetic fitting for fingers and hands, the gait laboratory, the biomechanics lab and tissue engineering labs housed in the Clinical Research Centre where we realised the importance of persistence and emphasis placed on research. The musculoskeletal research laboratory was a shining example of hard work and ingenuity producing numerous articles in various international journals.

On Wednesday we started our marathon of two hospitals in a day, visiting the epitome of modernization, Tan Tock Seng Hospital and the garden hospital, Alexandra.

Tan Tock Seng was established in 1844 and is steeped in history, having its own museum and curator! We saw old suction pumps, irons, the cholera bed, numerous old coins and many items long forgotten. An antique piano is what Piyachart fell in love with!



The modern facilities of this hospital were amazing. Up-to date equipment such as automated food delivery vehicles, well thought-out layout, and full gym and extra-curricular activity facilities which made Wilson envious!

Alexandra Hospital is the most environment friendly and greenest hospital, with garden concept lavatories and butterflies in their corridors!

This was followed on Thursday with Kandang Kerbau Women's and Children's Hospital or KKWCH for short. Two of us presented there to an attentive audience on paediatric topics. Piyachart's was supracondylar fractures of the humerus and mine was management of the cerebral palsy child. We did do *some* work!

It was also a time for meeting up old friends, exchanging cards and ideas.

It was also the liveliest and most colourful hospital with all the walls painted in lovely murals, a different theme for each floor. Larry just didn't want to leave.

The tour was conducted by one of the sisters, who did a superb job. We also were lucky to get an inside view of one of the automated food delivery vehicles.

Of course some were more interested in the toys available there!

The clinics also had an excellent layout and the hydrotherapy pool was oooh fantastic!

The last working day was spent in Changi General Hospital and the last few of our presentations in Singapore – as you can see the tensions faded away and we were more relaxed.

The Night Safari was absolutely fantastic as was the dinner at Wilson's home. It was a great ending to the Singapore

trip and Wilson was reasonably relieved with our contented faces. At the airport, poor Piyachart was detained because he had less than 6 months' validity on his passport. After sorting it out, he arrived in Medan a couple of days later.

We basically had a nice break after the hectic schedule earlier and visited two hospitals with only 3 presentations for both. In one we almost cancelled because we couldn't get a LCD projector, or rather the appropriate cable! None of us was complaining! On Monday we visited Adam Malik General Hospital or Rumah Sakit Umum, RSU for short. We were plied with coffee frequently and quickly got addicted to the strong brew and no it did not contain any alcohol, right?

Larry presented his study on Resection and Non-vascularized Fibular reconstruction for Giant Cell tumors of the Distal Radius, which was well received, also by now well practiced! Piyachart gave his experience on reduction of supracondylar fractures in children by the "milking" technique, resulting in lower radiation exposures and shorter theatre time. The Indonesians were totally absorbed and extremely interested! He was later inundated with questions.

As we compared hospitals, we noticed contrasting facilities at some places but mostly the infrastructure was crumbling. It was noted that the French had contributed to the buildings but they could not be maintained. Thus RSU Adam Malik was well built with nice wide corridors and clean white tiles which were easier to maintain, and people could even sit on the floor.

Pirngadi hospital was a two-storey structure that sorely needed help. An eight-storey new building was being built behind the old hospital in the hope of providing better care.

Lunch that day was Nasi Padang, Medan style! Dishes were just piled up and we only paid for those that we ate. Even Wilson was awed.

After Pirngadi hospital, we were taken in a minivan to Brestagi, a hill resort on the way to Lake Toba. The waterfall there was breathtaking and Piyachart and Nino went all the way down to the base, which was a good mile's trek.

Larry, Wilson and I remained behind up at the top enjoying the scenery, taking as many pictures as we could without being able to fully capture the glory of the lake and its surroundings. I did find some quaint shops and got some bargains!

We stayed at Hotel Parapat on the shores of Lake Toba and the views were picture postcard perfect!!

Alas, we had to descend after those relaxing couple of days and face reality. We came down to Medan and did some sight-seeing and shopping, and on farewell night celebrated Larry's birthday.





Second last leg was in Malaysia, and here, we truly had a travelling fellowship. We flew from Medan to Kuala Lumpur and then Penang. From Penang, we stayed one night in each state and visited each General hospital of that state. Thus, on Monday, it was Penang, followed by Alor Setar then Ipoh. Here is our terminal transit train at KLIA.

After our meeting with Dr Seto, our marathon began. We took a whirlwind tour around Penang GH, followed by a sumptuous lunch, by which time we were all ready for a nap. I guess our journey had worn us out. Penang GH had a small display cabinet housing some historical artifacts, which, although not as extensive as TTSH in Singapore, did hold its own.

We saw on our way, both the "old" as well as the "new" Penang.

We stayed the night and took the ferry across to the mainland.

Alor Setar was more laid back and we had a nice long chat with Dato' Dr Suresh Chopra, who's the head of the Orthopaedic Unit there. He told us how he built up the arthroplasty unit there and has 5 - 10 cases per week. The tallest structure in that town was the Alor Setar Tower, which gave us a very nice bird's eye view for miles.

After lunch, we moved onto Ipoh, eager to beat the evening jam when we reach there.

Ipoh GH was typical of a busy government hospital. The boys were impressed with the excellent highways and also health infrastructure of our country. The free implants in those hospitals also raised eyebrows.

Nino presented on the biomechanical strength comparison between straight and inclined screw fixation in plating of fractures. After a short lunch, we went to Dr Wong Hee Kit's place for tea.

Then it was a drive back to Kuala Lumpur, or KL.

Checking into PJ Hilton, the boys had a short rest before we went on a night tour of KL, first dinner, a cultural show, followed by the world famous KL Tower. Here, the nocturnal view of KL as well as the Twin Towers was spectacular.

Before we started on our hectic schedule of 2 major hospitals in a day, we visited the Twin Towers and did a spot of KL sight-seeing and bargain hunting.

We were all impressed with University Hospital's facilities, especially the helipad. It was huge in size and the considerations that went into its being were interesting. The Accident and Emergency facilities were state-of-the-art too.

The afternoon visit was to HUKM and after Larry gave his discourse, and we had toured as much of the hospital as possible, tea was served and we had some light discussion.

The next day, we were off to see the massive KL General Hospital after its facelift. The clinic looked immense. Everyone was very comfortable in the lounge chairs during the briefing of the history of the hospital.



Probably the largest group photograph was taken after that and we said goodbye to KL.

Hello to Bangkok, where we stayed for a couple of days before leaving to Pattaya where the AOA meeting was held. Both the Bangkok hospitals we visited that is Norparatrajathanee Hospital and Siriraj Hospital, were well maintained. They had good facilities and adequate equipment. Their techniques and knowledge were well advanced. They were crowded though.

Siriraj Hospital is the only hospital which has a river emergency entrance! The new building was conceptualised by Prince Mahidol and brought to fruition. The river boat can be seen between the archway.

On the third day, we started out early for Pattaya, where our conference venue was, but not before visiting some of the temples and the Royal Palace.

In Pattaya, we stayed next to the Royal Cliff, and enjoyed our neighbours' view. The opening ceremony was grand and graced by Her Highness the Princess. The tumour course was very good but I was called to attend the AOA Council Meeting and hence, unfortunately, had to forego most of it. We were also entertained to an enchanting cultural show.

We all gave our talks to a lunch crowd, shortened to barely 6 minutes each because an earlier speaker had overshot time. Hurriedly, we gulped our lunches and left the hall to walk the exhibition hall.

The first day of the fasting month fell on the 15<sup>th</sup> and the two of us Moslems survived by buying packet food from the local grocery store. We were lucky to have that store within walking distance. The ceremonial dinner fell on that same day and we had to bear a whole piglet being served to us on the dinner table. All the food had pork or bacon in it and it became too much for us to bear and so three of us walked out of the hall. Wilson was not feeling well anyway, and Nino and I went to have a seafood dinner. Larry stayed behind and had some fun.

The next day, we all travelled back to Bangkok and stayed in the wonderful hotel. We were all tired and needed our rest; however we did venture to try out the Thai light rail system and their famous massage.

All in all, it was a wonderful experience and we did enjoy each others' company. It is a great feeling to be able to go and visit friends in a neighbouring country and a great learning experience, not just of orthopedics, but of cultures, thoughts, behaviour and thinking of the ASEAN nations. I shall always treasure those memories and friendships. **E**

# Report on 3<sup>rd</sup> East Coast Spine Meeting

29 – 30 October 2004

Kulliyah Of Medicine, IIUM, Kuantan, Pahang

## Organisers:

- Department Of Orthopaedics and Traumatology  
HTAA Kuantan
- Department of Orthopaedics, Traumatology and Rehabilitation,  
IIUM, Kuantan
- Malaysian Orthopaedic Association

The 3<sup>rd</sup> East Cost spine Meeting was a part of the East Cost MOA Circle Meeting. This meeting was successfully done on 29 to 30 of November 2004 at the Kulliyah of Medicine, IIUM, Kuantan.

The participants of this meeting were registered MOA members (Pahang, Terengganu and Kelantan), Medical officers and paramedics from HTAA and Mentakab Hospital, and IIUM medical students. Total participants were 70.

The programmes of this meeting include discussion among spine interest group members and Scientifics presentation. Among the topics being presented were anatomy of the cervical spine, trauma of the cervical spine, spondylosis and myelopathy and infection. **E**



Speaker



Participants



Participants



## From student examination scripts

**"Radiological features of Chronic Osteomyelitis include ~ sequestrum, involucrum and COLOSTRUM!"**

**"Movements of the thumb include ~ Flexion, extension, opposition and CIRCUMSCISION!"**

Submitted by  
Prof Dato' Tunku Sara Ahmad

## There are various terms to describe CRAMP

- from Kedah/Northern States ~ "tarek mengkarung (small variety of lizard)"
- from Melaka ~ "ular ular"
- from Perak ~ "simpul biawak"

Submitted by  
Dr Jamal Azmi Mohamad

## Donation from Chiba Hospital, Japan



Medical supplies  
donated by  
Chiba Hospital of  
Japan.



External fixators  
and other surgical  
items from Japan.

# REGIONAL CME MEETINGS

TRAUMA, ARTHROPLASTY AND PAEDIATRIC ORTHOPAEDIC SEMINAR  
Johor Bahru ► 1 – 3 Oct 2004



Speakers.



Workshop 1.



Workshop 2.



Extra Presentation.

ILIZAROV WORKSHOP  
Johor Bahru ► 23 April 2005



Dr Thiru from Kelang delivering a lecture.



Ilizarov workshop Johor Bahru.



Work stations ready for workshop.



Organizing chairman with some of the participants.



Good reduction, stable fixation resulting in satisfactory.



Visiting the orthopaedic wards.

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## SOUTHERN CIRCUIT ORTHOPAEDIC UPDATE 2005

Malacca ► 19 & 20 March 2005



Welcoming speech by regional representative Dr Lim.



Part of the audience from different hospitals.



Group photo with some of the participants.



Extra Talk on low back pain.



Invited guests of the oncology meeting.



Nasi kerabu, nasi dagang, ayam percik etc at Yati Restaurant.



Public lecture by Prof Zulmi Wan.



Extra local faculty and part of the Organizing Committee.

## SURVIVAL COURSE

Penang ► 4 – 6 March 2005



Speakers and organizing committee.



Do not worry, most of you will survive...



Some of you may not...



Let me show you the way...



Where is the way.



Most important session for survival – Food and nutrition.

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## EAST COAST SEMINAR AND WORKSHOP ON TRAUMA, HAND AND ARTHROPLASTY

Kuala Terengganu / Pulau Redang 4 – 7 August 2004



Lecture 1.



Lecture 2.



Workshop.



On the boat to Redang.



Senamrobik.



Snorkeling.

## Medical Outreach Project with TIMA at Batam Island

1 - 3 April 2005



Arriving at Batam jetty.



One of the two rooms for LA procedures.



Innovative hand table for hand cases.



Minor OT Team – Conducted 240 procedures over the 3 days.



Medical team from Malaysia.



Farewell party.



Getting ready at the Johor Bahru jetty.



Outpatient temporary tent 1.



25 Cleft lip repair under LA.