

# Berita Ortopedik

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NEWSLETTER OF THE MALAYSIAN ORTHOPAEDIC ASSOCIATION

NOVEMBER 2008

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## Contents

### Humanitarian Work:

pg 2 Cambodia

pg 4 Damascus, Syria

pg 5 American  
Orthopaedic  
Association (AOA)  
2007 AOA-ASEAN  
Traveling Fellowship

pg 8 Congratulations

## Message from the President

DR ROBERT PENAFORT

Dear Friends

The dust has yet to settle on our AOA-MOA-AAOS meeting in Kuala Lumpur, but preparations for the next meeting are already in full swing. The new Council for 2008 – 2009 has by now met four times to discuss a variety of issues.

The coming months are indeed going to be very hectic. There are a number of tasks that the Council has been entrusted with including the renovation and furnishing of the MOA office at the new Academy House.

The association has over the years built a healthy financial bank balance (thanks to previous Council and our secretariat) which allowed us to purchase the new office. More money will need to be spent for the furnishing and a monthly maintenance fee will have to be coughed up. Another added expenditure will be the staffing costs. What all this boils down to is the increased drain on our annual budget in coming years. In view of this, the present and future Council will have to be more prudent and embark on finding newer sources of income.

This year also presents new challenges to the MOA in general and members in particular with regards to our association with industry. Industry has and continues to be extremely supportive to the MOA through the years. Contributions to our projects and academic efforts have been generous to put it mildly. With the new laws in the US pertaining to dealing with industry, some of the bigger players with parent offices in the US have strictly followed these guidelines locally. It will only be a matter of time before the whole industry embraces these guidelines. The impact on the local scene is obvious.

Nevertheless, in spite of all these shackles, we will endeavour to maintain a high standard in our annual scientific meetings. We hope we will continue to receive support from all quarters in the years to come.

A belated Selamat Hari Raya and Deepavali greeting.

# Humanitarian Mission: [Cambodia]

Angkor Hospital for Children • 25<sup>th</sup> – 27<sup>th</sup> April 2008

by Dr Yong Su Mei

Cambodia currently ranks 129<sup>th</sup> out of 177 of countries in the United Nations Human Development Index (HDI) and 73<sup>rd</sup> among 102 developing countries for the Human Poverty Index (HPI-1). Many aspects of the Cambodian society were effectively destroyed by about 500,000 tons of American bombs between 1972 and 1974 and the Khmer Rouge regime that followed during which more than 1.5 million out of 7 million people died. This was followed by the Vietnamese liberation-occupation that ended officially with the Paris Peace Accords of 1991. Only during the past 10 years has the country entered a period of stability, and achieved economic growth of about 7.4% per annum.\*

Our second visit to Cambodia could not be more different from the first in October 2006. Unlike then, the weather was extremely hot and dry. This time, we have a strong team of orthopaedic surgeons, who helped to successfully conduct an External Fixator Workshop. The volunteers for this mission were:

1. Dr Abdul Malik
2. Prof Bhurhanudeen Abdul Kareem
3. Dr Harwant Singh
4. Dr Kok Hong Seng
5. Dr Liao Kai Ming
6. Dr Mohd Hyzan
7. Prof Saw Aik
8. Dr Yong Su-Mei

We were also joined by a journalist from Nanyang Siang Pau, Ms Tan Peng Cheak. The objective of this mission was to:

1. Conduct a workshop on External Fixator for the surgeons in Siem Reap.
2. Donate eight sets of external fixators by Dr Hyzan Mohd Yusof and Sunway Medical Centre

\* *Secondary Prevention of Disabilities in the Cambodian Provinces of Siem Reap and Takeo: Perceptions of and use of the health system to address health conditions associated with disability in children. Report prepared for Handicap International Belgium by: Betsy VanLeit, Prum Rithy, Samol Channa. 28<sup>th</sup> February, 2007*

## 25<sup>TH</sup> APRIL 2008

We arrived at Siem Reap International Airport at 8 am. At 10 am, we met the Public Relations Officer, Ms Ho Oma, at the Angkor Hospital for Children (AHC). She showed us around the hospital and explained the process of registration, admission and subsequent discharge from the hospital. The treatment rendered at AHC is free of charge and sometimes patients are even given financial assistance to return home. The visit ended at 11 am.

We then visited the Rehabilitation Centre near Angkor Hospital for Children. Mr Koy Kol, the information centre officer, explained to us regarding the center. It was established with the help of Handicap International. Since 2004, a full range of services in the area of rehabilitation and social and economic inclusion is provided to 4,500 patients with various physical disabilities per year. This is done at the centre but it also includes patient supervision, with

services extending to the most remote villages. The goal is to improve the daily lives of the patients and to ensure the long-term existence of the services and their inclusion into a national rehabilitation system. The rehabilitation centre is well known for its work in helping victims of landmines. Landmines remained a major cause of mortality and limb injuries in Cambodia, long after the defeat of Khmer Rouge. The center is very innovative and managed to treat many patients with modified orthoses and prostheses. After the visit to the Rehabilitation Centre, we had our lunch.



Self made prostheses used by victims of landmines, heavy and uncomfortable



Mr Koy Kol explaining the types of prostheses made locally providing better and more comfortable prostheses for the patients.

>> Continued on page 3

**HOW CAN YOU HELP** HANDICAP INTERNATIONAL

**If you want to support our activities in Cambodia, we suggest:**

- ✓ A donation of cash in the donation box or by Visa Card during your visit
- ✓ A donation through our bank account in US dollars (details in booklet)
- ✓ Buy a T-shirt or postcards

ALL SERVICES ARE FREE FOR THE CLIENTS

**What we can do with**

- ✓ 5\$ Toys for stimulation of fine motor skills for 1 client
- ✓ 6\$ Replace a cosmetic hand
- ✓ 7\$ Replace 1 prosthetic foot
- ✓ 9\$ Food for 1 client during 1 week stay
- ✓ 30\$ Walking Frame
- ✓ 50\$ Standing Frame
- ✓ 80\$ House/toilet adaptation at client's home
- ✓ 90\$ Mekong Wheelchair
- ✓ 97\$ Ankle foot orthosis
- ✓ 133\$ An artificial leg for a person with an amputation below knee
- ✓ 182\$ An artificial leg for a person with an amputation above knee
- ✓ 182\$ Knee Ankle Foot Orthosis
- ✓ 1855-190\$ Tricycle
- ✓ 190\$ Trolley with 3 wheels
- ✓ 180\$ to 250\$ Full rehabilitation process for one person (including care, individual fitting of an orthosis or prosthesis, physical therapy, accommodation, food, social services and follow up at home.)

You will receive a certificate for each of your generous donations

Thank you

How donation can be utilized.....

In the evening we were shown around the Provincial Hospital by Dr ROUNG RADA. He is a trained surgeon with special interest in Orthopaedic Surgery. The wards in the Hospital were overcrowded. The condition was very basic, but patients were given great care by Dr Rada.

**26<sup>TH</sup> APRIL 2008**

The workshop started at 8.30 am the next day. A series of lectures was given before we started the workshop. There were 11 participants, including doctors and paramedics. The lectures given were:

1. What is external fixator? (Dr Hyzan Mohd Yusof)
2. Indication for external fixator (Dr Kok Hong Seng)
3. Half pins (Dr Yong Su-Mei)
4. How to make fixation stable (Prof Saw Aik)
5. How to take care of the wounds (Dr Yong Su-Mei)
6. Problems with external fixator (Prof Saw Aik)



Demonstration during the workshop

The lectures were followed by a short break and practice on saw bones. Participants were shown ways to stabilise fractures. The workshop ended at 12 noon. At the end of the session, Dr Hyzan presented the Angkor Hospital for Children and the Provincial Hospital representatives with 8 sets of external fixators.



Group photo

The rest of the day was free time, some of the doctors visited Angkor Wat, Tonle Sap, while the rest managed to catch their much needed rest. In the evening, some of us attended a concert at the Jayavarman VII Hospital. Dr Beat Richner was an eloquent speaker and engaging entertainer. He played the cello and explained the background of this charity hospital for children. There are five hospitals run by the same foundation, mainly funded by corporate bodies and private donors.



Tonle Sap – floating school with a basketball court at the upper deck

**27<sup>TH</sup> APRIL 2008**

We left Siem Reap at 8.30 am. We were tired but glad that we managed to complete our mission with the cooperation, hardwork and time, so generously donated by all our team members. We are grateful to the staff at AHC, Dr Vann Thy, and Mr Shoemaker, the Medical Education Director (and Deputy Director) of AHC for all the assistance rendered during our visit. **E**

# Humanitarian Work At Damascus, Syria 2008

Report by Dr Kamil b Mohd Kasim

The members of the team who went to Damascus were:

**Dato' Dr Ahmad Ridzwan Arshad**

*Senior Plastic Surgeon*

**Dr Muhammed Ali Noor Ghani**

*Senior Spine Surgeon*

**Dr Kamil bin Mohd Kasim**

*Hand Surgeon*

All of the team members met at the KLIA airport and left the country via Gulf Airlines. The whole journey took about 10 hours with about 2 hours of transit at Bahrain International Airport. We reached Damascus at about 2000 hrs and were met by the residents, Dr Ali and Dr Ahmad, who then brought us straight to the Sheraton Hotel in Damascus.

The next morning, we were taken to Hospital Al-Mujtahed by Dr Ali. After a short introduction with the senior personnel at the orthopaedic clinic, we screened the patients who were shortlisted by the hospital's surgeons. From the patients seen by Dr Ali, only three patients were shortlisted for surgical intervention. The rest of the cases which were very complex scoliosis were felt to be too complicated and needed a few procedures to be undertaken for the cases. However, for the Hand Surgery cases, most were seen to need microsurgical procedures with the aid of a microscope of which was not available at the hospital. Also some of the cases also needed few procedures since it was too complex to be done within a single operation. Dato' Dr Ahmad Ridzwan helped to screen some cases of the Hand Surgery with Dr Kamil on the first day.

The cases were then listed down for operation over the next three days, i.e. one on each day and all of these cases were under general anaesthesia. The cases that were shortlisted were two cases of posterior fusion of the spine and removal of implant post scoliosis correction

On the next day, we were invited to attend a Health Care Conference by the Syrian Health Ministry. It was held in a Convention Center on the outskirts of Damascus. We were registered for the conference and were then

ushered into the room where we were informed that two slots were reserved for presentation from our team. The presentations given to the audience were:

*Alternative Technological Approaches*

**Dr Muhammed Ali Noor Ghani**

*Flexor Tendon Injuries: Management*

**Dr Kamil bin Mohd Kasim**

Dr Muhammed Ali Noor operated on the first case on the third day which was on 20<sup>th</sup> April 2008. The case went ahead without any problems and at the same time Dato' Dr Ahmad Ridzwan was seeing some cases brought in by the Plastic Unit of the hospital. A case of cleft lip and palate was brought by the Oral & Maxillofacial Unit to be shown to Dato' Dr Ahmad Ridzwan. Over the next two days, the cases listed for operations proceeded with an additional case of the cleft lip & palate which was done by Dato' Dr Ahmad Ridzwan.

While at the hospital, we also managed to give some presentations to the residents and the senior surgeons of the respective units. The lectures given were:

*Alternative Technological Approaches*

**Dr Muhammed Ali Noor Ghani**

*Flexor tendon Injuries*

**Dr Kamil bin Mohd Kasim**

*Cleft lip and Palate*

**Dato' Dr Ahmad Ridzwan Arshad**

*Parotid gland Surgery*

**Dato' Dr Ahmad Ridzwan Arshad**

Overall the trip was a learning experience for all of us. This time round the team comprised very senior and experienced surgeons and the cases selected for the operations were simple and uncomplicated. This was due to the fact that we were not sure of the available instrumentation and support that may have a bearing on the operation and the patient's morbidity. We hope that residents would have benefited from our stay at Al-Mujtahed Hospital. **E**

# American Orthopaedic Association (AOA)

## 2007 AOA-ASEAN Traveling Fellowship

by Dr Naveed Wazir

I was awarded the AOA-ASEAN Traveling Fellowship for the year 2007. The fellowship was for about four weeks started on 21<sup>st</sup> May and finished at AOA Annual Congress on 16<sup>th</sup> June 2007 at Asheville, North Carolina. This program provides an excellent opportunity for young orthopaedic surgeons from ASEAN to visit and share their mutual experiences with United States university hospitals besides knowing and sharing their own work at respective centers back home. It provides a firm bridge between east and west orthopaedic communities.

We were six surgeons from six ASEAN nations completely strangers to each other, Dr Lauro Bonifacio, Boni (group leader, Philippines), Dr Naveed Wazir (Malaysia), Dr Lingaraj Krishna, Raj (Singapore), Dr Agus Hadian Rahim (Indonesia), Dr Sunton Wongsiri, Joe (Thailand) and Dr Pham Dang Ninh (Vietnam). We had nine stops at eight different States visiting seven university hospitals, Zimmer production plant, and scientific papers presentation competition / meeting for junior surgeons and attending annual AOA meeting at last lag. Regarding the extracurricular activities and stays, we stayed in five star hotels at most of the stops most of them were courtesy of the respective hosts. We attended to about two dozens of fine restaurants, couple of home hosted diners, breath catching river cruise party at Mississippi river, and brought back about 3 G of everlasting memories. The best part about this trip was, as we proceeded on with our itinerary, the fellowship became more exciting when we knew and adopted to each other well and the hosts were getting competitive in terms of hosting their fellows.

These four weeks were full of sharing information, both cultural and scientific, besides out-door excitements, food, shopping and sightseeing. I would briefly take you through this tour of 2007 AOA-ASEAN traveling fellows. Early this year when we started to communicate with each other and AOA anchor lady Lesley Coussis regarding our fellowship program we went through many ups and downs regarding changes in programs, getting traveling arrangements to Pennsylvania state (first stop) and getting common domestic flights over there. At first every body came with their own funny ideas how to do it, then at one time it seem to be that the whole plan was going to be scraped mainly because of trying to get every one on the same flights from different countries, etc, which added a lot more frustration. As a rule of thumb, we never gave up and at last all bits and pieces of this jigsaw puzzle seemed to be fitted well.

We met at Hershey Pennsylvania, the town of chocolates, for the first time on 22<sup>nd</sup> May, where we had a very warm welcome by host Dr Kevin Black (Sports Surgeon, Head of Orthopaedic Surgery and Rehabilitation Department at Hershey Medical Center, Pennsylvania State University). On every stop we had a host god father who was mainly responsible to take care of the fellows at all times. Along with Dr Black, Dr Juliano (god father), Foot and Ankle Surgeon was there to receive us on the airport. On our way to the house of the host that evening, we passed by Three Mile Island (famous nuclear site). We were very warmly received by Mrs Black and served with a fine diner.



*From left Dr Boni (Philippines), Dr Juliano (Host), Dr Agus (Indonesia), Dr Joe (Thailand), Dr Naveed (Malaysia), Dr Kevin Black (Host)*

Our sixth member Dr Pham arrived later that night and checked in with us at Comfort Inn Hotel with lost luggage at the airport (which was found later and sent to our next stop New York). Next morning we were picked up by Dr Juliano to the Department where we were introduced to the rest of colleagues. After a tour of department and research facilities, we watch Dr Juliano doing ankle fusion, and some sports injuries. We went for lunch to a local restaurant with their shoulder (Dr April D Armstrong) and upper limb team (picture below).



>> Continued on page 6

The same afternoon, we had paper presentation from both sides and had great exchanges of ideas both on clinical (sports problems), research and cultural issues. That evening we were taken to a nice local restaurant for diner followed by city tour of Hershey town and its skyline view. The next morning, 24<sup>th</sup> May, we were dropped at airport for New York City.



This second stop at New York city (24<sup>th</sup> to 28<sup>th</sup> May) was exciting in a way that we had a long holiday weekend which was utilized perfectly since there are a lot more to see outdoor at this metropolitan and multiracial city. Like our previous stop we had excellent reception and a comfortable pick and drop from and to the airports. On 25<sup>th</sup> May we visited the Columbia University where we met our host Prof Bigliani (the Shoulder). Here, our god father Dr Kim (Korean origin and a great host) took us around the center's research wing (biomechanics), followed by attendance at paper presentation competition/meeting. The same evening we had a roof top dinner with a very pleasant view of NY City. Most of the department colleagues were there and we had good mutual discussion.



*Columbia Medical Center NY, from left to right Dr Agus, Dr Kim, Dr Joe, Prof Bigliani, Dr Boni, Dr Pham, Dr Naveed.*

The next couple of days we were on our own in fascinating city of NY. Group leader Dr Boni assigned duties to all, Dr Joe was accounts manager, Dr Agus was navigator and had to look for tourist attraction spots, Dr Naveed has to teach English to Dr Pham and a translator for him as well (for free). We had loads of fun, took city loop tours, went to Staten Island, Liberty Statue, World Trade Center ground zero, Central Park, China Town, etc.

The next stop was Fort Wayne to visit Zimmer installation which unfortunately I could not visit because of problems with flight itinerary; hence I stayed over night extra in NY and went a day before to the fourth stop to join the rest of the group on 30<sup>th</sup> May at Cincinnati Ohio, where our host was Dr Stern (Hand & Upper Limb Surgeon). He was president-elect of the AOA. Here our god father Dr Edward Lim (Filipino in origin), joint replacement surgeon and a wonderful host, took great care of us besides the rest of the colleagues. First day introduction to the faculty, paper presentation that late afternoon followed by diner at nice small hill top restaurant, Mount Adams fish house, with the most of the faculty.



*Dr Edward Lim with fellows on city tour.*

The next day started with early morning paper presentation over breakfast followed by visit to their operating rooms, trauma and some corrective osteotomy. The exciting outdoor activities at this stop were fine Mississippi river cruise diner with the rest of the department which gave us an excellent opportunity to know every one informally and share about our orthopaedic, cultural and regional experiences.



*On Mississippi river cruise.*

The fifth stop was at Washington DC (1<sup>st</sup> – 4<sup>th</sup> June). Here our host was Prof Robert J Neviasser, Chairman Department, Orthopaedic Surgery, George Washington University. He is a famous man in shoulder and upper extremity surgery. Here the contact time with faculty was limited as it was a weekend. After arrival we had lunch with faculty followed by a tour of the hospital and paper presentations later that afternoon. Fellows were taken to a local restaurant for dinner with a few of host faculty members. The next two days were again on our own and were full of outdoor activities.

>> Continued on page 7



On our sixth stop we arrived at Gainesville Airport (4<sup>th</sup> – 7<sup>th</sup> June 2007), Florida where host senior residents were waiting for us to be picked for hotel which was just across their newly opened block for outpatient, day care, mechanical and gait lab building. Here our host was Prof Peter Gearen, Chairman, Department of Orthopaedic Surgery, University of Florida (joint replacement surgeon), an ever green pleasant personality. We were taken around their center, with special interests of nice out patient clinic, practical lab for residents and fellows on cadaver and animal models for different arthroscopic procedures. They had a nice rehab unit attached to their computerized gait analysis lab. We did observe trauma, TKRs and ACL recon; using allograft and a day procedure. Mrs Peter Gearen gave us nice company to the butterfly park which was worth visiting. We had a nice dinner party at Mr Scot A Banks house (A/P Department; Mechanical & Aerospace engineering).



Prof Peter Gearen (3<sup>rd</sup> from left) with his associates.



Hands on workshop lab for scope and other procedures.

Another specialty of this center is that they provide surgical and rehab facilities to base ball players and many famous figures were from this campus. We visited their Florida Gator's stadium, gym and rehab facilities over there for players.



Our seventh stop (7<sup>th</sup> – 10<sup>th</sup> June) was at Medical University of South Carolina, Charleston, with another great host Richard H Gross, who dealt with pediatrics orthopaedic problems. This town has nice old well maintain architectural buildings with nice bazaar in town center. We were warmly received by department colleagues over lunch time. Here on this stop we had two paper sessions and a session of case discussion from both sides. They hosted nice dinners and live musical show in one of their theaters. All fellows enjoyed Mrs Gross' company that evening.



On 10<sup>th</sup> June we arrived at our second last stop Winston-Salem, NC: Wake Forest University. Till early this century this town was famous for cigarettes manufacturing with time it has evolved in to a bio industrial hub. Dr Walton W Curl (Sports Surgeon, god father), drove strait to Dr Riaz Jinah's house who was hosting arrival diner for fellows and the rest of the department. This university has well developed sports and rehab center like the previous one separate from the main hospital. We observed ACL recon; shoulder and hip scopes for impingement, THR, TKR operation.

A very interesting aspect of this stop was their latest well equipped research block; we saw tissue engineering section, allograft preparation and many more. This center runs two programs for residency; first one is for those who got in by merit in first order, those who falls second in order and wants to take up research cum residency they get in to research for two years followed by usual four years of residency. By opting for this scheme their residency seat is confirmed after two years. The last evening at Winston Salem, our host has arranged tickets to watch baseball game but due to bad weather we did not go.

To all good times there is always an end. This was our last stop at Asheville NC, Groove Park Inn hotel at 120<sup>th</sup> Annual Meeting of the American Orthopaedic Association. All six fellows were introduced during the meeting individually. We attended interesting free paper, plenary and poster presentations from all over.

Finally on 17<sup>th</sup> June it was time to say good bye to good friends and colleagues. Looking back now I think its going to be an unforgettable experience and learning

in all aspect. I must thank all ASEAN local associations, AOA and Zimmer who provided this great opportunity to bridge the gap between east and west in terms of learning, culture and experience. I must thank all the iron ladies (Secretaries) of associations as well as of host institutions department in making these programmes a success. I think without them it may not materialize since there is lot of coordination and arrangements involved.



With our local and AOA presidents.

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# Congratulations

to the following for passing the M Med (Orthopaedic Surgery) Part II in May 2008 (2007/2008 Session).

## UNIVERSITI MALAYA

- 1 Dr C Sankara Kumar
- 2 Dr Guntur Eric Luis Adiwati
- 3 Dr Khoo Eng Hooi
- 4 Dr Ling How Tieng
- 5 Dr Simmrat Singh
- 6 Dr Abdul Samad Bin Lazim
- 7 Dr Chan Kok Yu
- 8 Dr Chris Chan Yin Wei  
(N Subramanian Award) 2008
- 9 Dr Saravanan Shanmugam
- 10 Dr Teh Kok Kheng
- 11 Dr Sivalingam A/L Rajagopal

## UNIVERSITI KEBANGSAAN MALAYSIA

- 1 Dr Achdiat Mahfa Fansuri Mustafa
- 2 Dr Aswadi Mohd Arif
- 3 Dr Fahrudin Che Hamzah
- 4 Dr Gurmeet Singh A/L Sewa Singh
- 5 Dr Mohd Noor Azam Mohd Ithnin
- 6 Dr Nur Rahimawati Abdul Rahman
- 7 Dr Paul Ngalap Ayu
- 8 Dr Nurul Azwa Mohamad Noor
- 9 Dr Lim Li Aik
- 10 Dr Johan Ahmad
- 11 Dr Nor Hazla Hafiah
- 12 Dr Aaron Gerarde Paul

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- 2 Dr Abdul Aziz B Yahaya
- 3 Dr Muhd Ruzaimi B Razak
- 4 Dr Emil Fazliq B Mohd
- 5 Dr Mohd Farid B Saidin
- 6 Dr Irwan B Ariffin
- 7 Dr Zakaria Yusoff