

Berita Ortopedik

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NEWSLETTER OF THE MALAYSIAN ORTHOPAEDIC ASSOCIATION

SEPTEMBER 2006

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Message from the President

Assalamualaikum and hello to all members and welcome to a new year and a new committee.

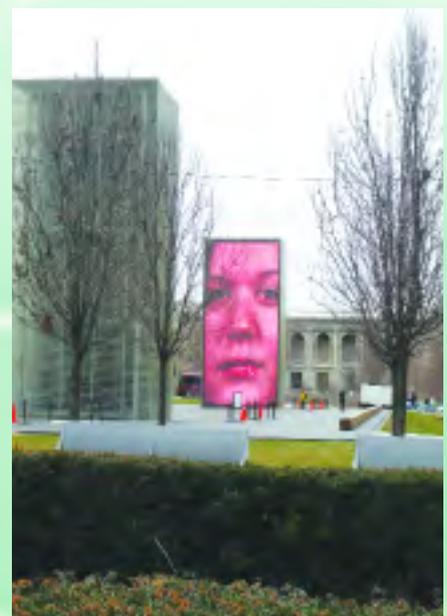
It was very humbling to hear about Tan Sri Ismail (Coco) Majid's achievements and made me realise what great people and characters have led the association in the past. Thank you to all those who expressed their good wishes at having the first woman President. It is, in truth just a reflection of opportunities available to women in our country. I am really excited to have a dynamic executive committee (exco) for this year. For those of you who were not at the AGM, the new council includes people from two universities, Ministry of Health and private sector and East and West Malaysia. More importantly we will all try to serve you the best we can.

We have already had one meeting and things are starting to roll. This edition of Berita Ortopedik should be the first with an article that outlines the orthopaedic services, both public and private available in a state, namely Sarawak. Thanks to Dr Wong Chung Chek for writing the first one. We hope that this will be of interest and make the edition a collectible. When we have covered all states, the collection will outline services in the whole country.

We would like to thank Miss Y M Kong and the previous exco for last years activities and endeavours. That also includes the APOA Trauma team who collaborated to ensure that we had a really successful and enjoyable Annual Scientific Meeting. Dr Sundram, we also enjoyed your choice of entertainment that went down extremely well, although I could personally have done without the "girlie" bits!

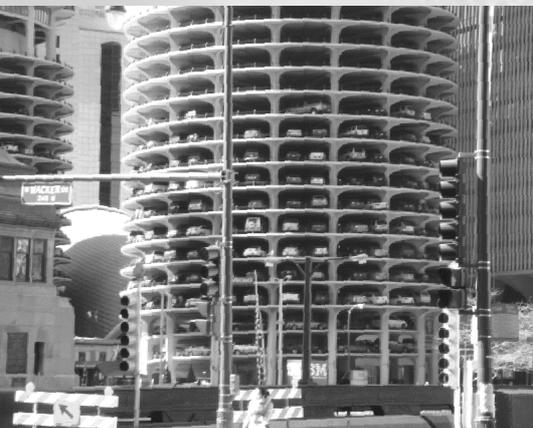
I am writing this on the way to San Antonio, to represent the society at the American Orthopaedic Association meeting. This is meant to be the more philosophical and less academic meeting. I am looking forward to learning many things.

At the end of March, I attended the huge AAOS (American Association of Orthopaedic Surgeons) annual meeting in Chicago with 14 thousand participants and several hundred booths. Things of interest were many. One day before, the participants, including sales people, built a sturdy playground from scratch in an underprivileged area with their own hands in the biting cold weather. I must say the hot chocolate and doughnuts never tasted better! On the last day, there was a sunrise run in aid of medical research, my first time to run with snow falling! Also during the conference there was



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*Wishing all Muslim members,
"Selamat Menyambut Bulan Ramadan" and
"Selamat Hari Raya"*



dedicated time devoted to visiting booths – much appreciated by them. All these things, could, with some effort be incorporated into our own ASM. Another interesting feature was the electronic system for immediate feedback. A device looking much like a TV remote control was placed on each seat in some lecture theatres. At the end of the talk the speakers put out an MCQ to see how many understood his message. Participants keyed in their responses. He was then able to flash up instantly how many got it right. I thought this could be also used to ask about practices, and opinions without asking our usually bashful

audience to raise their hands. I wonder whether this could be tried in the ASM 07?

Finally I would like to wish all members and associate members a great year with much success and learning, new and stronger relationships, few morbidities, happiness and peace.

Tunku Sara Ahmad
Orthopaedics / Hand @ Micro



Orthopaedic Supplement of the **MEDICAL JOURNAL OF MALAYSIA**

The MOA Council would like to encourage members to submit articles for the May 2007 issue of the Orthopaedic Supplement. Please note that the closing date is **31 December 2006**.

1. The Orthopaedic Supplement of The Medical Journal of Malaysia is a **peer reviewed** journal and is **indexed**. At the moment it is the **only Orthopaedic publication in South East Asia which is indexed (as a supplement)**. Publications in the journal are accessed worldwide and authors have the opportunity to be cited on the **Science Citation Index**. It is therefore important that a high standard of scientific quality is maintained.
2. *Original articles, Case reports, Short Communications, and Letters to the Editor* are accepted for review for consideration for publication. The style of submission is as for 'The Medical Journal of Malaysia'. Instructions on style are printed on pages iv and v of 'The Medical Journal of Malaysia' or available from the Editorial Secretariat of the MJM.
3. **For the first time, digital copies of manuscripts can be submitted through email.** Illustrations and diagrams should be pasted onto word document. They should be at least 12.7 cm x 17.3 cm size, with required information printed below the images. Photographs should be in black and white (size 4R and of minimum resolution of 1024 x 768) and presented in the same format. Printed manuscripts will still be accepted.
4. Possible sources of material for manuscripts are:
 - Postgraduate thesis projects
 - Undergraduate thesis projects
 - Hospital QA projects
 - MOH departmental research / audit projects
 - University research projects (including IRPA)
 - Any other research or work that is related to Orthopaedics and Traumatology.

Rehabilitation, Geriatrics, Pathology, Occupational Therapy, Physiotherapy and Nursing Science manuscripts are also considered if they have an Orthopaedic or Trauma basis.

The Editor

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In the title page the contact details of **corresponding author(s)** including the email address must be clearly stated.

5. Once a submission is received it will be **blinded**, and sent to **reviewer(s)** for comments. **Reviewer** comments will be compiled by the **editorial board**, and sent back to corresponding author for corrections or reply. A **statistician** will be consulted where deemed appropriate. Advice on how to improve the scientific content of the manuscript will be given, if appropriate.
6. **Reviewers** will be asked to comment specifically on the following:
 - Originality
 - Scientific merit of the study
 - Clinical significance of the study
 - Appropriateness of method of analysis, including statistical method used
 - Validity of conclusion(s)
7. The **Editorial Board** will be available for any discussions or comments; and will be able to help on matters pertaining to study design, statistics, data presentation, reference construction, or any other matter relating to orthopaedic and trauma publishing. **Please support your journal by submitting manuscripts.**



Orthopaedic Service in Sarawak

By Dr Wong Chung Chek



Sarawak is the largest state in Malaysia with an area of 124,449.51km and made up 37.5% of the country total area. With a total state population of 2.2 million, the state is the most sparsely populated in Malaysia. The capital city, Kuching is home to nearly half a million people. Sibu and Miri are next in terms of population size with a quarter million inhabitants respectively.

As in other parts of the country, provision of medical services including orthopaedics is both by the government and private sector. At present, there are all together 24 orthopaedic surgeons serving in the state of Sarawak, with the majority (16) in public service. Four of the 16 surgeons in the government sector are serving in Universiti Malaysia, Sarawak, (UNIMAS).

Prior to 1985, the general surgeons provided orthopaedic services in the major towns of Sarawak. Dr Denis Yu was the first orthopaedic surgeon to serve the people of Sarawak. He returned home upon completion of his orthopaedic training in Singapore. As there was a high incidence of logging accidents in the Rejang Basin area, he was first posted to Sibu Hospital. He subsequently served in Sarawak General Hospital in the year 1988 – 89. Within a period of twenty years, together with mushrooming of private medical centres within the state, orthopaedic services have reached the present more readily accessible level.

Although orthopaedic trauma forms the majority of cases seen in Sarawak, sub-specialty fields like spine, joint replacements and orthopaedic oncology also contribute a big portion of the workload in the state.

There are a total of seven private hospitals that provide orthopedics care to the population of Sarawak, namely in the major towns of Kuching, Sibu and Miri. In Kuching, these are Normah Medical Specialist Centre with Dr Paul Chew and Dr Francis Ting as the resident orthopaedic surgeons, Timberland Medical Centre with Dr Denis Yu as the resident orthopaedic surgeon, and Kuching Specialist Hospital with Dr Lee Woo Guan as the resident orthopaedic surgeons.



Dr Robert Tang

In Sibu, these are Rejang Medical Centre with Dr Robert Tang as the resident orthopaedic surgeon and Sibu Specialist Medical Centre with Dr Wong Chya Wei as the resident orthopaedic surgeon. In Miri, Dr P C Anand is the resident orthopaedic surgeon at Columbia Asia Medical Centre while Miri City Medical Centre is served by Dr Richard Chen. Bintulu is served by visiting orthopaedic consultants from private medical centres from Kuching and Miri. All the surgeons in private practice provide the whole spectrum of orthopaedic



Dr V Pathmanathan with Dr Wong Chya Wei

service to the local community. There is a sizeable number of Indonesian patients seeking orthopaedic treatment in these private centres. The 2 private hospitals in Miri also cater for the need of the nearby country of Brunei Darusalam.

As for the public sector, there are only four hospitals with resident orthopaedic specialists, namely Sarawak General hospital, Sibu Hospital, Miri Hospital and Bintulu Hospital. In addition, an orthopaedic team visits Sri Aman Hospital, Serian Hospital, Marudi Hospital, and Limbang Hospital once a month.

Sarawak General Hospital (SGH), located at Jalan Tun Ahmad Zaidi Adruce, Kuching caters for the medical needs of this area and also receives referral cases from the other hospitals within the state.

Currently there are three consultant orthopaedic surgeons and four orthopaedic specialists stationed in SGH, with Dr Basir Towil as the head of the department, and Dr Faris Kamarudin and myself the orthopaedic consultants in the department. The orthopaedic specialists are Dr Loke Wooi Ping, Dr Tan Chor Ngee, Dr Chuah Chee Kheng, Dr Gunalan

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Dr Basir Towil



Assoc Prof Dr Ahmad Hata

A/L Naliah and Dr Mohd Zaki Mohd Amin. In Universiti Malaysia Sarawak (Unimas), the orthopaedic department has a professor, Professor Pan Kok Leong and three orthopaedic lecturers, Dr Ahmad Hata, Dr Azani Hasan and Dr Chan Wai Hong. Together we work hand in hand in providing services to our patients.

Currently, there are a total of five service medical officers, five orthopaedic trainees and three trainee lecturers in the department at SGH. They are all well versed with all types of orthopaedic trauma surgery, as result of good exposure due to vast variety of cases available.

Presently the SGH orthopaedic ward utilises the old building while waiting for the new block to be completed. The current ward capacity is around 52 beds for adult patients but there's a constant need to have extension beds caused by overloading in admission due to the abundance of cases. According to our statistics, in the year 2005 we had 3226 admissions.

The orthopaedic clinics are available on Monday, Wednesday and Friday. Each session we see about 150 – 200 patients. Arthroplasty clinic is on Wednesday afternoon whereas the Spine Clinic is on Friday afternoon. We had a total of 17,076 patients visiting our clinic in SGH in the year 2005.

The SGH trauma operation theaters are running 5 days a week. These theaters are mainly for the semi elective trauma cases and are assisted by Unimas staff nurses. On the other hand, in the main operation theaters, we have an additional theater on Monday, Tuesday and Thursday to cater for the elective arthroplasty and spine cases. Besides these, the trauma emergency theaters are available all the time, even though it is shared with other surgical disciplines.

The consultants travel regularly to Sibul, Bintulu and Miri for subspecialty clinics namely Ilizarov, arthroplasty and spine. They usually perform surgical operations in the respective hospitals during their visits and run the subspecialty clinic on the subsequent days. At the same time, they also help the local surgeons manage the difficult trauma cases encountered. For complicated cases requiring special facilities or equipments, these hospitals will arrange for the cases to be transferred to SGH for further management.

The department encounters all kinds of challenging conditions in Sarawak. Arthroplasty services here range from primary joint replacement to revision arthroplasty. A range of 120 – 150 cases per year were performed here. Spine surgery is another established field. Nearly all kinds of spinal procedures are performed here. Recently percutaneous endoscopic lumbar discectomy with Laser was introduced here. We believe Sarawak General Hospital is among the first few centers to practice this and is experiencing increasing interest among the general public. There are about 150 – 180 spine surgeries conducted each year here. Orthopaedic tumour cases are also frequently encountered here. Referral cases are even received from the state of Sabah. The support provided by the radiotherapy oncology department in Sarawak General Hospital enables us to provide one stop service for those unfortunate patients with neoplasms involving the musculoskeletal system.

Besides this, Sibul Hospital, Bintulu Hospital and Miri Hospital are established to cater for the needs of the respective areas within the state.

Sibul Hospital has two expatriate orthopaedic surgeons from Myanmar, Dr Kyaw and Dr Saw. Bintulu and Miri General Hospital have the services of an Indian orthopaedic surgeon each, Dr Ramalingam and Dr Prasad respectively. These specialists also provide visiting orthopaedic clinics to smaller towns within the area, like Limbang, Marudi, Sarikei, Mukah and Kapit.

I am indeed glad to be part of this ever progressive team that strives to achieve the best for the people of Sarawak and the nation. We need more talent to join us! **E**

Second ASEAN-BOA Travelling Fellowship 2005

Dr Robert Penafort, Malaysian Representative

The second ASEAN-BOA fellowship extended from the 10 to the 30 September 2005. The fellows who represented the ASEAN region were Dr Ketut Martiana from Indonesia, Dr Gregorio M S Azores from the Phillipines, Dr Chong Keen Wai from Singapore and Dr Polawat Witookollachit from Thailand.

Exeter 11 – 13 September 2005

The weather in London was perfect. The sun was up and the temperature was a perfect 22 degrees. After spending the first night in London, we met up at Paddington Station for the trip to Exeter. We arrived in Exeter at approximately 4pm and took a taxi to the hotel. The accommodation was a quaint little B&B place within walking distance from the hospital. That night we met with Dr Jonathan Powell and Dr Timperley for dinner at a restaurant in town. It was a warm reception and we had an opportunity to get to know our hosts well. The next whole day was spent at the Exeter centre. A detailed and interesting programme was prepared for our visit, which included attending surgery for half the day. There was also a symposium organized specially for us and we had the honour of meeting Dr Roger Ling and listening to lecture on the History of the Exeter HIP. Two of the fellows spoke at the symposium followed by some lectures by the other consultants at the centre.



That night we were treated to a sumptuous dinner at a remote country village restaurant some distance out of Exeter. The ambience of the 17th century English village was breathtaking to say the least. As we were traveling to Bristol in the afternoon, we took a walk around the town and visited the famous Exeter cathedral and also managed to catch a glimpse of the quay. That afternoon we traveled to Bristol. After checking in we managed to get a short rest before meeting with Dr Roger Atkins our host in Bristol.



Bristol 14 – 16 September 2005

The rich history of Bristol seemed to be at the fingertips of most Bristolites. A city heavily bombed by the Germans, clearly evident till now, has a rich array of old architecture alongside newer structures that had to replace the annihilated buildings.



Dr Roger Atkins our host left nothing to chance when preparing the programme for the three three days at Bristol with visits to the Bristol Royal Infirmary, Avon Orthopedic Centre and Shenlay Orthopedic Centre. The first day was spent at the BRI. It was a full day of lectures commencing with a trauma session in the morning followed by paediatrics and limb reconstruction in the afternoon. BRI is reputed to be the largest centre outside Kurgan doing Illizarov frames. They have however now progressed to using the Taylor Spatial Frames, which is based on the Illizrov principal but uses a more sophisticated distraction

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technique, which requires software to determine the configuration and the frame adjustment. The TSF as it is called however is far more user friendly. During lunch, a trip was organised to the SS Great Britain, which incidentally the first propeller driven ship to sail across the Atlantic. Brunell, who we discovered, over the next few days, was the name associated with almost everything in Bristol for his engineering genius, built the ship.



The second day was at the AOC where there was again a full day symposium of very interesting lectures. The third morning was spent at the Shenlay Centre with Dr Hutchison. We caught a glimpse of the trauma audit in the morning followed by a few lectures. Later we were allowed to attend live surgery.

In the afternoon we returned to the AOC where two of the fellows presented their lectures. That evening Mr Atkins, being the excellent host that he is, took us on a personally guided tour of Bristol city and a drive across the breathtakingly beautiful engineering wonder i.e. the suspension bridge built by Brunell. Later that night Mr and Mrs Atkins opened their home to most of the faculty in Bristol for a lovely dinner. It was a fitting end to an interesting 3 days at Bristol.

During the weekend I had the unique coincidence of being able to attend my medical school reunion at Coventry. I managed to meet up with a significant number of my college mates who had migrated to the UK and were practicing in various parts of the UK. The rest of the group rented a car and visited Stonehenge and other historic sites around Bristol.

Birmingham and BOA Congress 19 – 23 September 2005

We gathered back in Birmingham for the next leg of our fellowship. We were met by Mr Alistair Thompson at the ROH on Monday morning and received a warm welcome. The atmosphere of the ROH was unique in nature as it had more than a hundred years of history in it. The pictures adorning the walls of the main lobby were of the stalwarts of orthopedic community dating back a hundred years. We later had the opportunity of visiting the operating theatres and observing a variety of surgeries that were going on that day. Especially interesting were the Birmingham Hip replacement of which we managed to witness 2 cases that morning itself.

The next few days were spent at the BOA congress in Birmingham. We were all warmly hosted by the President of the BOA and by the association staff. The congress was packed with very interesting lectures and free papers and it was difficult to decide which lectures to attend. The highlights of the congress were the special lectures that invariably drew the largest crowds. Among these was the Hunterian Lecture, John Charnley Lecture.



The weekend following the congress was spent in London, fending on our own again. We had ample opportunity to visit the famous sites in and around London.



Leicester

26 – 27 September 2005

After a restful (and expensive) weekend break in London, we headed for the last lap of our fellowship. Taking the train ride to Leicester, we spent the night in accommodation that had been prearranged for us and proceeded to the hospital the next morning. Professor Harper, the head of the unit met us and took us around the premises for a personally guided tour of the place. Later that morning we attended a symposium that was specially organized for us. The speakers included the faculty members, a registrar and also a talk by one of the medical students. That afternoon some of us had the opportunity to go to the operation theatre and witness a few elective cases. That night Professor Harper and the faculty hosted us to a dinner in Leicester town.

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Coventry **28 – 29 September 2005**

The last port of call was Coventry. Professor Damian Griffin our host at Coventry arranged for a chauffeured mpv to pick us from the hospital at leicester and drive us to Coventry. We were met the same evening at our hotel by Prof Griffin who had meticulously arranged a programme tailored to suit the interests of each one of us. The next morning was spent visiting an ancient castle in Coventry that had been refurbished to accommodate tourists. After an exciting morning of sight-seeing, we were hosted at the spanking new Warwick Medical school where the weekly orthopedic scientific session was reorganized for our visit.



We were all given an opportunity to present our papers and received rather interesting comments and questions at the end of it. We then sat in and attended their clinical discussions till the end of the evening. The next day was spent at the operation theatres in the different hospitals in and around the city.

That marked a fruitful end to our trip. Without doubt, we had thoroughly enjoyed the fellowship and learned a great deal. The hospitality that was extended to us was without exaggeration, extremely warm and generous. Nevertheless we were all homesick and dying to go home.

Conclusion

Being only the second year of the ASEAN-BOA Fellowship, there were undoubtedly many little details that would need to be ironed out for the smoother progress of the trips in the years to come. But what stuck out glaringly was the warm hospitality of the senior consultants who made time and effort to make our stay both comfortable and interesting with a good balance of work and pleasure. Though criss-crossing the country was tiring, being able to see so much of England in such a short time was a blessing.

I must take this opportunity to thank the MOA committee for giving me this honour of representing the country and the BOA for being the perfect host. I sincerely hope that this tradition will continue for many years to come. The friends that we made along the way and the innumerable consultants with whom we got acquainted with are the good memories that remains etched forever. **E**

Malaysian Orthopaedic Association **Humanitarian Mission To Damascus, Syria**

28 April – 5 May 2006

Sharaf Ibrahim, Abdul Malik Hussein, Hyzan Mohd Yusof



Sharaf Ibrahim, Abdul Malik Hussein, Hyzan Mohd Yusof

We were in Damascus from 28 April to 5 May 2006 in collaboration with the Palestine Children's Relief Fund (www.pcrf.net) and the Ministry of Health, Syria. We met Dr Ali Khiyami, Dr Bashar Mirali and their trainees in the Orthopaedic Department, Damascus Hospital for the pre-operative assessment. Nuha, from the PCRf, was with us in the clinic. Approximately 40 patients were assessed. These included infants with congenital deformities of the upper limbs, children with birth injuries of the brachial plexus, cerebral palsy, growth plate injury, a father and 2 sons with skew feet, congenital pseudoarthrosis of the tibia, Klippel-Feil syndrome and scoliosis. 4 patients with scoliosis were selected for surgery. They were a 16-year old boy with congenital scoliosis, a 13-year old girl with idiopathic scoliosis and a 16-year old girl with neuromuscular scoliosis. All had posterior instrumentation and fusion. The 4th patient was an

18-year old girl with congenital kyphoscoliosis who needed an anterior release, posterior instrumentation and fusion. In addition, we presented 5 lectures to the trainees. These were on clubfeet, anterior cruciate ligament reconstruction, neuromuscular scoliosis, acetabular and pelvic fractures, management of growth plate arrest and the Ilizarov technique in

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children. We also presented several cases for discussion in the spring meeting of the Syrian Spine Association in the Damascus Military Hospital.

In Syria, we visited historical sites around Damascus and Homs. The Castle of the Knights was first built in the 11th century by the Emir of Homs and subsequently expanded by the knights of St John from Jerusalem in the middle of the 12th century. It was recaptured by the Mamluks a century later. Khalid Bin Al Walid, a warrior and companion of Prophet Muhammad (p.b.u.h), was born in Makkah in 585 A.D. and died in Homs in 642 A.D. In Lebanon, we went to Bourj Al Shamali (www.bourjalshamali) a Palestinian refugee camp in Tyre. We met Mr. Abu Waseem at the National Institute of Social Care and Vocational Training (Beit Atfal Assomoud) and then visited Sahar Fares, 13-year old Palestinian girl, and her family at their home. Sahar's education is sponsored by a Malaysian family.

Nuha, as usual, has done a great job in organizing our visit. We thank Dr Ali Khiyami and Dr Bashar Mirali for allowing us to examine and operate on their patients. We found the trainees very enthusiastic and knowledgeable. We understood the limitations of working in a different country and the need for experienced surgeons as volunteers. Overall, it was a successful mission and we have been invited to Damascus again. We encourage others to volunteer for future missions.



Old Damascus



Dinner with staff of the Orthopaedic Department



The head of the orthopaedic department, Dr Ali Khiyami (standing) and the trainees during our lectures



Anterior release followed by posterior instrumentation and fusion in the 18-year old girl with congenital kyphoscoliosis

E

Announcement

MOA Tie

The Council of the Malaysian Orthopaedic Association is looking into getting a new tie and wishes to invite applications to submit a **tie design** and equivalent **scarf design** (for ladies).

The designs can be submitted as a soft copy to the MOA Secretariat (acadmed@po.jaring.my).

The closing date is **30 October 2006**. The prize for each of the two sections is RM500.

The judges' decision will be final and winners will be informed via email.

Please attach the following details:

- Name (or pseudonym)
- Email address / handphone number
- Short commentary on design theme
- Please indicate whether the design is for tie or scarf



Malaysian
Orthopaedic
Association

AGM / Annual Scientific
Meeting 2007

Please mark your calendar

17 - 20 May 2007
Pulau Langkawi