

# BERITA ORTOPEDIK

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## Letter from the Editor

Blessed 60th Malaysia Day!

It gives me great pleasure to present to you the Malaysia Day issue of the Berita Ortopedik, the official publication of the Malaysian Orthopaedic Association.

As you flip through the pages and read a little on the development of orthopaedic surgery in Malaysia I urge you to take a few moments to reflect on how God has blessed Malaysia with so much, both in the advancement of orthopaedic surgery and also in the development of our healthcare system over the past 60 years.

Much awaited are the articles covering the recent Annual Scientific Meeting and AGM of the MOA, and related events: the first ever President's Cup and Dr Jonathan Hobby's week here in Malaysia – we are indeed honoured to have him share his experience and knowledge with us in multiple events.

We also have included highlights of recent MOA driven events, namely the 4th Ilizarov Course with Live Surgery from Hospital Sungai Buloh and the 4th Borneo Arthroscopy Course from Hospital Duchess of Kent, Sandakan – from both East and West Malaysia, signifying the association's strong support of events all over Malaysia.

*Kernamu kami bebas merdeka  
Kernamu nyawa dipertaruhkan  
Kernamu rela kami berjuang  
Demi bangsa kedaulatan negara  
Kernamu negara Malaysia  
Terima kasih Malaysia!*

Happy Reading!



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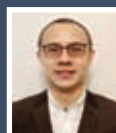
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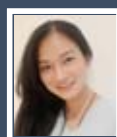
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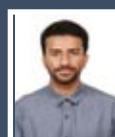
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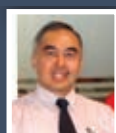


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# History of Orthopaedic Surgery in Malaysia

August and September are months of historic significance to Malaysia; the Independence of Malaya on the 31st August 1957 and Independence of the states of Sarawak and Sabah on 16 September 1963 paving the way for the formation of our country, Malaysia. Orthopaedic surgery was established in our country way before the formation of Malaysia or even the independence of Malaya itself.

Orthopaedic surgery in Malaysia started with the establishment of the first orthopaedic unit at Kuala Lumpur General Hospital after the second world war in 1949 under the first head of the unit, Dr. J A P Cameron, a general surgeon with M. Ch. Orth. of Liverpool. Before 1949, fractures and orthopaedic diseases were treated on an ad hoc basis by general surgeons. The unit was subsequently helmed by Dr. O'Malley in 1952, followed by Dr. Donald Gunn in 1955. When Dr Donald Gunn left for Singapore in 1957, again

Dr. O' Malley became the head for another 2 years before Dr. Abdul Majid took over from him in 1959.

Dr. Abdul Majid Ismail was our first local orthopaedic surgeon after obtaining the M. Ch. Orth. from Liverpool. Tan Sri Dato' Dr Haji Abdul Majid obtained his Bachelor of Medicine and Surgery Degree from University of Malaya in 1950. Thereafter, Tan Sri graduated from the Royal College of Surgeons, Edinburgh, United Kingdom in 1955 and obtained a Masters of Orthopaedic Surgery from University of Liverpool, United Kingdom in 1957. He was promoted to the post of Director General of Health, Malaysia in 1971 and retired in 1976.

The first medical faculty of this country, University Malaya (UM) was founded in 1963. The Orthopaedic Surgery Department was established 2 years after under Dr. J.F. Silva from Sri Lanka as the first Professor and Head of Department of the Department

of Orthopaedic Surgery and Rehabilitation in January 1966. At that time there were only four orthopaedic surgeons in Malaysia.

Numbers of orthopaedic surgeons in the country increased over the years and orthopaedic surgery gradually expanded to cover the whole country. By 1976, there was an orthopaedic surgery unit in every general hospital of the states and the Institute of Orthopaedics in Kuala Lumpur was completed.

Postgraduate course in orthopaedic surgery was later introduced by Universiti Kebangsaan Malaysia (UKM) and the first batch of local orthopaedic surgeons graduated in 1985. The Master of Orthopaedics programme enabled Malaysian orthopaedic surgeons to be trained and certified in a structured four-year training programme.

From 1981 to 2003, Universiti Kebangsaan Malaysia (UKM), University of Malaya (UM) and Universiti Sains Malaysia (USM) conducted their training programmes independently and had separate examinations. A national board of orthopaedics, the "Conjoint Board of Orthopaedics" (CBO) established in 2003 to ensure uniformity of examination and the highest quality of postgraduate training. Board members consist of senior orthopaedic surgeons from the universities, Ministry of Health and the Academy of Medicine. The first conjoint part two examination in orthopaedics was held in 2004. International external examiners were invited for global benchmarking. Currently, in addition to UKM, UM and USM, the Orthopaedic Surgery Masters Program has commenced in International Islamic University of Malaysia (IIUM), Universiti Malaysia Sarawak (UNIMAS) and Universiti Putra Malaysia (UPM).



Dr. J A P Cameron



Dr. Donald Gunn



Tan Sri Dato' Dr. Abd Majid Ismail



L to R: Dr Mohd Nor Manukaran, Dr Masbah Omar, Dr Mohd Abd Razak

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In 1967, in order to promote the advancement of science, arts and practice of orthopaedic surgery, the Malaysian Orthopaedic Association (MOA) was formed with Dr. Abdul Majid Ismail as the first president. Founding members included Dr Selvakumar, Dr. M Sivananthan, Dr. Kannan Kutty, Dr. Pretam Singh, Dr. Balasubramaniam, Dr. Balasingam, Dr. Mahmood Merican, Dr. Mohd Iqbal, Dr. Sachdev Singh, Dr. Subir Sengupta and Dr. K Thambyrajah. The first Malaysian Orthopaedic Congress was organized in 1968 and it was attended by a total of sixty delegates from various countries. In the following year, the first Malaysian-Singapore combined orthopaedic meeting was held in Singapore.



*First Malaysian Orthopaedic Association meeting in 1968*

In 2018, there were an estimated 900 Orthopaedic surgeons in Malaysia, half of whom served in public hospitals and universities giving a ratio of 1 Orthopaedic surgeon per 40,000 population. Malaysia aims to be a developed nation by 2025. In order to achieve that, the country needs to increase the orthopaedic surgeon numbers to meet the ratio recommended by the World Health Organisation (WHO) of 1: 30 000.

In 2004, the Ministry of Health started a three-year fellowship programme for all orthopaedic subspecialties in the major public hospitals. Training in public hospitals is now monitored by the postgraduate education committee of each hospital. Currently, the majority of tertiary hospitals in Malaysia have orthopaedic sub-specialists trained locally under MOH fellowship programme.

In the effort to increase the number of orthopaedic workforce and the quality of orthopaedic care in the country, we hope that regional and international cooperation along with the development of subspecialty fields will be enhanced. <sup>80</sup>

**Dr. Kharthik Deepan Murugesu**  
Hospital Serdang



*First MOA SOA combined meeting in Singapore in 1969*

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# 52nd Malaysian Orthopaedic Association (MOA) Annual Scientific Meeting 2023

## “Enhancing Recovery in Orthopaedic Surgery”

The 52nd MOA ASM was held on the beautiful Penang Island from 15th to 17th June 2023, in SETIA Spice Convention Centre. This year's MOA was a significant event as it was the first purely face to face event post COVID-19 era. It was also interesting to have this event in Penang Island which is somewhat of a tourist attraction. This resulted in enthusiastic participants from all over the country travelling to attend this year's AGM. The travel was also of course to indulge in delicious Penang food, visit tourist spots and enjoy the Durian Season. Kudos to the organisers in being able to find a place which offered a perfect balance between a holiday and official business.

The 52nd MOA ASM opening ceremony kicked off on the first day, 15th June 2023 with overwhelming attendance. The seats in the main hall were completely taken yet participants continued to flock in to be a part of the opening ceremony. This was then followed by the introduction of the latest batch of orthopaedic surgeons to join the fraternity. What was special this year was that for the first time, family members of the new surgeons were allowed to attend to witness this historical moment. In a nutshell, this year's MOA was divided into 3 categories, and delegates could opt to choose their preferred way to gain knowledge from this event. We had lectures, workshops and SIG (Special Interest Group) meetings. What went on during the lectures and workshops are pretty self-explanatory, but the SIG meetings was different in the sense that they were specifically tailored to each subspecialty's focus.

There were the meticulous Orthopaedic Oncology surgeons who took the opportunity to discuss and plan out the rest of the year's courses, events and teaching sessions. This was

somewhat similar to what was discussed in the Foot and Ankle SIG meeting. Then we had the Arthroplasty SIG meeting where the arthroplasty fellows presented on important topics which benefited not only members of their own subspecialty but to all those who were willing to listen and participate.

Ms S, a General Orthopaedic Surgeon from Klang Valley felt that since these sessions were not divided by subspecialty, it allowed all surgeons to attend and benefit from them as well. However, some surgeons felt that the topics were too general and basic which had no benefit for general surgeons

..... continue on page 6



Board members welcoming participants to the 52nd MOA



The 2 all-time favourite Professors of University Malaya

with special interest. However, I personally thought that it was a good balance which benefited the subspecialty groups as well as the generalists. Day 2 had an interesting event called the Presidents Cup which consisted of young Orthopaedic surgery medical officers competing among each other to emerge as the winner based on both general and basic orthopaedic surgery knowledge. This Cup was bagged by University Pertanian Malaysia (UPM), a big congratulations to them. I would like to mention that this year's Presidents Cup was sponsored by Professor Azlina Abbas from University Malaya with the intention of giving a bigger role to Masters students in MOA events, and I must say this was deeply appreciated by them. Thank you, Prof!



*Lightning Sessions*

Day 3's highlight was the "Lightning Session", which is something new as well. What used to be a free paper oral presentation has been refashioned into this Lightning Session where the presenters would present the gist of their oral papers in a given amount of time. This version was more upbeat, interesting and added a splash of colour to the whole event.

All in all, this year's MOA offered a good stepping stone to having physical events again after the

pandemic. The schedule was not as packed as usual, which allowed more time for the participants to mingle, catch up with long lost friends and at the same time indulge in the local delicacies and attractions. Attendance was excellent, with more than 2000 delegates having attended this event.

This event was a good reminder to us that all things shall pass, and to make the best of what we have, when we can. No one

in the year 2020 would have imagined being in the same closed, indoor space with 2000 other delegates. However, we got past it and managed to enjoy an exemplary event which was both enjoyable and informative. A big congratulations to the organisers. We hope to have an even more successful event next year. See you in Kuantan in 2024!

BO

**Dr. Gayathri P. Arumugam**  
Ministry of Health



*The Presidents Cup*



# The First Malaysian Orthopaedic Association Presidents Cup Quiz

The Malaysian Orthopaedic Association (MOA) successfully organised the 52nd MOA Annual Scientific Meeting 2023 at the Setia SPICE Convention Centre. With the theme of “Enhancing Recovery in Orthopaedic Surgery”, the event welcomed a record-breaking attendance of over 2000 participants from more than 17 countries. This year’s MOA came with new interesting and attractive events, and one of the highlighted event is the first ever MOA Presidents Cup Quiz.

The quiz was organised specially for aspiring future orthopaedic surgeons and also opened to house officers, first to third year postgraduate trainee. The contestants competed for the ultimate prize of the MOA Presidents Cup grand trophy and cash prize of RM3000. The response was overwhelming and 22 team signed up to participate. There were 9 team from the universities and 13 teams from the Ministry of Health. The teams were encouraged to come up with creative names. Among the names chosen were Mr Sa’adon’s Minions, Osteoblastors, Terrible Triad, The UKM Backbenchers, Quaranteam, Orthobots HSM And Three Stooges.

The quiz consisted of three rounds and was held in the Setia SPICE Convention Centre grand lecture Hall A. The preliminary rounds took place on the 16th of June 2023, where all 22 teams sat and competed. The preliminary rounds utilised the Quizizz platform and the teams answered 20 single best answer questions on general orthopaedic questions, MOA trivia and general knowledge trivia. Marks were awarded based on accuracy and speed. An extra twist was added to the quiz, the best dressed team was awarded a special prize and the UKM



UKM backbenchers: Best dressed team



Preliminary round



The winners!

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*The winner of MOA Presidents Cup Quiz:  
The Quarantime (UPM)*



*The 1st runner up: The UKM Ortopedico (UKM)*




*The 2nd runner up: The USM Titans  
(USM)*



Backbenchers won based on the originality, authenticity and uniqueness.

From the preliminary round, five teams: the Quaranteam, The Destroyer, The UKM Orthopedico, the USM Titans and managed to proceed to the semi-finals. The semi-finals and the finals took place on the last day of the MOA ASM. Once again, the 5 teams against each other via the Quizizz platform and only 2 teams were selected to the finals. The Quaranteam from UPM and the UKM Ortopedico emerged as the finalist for the MOA Presidents cup.

The final round was designed to be on stage where the rest of the audience were able to see the contestants challenge one another. The witty Miss Rifa Aquidah was the final round host and made sure both teams were on their toes. The team needed to burst a balloon in order to be able to answer the questions. After all the anticipation and excitement, the Quaranteam from UPM was crowned as the champion of the MOA presidents cup quiz. As the sponsor of the first MOA presidents cup quiz, Professor Azlina Amir Abbas presented the prizes and the trophy to the winners.

It was surely a fresh and memorable experience for everyone involved in the first MOA presidents cup quiz. We will be definitely looking forward to next year's quiz! 

**Dr. Norsaidatul Nadriah  
Ahmad Shuhiamy**  
Universiti Teknologi MARA



*The final round*



*The 5 semifinalists*



*Sponsor of the first MOA presidents cup quiz: Prof. Azlina Amir Abbas*

## A Week with Dr. Jonathan Hobby

We were honoured to be visited by the immediate past President of The British Society for Surgery of the Hand (BSSH) and the current education chair of the Federation of European Societies for Surgery of the Hand (FESSH) from 11th-18th June 2023. Dr. Jonathan Hobby is a consultant hand and orthopaedic surgeon at the Hampshire Hospitals NHS Foundation Trust, UK. He is also an AO faculty member for long bone, hand and wrist trauma for more than 20 years. I first met and met him during my IFSSH 2022 UK Travelling Fellowship, in which he took care of my accommodation and educational activities in the United Kingdom.

On 12th Jun 2023, we had MSSH Joint Replacement Symposium at Pantai Hospital, Kuala Lumpur. We had the incredible opportunity to learn from Dr Jonathan Hobby about joint replacement in the hand. Then, I drove him from Kuala Lumpur to Kota Bharu, Kelantan, for educational activities with orthopaedic surgery trainees of the School of Medical Sciences, Universiti Sains Malaysia. On 13th Jun 2023, we had educational activities beginning at 7.45 A.M. with Trauma Passover.

Dr. Jonathan Hobby was then greeted by Prof. Abdul Razak, Dean of the School of Medical Sciences, Universiti Sains Malaysia. The educational activities continued with USM Hand & Wrist Symposium 2023, ward rounds and bedside teachings. Dr Jonathan presented the topic of distal radius fractures: complex injuries, indication for dorsal plating and psychological factors and CRPS following hand surgery. The visit to Hospital USM ended with a Trauma Audit discussion finishing at 3.00 P.M.

We then went to Setia Spice Convention Centre, Penang, for the 52nd Malaysian Orthopaedic

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Figure 1: MSSH Joint Replacement Symposium at Pantai Hospital, Kuala Lumpur.



Figure 2: USM Hand & Wrist Symposium 2023



Figure 3: USM Hand & Wrist Symposium 2023



Association Annual Scientific Meeting & Annual General Meeting 2023. On 14th June 2023, we joined the "Kayuhan Live to Move in 2023" cycling event. The Malaysian Orthopaedic Association organised this fund-raising cycling ride event around Penang Islands to raise funds and awareness about arthritis.

From 15-17th June 2023, we joined and were involved in many educational activities as a speaker, moderators and participants in the 52nd Malaysian Orthopaedic Association Annual Scientific Meeting & Annual General Meeting 2023. Dr. Jonathan presented

updates on scaphoid fracture in the upper limb symposium and scaphoid fracture and its sequela-my approach in the masterclass session. He was also a co-moderator in the hand paediatrics lightning session and hand lightning sessions-free oral presentation.

He was appreciated at the welcome dinner, a visit and dinner at Georgetown hosted by the President of the Malaysian Orthopaedic Association, Prof. Dr. Tunku Kamarul Zaman Tunku Zainol Abidin. He was impressed with the well-organised MOA Meeting 2023 and the impressive number

of participants. He was immensely enjoyed and happy about this visit. He wished to revisit us and was planning for a Foundation Course in Hand Surgery in Malaysia in 2024 with collaboration between the European, Asia Pacific and Malaysia Hand Society for Surgery of the Hand with the target participants from the South East and Asia Pacific Region. We had a fruitful and enjoyable time with him and look forward to our next meeting. Thank you for visiting us!

**Dr. Mohd. Hanifah Jusoh**  
Universiti Sains Malaysia



Figure 4: Bedside teaching with orthopaedic surgery residents, Hospital Universiti Sains Malaysia



Figure 5: "Kayuhan Live to Move in 2023" cycling event



Figure 6 & 7: 52nd Malaysian Orthopaedic Association Annual Scientific Meeting & Annual General Meeting 2023



# Live To Move 2023 - Cycling for Arthritis Foundation Malaysia

On 14th June 2023, 20+ orthopaedic surgeons gathered in front of Setia SPICE Convention Center Penang with their bicycles with one mission – to cycle round the island.

Held the day before the 52nd Annual Scientific Meeting of the Malaysian Orthopaedic Association, the event was dubbed “Live To Move 2023” and aimed to raise awareness and funds for Arthritis Foundation Malaysia. Established more than two decades ago, Arthritis Foundation Malaysia (AFM) leads the fight for the arthritis community through information and resources, access to optimal care, advancement in science and community connections.

Also present was the USM cycling team that had volunteered to lead the peloton through their usual cycling “playground”, up and down the hills towards Batu Feringghi and back through Balik Pulau.

We were flagged off by the president of the MOA, Prof Tunku Kamarul Zaman just as the sun rose. The ride started off with a slight drizzle that slowly turned



Group picture in front of the lobby of Setia SPICE Convention Center just before flag off



..... continue on page 13 USM cycling team member seen with an orthopaedic surgeon cyclist from USM



Group picture of the team at the iconic clock tower



The team cycles through the drizzle



into a heavy thunderstorm and our brave cyclists were forced to take a break at a nearby coffee shop. The rain did not dampen our spirits and we pushed on after rain stopped.

It was however too late for a round island trip and the team made the difficult decision to turn back after reaching Batu Feringghi.

After about 5 hours the team arrived back at SETIA Spice Convention Center where they were greeted by the Deputy Chief Minister of Penang, Dato' Ir. Ahmad Zakiyuddin bin Abdul Rahman, the CEO of Penang Convention and Exhibition Bureau (PCEB), Mr Ashwin Gunasekaran and the President of AFM, Dr. Benjamin Cheah.

After some formalities, medals and certificates were handed out to all the cyclists to recognize their effort and courage in making the event a success. A total of RM20000 was raised for Arthritis Foundation Malaysia. The event ended with a delicious luncheon sponsored by PCEB and post op recovery physiotherapy by the TAGS team.

We wish to thank our sponsors, Sunway Medical Center, ALTY Hospital and Bactiguard for their support; also Medical Conference Partners, our MOA ASM Professional Conference Organizer and PCEB for their invaluable help in logistics and planning. We are grateful to have been given this opportunity to help the AFM and hope that the awareness created will go a long way in making a difference in the lives of patients with arthritis.

Till next year! 

**Dr. Timothy Cheng Tsin Jien**  
Ministry of Health



*The team huffing and puffing up the hill towards Batu Feringghi*



*Group picture at Batu Feringghi Petronas petrol station*



*Picture of mock cheque handover from Prof Tunku Kamarul Zaman, president of MOA to Dr Benjamin, president of AFM*

# ICWLS 2023: Overview of Limb Reconstruction and Event Highlights

ICWLS or the 4th Ilizarov Course with Live Surgery was recently held at Hospital Sungai Buloh, from 6-7th July 2023. It has been 2 years since the last Ilizarov course was organised in the year 2020 due to the COVID-19 pandemic. This was the comeback of the Ilizarov course this year and the event had been a successful one. The course's focus was not only on the comprehensive lectures, but the interactive jam sessions and hands-on workshops as well as interactive live surgeries. The participants were from all over Malaysia including a total of 14 medical officers, 20 orthopaedic surgeons, and 6 AMT fellow surgeons. Unfortunately, the number of participants had to be limited to ensure the quality and opportunity for interaction between the faculty and the participants.

## History of the Ilizarov External Fixator in Malaysia

Ilizarov External Fixator (IEF) usage started in Malaysia in the 1990s, but the progress had been slow, probably one case every few years. In recent years, its usage has been popularised and is gradually increasing. IEF is useful not only for complicated acute fracture fixation with severe soft tissue injury, but also for other purposes such as bone transport and lengthening, correction of deformity and angulation, and joint fusion.

IEF with its components was first invented and introduced by Prof Dr Gavril Abramovich Ilizarov in the Soviet Union in the 1960s and in the Western countries in the early 1980s. Through his method and multiple studies at his institute, he established various principles including the tension stress effect that stimulates the biosynthetic activity in tissues, adequacy of blood supply and loading, gradual lengthening and correction, the possibility of full-time control of callus formation, and early limb functioning and loading.

The evolutionary development of the method and its current role has considerably improved the quality of life for millions of people around the world. Despite the great versatility of its possible applications, the Ilizarov method requires expertise and skill to master.

The Ilizarov method is not aggressive or invasive and only has little blood loss and spares the tissues as well. It is a stable yet dynamic external fixation. It can control the fragment position for bone transport while monitoring the regeneration to allow correction of course during treatment. It is

also strong to allow limb bearing and joint motion.

The principles of Ilizarov fixation are based on the law of tension stress being the process of new bone and soft tissue regeneration under the effect of tension stress caused by slow and gradual distraction. There are six principles, the first being a minimal disturbance to bone and soft tissues, delay before distraction, rate and rhythm of distraction, site of lengthening, stable fixation of the external fixator and functional use of the limb and intense physiotherapy.

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The 4th ICWLS 2023 participants and faculty members. (top) The forum where four established AMT surgeons, including Dr. Basir Towil, Dr. Kamarul Al-Haqq, Dr. Zamri Ab Rahman, and Dr. Nazari Ahmad Tarmuzi discussing on the management of a few difficult cases. (bottom)





### Event Highlights

This year's ICWLS course was organised over a weekend. It started with a comprehensive lecture in the morning, after the opening ceremony. The event was officiated by Dr Basir Towil and in his opening speech, he took the opportunity to highlight the uniqueness of the Ilizarov External Fixator (IEF). He welcomed all the participants and the faculty members as well. The local Advanced Musculoskeletal Trauma consultants from the Ministry of Health Malaysia (KKM), including Dr. Basir Towil himself, Dr. Mohd Hafiz Hassim, Dr. Nazari Ahmad Tarmuzi, Dr. Kamarul Al-Haqq, Dr. Zamri Ab Rahman, Dr. Norhaslinda Abd Ghani, Dr. Muhd Azrin Asihin, Dr. Mohd Saifudin Othman, Dr. Ahmad Arieff Atan, Dr. Tuan Muhd Fairuz, Dr. Gerry Maxmillan Pang, Dr. Chang Chee Wei, and Dr. Norazira Yacob were invited as speakers and table instructors. Support from industrial partners, namely Profile Technology Sdn Bhd was also received.

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The faculty members had a great time catching up and building connections. (top) A special coffee barista on-standby to quench your coffee thirst during the lecture. (bottom)



The workshop session where the participants were encouraged to practice while being guided by the table instructor



One that caught my attention was the forum where four prestige AMT surgeons, including Dr. Basir Towil, Dr. Kamarul Al-Haqq, Dr. Zamri Ab Rahman, and Dr. Nazari Ahmad Tarmuzi discussing on the management of a few difficult cases. The discussion was lively with questions and answers session and the take-home message learned during the forum was to always have proper planning from the beginning to the end and to understand your patient well.

Subsequently, the participants were divided into groups for workshop sessions which comprised three sections combined into one; acute fracture fixation, bone transport, and bone lengthening. Participants were encouraged to practice while being guided by the table instructor. Most of the participants were excited and asked a lot of questions during the sessions.

The second day started with two live surgeries, where the fellow AMT trainees were allowed to assist, while the rest were able to participate through the viewing room in the operating theatre. During the surgeries, participants were allowed to ask questions to the surgeons performing the surgery and it was an interactive session. Few instructors were present in the room to guide and answer participants' questions. Some surgical tips were being exchanged as well. The first live surgery was a case of bone transport and lengthening, led by Dr. Kamarul Al-Haqq and Dr. Mohd Hafiz Hassim, and the second live surgery was a case of acute fracture fixation led by Dr. Muhd Azrin Asihin and Dr. Mohd Saifudin Othman.

Finally, before the course ended, Dr. Basir Towil gave us some advice, being that "Ilizarov is a versatile

tool to use, not just for fracture fixation but also for soft tissue management. A successful Ilizarov fixation is not the end but the beginning". These are the words from one of the most respected figures in limb reconstruction and orthopaedic surgery. <sup>[8]</sup>

**Dr. Lim Chia Hua**  
Ministry of Health (MOH)

**Dr. Mohamad Hafiz Mohamad Hassim**  
Director of ICWLS  
Consultant Orthopaedic & Advanced Musculoskeletal Trauma Surgeon  
Hospital Sungai Buloh



*The live surgeries where the first case of bone transport and lengthening was led by Dr. Kamarul Al-Haqq and Dr. Mohd Hafiz Hassim, and the second live surgery was a case of acute fracture fixation led by Dr. Muhd Azrin Asihin and Dr. Mohd Saifudin Othman. Also, behind the scenes in operating theatre. (anti clockwise from left upper corner)*





## Borneo Arthroscopy Course 2023: A Report

The 4th Borneo Arthroscopy Course 2023 was organized from 23-24th July by Persatuan Ortopedik Sandakan in collaboration with the Malaysian Orthopaedic Association and the Malaysian Arthroscopy Society. We were grateful to have Dr Jose Antonio San Juan, an established hip and knee orthopaedic surgeon from Chong Hua Hospital, Cebu, Philippines as our international faculty member.

Also present were other orthopaedic surgeons as national faculty members: Datuk Mohd Asri Abdul Ghapar (President of Malaysian Arthroscopy Society), Ms Siti Hawa (National Head of Sports Surgery), Mr Richard Chen from Miri, Mr Leong Wan Hee from Kuching, Mr Tan Chen Wee from Kota Kinabalu, Dr Jeffrey Kee, sports physician from Kota Kinabalu and Dr Chiam Wooi Kee, radiologist. The course was officiated by our hospital director, Dr Mohd Fahmie Othman.

Supported by Icon Medic and Pantai Hospital KL, the two-day course consisted of lectures and a dry workshop on the first day, with live surgeries (for surgeons) and a post op rehab protocol session (for allied health, nursing and physiotherapists) on the second day.

We started with lectures covering the basic anatomy of the knee,

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*Participants listening intently to the lectures in the auditorium*





*Dr Jose Antonio sharing his experience on arthroscopic surgery*



*Datuk Asri speaking on graft choices and fixation*

MRI scans, ligaments, cartilage and meniscus injuries, post ACL recon rehab, and then moved into decision for arthroscopy surgery, graft choice and basic knowledge of arthroscopy equipment. Talks were clear and concise and participants listened intently as our speakers shared their knowledge and experience.

After a quick lunch break, participants were divided into three groups for the dry workshop sessions consisting of three stations: ACL reconstruction, meniscus repair techniques, and hamstring graft preparation.

Sawbones and equipment were all prepared by Icon Medic and



..... *continue on page 19*     *Mr Tan Chen Wee demonstrating graft preparation*



*Mr Leong Wan Hee (left) and Mr Richard Chen (right) facilitating the station for meniscus repair*





*Preoperative rounds with faculty members – clinical assessment and discussion of radiological findings*

these hands-on sessions were highly engaging and facilitated an immersive learning environment, enabling attendees to refine their skills under the guidance of experienced faculty members. The workshop also enabled the allied health, nursing, and physiotherapist participants to develop a greater understanding and appreciation of arthroscopic ACL reconstruction.

The faculty members and surgeons then moved to the wards for a pre op round with the patients. The lively discussion helped participants better understand pre op planning and strategies while learning to avoid pitfalls and common complications.

The second day was divided into two tracks: four live surgeries for the surgeons and a post op ACL recon rehab session with Dr Jeffrey Kee, a sports physician. Two patients post ACL reconstruction were on site for live demonstration of the rehab protocol. After this session, the participants then logged in to Zoom online within the main auditorium to view the live surgeries.

Live surgeries were conducted with three surgeons scrubbing in with a faculty member for each case; while the arthroscope and OT view were projected into a nearby room for other faculty members



*Dr Jeffrey Kee teaching the post ACL reconstruction protocol with a patient*


..... continue on page 20



and surgeons to view and discuss. The cases were a mix of ACL reconstructions, meniscus repair and diagnostic arthroscopy.

It was truly a productive and fruitful two days, and we are indebted and grateful to our faculty members for taking precious time and making the journey here to Sandakan to impart their knowledge and wisdom; many had to fly two to three connecting flights just to be here.

This course would also not be possible without the combined effort of the staff and doctors of the Orthopaedic Surgery Department of Hospital Duchess of Kent Sandakan and the Persatuan Ortopedik Sandakan committee. I owe you all a big thank you.

The blend of theoretical lectures, hands-on workshops, live surgical demonstrations, and networking opportunities made it an enriching and memorable experience for all involved. May this course be the beginning of arthroscopy services here in Sandakan, enabling us to serve the community better. 

#### **Dr Timothy Cheng**

Course Coordinator

Borneo Arthroscopy Course 2023



*Ms Siti Hawa teaching during the first live surgery case*



*Participants in the auditorium watching the surgeries being streamed live on Zoom*



*From left to right: Dr Mohd Fahmie, hospital director; Dr Timothy Cheng, course coordinator, Ms Siti Hawa, Dr Jose Antonio, Mr Richard Chen, Mr Leong Wan Hee, Dr Chiam Wooli Kee, Dr Jeffrey Kee.*



# CALL FOR ARTICLE CONTRIBUTIONS!

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