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MAY 2025

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LETTER FROM THE EDITOR

Theme: MOA and the World

Dear Esteemed Readers,

As we mark the **International Day of Families**, I am pleased to present the latest edition of *Berita Ortopedik*—a tribute to the families—both personal and professional—that shape and support us throughout our orthopaedic journey.



In orthopaedics, we often speak of technique, precision, and outcomes. Yet, behind every successful procedure and each dedicated professional stands a foundation of support—our families at home who encourage and understand us, and our extended families at work who collaborate, teach, and grow alongside us. These relationships form the unseen but essential framework of strength that enables us to care for others.

This issue is dedicated to the idea that *family* comes in many forms. Whether it is the surgical team that moves in sync, the trainees and mentors bonded by shared purpose, or the loved ones waiting patiently at home—each plays a vital role in sustaining the heart of our profession.

As we celebrate families across the world, I am also taking a moment of personal reflection. This issue marks the final edition of *Berita Ortopedik* under my term as Editor for year 2024-2025. It has been a sincere honour and privilege to serve in this role. Over the past year, I have been inspired by the stories, voices, and contributions that make up the rich tapestry of Malaysian orthopaedics.

Thank you, as always, for your continued support and commitment to this shared journey. I am deeply grateful to the editorial board, contributors, reviewers, and readers. May this issue inspire us to strengthen the bonds that make us better surgeons, colleagues, and human beings.

With heartfelt thanks,
Dr Michelle Lim Chia Hua
Editorial Secretary
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Reflecting On A Remarkable Journey: A Message From The President

As we are approaching our Annual Scientific Meeting 2025, my term as President of the Malaysian Orthopaedic Association (MOA) draws to a close, I am filled with a deep sense of gratitude and pride. It has been a profound honour to serve and represent our distinguished community of orthopaedic surgeons over these past one year.

During this tenure, the MOA has reached several significant milestones. Our upcoming Annual Scientific Meeting 2025 has already surpassed previous records in terms of numbers of participation, international delegates, and industry partnerships — a clear testament to the vibrancy and growing influence of our Association. We will be introducing an app for the scientific program that allow real-time AI summary of the lectures and interaction with speakers. Our meeting will be the first one in Malaysia to adapt this technology showing our passion for advancement with environmental friendly initiatives. In addition, we also have a new category award, the Best Oral Presentation Award with a Prize of USD1,000.00.

We have witnessed the highest rate of educational activities and unwavering support for Orthopaedic Continuing Medical Education (CME) programs within this term, further strengthening the foundation of excellence within our profession. We have also gained notable recognition from esteemed international orthopaedic associations (AOA, APOA, SICOT, COA and SOFCOT) affirming MOA's standing on the global stage. Furthermore, I am particularly proud of the renewed and strengthened relationship between MOA and the Indonesian Orthopaedic Association, who will be our guest nation, fostering closer collaboration within our regional community.

However, our journey was not without challenges. We navigated the complex issues surrounding the leasing of our office premises at the Academy of Medicine Malaysia. We faced the growing concern of increased litigation involving healthcare providers, including orthopaedic surgeons, as well as ongoing discussions regarding the fee schedule for orthopaedic procedures. Additionally, we continued to advocate for the proper regulation and training of common orthopaedic procedures performed among general practitioners, always prioritizing patient safety and professional integrity.

These achievements would not have been possible without the steadfast support and dedication of many. I wish to express my heartfelt gratitude to the MOA Council and staffs, whose wisdom and commitment have been instrumental. I am equally indebted to the members of the Department of Orthopaedics and Traumatology, Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM), for their continuous support. Most importantly, I extend my deepest appreciation to my family, whose unwavering support has been my greatest source of strength throughout this journey.

As I pass the baton to the next leadership, I am confident that MOA will continue to soar to even greater heights. Excellence is not a destination, it is a continuous journey. I look forward to supporting the Association's future endeavours and to witnessing the continued advancement of Malaysian orthopaedics, both at home and abroad.

Thank you for the privilege of serving you.

**Professor Datuk Dr. Sabarul Afian Mokhtar
MD, PhD**

President,
Malaysian Orthopaedic Association (2024/2025)

“
Leadership
is not about
being in charge,
It is about
taking care of
those in your
charge ”



Balancing Life And Work As An Orthopaedic Surgeon

Written by:

Professor Emeritus Dato' Dr Tunku Sara Tunku Ahmad Yahaya

Consultant Orthopaedics and Hand & Reconstructive Microvascular Surgeon
University Malaya

Nowadays work life balance is something that is considered important. In days gone by, we were not supposed to mention the home side of life while at work, and quiet sacrifice was expected. Especially from a doctor.

Even though it is more understood and even encouraged, now, it is still particularly challenging in our line of work, where people trust and depend on us with their health, well-being and sometimes their lives. We know that a small increase in effort can make a big difference to a patient under our care. Still there are endless things we are in-charge-off.

What with, on one side, going on call, while trying to learn and remember the principles of the emergency procedure and the potential complications and the anatomy of the area. The mother has not turned up to consent, and the patient is underage. At the same time, trying to read up for the other three cases on the elective list, the next day. Meanwhile it is your parents' anniversary and you have not got a gift and your spouse cannot pick up the kids as he is at the dentist. Your CV is not updated but you need to submit it yesterday or miss the chance to study or work with this famous person overseas. I know the feeling.

I particularly admire some of my students who were mothers of several children while at the same time doing the master's programme. Working full time and studying at the same time. They have my admiration and respect, and I did try to help them out as much as I could.

Young fathers were also amazing.

I am not an expert, but I guess some hints could help, and for me, it could have been better, but I am eternally grateful, as it could have turned out much worse.

1 Set Clear Boundaries

Set your work hours as far as you can without being "the fussy one" on the team. Also make sure things are fair and that you are not (or someone else is not) carrying more than your/their fair share. If you do not ask, you would be surprised what injustices you miss. Within these limits, try to define your working hours and stick to them as much as possible.

I remember rushing smoothly from one impossible appointment to another commitment, thinking that sometimes time can stretch. But it does not always!!

Some say avoid taking calls or checking emails after hours unless it is an emergency. For me, I would glance at the message quickly and "triage" them. Some things can be done faster immediately. To get them out of the way. Some need a lot of work. You can put those on a future "to do" list for later.

Help with other's calls or duties if they are truly in need. I always found that it is best to be straight forward. If you find some situation to be unfair, just talk it out. I think you always get better results if you enquire "why ah?? "Rather than immediately complain, or accuse.

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I think you should try to assume the best about people (colleagues, seniors, even patients). Most people are also having the same issues as you, if not worse. Treating people as their best selves pushes them towards behaving as such.

Do take all the leave you are entitled to but do not miss out on interesting patients or procedures if you know they are coming up. Plan it well. Also try to help by planning your leave at quiet times, if possible.

2 Prioritize Tasks

Sometimes we do whatever comes up first on the list. Remember that not all tasks are equal or need to be done first. You need to consciously label the tasks in order of priority. Sadly, that means you need to remember all the tasks, otherwise some of them will be accidentally forgotten. A “to do list” app on your phone is helpful.

The app will most likely ask you to make a daily or weekly to-do list and prioritize tasks based on urgency and importance.

Delegate appropriately where possible, whether it is surgical tasks or administrative responsibilities. In order to do this, you must quickly be able to recognize talent and enthusiasm. Take time to train the keen and clever people as they would appreciate the chance and be able to help you out a lot more, later. You could also give a break to those who are keen but not quite as quick. And nice people.

Try to reward hard working people, not punish them for being keen! Always remember little gifts or snacks for those who help you out. It feels good to be appreciated.

3 Optimize Time Management

Use technology, such as scheduling apps and reminders, to keep track of appointments and deadlines. Block out time for specific activities, including surgery, patient consultations, and administrative duties. Make sure that you do



not just stick to the things on the top of your list. Leave some time for things that make you and those closest around you happy. Be the best judge of how much you and they need these jabs of joy. Don't starve yourself and definitely don't get close to the edge where it is badly needed.

4 Take Care of Your Health

Somehow, maintain a healthy lifestyle with regular exercise, a balanced diet, and sufficient sleep. Try to sneak in exercise whenever there is a break or gap and arrange somewhere close to do it. The condo pool, the hospital gym before work, or badminton nearby after work. Get into the habit of tasting a lot of food but making one thing your meal. Remember how hard it is to shed the pounds after. Much easier to keep them off. You are surrounded by delicious food. This is Malaysia. If you can maintain a healthy profile, that is a major achievement.

For exercise, find stress-reducing activities such as yoga, or combine exercise with something that you enjoy, for example, I love music and dance, so I take a few classes and right now I am taking Zapin classes. My husband loves to jog around the city taking photographs. Other hobbies include cooking, art, and gardening. I think we need to do something green, as our contribution to cleaning up the world, we also need to do something to help others, as it boosts the immune system. And we need to do something physical.

We should not ignore or overlook our mental health. If things get rocky, we can always see a professional and it will definitely help to get you through that bad patch. Don't worry too much about the stigma, as the important thing is to get the best outcome overall.

5 Seek Support

Connect with colleagues for support and to share experiences; this can help reduce feelings of isolation. Find time to chat over coffee or a meal, wherever you are. For instance, awaiting a patient's CT scan or awaiting the anaesthetist. You can share burdens, literally or just by talking. Alternatively, you can schedule bite sized duties to be done during these times. If you feel that you need to, consider talking to a mentor (or more than one) and bring them out for a coffee and chat.

6 Communicate Openly

It is not easy to admit that you are struggling. Try your best to be transparent with your team and even family about your workload and commitments. Your family may need to know when or if there will be any minor or major let ups. Or when things may begin to cool off for good.

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Encourage an open dialogue with colleagues and management regarding work expectations and workload distribution. Your colleagues or even your family may suggest some good coping mechanisms. It brings everyone on your team on your side. Or at least to see your point of view and to give you due consideration.

7 Use Vacation Time Wisely

This is personal time. If you are going outstation or overseas, and you can, once in a while at least, leave your maid at home. It may be tiring but you will be a full-time parent. If this is exhausting you may need to reserve and schedule other regular personal time for family, hobbies, and self-care. Take full advantage of vacation and leave days to recharge. Again, try to plan vacations during quieter times of the year, if possible, to minimize disruption to your colleagues, centre and practice.

8 Stay Organized

This is easier for some than others!! Keep your workspace organized to reduce clutter and enhance efficiency. For those to whom this does not come naturally, you may need to get ruthless. Hire an assistant after their working hours to keep you on track with the opening dates and deadlines for application and closing, or get an ap, with an alarm. Also, other important dates and times, which research funds have come up, or times that we need to order or replace certain equipment, medication, or appliances. Also make sure that your commitments do not overlap. I have had a problem with this a couple of times. Once is forgivable but more than that gives you a bad reputation, on reliability.

9 Practice Spirituality

Incorporate religious practices, spirituality and mindfulness into your routine to help manage stress and enhance focus during work. Being religious has been proven to keep stress and blood pressure lower. *(Do not ask me for a reference, right now!)*

Short prayers during breaks can help you reset and regain focus. Gratefulness and helping others help yourself enormously. Do consider at some point, helping your community in some way.

10 Reflect Regularly

Take time to reflect on your personal and professional goals, ensuring that you are aligned with your values and purpose. Adjust your routines and priorities based on changing circumstances and personal needs. You may not like what you chose some time ago, after getting to know it better. You may need a change of workplace, as your aims may have changed. Discover this sooner rather than later, but make sure that this is not a temporary shift.

- What do you truly enjoy doing?
- What does your spouse really want?
- What would truly benefit your children growing up?

You need to think of all this before it turns and hits you unexpectedly.

11 Stay kind and considerate

Do not let the stresses of the situation get to you. Remember that you are a kind and considerate human being, and will continue to be one, no matter what.

Balancing life and work as an orthopaedic surgeon may require continuous adjustments and a proactive approach to planning and self-care. Finding a personal balance that works for you can lead to increased job satisfaction and overall well-being. It all sounds very well, but most of the time, it is not as easy as it sounds.

Wishing you all the best in your endeavors.



TikTok And The Evolving Doctor-Patient Relationship: Bridging Gaps Or Building Barriers?

Written by:

Dr Gayathri P. Arumugam

Consultant Orthopaedic Surgeon, Columbia Asia Hospital, Petaling Jaya

A few years ago, it would have been hard to imagine doctors on TikTok — but today, it's a norm. More and more healthcare professionals are using the platform to educate, connect, and sometimes even entertain. As a doctor who's seen how social media can impact patient relationships, I think it's important to ask: *Is TikTok helping us connect with patients, or is it creating new challenges we need to be careful about?*

TikTok has opened a new way for doctors to share knowledge.

Short, engaging videos can quickly explain medical concepts, bust myths, or even show behind-the-scenes moments from hospital life.

It's not unusual now to see an orthopaedic surgeon demonstrating exercises, explaining procedures or a dermatologist talking about acne treatments — all in under a minute.

The platform makes healthcare information more accessible, especially for younger audiences who might not always engage with traditional methods of health education.

One big positive is better health literacy.

Instead of intimidating medical jargon, patients can learn through simple visuals and relatable explanations. They can even interact with us

doctors regarding queries and determine if the “doctor patient chemistry” is right for them.

Another huge plus is that TikTok helps “humanize” doctors.

When patients see the person behind the white coat — whether it's sharing a laugh or talking about difficult days — it builds trust.

In some cases, TikTok even offers emotional support.

Videos about mental health struggles, chronic illnesses, and recovery journeys remind people they're not alone, and that we as doctors truly understand what they're going through.

Of course, we have to admit, it's not all positive.

TikTok's short format can sometimes oversimplify serious medical topics.

Misinformation spreads fast, and it's not always easy for viewers to tell which advice is reliable.

There's also the risk of professional boundaries getting blurred.

When doctors share humorous takes on sensitive topics or in an inappropriate manner, even with good intentions, it might backfire and affect the way patients perceive them.

And let's not forget — patient privacy is sacred. One careless post could easily cross a line, even without meaning to.

Professional organizations are starting to offer clearer guidelines for doctors on social media.

The rules are simple but important: protect confidentiality, stay professional, and always put patients' well-being first.



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Even if a patient isn't directly identifiable, we need clear consent before sharing anything remotely related to patient care.

At the end of the day, our digital presence carries the same weight as our real-world reputation.

Looking ahead, I believe TikTok and platforms like it will become even bigger parts of how doctors communicate.

If it is done right, it's a chance to educate, inspire, and build trust.

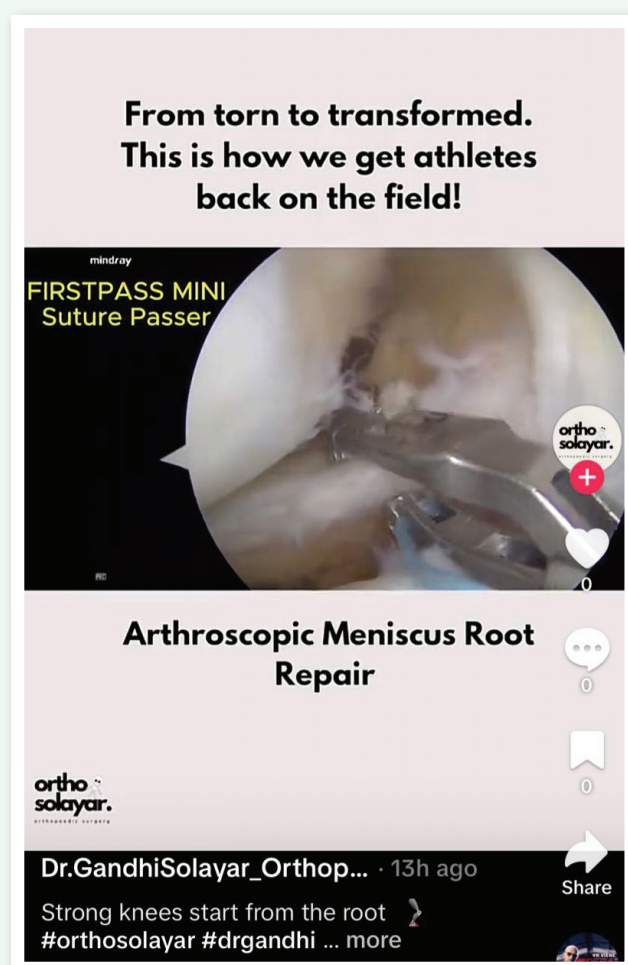
I also think medical education will start teaching future doctors about social media — because knowing how to communicate well online will soon be just as important as learning a clinical skill.

TikTok is definitely changing the doctor-patient relationship — but whether it becomes a bridge or a barrier is up to us.

I have recently started experimenting with creating videos on social media myself, and it has been eye-opening how powerful even a short clip can be in reaching, educating and helping patients deal with their anxiety about various medical conditions.

If we stay mindful, respectful, and true to our professional values, we can use platforms like TikTok to connect with patients in ways we never could before.

The heart of medicine has always been about trust — and that's something worth protecting, no matter where the conversation happens.



AO Trauma Fellowship At University Hospital Düsseldorf, Germany

Written by:

Dr Mohd Hanifah Jusoh

Hand and Microsurgery Unit, Department of Orthopaedics,
School of Medical Sciences, Universiti Sains Malaysia.

I am honoured to have the opportunity to visit the Department of Orthopaedics, University Hospital Düsseldorf, Germany, from November 2024 until December 2024 under the supervision of Prof. Dr. Joachim Windolf and PD Dr.med Lisa Oezel. The AO Trauma Fellowship at the University Hospital Düsseldorf provided an invaluable opportunity to deepen my trauma surgery knowledge and skills. This prestigious program is renowned for its emphasis on both theoretical understanding and practical application in managing complex trauma cases.

The primary objectives of attending this fellowship were to enhance my technical skills in trauma and orthopaedic surgery, engage with leading experts in the field, expand my professional network, and gain insights into innovative practices and methodologies in trauma care. The fellowship comprised a blend of lectures and clinical rotations focusing more on hand and

upper limb trauma. Key components included clinical rotations, shadowing experienced trauma surgeons in the operating room and during ward rounds, and providing real-world exposure to multidisciplinary trauma teams and their decision-making processes. Everyday, there is passover trauma session and meeting at 7.30 A.M followed by ward round, clinics, elective, emergency or LA operation.

The key learning points include advanced surgical techniques, through which I gained significant insights into the use of locking plates, external fixators and the use of wrist arthroscopy in managing specific types of fractures and wrist pathology conditions. This fellowship emphasises evidence-based practice, which includes emphasis on current literature and case

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studies, highlighting the necessity of integrating research into clinical practice to improve patient outcomes. Throughout the fellowship, there were numerous networking opportunities, including formal discussions, group activities, and social gatherings. Engaging with peers and seasoned professionals fostered connections that will be beneficial for collaborative research and future practice.

Attending the AO Trauma Fellowship at the University Hospital Düsseldorf was an enriching experience that significantly advanced my skills and knowledge in trauma surgery. The program's combination of theoretical learning, hands-on practice, and networking has equipped me with the tools necessary to enhance my practice and contribute effectively in the field of trauma care. I would like to extend my gratitude to the AO Foundation, organising committees and faculty members for their support and collaboration throughout the fellowship. I aim to implement the techniques and insights gained during this fellowship into my practice, and I look forward to sharing this knowledge with my colleagues and students to improve our team's approach to trauma management.



29th Sicot Young Surgeon International Meeting 2024: A Platform For The Future Of Orthopaedics

Written by:

Dr Nik Kamarul Arif Nik Kamrulzaman

Scientific Chair, 29th SICOT International Young Surgeon Meeting

Introduction

The **29th SICOT Young Surgeon International Meeting 2024**, held in Malaysia, marked a significant milestone in the global orthopaedic community. This prestigious event brought together young surgeons, experienced clinicians, and esteemed educators to foster knowledge exchange and skill development. Organized in collaboration with the **Malaysian Orthopaedic Association (MOA)** and **Société Internationale de Chirurgie Orthopédique et de Traumatologie (SICOT)**, the meeting served as an essential platform to discuss advancements in orthopaedic trauma, arthroplasty, sports injury management and other subspecialties.

Objectives and Theme

Themed **“Foundations for Success: Building Tomorrow’s Orthopaedics Today”**, the conference aimed to equip young surgeons with the necessary skills and knowledge to excel in their careers. With a strong emphasis on education, research, and clinical excellence, the meeting provided insights into the evolving landscape of orthopaedics, either in surgical advancements, as well as education opportunities. The event underscored the importance of mentorship, continuous learning, and international collaboration to advance the field.

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29th SICOT YSIM Theme: Foundations for Success: Building Tomorrow's Orthopaedics Today

Scientific Program Highlights

The meeting featured an outstanding scientific program, including keynote lectures, symposia, and interactive panel discussions. Some of the key highlights included:

- **Keynote Addresses:** Renowned orthopaedic experts, from local and international speakers, shared their perspectives on emerging trends and challenges in the field.
- **Symposia and Panel Discussions:** Covering critical topics such as pelvic and hip trauma, complex fracture management, and innovative surgical techniques.
- **International Education and Fellowship in Orthopaedics:** This session provided young surgeons with invaluable guidance on fellowship opportunities worldwide, highlighting pathways for skill enhancement and career progression.
- **Free Oral Presentation Session:** A platform for young researchers to showcase their latest studies and findings, fostering academic discussion and innovation.
- **Post-Conference Trauma Workshop:** Facilitated by local trauma surgeons with the support from the industry, this hands-on session allowed participants to refine their surgical techniques under expert guidance, focusing on trauma management strategies with latest advancement in trauma implant system.



Keynote lecture by Dr. Peter Campbell, Shoulder Surgeon, Australia.



Local and international panelist during discussion in Sports Surgery Session.

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Demonstration by Dr. Kamarul Arifin Abdul Razak, one of the facilitators, during Post-Conference Trauma Workshop.



Prof. Datuk Dr. Sabarul Afian Mokhtar, President of Malaysian Orthopaedic Association, together with Prof. Dr. Ismail Hadisoebroto Dilogo, President of Indonesian Orthopaedic Association and delegates from Indonesia.

Networking and Collaboration

The event successfully brought together over 250 delegates from 11 countries, fostering meaningful collaborations between young and experienced surgeons, researchers, and industry professionals. Attendees engaged in discussions on research partnerships, fellowship placements, and surgical innovations. Industry sponsors and medical device companies showcased the latest advancements in orthopaedic technology, further enhancing the learning experience.

Conclusion and Future Directions

The **29th SICOT Young Surgeon International Meeting 2024** proved to be an invaluable experience for all attendees, setting a strong foundation for future orthopaedic advancements. The event reinforced the significance of continuous education, hands-on training, and global collaboration in shaping the next generation of orthopaedic surgeons. Moving forward, initiatives such as mentorship programs, international fellowships, and skill-based workshops will remain essential in supporting young surgeons in their journey toward excellence.

Acknowledgments

Congratulations to the organizing chair, Dr. Timothy Cheng Tsin Jien and the organizing committee for the successful meeting. A special thank you to the MOA, SICOT, faculty, sponsors, and participants who contributed to the success of this meeting. We look forward to future collaborations and to furthering the advancement of orthopaedics on both a national and global scale.



29th SICOT YSIM Organizing Committee with MOA Council Member.



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Keynote Lecture 1

Sculpting the Future of Knee Surgery:
AI & Robotics in TKA Across Asia Pacific



Prof Dr Erik Zeegen
MD, FAAOS
United States

Keynote Lecture 2

Redefining Joint Replacement:
The Future of Arthroplasty Innovation



Emeritus Prof Dr Sholchl Kokubun
MD, PhD
Japan

Subir Sengupta Memorial Lecture

Truths of Myogelosis: Extraordinary
Magneto-Receptive Muscles Cause a
Variety of Orthopaedic Disorders



Prof Dr Munjed Al Muderis
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Keynote Lecture 3

Deformity Correction Using
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Prof Datuk Dr Sabarul Aflan Mokhtar
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Keynote Lecture 4

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Founded in 1967, MOA is the oldest and largest association representing Malaysian orthopaedic surgeons with nearly 800 members.

Berita Ortopedik is the official publication of the MOA. It is widely circulated in the orthopaedic surgery community and serves as a vital platform for sharing recent events, knowledge updates, and advancements in orthopedics.

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Submit articles to us that fall under any of the following categories in relevance to the local orthopaedic surgery scene:



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Any other topic related to the practice of orthopaedic surgery

ARTICLE REQUIREMENTS:

- Submit your articles in **Word Document (.docx)** format.
- Articles should be within **500 to 1,000 words** in length. Do note that if selected, the format of your article may be amended to suit the newsletter layout.
- Submission of supporting photos or images in JPEG or PNG format are encouraged. Images submitted should be of **high resolution (1MB and above)** to ensure the images are not pixelated in reproduction.
- Include references of source materials should you cite information or use images from another party (person, organization or online website).

Submit your article(s) via email to berita@moa-home.com



WE LOOK FORWARD TO READING YOUR WRITEUPS!



MALAYSIAN ORTHOPAEDIC ASSOCIATION

Founded in 1967

We are **the national body** representing Malaysian orthopaedic surgeons, **advancing the practice of orthopaedic surgery** in Malaysia while **fostering healthy friendships** within the fraternity.

Life Membership	Ordinary Membership	Associate Membership
Surgeons	Surgeons	Medical Officers, Allied Health Sciences, Nursing, Researchers, etc.
Entrance fee: RM100 < 50 yo - RM1000 > 50 yo - RM500	Entrance fee: RM100 Yearly fee: RM50	Entrance fee: RM100 Yearly fee: RM50

Benefits	Life Membership	Ordinary Membership	Associate Membership
Subsidized Registration for MOA ASM, courses and workshops	✓	✓	✓
Access to MOA Educational Series Webinars	✓	✓	✓
Access to educational grants and traveling fellowships	✓		
Annual Fee Savings	✓		
Car Discounts	✓		
Indemnity Insurance Partner Discount	✓		
Overseas Travel Grant	✓		
Ortho Evidence Access	✓		
APOA Federation Membership Benefits: <ul style="list-style-type: none"> Congress Registration Discounts Fellowship Opportunities Educational Resources Access to Forums and Discussions 	✓		

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MALAYSIAN ORTHOPAEDIC ASSOCIATION

OVERSEAS TRAVEL GRANT FOR LIFE MEMBERS

OBJECTIVE

To support and reward MOA Life Members that attend and deliver oral or podium presentations in conferences that enhance the field of orthopaedic surgery, research, and education.

CATEGORIES

The amount awarded depends on the meeting category:

Category	Regional Meeting (ASEAN, APAC)	International Meeting (Europe, USA, etc.)
Oral/Podium Presenter	RM 2000	RM 4000

- Total of 4 grants per year; 2 Grants per category (2 Regional, 2 International)
- Regional Meeting: Meetings within ASEAN or Asia-Pacific (eg. Australia, NZ, India)
- International Meeting: Meetings held outside Asia-Pacific (eg. Europe, USA).

APPLICATION PROCESS

Submission Deadline:

- Applications must be emailed to moa@moa-home.com at least 3 months before the meeting

Required Documents:

- Letter of Acceptance (of oral presentation)
- Meeting Registration Confirmation
- Abstract & Presentation Title
- Budget & Estimated Expenses

Selection Process:

- Applications will be reviewed by the MOA Council
- Preference will be given to those actively contributing to the meeting.
- Recipients will be informed within 4 weeks of application submission.
- The final decision rests with the MOA Council

Eligibility Criteria

MEMBERSHIP:

- Must have been a Life Member for at least 1 year before the application

PARTICIPATION LEVEL:

- Oral Presenter (Free Paper / Award Paper / Podium Presentation)

MEETING ELIGIBILITY:

- Must be an orthopaedic surgery-related meeting (international). The meeting must be endorsed by MOA or an international orthopaedic organization (e.g., SICOT, APOA, AAOS, EFORT).

FUNDING LIMITATIONS:

- Each Life Member can receive a maximum of one travel grant per year.

POST-GRANT REQUIREMENTS

- Proof of Attendance: Recipients must submit travel receipts and a certificate of attendance within 30 days after the meeting.
- Report Submission: A brief post-meeting report (500 words) highlighting key takeaways of the meeting
- Presentation at MOA Meeting: Recipients may be required to present their findings at the next MOA Annual Scientific Meeting (ASM) if requested.

OTHER TERMS AND CONDITIONS

- Applicants must not be receiving full sponsorship from another organization