

BERITA ORTOPIDIK



MALAYSIAN ORTHOPAEDIC ASSOCIATION

www.moa-home.com

May 2016

Editor : DR PC CHYE

MESSAGE FROM THE PRESIDENT



DATO' DR BADRUL SHAH BADARUDDIN

Dear Colleagues,

After a year of absent, Berita Orthopaedic returns. Dr Chye has been harping on me to produce this note since the day I became the President of Malaysian Orthopaedic Association in May 2015. For a start, I wish every member in the orthopaedic fraternity in good health and enjoy the practice of orthopaedic for the coming year.

I would first like to acknowledge the Council of the Malaysian Orthopaedic Association for all the backing I received as the President to manage the society for the year 2015-2016. They are Prof Azlina Abas, our Immediate Past President, Dato' Dr Azmi Baharuddin, President Elect, Prof Wan Faisham Ismail, Hon Secretary from HUSM, Kota Bharu, Dr Saadon Ibrahim, Hon Treasurer from Johor Bharu and the 3 committees, Dr Chan Chee Ken from UMMC, Dr Mohd Fairuz Suhaimi from UITM and Dr Chye Ping Ching, our Editorial Committee from HKL. As usual, we shall always be thankful to have Prof. Saw Aik and his team to produce the ever improving Malaysian Orthopaedic Journals and its ASEAN edition. And lastly, I wish to express my gratitude to all the staffs of MOA.

We have been busy in the year 2015. For a start, we have finally managed to submit the new charging codes for Orthopaedics specialty to the Ministry of Health in July 2015 and after a few meetings many of the codes were approved recently. There were many subspecialty programmes that were organized by MOA, subspecialty interest group all over the country and all were successful. In October, I managed to persuade Life Insurance Association of Malaysia, LIAM and Persatuan Takaful Malaysia to have a dialogue session with our Fee Schedule Committee, headed by Dr Gobinder Singh. This 2-hours event was held in Prince Court Medical Centre and was attended by about 60 participants from various insurance groups. Main discussions were aimed at reducing the unnecessary deferment of insurance cover to our patients and also education to both parties.

MOA has also successfully organized a non-scientific meeting in mid February 2016 in Colmar Tropicale, Pahang. The main focus of discussion was the future direction of orthopaedic in the country and training of young generation of orthopaedic surgeons. It is my hope that this augurs well for the future of MOA and becomes a yearly event where past presidents, senior and young members of MOA get to meet and discuss important issues in orthopaedic practices in the country.

The next MOA ASM will return to Johor Bharu from 25th May to 28th May 2016 at Persada Convention Centre. The theme of the event is "Fundamentals in Orthopaedics – Back to Basics", and this upcoming meeting will also incorporate ASEAN Arthroplasty Association AAA meeting. I am sure this will be a great scientific meeting and I hope to see all of you there.



Seated From Left: **Dato Dr Azmi, Dato Dr Badrul, Prof Dr Azlina**
Standing From Left: **Dr Chye PC, Dr Sa'adon, Dr Mohd Fairuz, Prof Dr Wan Faisham, Dr Chan CK**

MOA OFFICE BEARERS 2015-2016

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Dato' Dr Badrul Shah Badaruddin

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Prof Dr Azlina Amir Abbas

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Dr Chye Ping Ching

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Dato' Dr Lim Boon Ping
Dr Low Tze Choong



Combined Meeting of the
46th Malaysian Orthopaedic Association
Annual General Meeting Annual Scientific Meeting

10th ASEAN Arthroplasty Association Meeting **2016**

Fundamentals in Orthopaedics – Back To Basics

Pre-Conference Day 25th May 2016 Conference Days 26th to 28th May 2016

Persada Johor International Convention Centre, Johor Bahru, Malaysia.

PRESIDENT'S CALENDAR

The 75th Annual Scientific Meeting of Australian Orthopaedic Association was held in Brisbane from 11th to 15th October 2015 with the theme "Training Tomorrow's Orthopaedic Surgeon". John Tuffley, who was the president of AOA at that time and his organizing team had given us a wonderful hospitality. The scientific meeting was comprehensive and covered topics of many subspecialties such as arthroplasty, trauma, spine, sports, paediatric and tumour. Interestingly, there were also sessions on medicolegal and outreach programmes. The main key lectures were on the training of orthopaedic surgeons of the future. In the president's words, there are many challenges facing current orthopaedic trainee and young orthopaedic surgeons. Tomorrow's orthopaedic surgeons will need to provide orthopaedic care that society values.

I was invited to give a lecture in one of the sessions. My topic was on "Patellofemoral Pain Syndrome".

All the national presidents from ASEAN countries were invited and we had a brief meeting with the AOA's president and his organizing committee. In the meeting we discussed many issues regarding orthopaedics in the region. One of the issues discussed was on how the national organization would deal with conflict of interests that may arise when interacting with the orthopaedic trade.

Immediately after Brisbane meeting, I attended the ASEAN Orthopaedic Association meeting in Singapore on 26th October 2015. It was held concurrently with the Singapore Orthopaedic Association Meeting.

The next meeting I attended was Diamond Jubilee 60th Annual Conference of the Indian Orthopaedic Association IOACON 2015 in Jaipur, India from 9th to 14th December 2015. IOA is one of the largest professional organization which has more than 12900 active live members. During this meeting it was estimated that around 7000 participants attended. The president Dr HR Jhunjhunwala and his organizing team worked so hard to make the meeting a success and provided us the international guests with great Rajaasthan's hospitality. The President's theme was "Continue Learning, to Serve The Society Better".

I was also invited to give a lecture and share my experience on "Anterior Minimally Invasive Surgery for Total Hip Replacement".

From both these meetings, I found that training of orthopaedic surgeons has become an integral agenda in their conferences. Both associations emphasized on the role of their association and were proud of their achievements. They will continue to instil the role of national association in the future of orthopaedic training as well as orthopaedic practice.

In short, "Learn From The Past, Live In The Present and Believe In The Future".

Dato' Dr Badrul Shah Badaruddin

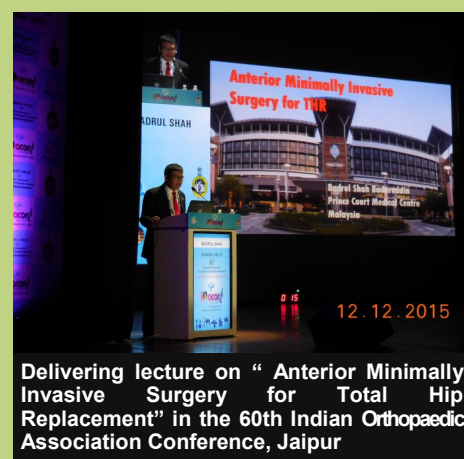
Jan 2016



ASEAN Orthopaedic Association Meeting Singapore



Delivering lecture in Australian Orthopaedic Association Meeting, Brisbane



Delivering lecture on "Anterior Minimally Invasive Surgery for Total Hip Replacement" in the 60th Indian Orthopaedic Association Conference, Jaipur



With Dr Jhunjhunwala during Presidential Dinner of Indian Orthopaedic Association Conference, Jaipur



With President from Philippines Dr Virginia Cabling and husband, and President from Brunei, Dr Abdul Rashid and wife during Presidential Dinner of Australian Orthopaedic Association (AOA) Meeting in Brisbane.



MOA 1967—2016

49 YEARS OF LEADERSHIP

True Leaders Do Not Create Followers, They Create More Leaders



TAN SRI DATO' DR ABDUL
MAJID ISMAIL 1967-1982



DR KHAW JOO HUA
1982-1983



DATO' DR MAHMOOD
MERICAN 1983-1985



DATUK DR M SIVANAN-
THAM 1985-1987



DR EDDIE SOO
1987-1989



DATO' DR ABDUL HAMID
ABDUL KADIR 1989-1991



DATO' DR KS SIVANAN-
THAN 1991-1993



PROF DR S SENGUPTA
1993-1994



DATUK DR YEOH POH
HONG 1994-1995



PROF DR N SUBRAMA-
NIAM 1995-1996



DR EASAW THOMAS
1996-1997



PROF DR MOHAMAD
ABDUL RAZAK 1997-1998



DATO' DR SHONG HING
KOCK
1998-1999



DATO' DR MUHD BORHAN
TAN
1999-2000



DATO' PROF DR DAVID
CHOON SIEW KIT
2000-2001



ASSOC PROF DR SHARAF
IBRAHIM
2001-2002



PROF DR ZULMI WAN
2002-2003



DATO' DR SYED ABDUL
LATIFF ALSAGOFF
2003-2004



PROF DR SAW AIK
2004-2005



DR G RUSLAN NAZARUD-
DIN SIMANJUNTAK
2005-2006



PROF DATO' DR TUNKU
SARA AHMAD
2006-2007



PROF DR JAMAL AZMI
MOHAMAD
2007-2008



DR ROBERT PENAFORT
2008-2009



DR ABD MALEK HUSSEIN
2009-2010



DATO' SERI DR ZULKHAR-
NAIN ISMAIL
2010-2011



PROF DR YA HASSAN
SHUKUR 2011-2012



DR FARIS KAMARUDDIN
2012-2013



DR GOBINDER SINGH
2013-2014



PROF DR AZLINA AMIR
ABBAS
2014-2015



DATO' DR BADRUL SHAH
BADARUDDIN
2015-2016

ORTHOPAEDIC HUMANITARIAN MISSION TO JAYAPURA, PAPUA April 2015

Prof Dr Shalimar Abdullah

TEAM MEMBERS:

Malaysia: Prof Sharaf Ibrahim
Dr Shalimar Abdullah
Dr Ikraam Ibrahim
Dr Suryasmi Duski
Nurse Masniza Mustaffa

Indonesia: Dr Karya Triko Biakto

Host Team: Dr Johannes Daniel Asamsium
(Head of Orthopaedics)
Dr Robert Tirtowijoyo
Dr Only One Taylor
Dr Heriyanto Manihuruk
Dr Berlianto Djahjadi

Advisors: Dr Dohar AL Tobing
Dr Lutfi Gatam

9th April (Thursday)

1200 Arrival at Jayapura airport. We were picked up by Dr Heri and brought to lunch at Youngwe Restaurant on the banks of the Sentani Lake. Lunch was the delicious lake fish "mujair" (black tilapia) which we were to have many times throughout our stay. We proceeded immediately to the RSUD Dok II Jayapura as there were patients awaiting our arrival.

1500 Greeted by Dr Only One who gave a brief history of the hospital. It was built during the 1940s with long rows of blocks and an elevated ramp. A new block was being built. We went to the Discussion room where there were seats for about 50 people. We were joined by Dr Johannes as Head of Orthopaedics, Dr Robert, Dr Berlianto, Dr Triko (speaker from Makassar) together with many nurses, young doctors and medical students from Cenderawasih University.

After lively discussion of 6 cases including questioning the young doctors, the case discussions ended at 1800 hours. We checked-into the comfortable and lovely Swiss-bel hotel. The hotel is situated by the Pacific ocean with a clear view of Papua New Guinea. We were impressed with how crystal-clear the waters were, with coloured fishes and even blue starfishes just at the door step – it just shows how pristine Papua is.

Dinner was at Cirita Restaurant – just a 5 minute walk from the hotel. The restaurant is a rustic wooden house on stilts facing the Pacific. We chose our 5 different types of fish from an icebox, grilled and ate in combination with delicious sauces whilst enjoying the Pacific breeze.

10th April (Friday)

After a restful night we were at RSUD by 8.00 am. We awaited our team of doctors from Malaysia (Dr Ikraam, Dr Suryasmi and Nurse Masniza) and immediately began operating.

Operative Case	Procedure	Surgeons
Chronic septic arthritis with adduction-flexion contracture of the right hip	Adductor and iliopsoas releases followed by debridement and lavage	Prof Sharaf, Dr Mervin, Dr Ikraam
Traumatic complete claw hand	Zancolli's FDS lasso procedure for index to small finger	Dr Shalimar, Dr Only One, Dr Suryasmi
Spinal metastasis	Decompression and stabilisation	Dr Triko, Dr Mervin
Malunited left distal end radius	Opening wedge osteotomy and buttress plating	Dr Shalimar, Dr Only One, Dr Suryasmi

At 2pm – we were all in the Ballroom of Swiss-Belhotel Jayapura for the lecture sessions. Earlier there was the opening ceremony and lectures by Dr Robert (Musculoskeletal trauma) and Dr Herlambang (Osteoporosis). The hall was packed with both doctors and paramedics. There were about 250 participants. There was a palpable positive vibe.

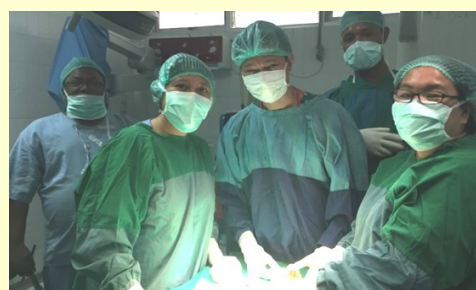
The afternoon session began with Dr Suryasmi's talk (Fractures and Wounds) followed by Dr Shalimar (Upper Limb Injuries), Dr Ikraam (Lower Limb Injuries), Prof Sharaf (Clubfoot) and Nurse Masniza (Management of wound dressings). Although our presentations were in English we all spoke in Bahasa – aided by our audience for technical translations!

At 5pm, we started two simultaneous workshop. Prof Sharaf was on-stage with the Ponseti clubfoot casting workshop. There was only 1 model of clubfoot which he demonstrated on followed by medical officers trying out. Nurse Masniza took another corner and began demonstrating aseptic wound technique. Everyone had so many questions and were very enthusiastic to practice that we ended at 6.30pm !!

Dinner was at a posh restaurant (B-one) with in-house singers and karaoke. The speciality was fried fermented chicken which although it had a somewhat weird taste was delicious.



Group photo of speakers and committee
Left to right : Dr Only One, Berlianto, Johannes, Masniza , Suryasmi, Sharaf, Dohar, Shalimar, Triko, Donald, Heriyanto, Ikraam, Robert



Dr Shalimar, Dr Only One and Dr Suryasmi performing an opening wedge osteotomy on a distal end radius



Participants trying their hands at clubfoot casting whilst Prof Sharaf watches and Dr Robert was the co-ordinator



Postop Wardround



A Packed Hall Of Audience



Nurse Masniza demonstrating aseptic dressing techniques



Prof Sharaf examining a patient



Dr Ikraam delivering a lecture

.11th April (Saturday)

The second day of the symposium began with Prof Sharaf's talk on Neglected Paediatric Conditions and Dr Triko's two talks (Spinal Injuries and Spine TB). After coffee break, there was casting workshop by Dr Robert, Only One and Berlianto whilst Dr Suryasmi and Nurse Masniza continued with a short demonstration on vacuum dressing. Closing ceremony was by Dr Dohar Tobing who gave a short summary on how the whole idea began. We exchanged gifts with all the speakers. Once again, there was such a positive vibe and jovial mood.

We returned to RSUD for post-operative ward rounds and had a chance to see the clean and airy wards.

We all left for lunch at Sentani Lake – a one hour drive but thanks to Dr Heri, he had arranged for a police outrider to escort us and we arrived earlier. We ate at Youngwe Restaurant which had a scenic view of the lake with a cool breeze. Dr Johannes demonstrated to us how to eat "papeda" the Papuan staple dish of sago starch – a jelly-like material which the locals eat instead of rice. The black tilapia smothered in chilli paste was once again so tasty and delicious. Of course we also had other seafood dishes.

We had a further 1 hour bumpy drive to Harlen beach in a convoy of about 6 cars – the water was so blue, peaceful and inviting – and took a 15 minute boat ride to an island. There, we proceeded to snorkel and admire the beautiful underwater corals and fish. Our hosts were gracious enough to provide us with complete snorkels, fins and lifejackets. We lost track of time until it was sunset. A few of us went exploring to the nearby local village and hiked up a small hill.

It was nightfall as we travelled back to Sentani town. The stars were so bright and a light rain fell as we drove back in the lush Papuan jungle complete with insect sounds. We stopped by a restaurant for dinner – black tilapia were kept in an aquarium – these were freshly grilled outside. This was my 3rd time eating the fish but i still enjoyed it very much, leaving nothing but bones. We were all so tired as we arrived to the hotel.

12th April (Sunday)

Prof Sharaf and Triko left early at 5.30 am whilst the rest of us left at 8.30am. Dr Only One met us at the airport and had checked us in. We took more group photos for the last time and left with a heavy heart. The hosts had been attentive and wonderful. We had had an enjoyable time and would love to return.



Recreational moments as we leave for snorkeling

PEER REVIEW AFTER PUBLICATION

Prof Dr Saw Aik Dept Of Orthopaedic Surgery, University Of Malaya Medical Centre, Kuala Lumpur, Malaysia

Peer review has been considered one of the most important features of biomedical publication, and it has contributed towards the rapid advancement in modern medicine. The process ensures only articles with new and relevant knowledge are made available to the readers, and the decisions are usually based on the feedbacks from experts who are familiar with the subject (peers). Due to high cost of printing and delivering hardcopy journals, the peer review process also help to select articles that are of a certain standard or quality before they are published.

However, evaluation of an article in a biomedical journal does not stop at the point of publication. In the conventional format, there are a few other ways where articles that have already been accepted for publication are open for further evaluation. For many medical journals, "Editorial" allows the editors or invited experts to provide their comments on one or more articles to be published in the same issue of the journal. In addition, some journals publish "Commentary", where invited experts are assigned to comment on few articles that have been published in previous issues of the same journal. "Letters to the Editor" is another channel where readers are allowed to comment on contents of articles previously published by the journal. Nature of these comments includes critiques, additional information, or alternative opinion related to the subject. Many scholars consider the level of communication after publication (post-publication peer review) as the most important indicator for actual contribution of the journal to medical practice.

With the introduction of online publishing, information can be shared across the globe effectively and with low cost. Various forms of medical information are being disseminated through the internet with limited or no mechanism of quality control. Some publishers believes that material prepared by a group of scientists or doctors should be published on submission, and only then the peer review process would start. Only articles that have undergone formal peer review process and accepted by the journal will be indexed, and included as part of medical literature. Currently, a few models of peer review after publication are available. **PubMed Commons** allows authors with at least one publication in PubMed to register as peer reviewer and to provide comments on any article indexed in PubMed. **PubPeer**, on the other hand, allows anyone with one d.o.i account to comment on any article published by online scientific journals. Although they appear as simple and feasible peer review models, there are many other issues that need to be sorted out.

As the chief editor of Malaysian Orthopaedic Journal (MOJ), I would like to encourage our readers to more actively provide their comments on articles that have already been published. The journal publishes wide rage of scientific articles and case reports, and readers are encouraged to share additional information, personal experience, or own opinion on one or more subjects. This will definitely help MOJ to achieve its purpose, that is "to disseminate new knowledge and provide updates in Orthopaedics, trauma and musculoskeletal research" as stated in the journal homepage.

PubMed Commons (<http://www.ncbi.nlm.nih.gov/pubmedcommons/help/join/>)

PubPeer (<https://pubpeer.com/about>)



WHAT THE SURGEON OUGHT TO BE Guy de Chauliac (1300-1370)

The conditions necessary for the surgeon are four :

First, he should be learned; *Second*, he should be expert; *Third*, he must be ingenious, and *Fourth*, he should be able to adapt himself.

It is required for the *First* that the surgeon should know not only the principles of surgery, but also those of medicine in theory and practice; for the *Second*, that he should have seen others operate; for the *Third*, that he should be ingenious, of good judgement and memory to recognize conditions; and for the *Fourth*, that he be adaptable and able to accommodate himself to circumstances.

Let the surgeon be bold in all sure things, and fearful in dangerous things; let him avoid all faulty treatments and practices. He ought to be gracious to the sick, considerate to his associates, cautious in his prognostications. Let him be modest, dignified, gentle, pitiful, and merciful; not covetous nor an extortionist of money; but rather let his reward be according to his work, to the means of the patient, to the quality of the issue, and to his own dignity.

HONG KONG ORTHOPAEDIC 35TH ANNUAL CONGRESS

DR MOHD FAIRUZ SUHAIMI

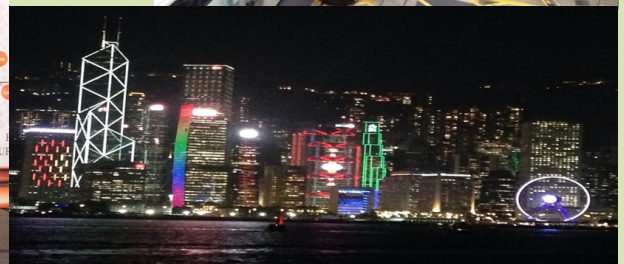
The HKOA 35th Annual Congress was held on 6-8th of November 2015, at the mesmerizing structure of the Hong Kong Convention and Exhibition Centre. I had the opportunity to represent the MOA together with Dr. SK Chan as the ambassador.

We were lucky and very fortunate to be able to attend this year's congress as it was the HKOA's 50th anniversary. It was a truly historical and memorable congress as this year's meeting was a celebration of the achievements of their godfathers, fathers and members of the association. The program were designed to honor the association's achievements with a trip down memory lane, telling a very evolving story of how orthopaedics had 1st started in Hong Kong under the leadership of Professor AR Hodgson, to where it is now.

The congress also provided a very informative and educative meeting for all orthopaedic surgeons. Besides offering up to date information to current orthopaedic practice, it also provided a view to the future of orthopaedics in Asia as well as the rest of the world. They had a good balance of well known and experienced local surgeons, and renowned international list of speakers. Some of the very known speakers include Prof Hiroyuki Sugaya (Japan), Prof Christer Rolf (Sweden), Prof Wei Tian (China) and Dr Stefan Kreuzer (USA).

The HKOA were a very kind and helpful hostess. From the time we set foot till the time we left, they provide assistance and assured comfort to us and the other guests. Starting from the welcoming dinner by the yacht club, the short scenery trip around Hong Kong and also the gala dinner on the last day of the congress. It also gave us the opportunity to meet with other people from different countries and association.

The experience of being able to attend the congress was certainly an opportunity which was really worthwhile, and I'm sure Dr Chan would echo it altogether. Getting to be able to attend the congress and visit Hong Kong at the same time was eventful for the both of us, and would love to come again if given the chance.



ASEAN SENIOR TRAVELING FELLOWSHIP

PART 1 : THAIAND, PHILIPPINES (DR CHYE PING CHING)

The first leg of the Senior ASEAN Traveling Fellowship for the year 2015 started on the 26th July in Bangkok. All the fellows joined General Warat Tassanawipas and fellow committee members from Royal College Of Orthopaedic Surgeon Thailand in a sumptuous welcoming dinner at the Fook Yuan Chinese Restaurant in Grand Tulip Hotel.

The next day was a grand tour of the 2300 bedded Siriraj Hospital. Established in 1888 and located on the west bank of the Chao Phraya River, it is the oldest and largest hospital in Thailand and serves as the training hospital for Faculty Of Medicine Mahidol University. We started our tour in the orthopaedic department, participating in residents' presentations and were warmly welcomed by Prof Dr Saranatra Waikakul. We then visited the Bangkok Biomaterial Centre which serves as WHO Collaborating Centre for Research & Training in Tissue Banking. We also spent some time in the Orthopaedic Training Centre and Orthopaedic Museum where an impressive collection of old implants and instruments were on display. Our hosts then brought us to visit the orthopaedic wards, physiotherapy department and orthopaedic out-patient clinic. The rain in the afternoon did not deter the fellows from visiting the Grand Palace which was just a short boat ride from the Siriraj Hospital.

On the third day, we ventured out of Bangkok and visited the Bang Pa-In Palace on the way to the ancient city of Ayutthaya, a UNESCO Heritage site characterized by remains of tall prang, temples and Buddha statues. A river cruise cum lunch down the Chao Phraya River took us back to Bangkok and we left for Manila the following day, 29th July 2015.

We were received by Mike Villanueva from AOA at the Ninoy Aquino International Airport Manila. The ride in the van from the airport to the Richmond Hotel in Ortigas was the most unforgettable as it took nearly 7 hours in a grid locked massive traffic jam to travel a rough distance of 15km. On top of this, we arrived in Manila just in time for a metro-wide earthquake drill the next day with extensive road closures in the city !

The sun rises early in Philippines. After breakfast the next day we started our tour at the Philippine Orthopedic Center (POC) which was established in the 1945. We were warmly welcomed by both Drs Jose Pujalte Sr and Jr and surgeons from the POC. We were brought down memory lane with a detailed presentation of the past and present of the ASEAN Orthopedic Association and all the orthopedic associations of its member nations. We then had a tour of the hospital and its very own prosthetic limb center before moving on to the 1200 bedded Armed Forces Of The Philippines Medical Centre. The Orthopedics and Traumatology service in AFP Medical Centre was started in 1950 and serves the Arm Forces Of The Philippines and act as a resident training centre as well. We were very well received by Major Dr Domingo Chua and his colleagues. We were briefed on the history and services provided by the orthopedic department and Captain Ryan A Parcon delivered a presentation "Too Late For The Hero". Prof Nguyen Viet Tien from Vietnam shared his vast and impressive experience in hand and microsurgery and I delivered two lectures on tumour surgery. In the evening we were hosted by Dr Virginia C Cabling, president of the Philippine Orthopaedic Association in the Shangri-La Hotel Ortigas.

We visited the Orthopaedic Department in College Of Medicine University Of The Philippines Manila the next day and had an extensive tour of the orthopaedic services there. Prof. Dr Edward Wang, chair of the orthopaedic department, welcomed us warmly. Prof Yeo Seng Jin from Singapore and Dr Werasak from Thailand delivered lectures on Orthopaedic Diagnostic Centre in SGH and Minimally Invasive Spine Surgery respectively. After an extensive tour of the Intramuros, we were treated by Dr Ellewellyn Pasion, Secretary General of ASEAN Orthopaedic Association and Prof Edward Wang to a very authentic Philippine dinner at the Intramuros Restaurant in Intramuros itself.

We visited Dr S Roberto A Palma and his PFC-Ambulatory Medicine and Surgery Center in Olongapo City in the Province of Zambales, 127km north of Manila. We also visited the scenic Subic Bay and its navy base before retuning to Manila.

The rest of the fellows continued their journey to Brunei the next day while I returned to Kuala Lumpur. The second leg was taken over by Prof Dr Chan Wai Hong from Kuching.



With Prof Dr Waikakul in the orthopaedic department Siriraj Hospital



Resident's presentation at Siriraj Hospital



Bangkok Biomaterial Centre at Siriraj Hospital



In POC with Drs Jose Pujalte Sr and Jr



Buffet dinner hosted by Dr Virginia, president of Philippine Orthopaedic Association



In University Of Philippines with Prof Edward Wang and fellow surgeons



Dinner with Dr Pasion and wife and Prof Edward Wang in Intramuros Restaurant

2015

ASEAN SENIOR TRAVELING FELLOWSHIP

PART 2 : BRUNEI, MALAYSIA (PROF DR CHAN WAI HONG)

I would like to thank MOA for giving me the opportunity to join senior travelling fellow 2015. It was great to have a glimpse of another country health system, the culture and at the same time the chance to expand professional networking and friendship. My trip started on 2nd August 2015 from Kuching to Brunei with a short transit in Kuala Lumpur International Airport. It was at the welcoming dinner hosted by Dr Abdul Rashid Mohammad (Brunei) that I met the rest of the travelling fellows: Dr Reynaldo V Lopez (Philippines), Dr Karuniawan Purwantono (Indonesia) and Professor Viet Tien Nguyen (Vietnam), Dr David Chua Thai Chong (Singapore) and Dr Siripoj Sribunditkul (Thailand). While in Brunei we visited the Raja Isteri Pengiran Anak Hj Saleha (RIPAS) Hospital, a community health centre and the ministry of health. We also manage to visit few heritage sites and savour variety of Brunei traditional food.

On the 5th August, we travel by land to Miri and from there we flew in to Kuching. Here I have the opportunity to become the host on behalf of MOA. The welcoming dinner is held in a restaurant with local Iban ethnic group theme. The subsequent three lunches and three dinners were all based on different ethnic group food. We visited Sarawak General Hospital and one of the community health care centre. Historical, cultural and common tourist sites were also visited. The one week of fellowship was indeed very rewarding and again I would like to thank MOA for giving me the opportunity to join the senior travelling fellow.



Brunei Ortho Dept Visit



Brunei Prostheses room



Brunei MOH



Kuching Community Health Center visit



Kuching trip



ASEAN Orthopaedic Association Junior Travelling Fellowship 2015

The ASEAN Orthopaedic Association (AOA) Junior Travelling Fellowship was started in 1983. Representatives from each of the national orthopaedic association would travel together across the selected countries to involve in research presentations, medical facilities visits, teaching programs and surgery observations. The purpose of this program is to foster good working relationship and promote knowledge exchange between countries of AOA. 2015 is the first time the program is shortened to 3 weeks (27th September – 17th October) with 5 days in each of the visiting countries (Thailand, Philippines, Malaysia, Brunei and Singapore). I had the honor to represent Malaysian Orthopaedic Association (MOA) together with representatives from Thailand, Philippines, Vietnam, Indonesia and Singapore for this memorable Junior Travelling Fellowship 2015.

Bangkok – Thailand (27th September – 1st October 2015)

The first day was started with a welcome dinner hosted by representatives from RCOST, Dr. Warat and Dr. Chanyut. This was an important icebreaking session for us as we first met.

We visited two hospitals in Bangkok, which are Ramathibodi Hospital and Vajira Hospital. Both of the hospitals are government and university-linked hospital. We gave our research presentations in Department of Orthopaedic, Ramathibodi Hospital and had interesting discussions with the local fellows. Next day, we visited Vajira Hospital, which located at the Dusit District of Bangkok. We joined their morning conference and case discussions.

We visited clinics, wards and operating theatres in both of the hospitals. Besides looked at the differences in the facilities set up, we also managed to observe several surgeries such as ACL and PCL reconstruction, TKR and THR.

After those educational trips, we had the chance to go for the cultural visits to some spectacular places like Grand Palace at the heart of Bangkok and traveled 85km up north to the historic city of Ayutthaya, where thousands of temples can be found.

Manila – Philippines (1st October – 5th October 2015)

We touched down Manila Ninoy Aquino International Airport in the evening but only managed to reach our hotel late night due to the world famous massive traffic congestion in Manila city, which is worse than Kuala Lumpur. We visited two hospitals the next day, which are Philippine Orthopaedic Center (POC) in the morning and Philippine General Hospital (PGH) in the afternoon. We had the pleasure to meet Dr. Jose M. Pujalte, SR., the founding president of AOA and Dr. Jose S. Pujalte Jr., Director of POC. We attended the morning conference in POC, where there were topic presentations by local residents, and visited the wards and clinics. POC is a standalone Orthopaedic hospital with large patient loads, resulted in crowded clinics and wards with significant number of trauma patients on tractions.

We visited PGH in the afternoon, when they were having their subspecialty pre- and post-op discussion. We participated in the discussion of trauma, sports, adult reconstruction as well as spine cases followed by hospital tour. PGH is a government-funded hospital but it also has a 10-bedded paediatric orthopaedic ward donated by Masonic Charities for Crippled Children Inc (MCCCI). Besides that, Department of Orthopaedic, PGH, has a gait lab for clinical as well as research usage. I had the chance to use the wheelchair to test for the upper limb propulsion and motion. At night, the representatives from Philippine Orthopaedic Association (POA), Dr. Ceasar S. Grey and Mr. Mike treated us with local delicious cuisine at Café Juanita.

On day 3, we visited the workplace where our Philippine fellow Dr. Juan Carlos from, St. Luke's Medical Center. As it is a private hospital, it has a stark contrast from the previous two hospitals we visited. It has a modern building equipped with high technology facilities. Interestingly, this medical center has its own orthopaedic residency training program in collaboration with POC. We presented our research works in this hospital to their residents and consultants. We took a long journey on day 4 (about 3 hours drive) to the Las Casas Filipinas de Acuzar, which is located at the Bataan province. It is a heritage resort features with 27 Spanish Colonial buildings and stone houses. This is my first time in Manila, besides the unforgettable traffic conditions on the road. I found there are some similarities between Philippines and Malaysia in terms of language and food.

Kuala Lumpur – Malaysia (5th – 9th October 2015)

The first night we met with Prof. Dr. David Choon and Dato' Dr. Azmi, at the Dancing Fish restaurant in Bangsar. It was a wonderful session with lots of experience sharing from both of them. We were scheduled to visit 3 hospitals throughout the stay in Kuala Lumpur, which were University Malaya Medical Center (UMMC), Hospital Universiti Kebangsaan Malaysia (HUKM) and Hospital Selayang. First day in UMMC, we attended the morning long case teaching session involving history taking, physical examination and discussion by resident, which is quite similar to the FRCS training according to the Dr. Kelvin Tan (fellow from Singapore). This was followed by research presentations by us. We visited the orthopaedic clinic, wards and National Orthopaedic Centre of Excellence for Research and Learning (NORCERAL) building.

The next day we went to HUKM and were hosted by Prof. Dr. Sharaf. The Malaysian Orthopaedic Association (MOA) president, Dato' Dr. Badrul Shah also took the opportunity to meet up with the travelling fellows in HUKM. We presented our research works and participated in the interesting case discussions, which included trauma, spine, arthroplasty and hand cases. HUKM has an Advance Surgical Skills Centre, where trainings and courses can be held. There is a Samsung Sono School in that building, in collaboration with South Korean-based Samsung Company, for sonography workshop and ultrasound-related skills training. In Hospital Selayang, we visited the orthopaedic clinic and wards after the research presentations. This allowed the fellows to compare our local government hospital set up with the hospitals in their countries.

Nonetheless, we visited Batu Caves and Petronas Twin Towers at Kuala Lumpur Convention Centre (KLCC), as those are the must visit places in KL.

Brunei (9th – 13th October 2015)

Brunei, our newest AOA member and was the only stop that didn't have travelling fellow with us. In Brunei, there are a total of 14 Orthopaedic Surgeons serving about 400,000 populations. Their main and largest government hospital is Raja Isteri Pengiran Anak Saleha Hospital (RIPAS), which was hospital we visited. We were welcomed warmly by Dr. Abd Rashid (President of Brunei Orthopaedic Association) and Dr. Ian Steward. We visited the clinics and wards after our routine research presentations. The whole country of Brunei employs integrated computerized medical record system, where patient's medical history can be traced and shared among different hospital or polyclinic. On the next day we visited Pusat Kesihatan Pengiran Anak Puteri Hajah Muta-Wakkilah Hayatul Bolkiah, which is quite similar to major polyclinic in Malaysia. This was my first time to Brunei, and interestingly their weekend is split with Friday and Sunday being the rest day and Saturday being a full working day. We managed to go for city tour before we left to Singapore. We visited the magnificent Omar 'Ali Saifuddien Mosque, which build in 1958 and named after the 28th Sultan of Brunei. We also went for a boat trip at Kampung Ayer, a township built along the Brunei River.

Singapore (13th – 17th October 2015)

Traditionally, the last stop of the ASEAN JTF will be the host country for the yearly AOA combined meeting. JTF 2015 for us ended in Singapore in conjunction with 35th AOA and 38th SOA ASM/AGM. On the first night of arrival, we had our welcome dinner together with 3 other Australian/New Zealand senior travelling fellows, hosted by Dr. David Chua (president of SOA) in a Italian restaurant. On the second day, we visited Singapore General Hospital (SGH) in the morning. After the interesting 30 minutes of presentations by Australian/New Zealand senior travelling fellows, we started the hospital tour. I am particularly impressed with Academia, which is an iconic building well equipped with cadaveric surgical skills lab, surgical simulation lab as well as critical simulation lab. We had the honor to meet world-renowned Professor Bernard Morrey and Michael McKee as SGH was hosting the pre-congress workshop. The rest of our afternoon was well spent in the world famous S.E.A. Aquarium at Sentosa. We joined the SOA annual scientific meeting for the next 3 days. All the travelling fellows and exchange program ambassadors from Hong Kong and India presented their scientific papers in one of the free paper session during the ASM. On the last night before we left for our home country, we attended the SOA banquet dinner. I had the chance to witness the special induction of new graduates of 2015 FRCS exams candidates and our Singapore fellow, Dr. Kelvin was one of them.

I started the journey in ASEAN JTF 2015 with mixture feelings of anxiety and excitement. Although we are from different countries, there are still similarities between us in many aspects. I was fortunate enough to join this travelling fellowship, as what I gained is more than knowledge and cultural sharing. It is the lifetime friendship and camaraderie that I have made with Aldi, JC, Jui, Kelvin and Hung. I would like to thank the MOA and AOA for giving me this unique experience.



In operating theatre with Dr. Surapoj (centre), Vajira Hospital.



In Philippine Orthopedic Centre Manila with Dr. Jose M. Pujalte, SR. and Dr. Jose S. Pujalte Jr.



Welcome dinner with Prof. Dr. David Choon



In HUKM with Dr. Mohd Hisam, Dato' Dr. Azmi, and Prof. Dr. Sharaf.



Surgical Simulation Lab Academia Singapore



At the Grand Palace Bangkok Thailand



From left to right – Dr. Do Manh Hung (Vietnam), Dr. Jithayut Sueajui (Thailand), Dr. Renaldi Prasetya (Indonesia), Dr. Juan Carlos Santiago Paredes (Philippines), Myself, Dr. Kelvin Tan Guopin (Singapore).



Research presentation in Raja Isteri Pengiran Anak Saleha Hospital (RIPAS) Brunei.



Free paper session during SOA ASM



In SGH with the New Zealand/Australia senior travelling fellows