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As early as the second year of my orthopedic residency training, I was already adamant on my decision to take up sports medicine & arthroscopic surgery as my subspecialty in the future. It was at that time when I came across Hong Kong University-Queen Mary Hospital's webpage. With HKU's reputation as a premier academe, I was highly considering applying for sports fellowship at HKU at the end of my training. However, after my orthopedic training, I decided to take my first sports fellowship in Japan. There, I highly appreciated learning hands on arthroscopic techniques during my 6 months stay. However, due to significant language barrier, I wasn't able to maximize the theoretical and clinical aspects of the subspecialty. Hence this led me to decide to apply for fellowship training at HKU – Queen Mary Hospital.

During my six months stay in the Department of Orthopaedics & Traumatology, I was impressed with the department's intricate organization of the staff and different divisions. I attended weekly conferences, inter-hospital meetings and the 14th Hong Kong International Orthopedic Forum. I was very impressed with how the department judiciously conducts its academic activities. No wonder then that HKU-QMH holds up to its reputation as one of the global leaders in orthopedic education. Also, I was honored to participate as one of the judges in the SP Chow research group presentations. The latter made me realize how valuable it is to include orthopedic curriculum in medical school program, which is not present in my alma mater. I hope that someday I can emulate the department's orthopedic education method in my own institution.


With regards to my fellowship training in the Division of Sports & Arthroscopy, Dr. W.P. Yau is one of the great mentors I've had so far. Not only is he adept and committed to his specialty, he is also driven in imparting basic and evidenced based knowledge on the subspecialty to his subordinates. From his thorough clinical examinations methods and through his exhaustive didactics, I have learned systematic ways of examining and assessing shoulder and knee pathologies unlike ever before. I shall never forget those and the productive discussions we had in the clinic and research meetings. His teaching method is also one thing I also would like to emulate in my institution at home. Of note, I am grateful that I was given the opportunity to interview and examine patients thoroughly with my mentor's guidance unlike my previous fellowship, which was very limited. I also appreciate learning and participating in diverse arthroscopic and non-arthroscopic surgeries under Dr. W.P. Yau, especially his arthroscopic techniques and choices of implants both in shoulder and knee cases. I believe it is more applicable and feasible in my country's setting given that implants are not covered by our current health insurance (for example: using the accessory knee portals and anchor stitches (PDS) for repair of peripheral meniscus tears

instead of the expensive meniscal darts/anchors or the use of conventional anchor sutures with his modified SMC knot for lateral row anchors in rotator cuff repairs instead of the expensive knotless suture anchors).

There was a minor downside during my stay. As published in the department website, I was expecting that I could use the arthroscopic surgery lab to sharpen my skills. Unfortunately during my stay, I believe the arthroscopic lab was no longer available. But nonetheless, this did not stop me from accomplishing and maximizing my training.

Overall, my fellowship experience in HKU-QMH was very worthwhile and valuable. It was an honor being mentored by a great mind - Dr. WP Yau and also a privileged working with the staff and serving the people of Hong Kong.

Thank you. More power and continue giving the best of quality healthcare in Hong Kong. Mabuhay!



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International Fellow

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Date	Activities Attended
Feb. 4, 2017	Saturday Inter-hospital meeting: <i>Osteogenesis Imperfecta</i>
Feb. 11, 2017	SP Chow Group Presentation (served as one of the judges)
Feb. 18, 2017	Clinical Competency Test: (served as surrogate patient)
Feb. 25, 2017	Saturday Inter-hospital meeting: <i>"Ankle Conditions – From Trauma, Infection to Reconstruction"</i>
March 4, 2017	Saturday Inter-hospital meeting: <i>"Pain Management in Failed Back Syndrome"</i>
Mar. 18, 2017	Saturday Inter-hospital meeting: <i>"The Dysplastic Hip"</i>
Mar. 20 2017	Journal Club: Topic – <i>A Randomized, Controlled Trial of Total Knee Replacement (NEJM)</i>
Apr. 8-9, 2017	14 th Hong Kong International Orthopedic Forum: Recreational & Sports Related Injuries
May 20, 2017	SP Chow Group Presentation (served as one of the judges)
May 27, 2017	Hong Kong Society for Surgery of the Hand (HKSSH) Musculoskeletal Ultrasound of the Upper Extremity Workshop