

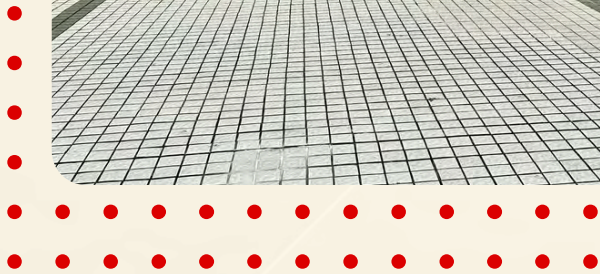


**HKU
Med**

School of Clinical Medicine
Department of Orthopaedics
& Traumatology
香港大學矯形及創傷外科學系



FELLOWSHIP REPORT: **PAEDIATRIC ORTHOPAEDICS**



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July to December 2024

WHAT BROUGHT ME HERE

Pursuing subspecialty training in Paediatric Orthopaedics has always been my goal. My exposure to the paediatric orthopaedic community in our country led me to applying in the esteemed paediatric orthopaedic fellowship training program of the Duchess of Kent Children's Hospital, where my Boss in Manila, Dr. JA Legaspi, also trained. I was ecstatic when I received the news of my acceptance in the program knowing I'll gain knowledge and techniques about the subspecialty to bring back to the Philippines.

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THE BRILLIANT TEAM



The Division of Paediatric Orthopaedics during the dinner with Dr. Eastwood. First row: Dr. Lin Wing Lok, Dr. Noah So, Dr. Janus Wong, and myself; second row: Dr. Evelyn Kuong, Dr. Deborah Eastwood, Dr. Wang Chow, and Dr. Alec Hung

The esteemed Paediatric Orthopaedics Fellowship Program, under The University of Hong Kong's Department of Orthopaedics and Traumatology, Division of Paediatric Orthopaedics, is a 6-month clinical program headed by Dr. Wang Chow. Alongside him are Dr. Evelyn Kuong, Dr. Michael To, Dr. Noah So, and Dr. Janus Wong. The division handles all aspects of paediatric orthopaedics. Though the team is but small in number, it is well-recognized because of their years of experience and achievements in research, novel and advanced techniques, holistic approach to management, and state-of-the-art facilities and equipment. They are all deeply passionate about the subspecialty and in sharing their knowledge and expertise to other aspiring paediatric orthopaedic surgeons like me.

THE HOSPITALS



I spent my duties in between Duchess of Kent Children's Hospital in Sandy Bay (DKCH) located in Hong Kong Island and Hong Kong Children's Hospital (HKCH) in Kowloon. These two hospitals boast of excellent staffing and equipment to serve the paediatric population. With these two hospitals being accessible to the paediatric orthopaedic patients, the division is able to handle the simplest to the most complex of cases.

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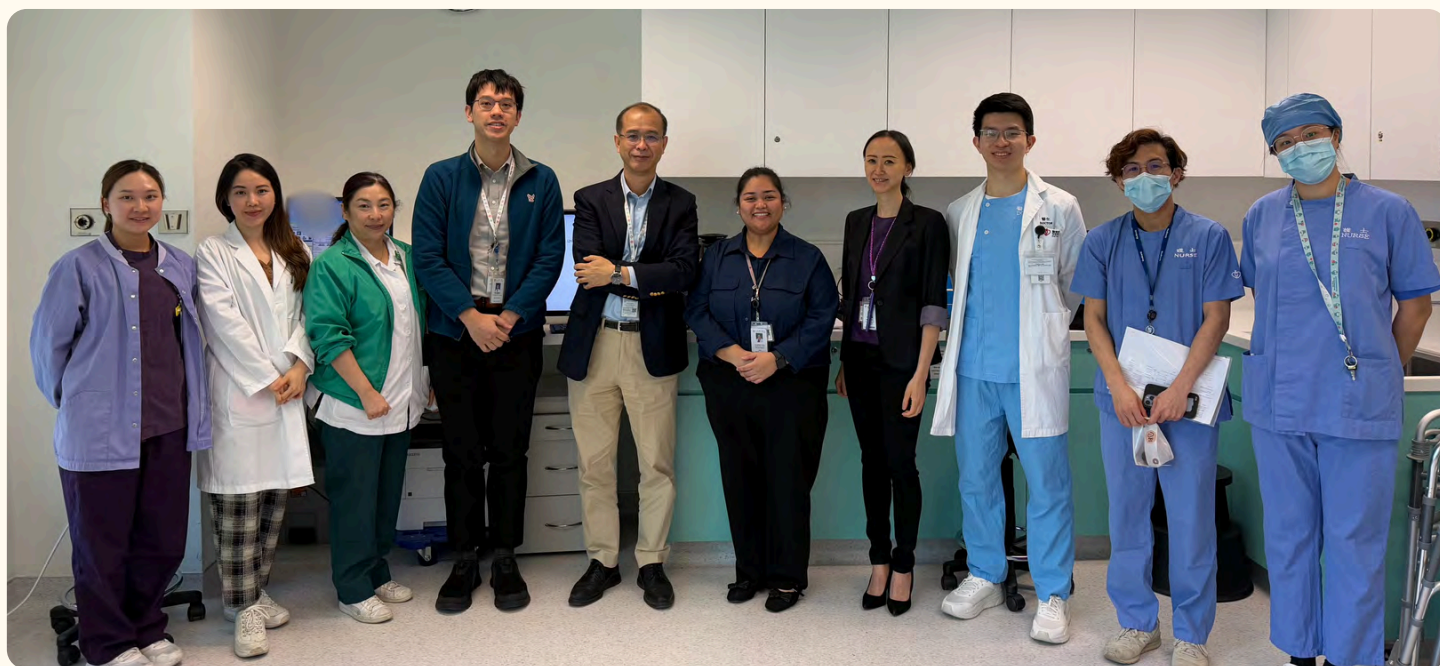
most number of patients served in single general paed ortho clinic during my stay as a fellow

1955

year when DKCH opened and has been the only specialist paediatric hospital in Hong Kong until the opening of HKCH in 2018

DUTIES AND RESPONSIBILITIES

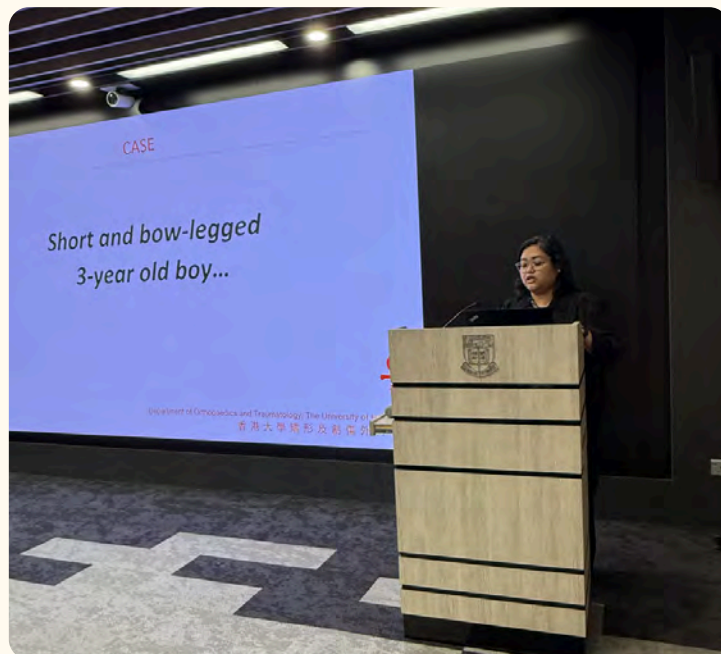
As an overseas fellow, I rounded in-patients, assisted and performed surgeries under supervisor guidance, and observed and handled out-patient consultations in DKCH and HKCH. The division conducts weekly ward grand rounds on Tuesdays (DKCH) and Fridays (HKCH), and pre-operative meetings on Wednesdays, where I presented cases. Patients with complex cases requiring meticulous planning are examined during pre-operative meetings or grand rounds, allowing the team to see the patient together, perform physical examination, and discuss surgical plan.



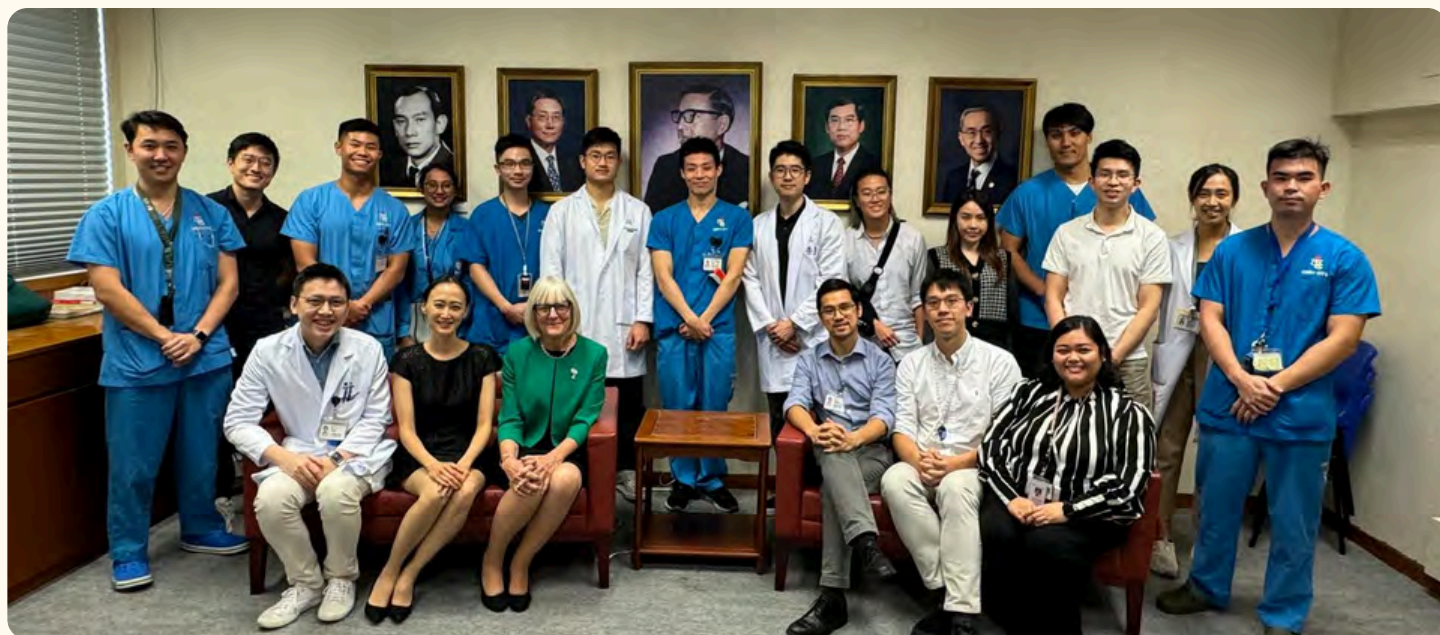
Wednesday pre-op meeting held in Ward 6N of HKCH. The meetings are also accessible online for paediatric orthopaedic surgeons and allied health professionals from other hospitals.

Interdisciplinary teams attend these rounds and meetings, including paediatric orthopaedic surgeons from other hospitals, subspecialty surgeons (ie hand, sports, spine), physiotherapists, occupational therapists, prosthetists and orthotists, cast artisans, and ward and operating theater nurses and staff. This collaborative approach ensures comprehensive patient care, high-quality treatment, and seamless pre-operative to post-operative care.

Department conferences occur weekly on Wednesdays. During one such conference, I presented a case on Achondroplasia and had the privilege of meeting Dr. Deborah Eastwood, distinguished paediatric orthopaedic surgeon and past president of the British Orthopaedic Association, who served as a reactor. During that same week, Dr. D Eastwood also delivered a lecture after co-facilitating the resident teaching session with Dr. E Kuong.



Wednesday clinical conference.

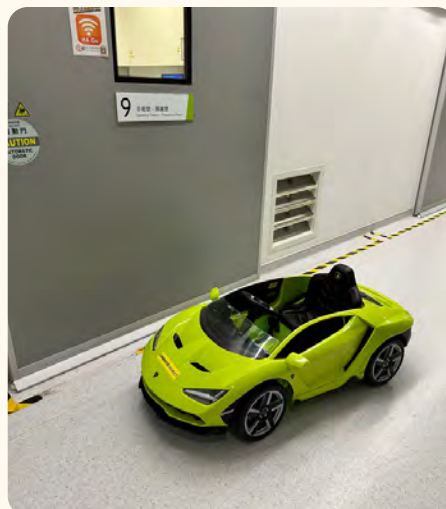
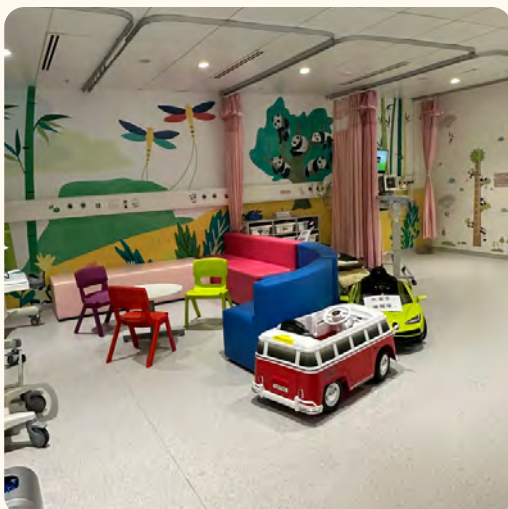


Resident teaching session facilitated by Dr. E Kuong with Dr. D Eastwood, Dr. N So, and Dr. J Wong.

THE THEATRES

Surgery days are twice to thrice weekly, scheduled regularly on Mondays at DKCH and Thursdays at HKCH. Additional miscellaneous days are also assigned to accommodate minor procedures.

Procedures include but are not limited to the following: hip preservation surgeries for SCFE, DDH, LCPD, AVN; neuromuscular hip surgeries; soft tissue procedures such as tendon lengthenings, transfers, recessions, and releases; limb-deformity correction procedures via guided-growth techniques or acute corrective osteotomies; limb-lengthening surgeries; complex and congenital foot deformity surgeries; congenital hand reconstructive surgeries, and paediatric sports surgeries.



*HKCH Operating Theatre.
To lessen the psychological trauma
of the kids, they are allowed to
drive themselves to their operating
theatre.*



Intra-operative brace fitting done by colleagues from Prosthetics and Orthotics in DKCH.

I was able to assist and perform surgeries under supervisor guidance. Our consultants continuously teach during surgery, providing real-time narration to ensure I do not get lost in the anatomy and procedures. They also share valuable techniques and insights about their personal experiences with past surgeries.



The other table -- our scrub nurse in her turf, taking care of all the instruments, equipment, and implants. Not shown in the photo are our anaes colleagues, other OT nurses and staff, ortho implant techs, artisan, rad techs all working together for a smoothsailing surgery.



Bilateral SCFE: modified Dunn procedure on one side and in-situ screw fixation on the other side.



Foot deformity correction surgery: combining soft tissue and bony procedures.

THE CLINICS

GENERAL PAEDIATRIC ORTHOPAEDICS CLINIC

DKCH - Tuesdays | HKCH - Wednesdays

SCOLIOSIS CLINIC

DKCH - Mondays with Spine Team

GAIT ANALYSIS CLINIC

Once a month - DKCH and HKCH

SKELETAL DYSPLASIA CLINIC

Once a month - HKCH

NEUROMUSCULAR CLINIC

Twice a month - HKCH

SEATING CLINIC

Once a month - DKCH and HKCH

CASTING CLINIC

Fridays - HKCH

BOTOX CLINIC

Fridays - HKCH

COMBINED SUBSPECIALTY CLINICS

Once a month

Combined skeletal dysplasia clinic

Combined neuromuscular clinic

Adult dysplasia clinic



Gait analysis lab in HKCH. The labs in both hospitals cater in- and out-patient referrals.

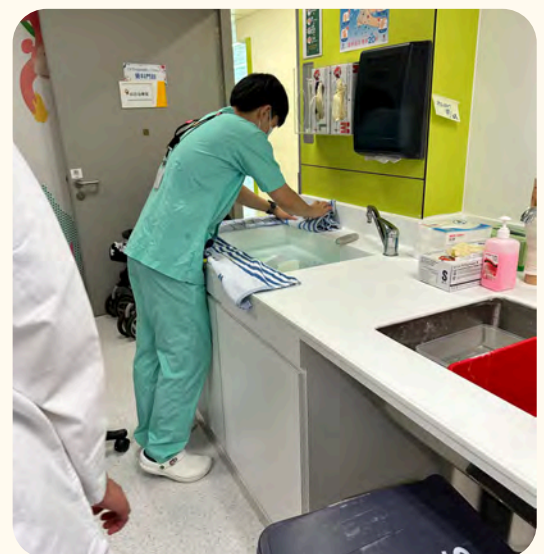


Gait analysis lab in DKCH.

Both DKCH and HKCH hold specialty out-patient clinics and combined specialty clinics. I utilize my designated consultation room assessing patients independently prior to referring cases to seniors. Approachable and supportive, they even join me in my consultation room so we can assess and discuss the case together. Translator support is available most of the time but in cases when it isn't, I seek out the English-speaking (or even Filipino-speaking) patients and parents to attend to or I go with the residents so we can hold consults together.



Combined skeletal dysplasia clinic with endocrine, clinical genetics, radiology etc. ensures the patients receive all aspects of care for management of their condition.



Cast artisan preparing the tub for soaking of the clubfoot casts during changing of Ponseti casts.

THE LEARNING ENVIRONMENT

The learning environment is exceptionally welcoming. Everyone is encouraged to participate in the process. Every case is extensively discussed and the discussions are very informative. Our consultants are accommodating in answering all our questions. The mentorship style of Dr. Chow and Dr. Kuong is very constructive. They exude proficiency, professionalism, and impeccable skills but at the same time, they are very humble and able to connect to us trainees. Their method of teaching is effective and commendable, promoting learning through encouragement to ask about anything you do not understand.

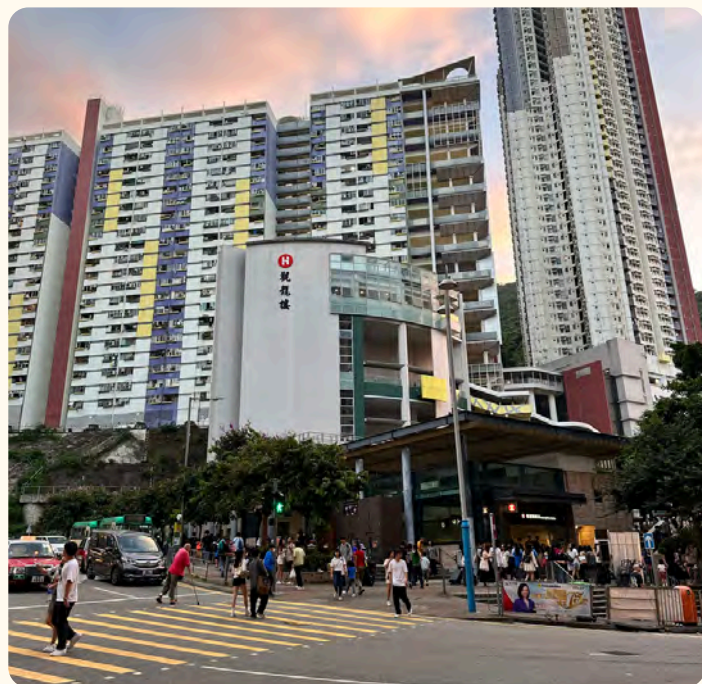


While waiting for the patient to be wheeled-in, Dr. E Kuong explains the pelvic osteotomies so us trainees can better understand the procedure. Pelvis model courtesy of Dr. N So.

Dr. Chow and Dr. Kuong will go as far as taking a pelvis model to demonstrate the pelvic osteotomies to me and the other trainees so we can visualize and better appreciate it in 3D. This exceptional guidance and support fostered a positive learning environment that inspired me not only as a surgeon but also to pursue orthopaedic education in the future.

MY HONG KONG EXPERIENCE

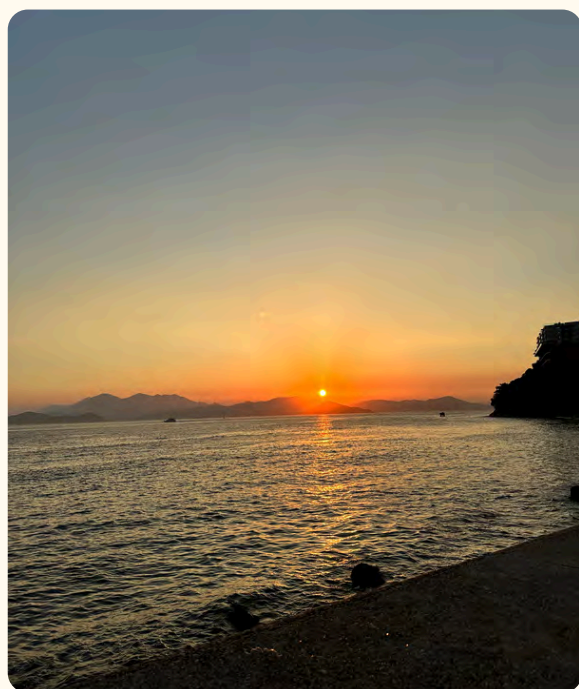
During my fellowship, I was allowed to rent a room in the staff quarters of DKCH. Hong Kong is a very accessible place – their mass public transportation system is very efficient so going around, even for a first-time dweller like me, was easy. Majority of the people also know how to speak English. Going back and forth between two hospitals was not a problem because of the efficiency of Hong Kong’s public transport. I am grateful to my seniors who were very generous to offer me a ride whenever possible.



Kennedy Town. The final MTR station on the western end of the Island Line. Bus 58 or 58A will take you to DKCH.



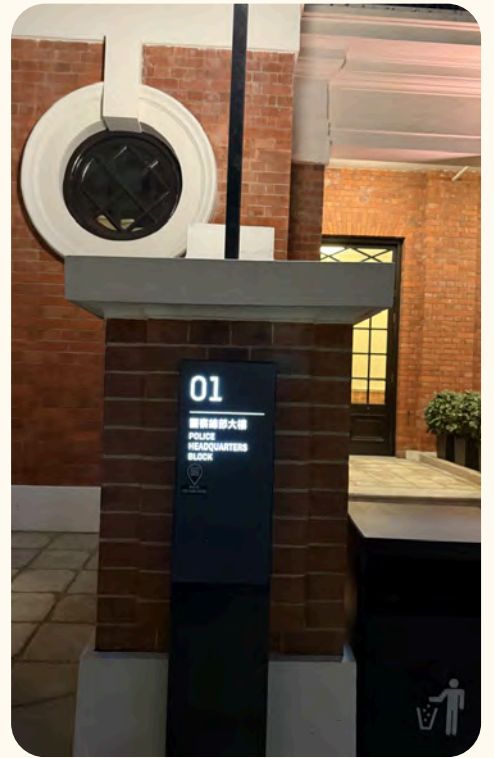
The Duchess of Kent Children's Hospital in Sandy Bay.



Few meters away from DKCH is a bay walk where one can watch the sunset.



The Old Police Headquarters in Tai Kwun, Central.



On weekends when I am not on call, my time is spent between exploring places and catching up on readings. Hong Kong features a handful of attractions for tourists to visit – museums, parks, malls and markets, and food lanes. This place also has a number of festival grounds that features different events depending on the schedule. However, what I enjoyed the most was simply walking around the streets and immersing myself in the hustle and bustle of the area.



Wall mural in the Old Police Headquarters in Tai Kwun, Central.



Kowloon Park in Tsim Sha Tsui.

Ironically, in our family, I was the one who has never been here prior to my fellowship training. My brother, who frequents Hong Kong, gave me tips in finding my way around and getting along with the people. I am from the Philippines so Hong Kong is only a couple of hours flight away from home. I am very lucky because the whole gang flew over and came along with me to explore more sights and look for great food.



Hong Kong Disneyland with the whole family.



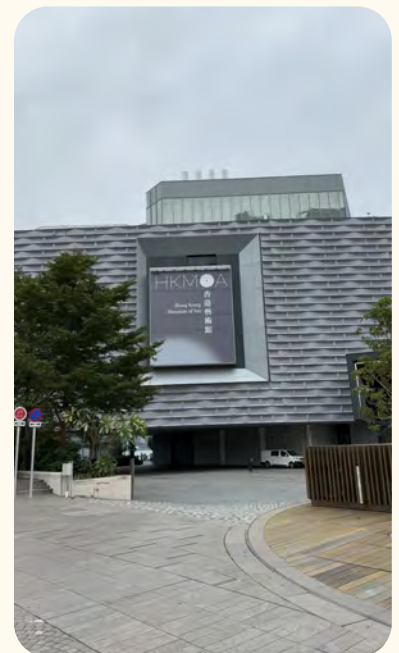
Victoria Peak.



My parents posing in front of DKCH.

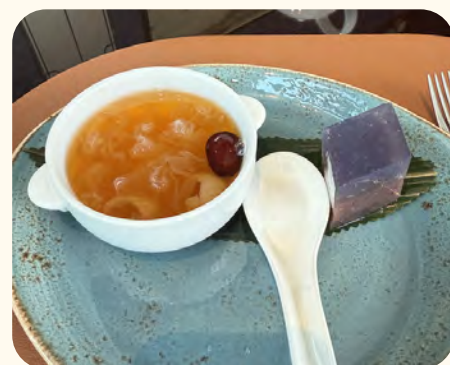
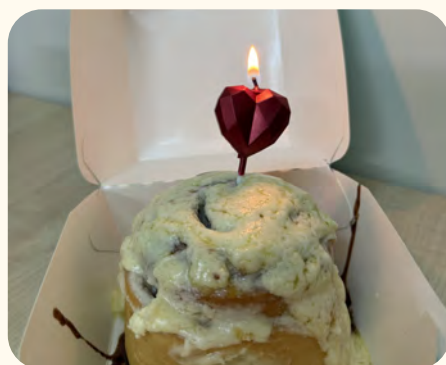


Mirror selfie with Yayoi Kusama in Madame Tussauds.



HK Museum of Art in Tsim Sha Tsui.

MY FOOD ADVENTURE



This report will not be complete without food! Another notable experience in my 6-month stay in Hong Kong is the cuisine. From street markets to fine dining restaurants, these are just some of the dishes I enjoyed, either alone or with colleagues or family.

IMMENSELY GRATEFUL

My fellowship experience was a very pleasant one because of all the people who surrounded me during the past 6 months. I am very grateful to Ms. May Ng for helping me with everything – from application to visa to leaving and everything in between; Ms. Angel Choi for the assistance in everything I need in HKCH; the residents who rotated in the division, Dr. Lusanda Tang, Dr. Derek Chan, Dr. Yolanda Lee, and Dr. Michael Yip, they were very kind and patient in answering my queries especially in the hospital protocols and procedures, and translate for me whenever I needed to sign consents, round, and do procedures and consults for non-English speaking patients and parents; the nurses in DKCH Wards 5/6, 3/4, and 7/8 and HKCH Ward 6N, the operating theatre nurses and staff, the allied health staff, the SOPD nurses and staff of both hospitals; all the staff of both hospitals and the staff quarters in DKCH;



With Dr. D Chan and Dr. L Tang during their last day of Paed Ortho rotation.



With Dr. J Wong, Dr. D Chan, and Mr. P Ng.



With Dr. N So, Dr. L Tang, and Dr. E Kuong.



With Dr. Y Lee and Dr. M Yip.

and last but not the least, The Brilliant Team of the Division of Paediatric Orthopaedics – Dr. Wang Chow, Dr. Evelyn Kuong, Dr. Noah So, and Dr. Janus Wong for giving me this once in a lifetime opportunity to train under their wing. Little did I know that I will not only bring back theoretical knowledge and skills, I will also be learning the system of how they run the department – patient and personnel scheduling, multidisciplinary team meetings, referral systems, mentorship and teaching activities, data management and keeping etc.

I am immensely grateful for this opportunity and will always be proud to be one of the overseas fellows of this division.

