

FELLOWSHIP REPORT



Dr. Avinash Ashok Kachare

Clinical associate/
Fellow in Trauma and 3D printing
in Orthopedics

Duration : Oct 2024 to Dec 2024

I had an incredible experience pursuing the **Trauma and 3D Printing Fellowship** at the renowned **Division of Orthopedics and Traumatology**, Queen Mary Hospital, Hong Kong University, under the guidance of **Dr. Chris Fang**. I commenced my three-month fellowship in October 2024.

Pre-Arrival

Miss Doris Lau, the secretary to the Division of Traumatology, was my first point of contact for the fellowship program and played a pivotal role in ensuring a seamless onboarding process. She was always just a call away, providing invaluable assistance right from the beginning. Her support included arranging essential documents, facilitating the work visa and medical registration processes, and organizing accommodation.

Upon my arrival, she ensured that I had all the necessary resources and information, including my staff ID, HKU portal ID, and other relevant details.

The Division of Traumatology and 3D Printing Team

The Division of Traumatology and 3D Printing Team, led by **Prof. F. Leung** with my mentor being **Dr. Chris Fang**, included **Dr. Colin Yung** (Associate Consultant) and residents **Johnson Tam**, **Edmond Lam**. The division is exceptionally well-organized, with outpatient clinics focusing on pre-operative and post-operative care

running efficiently throughout the week. Operating theatre sessions were held almost daily, catering to a wide range of fresh and cold trauma cases.

The team's commitment to using recent implants and their approach to soft tissue preservation during surgeries was remarkable. **Dr. Colin Yung**, with his approachable nature and infectious hearty laugh, was always available to clarify doubts and provide detailed explanations, making learning both engaging and enjoyable. Collaborating with residents **Johnson Tam** and **Edmond Lam** was a smooth and rewarding experience, fostering a collegial and productive environment during my time there.

Mentorship

Dr. Chris Fang is an outstanding surgeon with innovative mindset. His open-mindedness and drive to advance the field of orthopedics were truly inspiring. His surgical techniques and teaching methods simplified even the most complex procedures.

Dr. Fang's expertise in 3D printing into orthopedic practice is time proven, particularly in the development and application of patient-specific implants for **Reverse Shoulder Arthroplasty (RSA)** and megaprotheses. The biweekly meetings on 3D printing cases, held in collaboration with bioengineers including Jeffrey Wong and others were dynamic and thought-provoking. Although three months felt far too short to fully absorb the knowledge Dr. Fang offered, it was a privilege to learn from him uses of Meshmixer and 3 matic suit. His exceptional leadership and friendly attitude left a lasting impression on me.

Additional Learning Opportunities

Beyond the Trauma Division, the **Wednesday conferences** and **Saturday inter-hospital meetings** were invaluable in staying updated on other subspecialties. These sessions offered opportunities for discussion and interaction with experts in various fields. I was particularly fortunate to interact with **Professor Richard Page**, a visiting professor from Australia.

Additionally, I had the privilege of working alongside fellows from other countries, including **Dr. Vikas Raj (IND)**, **Dr. Fatema Madan (BHR)**, **Dr. V. PATTANSHETTI (IND)**, **Dr. Osita (NGA)**, **Dr. Saeed(PK)**. who were extraordinary colleagues and made my experience even more enriching.

Life in Hong Kong

My stay in Sandy Bay was peaceful and pleasant. I used my HKU staff card to access the HKU Stanley Ho Sports Complex, conveniently located within walking distance from the doctor's quarters. During my free time, I explored the vibrant local food scene, hiked various peaks, and enjoyed Hong Kong's scenic trails. I even embraced

the most HongKonger thing of jogging at any hour of the day. All this made my stay both productive and memorable.

The Trauma and 3D Printing Fellowship at HKU was a truly valuable experience, both professionally and personally. I am deeply grateful to **Dr. F. Leung**, **Dr. Chris Fang**, **Dr. Colin Yung**, **Miss Doris Lau**, and the entire team for their mentorship, guidance, and support throughout the program.

This fellowship not only enhanced my clinical and surgical skills but also exposed me to cutting-edge innovations in orthopedics. I will carry forward the knowledge and skills gained here to advance my practice and contribute meaningfully to the field of orthopedics.

Thank you for this incredible opportunity!

Best Regards,
Dr Avinash A. Kachare
Orthopaedic surgeon
(Dhamangaon, Beed, MH)
LTMMC, Sion -Mumbai
IND



Fellowship certification with Dr. Chris fang



From Left to right Dr. Fatema Madan, Dr. Avinash Kacahre, Dr. Chris Fang, Resident Edmond Lam



Resident Johnson Tam, Dr. Aviansh Kacahare



Mr. Jeffrey Wong, Dr. Avinash kachare



Dr. Aviansh Kachare and Ms Doris Lau



All the colleague Fellows on Beautiful Sandy bay Beach
(Dr. Osita(NGA), Dr. Sarva (BNG), Dr. Avinash(Ind), Dr.
Veeresh(IND), Dr. Jay (IND-Gastro), Dr. Abhijeet(IND))