The 15th Senior ASEAN Orthopaedic Travelling Fellowship July 2001

Sharaf Ibrahim F.R.C.S.[1], Saranatra Waikakul M.D.[2],Wong Ho Poh M.Med (Surg)[3], Antonio Montalban M.D[4] , Idrus Paturusi M.D[5], Darmadji Ismono M.D[6]

[1]*Hospital Universiti Kebangsaan Malaysia, Malaysia.*
[2]*Siriraj Hospital, Mahidol University, Thailand.*
[3]*Tan Tock Seng Hospital, Singapore.*
[4]*Philippine General Hospital, University of the Philippines, Philippines.*
[5]*Dr Wahidin Sudirohusado Hospital, Hasanuddin University, Indonesia*
[6]*Dr Hasan Sadikin General Hospital, Padjadjaran University, Indonesia.*

THAILAND

The 15th Senior Asean Orthopaedic Travelling Fellowship started in Bangkok on Saturday, July 14th, 2001. Representing the five countries were Dr Idrus Paturusi and Dr Darmadji Ismono (Indonesia), Dr Sharaf Ibrahim (Malaysia), Dr Antonio Montalban (Philippines), Dr Wong Ho Poh (Singapore) and Dr Saranatra Waikakul (Thailand). Interestingly, Idrus and Saranatra were junior fellows in 1983 (the first group), Wong in 1987 and Sharaf in 1996.

As the most senior member of the group, Antonio was appointed godfather. Antonio was already a "senior" when the first junior travelling fellowship started in 1983 - he became President of the Philippine Orthopaedic Association (POA) in 1984 at the age of 39. Manila was the birthplace of the Asean Orthopaedic Association and Antonio was one of the founder members. The role of godfather was rightly given to Antonio, or Tony as we called him. His only regret was he did not have a chance to be a junior fellow!

Following dinner on the first evening, we wandered around the Patpong night-market admiring the various products on sale!

We went on a tour of the historical city of Ayutthaya on Sunday. Saranatra and his wife, Waraporn, were excellent tour-guides with their in-depth knowledge of Thai history. An elephant ride was part of the tour - it reminded one of bygone days when the jumbos were used for transport (Figure 1).

We ended the day by having dinner with Dr Chaithavat Ngarmukos, President of the Thai Orthopaedic Association (TOA) and his council members.

We visited Chulalongkorn University Hospital on Monday. Dr Chaithavat and Dr Aree performed a Charnley total hip replacement on a patient with ankylosing spondylitis. After lunch we met Dr Pibul Itiravivong, the Head of Orthopaedics and presented the following lectures:

1. Traction-varus derotation osteotomy for late onset Perthes disease (Antonio),
2. Biomolecular, immunological and histopathological study of leprosy (Idrus),
3. An aiming device for pin fixation at the iliac crest for external fixation in unstable pelvic fracture (Saranatra),
4. Congenital pseudoarthrosis of the tibia (Sharaf),
5. Hip-care path (Wong).

Our farewell dinner was with Dr Chaithavat and staff of the Chulalongkorn University Hospital at a traditional Thai restaurant.

PHILIPPINES

Mt Mayon was erupting when we arrived in Manila on Tuesday, July 17th. We met Dr Lauro Abrahan Jr, President of the POA and his council members during dinner that evening.

Our lectures the next morning was at the Philippines Orthopaedic Center (POC). Wong and Idrus spoke on the hip-care pathway and osteoporosis and fractures respectively. Dr Julyn Aguilar from the POC gave an interesting lecture on adductor tenotomy, medial capsulotomy and Petrie casting for treating hinge-abduction in Perthes disease. Following ward rounds and case discussion, the Chairman of the department, Dr Jesus M Duenas, and his staff joined us for lunch.

In the afternoon, we visited the Philippine General Hospital and met Dr Ellewellyn Pasion, the Head of the Orthopaedic Department. Sharaf spoke on tibial hemimelia while Saranatra spoke on major limb replantation. Two interesting paediatric orthopaedic cases were discussed.

We had a lovely dinner that evening with Antonio and his family at home and enjoyed the friendly banter between Antonio and Dr Pasion. We left early the next morning to visit Villa Escudero in San Pablo city. Sol, the Secretary of the POA, was our tour guide. Lunch was an interesting event. We had to get our feet wet and the cascading water from the dam formed a spectacular backdrop! (Figure 2) A thunderstorm (thankfully, not a typhoon!) preceded our

Dr Sharaf Ibrahim
Orthopaedic Dept
Hospital UKM
Cheras, 56000 Kuala Lumpur
Malaysia
Tel: 603-9173 3333
Fax: 603-9173 8609
Email: sharaf@mail.hukm.ukm.my

farewell dinner at Shangri-La. Even Antonio was late because of flooding in parts of Manila.

INDONESIA

We flew to Solo via Singapore and Jakarta on Friday July 20th, amid threats of emergency rule by President Gus Dur. Dinner was an enjoyable affair with the senior members of the Indonesian Orthopaedic Association (IOA) and Prof P Balasubramaniam who had gathered in Solo for the 47th Indonesian continuing orthopaedic education meeting.

The next morning we visited Dr Soeharso Orthopaedic Hospital, which was celebrating its 50th anniversary. A water dispenser, won at the lucky draw the previous night, was donated to the hospital. Dr Syarif Sudirman and Dr Sulistyowati accompanied us on a tour of the hospital. Our next stop was the Prambhanan (Hindu) and the Borubudur (Buddhist) temples ingeniously built using interlocking volcanic stones around the 9th century AD. Our guide gave an interesting narrative as we climbed the 35-metre Borobudur temple (Figure 3).

As part of our contribution to the meeting, we gave lectures during the symposium on Sunday, July 22nd. Wong spoke on bone metastasis, Saranatra on the aiming device, Antonio on Perthes disease and Sharaf on developmental dysplasia of the hip. We had a lively discussion with the audience on the topics presented. Dr Anung was our guide for the Solo city-tour and batik-shopping for the rest of the morning. In the evening we had dinner with Dr Tundjung Suharso and the staff of the Dr Soeharso Orthopaedic Hospital at a traditional Javanese restaurant.

We parted company with Idrus as he had to leave for Bandung for the Indonesian orthopaedic board examinations. We met up with Darmadji at Jakarta airport.

SINGAPORE

President Gus Dur had declared emergency rule and the Indonesian parliament was starting impeachment procedures as we left for Singapore on Monday 23rd July. A few excited reporters met us on arrival at Changi Airport asking about the situation in Jakarta. We reassured them that everything was fine and suggested that they should go and visit Indonesia.

Dr Ong Leong Boon, secretary-general of the Asean Orthopaedic Association, was the host for dinner with senior members of the Singapore Orthopaedic Association (SOA) at the Singapore Island and Country Club.

The next morning, Dr See Hung Foo, Head of Orthopaedics at Changi General Hospital, took us on a tour of the new hospital. In the afternoon, we visited the National University Hospital (NUH) and met Prof Satku, Head of the Orthopaedic Department. Assoc Prof James Goh showed us the impressive research facilities available at the NUH (Figure 4). We had dinner with members of the SOA council that evening in the hotel.

The following day we attended the clinico-pathology conference at the Tan Tock Seng Hospital. Three interesting cases were discussed. The modern design and facilities were impressive. We attended the opening ceremony of the hospital museum and Founder's Day celebration to mark the 157th anniversary of the hospital.

After lunch with the orthopaedic staff, we went shopping at Funan Centre. Saranatra came away from the Funan Centre, lighter in wallet, but the proud owner of a new Palm m500 PDA.

After dinner with Wong and his family, we had a short visit to his home.

MALAYSIA

We arrived in Kuala Lumpur on Thursday, 26th July. After a quick check-in, we went to the Kuala Lumpur City Centre (KLCC). Lunch at Stonegrill was served sizzling on a piece of volcanic rock at 400 degrees Celsius. Fried ice-cream was the special desert. Unfortunately we could not go up the Petronas twin-towers as tickets were not available.

We had dinner with the council members of the Malaysian Orthopaedic Association (MOA) at the revolving restaurant in Kuala Lumpur Tower. We enjoyed a panaromic view of the city from our table.

We were at the Kuala Lumpur General Hospital the next morning and met Dato Dr Borhan Tan, Head of the Orthopaedic Department. Assoc Prof Harwant Singh showed us the emergency department and we had a leisurely lunch at the Royal Lake Club. In the afternoon, we met Assoc Prof Tunku Sara, Head of Orthopaedics at University Hospital. Assoc Prof David Choon and Dr Saw Aik showed us the facilities available.

The MOA lecture was held in the evening at Academy House. Wong spoke on the hip-care path. On Saturday morning we visited the orthopaedic and hand departments of Selayang Hospital. Dr Ramli Baba, Head of Orthopaedics and Dr Pathmanathan, Head of Hand & Microsurgery showed us the facilities. With 1,200 computers, Selayang is aiming for a paper-less hospital using digital images and conducting ward rounds with a wireless notebook (Figure 5).

Our next stop was Hospital Universiti Kebangsaan Malaysia where Saranatra presented his aiming device to the department and spoke on its use. In the afternoon, Dr Shahril Yusof took us on a tour of Putrajaya - the new administrative capital with its stunning architecture. Wong, Saranatra and Darmadji nearly floated away on Putrajaya lake as the pontoon bridge suddenly gave way!

Our final evening was at Sharaf's place for dinner with his family. The travelling fellowship finally ended on Sunday, 29th July. Everyone was tired but glad that everything went well.

CONCLUSION

During the two weeks of travelling through the five Asean countries, we met many old friends and made new ones. It was a privilege to be able to visit the various hospitals, discuss cases and present lectures. We now have a better understanding and appreciation of the spectrum of orthopaedic problems in our region and how best to treat them under our own special environments. We believe that the travelling fellowship should continue. We have become friends for life!

Figure 1. Elephant rides at Ayutthaya

Figure 2. *Scenic lunch at Villa Escudero*

Figure 3. The senior fellows at Borobudur. From left to right: Saranatra Waikakul, Antonio Montalban, Wong Ho Poh, Idrus Paturusi and Sharaf Ibrahim.

Figure 4. Prosthetic feet of different sizes and colours from various countries for biomechanical evaluation at the National University Hospital, Singapore.

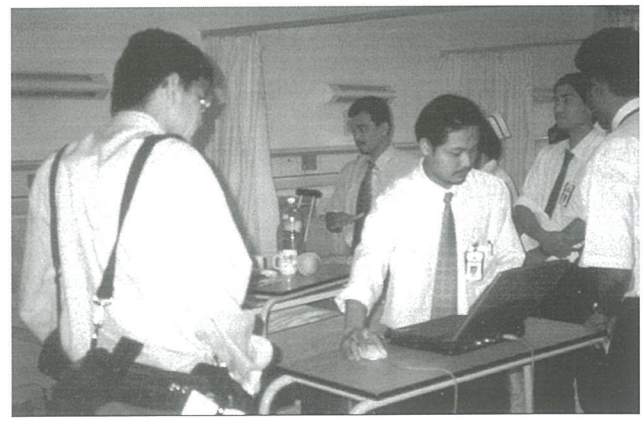

Figure 5. Orthopaedic ward round with a wireless notebook in Selayang Hospital.

MOBIC®

meloxicam
once daily

COX-2 SELECTIVE NSAID

When you need a COX-2 Selective Inhibitor .....

Does any other approach make sense ?

Abridged Prescribing Information

Contents : Meloxicam.

Indications : MOBIC® is a non-steroidal anti-inflammatory drug indicated for:
- symptomatic treatment of rheumatoid arthritis
- symptomatic treatment of painful osteoarthritis (arthrosis, degenerative joint disease)
- symptomatic treatment of ankylosing spondylitis

Dosage : Osteoarthritis 7.5 mg/day. May be increased to 15 mg/day. Rheumatoid arthritis initially 15 mg/day. May be reduced to 7.5 mg/day. Ankylosing spondylitis 15 mg/day. Max: 15 mg/day.

Contraindications : Active peptic ulceration, severe hepatic insufficiency, non-dialysed severe renal insufficiency, children < 15 yr, hypersensitivity to NSAIDs. Pregnancy & lactation.

Special Precautions : History of upper GI disease, patients receiving anticoagulant treatment, dehydration, CHF, liver cirrhosis, nephrotic syndrome, overt renal disease, those receiving a diuretic or those having undergone major surgical procedures which led to hypovolaemia. Elderly.

Adverse Reactions / Side Effects : More frequent than 1%: Dyspepsia, nausea, vomiting, abdominal pain, constipation, flatulence, diarrhoea, anaemia, pruritus, skin rash, lightheadedness, headache, oedema. Rare: Eructation, oesophagitis, gastroduodenal ulcer, occult or macroscopic GI bleeding, GI perforation, colitis.

Presentation : Tablets 7.5 mg.

Please refer to the full prescribing information before prescribing Mobic®

Further information available upon request :

Boehringer Ingelheim Div.,
Diethelm Malaysia Sdn. Bhd. (4476-U)
2nd Floor, Wisma UEP, Jalan USJ 10/1A,
Pusat Perniagaan USJ 10, 47620 Subang Jaya.
P.O. Box 3031, 47590 Subang Jaya, Selangor Darul Ehsan.
Tel: (03) 8024 6088 Fax: (03) 8024 9088

Boehringer Ingelheim Div.,
Diethelm Singapore Pte. Ltd.
34, Boon Leat Terrace,
Singapore 119866.
Tel: 6471 8472 Fax: 6474 9487

Boehringer Ingelheim