

American Orthopaedic Association - ASEAN Orthopaedic Association Travelling Fellowship 1995.

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The 1995 AOA-ASEAN Travelling Fellowship started on 12th May 1995 when I boarded a plane from Penang to Singapore at 10.30 in the morning. Arriving at Changi Airport, Singapore I was taken to the Changi Meridian Hotel for a night's stay, compliments of North-West Airlines. Over dinner, I met the President of the Singapore Orthopaedic Association and the Secretary General of the ASEAN Orthopaedic Association who then introduced me to the other members of the fellowship :

1. Dr. Sahachart Pipithkul
Member from Thailand
2. Dr. Lo Ngai Nung
Member from Singapore
3. Dr. Idrus A. Patrusi
Member from Indonesia

On 13 th May 1995 at 6.30 am the four of us boarded the Northwest Airlines plane from Changi Airport for Seattle, United States of America via Narita Airport Japan. We arrived at Seattle on the 13 th of May at around 8.55 am, having gained a day on crossing the international date line over the Pacific Ocean. Here we met Dr. Franklin G. Dizon, the Member from the Philippines. We proceeded to Vancouver, Canada on Air Canada arriving Vancouver on the same day at around 11.59 am.

Vancouver, Canada :

We were met at Vancouver Airport by two residents from Dr. Robert McGraw's unit. They were kind enough to send us to our place of accommodation. At Vancouver we stayed at Holiday Inn on Broadway. The 13 th and 14 th were free days in Vancouver to enable us to recover from the long journey. We were also able to put in some sight-seeing in Vancouver when Dr. Alastair Younger, the resident orthopaedic surgeon and his colleague showed us around the city. On 15 th May 1995 at 6.30 am we were met by Dr. Robert McGraw, Consultant Orthopaedic Surgeon and Head of Department, Department of Orthopaedic Surgery University of British Columbia, Vancouver, Canada, a very nice gentleman who had morning breakfast with us

at the Hiloday Inn Cafeteria. He told us that his basic interest and research activity is in joint replacements. The official programme at Vancouver started at 7.00 am at the Conference Room 9th floor Centennial Pavilion, Vancouver Hospital and Health Science Centre. Here we met other residents of the Orthopaedic Department. Also present were other Consultant Orthopaedic Surgeons. A full programme itinerary is attached.

The ASEAN Orthopaedic Surgeons presented their respective papers and I spoke on "The Pathoanatomy of the Untreated Club Foot. A review of its methods of management". Along with our presentations, many cases were discussed and an open dialogue was conducted on how we would manage these cases at our centres in ASEAN. Of interest was the reconstruction of the knee joint in an infected knee arthroplasty with a moulded acrylic cement joint arthroplasty. The research was conducted at the division of reconstructive Orthopaedics, University of British Columbia. We also toured the orthopaedic wards and spinal unit of the Vancouver Hospital. In the afternoon we were taken to the Children's Hospital where we met Dr. Stephen J. Tredwell, Associate Professor, Department of Orthopaedic Surgery, Head Division of Paediatric Orthopaedic Surgery, British Columbia's Children's Hospital. Here we discussed some paediatric orthopaedic problems concerning the Scoliotic spine. Dr. Tredwell has interest in the Scoliotic spine. A case on limb lengthening was also presented. This was followed by a short tour of the rehabilitation unit. The evening ended on a most genial note at the Shaughnessy Golf and Country Club (SGCC) for an official reception and dinner.

On the 16 th of May we attended teaching rounds at the Seminar Room, Orthopaedic South, Laurel Pavilion. A number of clinical cases involving complications of joint replacements were discussed. We then proceeded to the Sports Science Division where a number of presentations on the reconstruction of the anterior cruciate ligament were presented. We also observed an operation of an Arthroscopic reconstruction of the Anterior Cruciate liga-

ment using the Gracilis and Sartorius tendons performed by Dr. Brain Day. He has interest in sports medicine. We left for Calgary on 16th May 1995 at 1.15 pm.

Calgary :

We arrived at Calgary airport at 15.30 and were received by Dr. C. Frank. We hired a van to be driven by Dr. Dizon from the Philippines : the only fellow who drove a left hand drive car. It was very convenient since we had transport at Calgary. The hotel was Quality Inn and the evening was free for us to sightsee and take in the scene. We had dinner at a Chinese restaurant, a delicious meal after the bland, continental fare of Vancouver. On the 17th, we were met by Dr. Hildebrand (Orthopaedic Fellow with Dr. Cy Frank) who showed us the sights of Calgary. We also visited the site of the Winter Olympics which were held in Calgary some years ago. This was followed by a tour of the McGaig Centre for Joint Injury and Arthritis Research. This project has been organised by Dr. Cy Frank who is very interested in basic research in orthopaedics. Dr. Cy Frank himself is interested in knee joint problems, both degenerative and mechanical. He also has an interest in Sport Medicine. Various experiments conducted on animal models were shown. The interesting part was the computerisation of all results and their interpretations with the help of the computer. Dr. Cy Frank can be of help in setting up of a research lab in orthopaedics. The afternoon was spent at the Children's Hospital. I spent some time with Dr. G Kiefer's Children's clinic. This was followed by the Trauma Rounds where Trauma cases admitted in the previous week were discussed. After the trauma rounds, there were individual presentations by ASEAN Fellows - and I spoke on the subluxation of the C1-C2 vertebrae in Children. In the evening we had dinner at the Paloma Steak House with Drs. Frank, Buckley and Hart. The 18th of May was another interesting day. We went to the McGaig Centre where one of us presented a paper. This was followed by a tour of the Human Performance Lab (HPL). Here Dr. Hunt and Dr. Herzog conducted the tour of this facility. Dr. Michael Hawes spoke to us on Exercise Physiology - an introduction and its research at this centre. Dr. Walter Herzog spoke on Engineering applications in Orthopaedics. Dr. Benno Nigg spoke on Musculoskeletal loading. Dr. David Smith spoke on Exercises and the High performance athlete. This Human performance lab has been set up with funds from the Winter Olympics held at Calgary. It concentrates on high performance in sports and recreational activities. With the approach of the Commonwealth Games of Malaysia in 1998, I believe we have much to learn from this facility. Dr. R. Jackson Director of the Sports Medicine Centre was ever willing to show us around the whole complex in the afternoon. I believe Dr. R. Jackson is one of the advisers to the committee organising the Commonwealth Games in Malaysia in 1998. Later on in the afternoon two other ASEAN Fellows presented their papers. The evening was spent at Dr. Cy

Frank's house where we met up with other residents and Orthopaedic Surgeons. The 19th and 20th weekend were spent at Banff and Lake Louise where we revelled in a winter wonderland. We flew to Minneapolis on 21st May 1995 at 8.45 am arriving at 12.17 pm.

Minneapolis, U.S.A. :

We were guest of the University of Minnesota. Our host was - Dr. Ruby Thomson - University of Minnesota. Dr. Ruby Thomson has interest in Tumours in Orthopaedics. At the conference hall at the University of Minnesota I spoke on the "Primary K-nailing of Compound fractures of the Tibia". Later on, I went with Dr. Engebretsen to the operation theatre while the other fellows were guests of orthopaedic surgeons with allied interests in orthopaedics. In the evening, we had dinner at the Campus Club of the University of Minnesota. The morning of the 23rd of May was spent at the Shriners Hospital for Crippled Children where I presented on Idiopathic Congenital Talipes Equinovarus - Pathoanatomy and Treatment. This was followed by a tour of the Biomechanics Labs as well as the biochemistry lab. Dr. Sahachart from Thailand spoke on Infections in Bone Allografts, in the afternoon after which we were taken to the Hennepin County Center where we were hosted by Dr. Ramon Gustilo. We toured his hospital and research facilities. This was followed by paper presentations by all the ASEAN fellows. Dr. Idrus Patrusi from Indonesia spoke on - Treatment of the Leprosy hand: the Laso versus the Non Laso Techniques while Dr. Dizon from the Philippines spoke on the Management of the unstable spine with pedicle screws manufactured from China. Dr. Low from Singapore spoke on "Review of Total Hip Replacement in Renal Transplant Patients - Singapore experience". A round of golf and fishing and a wonderful dinner at the Golf Club completed the day on a wonderful note. On 24th May we were taken to the VA Medical Centre in Minneapolis for some more paper presentations and also ward round on pre-op. patients. Later in the morning we were taken to the airport to catch a flight to Milwaukee - here I missed the scheduled flight due to browsing at the shopping centre and had to take a later flight to Milwaukee.

Milwaukee :

At Milwaukee, we stayed at the Sheraton Inn Mayfair as guests of Dr. John Gould - Chairman Department of Orthopaedic Surgery Medical College of Wisconsin, at the Medical College of Wisconsin. We had a full Scientific Programme - both from the Residents and Fellows of Dr. John Gould. Dr. Ninomiya later took us around the research laboratories. At Milwaukee, we did present papers as shown in the attached schedule. I spoke on Primary K-nailing in Compound Fractures of the Tibia. The programme was full of tours of the research facilities and laboratory work. Dr. John Gould is President of the Foot and Ankle Society at Milwaukee. He has very good re-

search projects under his wings at the medical College, University of Wisconsin. At Milwaukee, we managed to see an American football game and had an enormous dinner at a German restaurant. Dr. John Gould hosted us at his residence on 27 th May 1995. We had to miss a baseball game because of bad weather. We left for Chicago by taxi on 28 th May 1995.

Chicago :

29 th of May was a holiday - Memorial Day and this gave us an opportunity to recover and relax. We toured the Natural Science Museum at Chicago as well as Lake Michigan on this day. At the Rush Presbyterian Medical Centre, we were guests of Dr. George Galante whose interests are mainly in hip and knee joint replacements. Here we also met Dr. Ken Kuo who was the guest of the Malaysian Orthopaedic Association Annual Scientific meeting at Langkawi in April 1995. A scientific programme was held on 31 st of May and I spoke on Idiopathic Clufoot - Pathoanatomy and treatment. Dr. Galante hosted all fellows at dinner at one of the famous restaurants at Chicago at night.

On 1 st June 1995 we were picked up in a van by Dr. Doug Elenz - chief resident, Department of Orthopaedic Surgery North-western Memorial Hospital in Downtown Chicago. We visited the Evanston Hospital where we had a Scientific presentation by the many orthopaedic consultants attached to the North-western University Hospital Department of Orthopaedics. For once, to our relief, we were not asked to present our papers. We also visited the Rehabilitation Institute attached to the North-western Memorial Hospital. The evening of 2 nd June was at the White Sox Park for dinner and Baseball. On June 3 rd 1995 we flew from Chicago to Durham, arriving at Durham at 3.30 pm. local time.

Durham :

Here we were guests of Dr. James Nunley, Consultant Orthopaedic Surgeon at Department of Orthopaedic Surgery at Duke University. We were given the day off but Dr. Nunley picked us up on the 4th of June for a day of Lake site sports and Baseball in the evening. The scientific programme started on 5th of June. The itinerary is attached. I spoke on the Idiopathic Club foot and had a good discussion with Professor Leonard Goldmann, one of the very senior and respected orthopaedic surgeons of Duke University. We toured the university campus with Dr. Anthony V. Seaber who also took us to the Sports Science Centre. A full Itinerary at Duke University is attached and is self-explanatory. We left for Washington on 7th June after Attending the Grand Rounds at The Bryan Neuroscience's Building.

Washington D.C.:

Spent the 7th and 8th at Washington touring the Smithsonian Institute. Did a bus tour of Washington on 8th

of June.

Greenbrier :

Proceeded to the American Orthopaedic Associations Annual Scientific meeting at Greenbrier on the 9th of May. Stayed at the Old White Motel. At the opening ceremony, we were acknowledged at the meeting on the 10th of June. Here, we were introduced to the President of the American Orthopaedic Association. The fellowship concluded at the end of the meeting on the 13th of June. Travelled to Los Angeles on the 14 th of June via Roanoke and Detroit. Left Los Angeles On the 18th of June Arriving at Penang on the 20th of June. Reached Hospital Alor Setar at 2.00 pm local time on 20th June 1995.

Comments :

I applied for this Travelling Fellowship with the intention of meeting other orthopaedic surgeons as well as to gather as much information on the management of an Orthopaedic Department. Both these objectives have been achieved. During the course of this fellowship I met with many senior and junior orthopaedic surgeons and compared notes on our common orthopaedic problems. I have realised that the clinical situations in Trauma are identical. Many of the clinical cases discussed at the various conferences and trauma rounds are common in this country. This resulted in good and interesting discussion. However the sheer volume of cases in the ASEAN region makes working in this region different. Orthopaedics is a different ball game. While the surgeons in ASEAN countries are exposed to many of the different orthopaedic conditions such as acute infections and neglected congenital deformities, the Americans are dealing in degenerative joint diseases on a very large scale. Research facilities and the incorporation of basic orthopaedic research is a well established fact in the various institutions that we visited. The variety of research carried out at these laboratories impressed me and taught me a lot. Keeping this in mind, I personally believe that the Orthopaedic Surgeons from the ASEAN countries can benefit from such fellowships on the management of degenerative diseases. The American Surgeons can benefit from ASEAN countries on the management of acute infectious diseases and neglected congenital deformities.

Another interesting aspect which should not be forgotten is the close friendship which I managed to establish with the other ASEAN orthopaedic surgeons on this fellowship. I would therefore end by thanking the Malaysian Orthopaedic Association for having selected me to represent the association on this prestigious fellowship. I believe that the American Orthopaedic surgeons too will benefit from a similar fellowship on a reciprocal basis. My recommendations are that the ASEAN Orthopaedic Association should discuss with the American Orthopaedic Association on establishing such a travelling fellowship.