

The Inaugural Asean-British Orthopaedic Traveling Fellowship 2004

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September 14-17, 2004

The inaugural Asean-BOA traveling fellowship started with the British Orthopaedic Association Annual Congress at the G-Mex Convention Centre in Manchester from 14 to 17 September 2004. The Asean fellows were Sharaf Ibrahim (Malaysia), Bambang Gunawan (Indonesia), John Andrew Michael Bengzon (Philippines), Supichai Charoenvareekul (Thailand) and Yegappan Muthukaruppan (Singapore). Representing the Asean Orthopaedic Association was the president, Dr Syed Abdul Latiff Alsagoff together with the president of the Malaysian Orthopaedic Association, Dr Saw Aik and the president of the Philippines Orthopaedic Association, Dr Rodolfo Nitollama.

The papers we presented during the congress were 'The use of periarticular plate in the treatment of the fracture cases in Cipto Mangunkusumo (Bambang)', Gigantism of the lower limb: The Klippel-Trenaunay syndrome (Sharaf)', 'The Philippine Orthopaedic Association 2003 trauma registry (Mikey)', and 'Subjective results of non-operatively treated acute, isolated posterior cruciate ligament injuries (Yega)'. It was an honour for the Asean Orthopaedic Association to have its past president, Prof EH Lee from Singapore delivering the presidential guest lecture on 'The potential of stem cells in orthopaedic research' and Dr Kanda Pillay, the Lipmann Kessel Traveling Professor, who spoke on 'Changing patterns in orthopaedic surgery'.

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The BOA Congress in Manchester. From left to right:
Dr Bambang Gunawan, Dr M Yegappan, Dr Sharaf Ibrahim,
Prof Robert Owen, Dr Saw Aik, Dr Kanda Pillay,
Mr Michael Benson, Dr Rodolfo Nitollama, Prof EH Lee,
Dr Syed Abdul Latiff Alsagoff, Dr JM Bengzon

September 18-19, 2004

We rented a Fiat Ullysse and headed for Windermere in the Lake District during the weekend. Windermere was full of visitors and we stayed overnight at a B & B (bed & breakfast) in the seaside town of Barrow-in-Furness. The scenic countryside is dotted with lakes and undulating hills.

On the way to Leeds, we stopped for lunch at the home of Baharum Baharuddin, a PhD student at Bradford University, who's a schoolmate of Sharaf. He treated us to a sumptuous home cooked Malaysian lunch!



The Lake District

September 20-24, 2004

Leeds

We met Prof Peter Giannoudis at the Orthopaedic Department of St James University Hospital in Leeds and were shown around the hospital. It's a large teaching hospital with around two thousand beds. After lunch we listened to several interesting lectures: 'The basic science of systemic inflammatory response syndrome' - Peter Giannoudis. 'Reconstruction of missed Monteggia fractures' - S. Agarwal. 'Open fracture management: Coverage of soft tissue defects' - Caroline McGuinness, plastic surgeon.

'Malignant spinal disease' - Peter Millner. 'Understanding failure of cemented hips' - Martin Stone. 'Talar osteotomy for fibula hemimelia' - Peter Templeton. 'The treatment of periarticular fractures of the tibia using the Ilizarov method' - Simon Britten.

Dinner was at the Greek Olive Tree Restaurant with Peter Giannoudis and Robert Dunsmuir. It's a small world as Robert and Sharaf had both been registrars in Glasgow and had met before during the Friday afternoon meetings in Glasgow!



With Prof Peter Giannoudis (4th from left) in St James University Hospital in Leeds

Manchester

In Manchester, we met Mr Tahir Khan at the Manchester Royal Infirmary. The morning session started with the pre-operative trauma discussion. We then attended the operating sessions and the fracture clinic while Sharaf went to the Booth Hall Children's Hospital for the Ponseti clubfoot clinic. We had a lovely French dinner with the consultants and registrars of the Royal Infirmary at the Le Petit Blanc restaurant in the evening.



The Ponseti clubfoot clinic in Booth Hall Children's Hospital, Manchester

Wrightington, Wigan

We arrived in Appley Bridge by train from Manchester and dragged our bags to the bus stop half a kilometre away and got on the bus to the Wrightington Country Club. Mr Martyn Porter met us in the morning and we attended lectures commemorating the 25-year celebration of the hand unit. Dr Bob Beckenbaugh from the Mayo Clinic spoke on 'Wrist arthroplasty: Are we ready for the OA patient?' and 'Where are we with CMC joint replacements?' We then met Prof Wroblewski who gave a passionate lecture on 'Cemented hip replacement: Past, present and future'. We visited Charnley's workshop/museum.

After lunch, Supichai spoke on 'Composite allo-prosthetic reconstruction of the proximal femur lesion of bone tumor, Mickey on 'Accuracy of the targeting jig of the orthopaedic innovation interlocking nail' and Sharaf on 'Gigantism of the lower limb: The Klippel-Trenaunay-Weber syndrome.



Prof Wroblewski emphasizing a point during his lecture in Wrightington

September 25-26, 2004

Having the second weekend free, we rented a Kia Sedona and headed to North Wales. Traffic was bumper-to-bumper on the M6 from Wigan to Warrington. We stopped overnight at a B & B in the historical town of Chester. We were up early the next morning and took a scenic drive through the picturesque countryside in Snowdonia National Park. In the Snowdonian Highlands, visibility was less than 50 m due to thick fog. We stopped at interesting small towns like Bala and Porthmadog where a steam-engine train was still in service. There were no rooms available in Bangor and we headed on to Holyhead where we stopped for the night. Holyhead serves as the ferry terminal to Dublin, Ireland which is just 90 km across the Irish Sea. The next morning we headed to Llanberis and took a tour of the Electric Mountain. This is a hydroelectric power station which is built in the mountain. We then went on to Conwy to visit the 13th century Conwy Castle.

We reached Liverpool going through the Mersey Tunnel under the River Mersey.



Steam-engine train in Porthmadog, North Wales



The 13th century Conwy Castle in North Wales

September 27 - October 1, 2004 Liverpool

We met Prof Froststick at Broadgreen Hospital operating theatre to observe him perform upper extremity surgery including shoulder arthroscopy and David Miller, head of the Arthroplasty section perform total hip replacement. Sharaf was at Alder Hay Children's Hospital with Mr Durai Nayagam.

The second day was spent at the clinics. The morning clinic was at the Broadgreen hospital and was a follow-up clinic of upper extremity patients. Cases varied from the simple shoulder decompression to the more complex shoulder and elbow joint replacements. The physiotherapists were very well trained in the follow-up of the patients having been with the upper extremity service for several years.

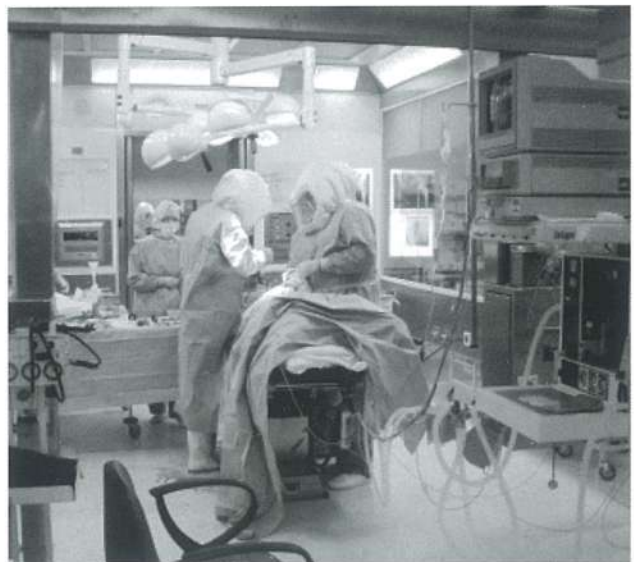
The afternoon session was spent at the Royal Liverpool University Hospital upper extremity clinic. This clinic was for new patients but they were seen by the same orthopaedic and physiotherapy team



Dinner with Mr Durai Nayagam (1st left) in Liverpool

Oswestry

We took a taxi from Liverpool to Oswestry and met Mr David Jaffray. We went straight to the operating theaters which were built in 1993. There were 6 operating suites, which were termed as cabins and all were laminar flow. The surgical sessions in progress were arthroplasty, hand, paediatrics and spine. After lunch we visited the wards, research labs, anatomy dissection room and playing field where many of Mr Jaffray's spinal injury patients had demonstrated their spinal flexibility after being treated conservatively. Dinner was spent with Mr Jaffray at the nearby pub where we chatted about our professional and social lives. The next morning we were again in theater to observe Mr Jaffray and Mr Roberts perform selective dorsal rhizotomy on a 5-year old cerebral palsy child with spastic diplegia.



The laminar flow operating theatre in the Robert Jones and Agnes Hunt Hospital in Oswestry

Birmingham

We took a taxi to Birmingham, our final destination and were met by Mr Thompson and Mr Clewes. We strolled along the canal in the city centre before dinner at a popular French restaurant. Mikey had to leave early as he had to catch a flight to New York. The morning session started with lectures on 'Outcome measures in orthopaedics' by Dr PB Pysent, 'Interesting aspects of musculoskeletal oncology' by Mr RJ Grimer, 'Congenital radial and ulnar deficiencies' by Mr CF Bradish and 'Lateral condyle fractures in children' by Sharaf. After lunch Supichai spoke on 'Limb sparing surgery of the proximal femur with composite allo-prosthesis reconstruction in tumour surgery', Bambang spoke on 'The use of periarticular plates in the management of fractures' Yega on 'Subjective results of acute isolated PCL injuries of the knee and Sharaf on 'Congenital constriction band of the leg'.

Supichai returned to Bangkok from Birmingham while Sharaf, Bambang and Yega flew home from Manchester.

CONCLUSION

We felt that the traveling fellowship had achieved its aims namely to foster closer links between the Asean Orthopaedic Association and the British Orthopaedic Association. A traveling fellowship is different from a clinical or research fellowship. We were all mid-career consultants and the opportunity to meet and network with our colleagues in the United Kingdom was invaluable. We've enjoyed attending and participating in the BOA congress in Manchester, listening to and giving lectures in the various hospitals and attending the operating sessions. The weekend visits to the Lake District and Snowdonia National Park were delightful. We stayed at family-run B & Bs during the weekends and had a wonderful time with our hosts. The five of us got on well with each other and we certainly hope that this inaugural Asean-BOA fellowship will continue indefinitely just as the junior, senior and the Asean-AOA traveling fellowships. Last but not least, we would like to thank the Asean and British Orthopaedic Associations, our UK hosts and our families and colleagues for their support.



Fourth year medical students from the University of Birmingham attending our session