



2014 ASIA PACIFIC ORTHOPAEDIC ASSOCIATION (AUS CHAPTER) NEWSLETTER

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APOA / RCOST 2014 THAILAND

The Combined Academic Conference of
the 18th Biennial Congress of Asia Pacific
Orthopaedic Association (APOA) and
the 36th Annual Meeting of the Royal College of
Orthopaedic Surgeons of Thailand (RCOST)



October 23-25, 2014

The Royal College of Orthopaedic Surgeons of Thailand (RCOST) and Thai Orthopaedic Association (TOA),

4th floor of the Royal Golden Jubilee Building, 2 Soi Soonsilajit, New Petchburi Road, Bangkok, Bangkok 10320, THAILAND

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APOA (Australian Chapter)



FROM THE PRESIDENT ELECT

2013 has been a year of great excitement for the APOA (Aus Chapter) and I would like to thank all the Management Committee members for their effortless contributions at the various management meetings. I would like to thank John Batten for taking over the role as Chief Delegate following Ted Mah's election to become the President Elect, APOA. Unfortunately John had been extremely busy with RACS and SOCAG activities and regrettably has decided to step down from APOA to allow him to focus on these activities. The Australian Chapter thanked John Batten for his effort as Chief delegate. Graham Mercer has been nominated and accepted as Chief delegate, whilst Tim Whitehead has been nominated and accepted as a National Delegate following John's resignation.

Australia was given the privilege to host the 2016 APOA Congress in Melbourne. It will be the third time in the 54 year history of the APOA movement that Australia will host the Congress. The previous congresses were in Perth and Adelaide. Since awarded the 2016 APOA Congress the Executives of the Australian Chapter have worked closely with AOA to help negotiate and finalise contract agreement with the Melbourne Convention Centre, where the 19th APOA Congress will be held. A Congress Logo was designed and commissioned. Scientific, Finance and Social Committees were set up under the guidance of John Bartlett, Ted Mah and Graham Mercer to ensure the congress that is an educational, entertaining and exciting event to local and visitors alike.

The 2014 APOA 18th Congress will be held in Pattaya, Thailand on October 23-26th. The APOA President Prof Chareon Chotigavanich was an invited guest to AOA ASM in Darwin and he provided a report on the progress of the preparation of the Congress. I'll highly recommend all members of the AOA and APOA to save these dates in the diary and encourage as many of our members to attend as possible. The Australian Chapter will select up to 5 Young Ambassadors to attend the APOA Congress in Pattaya. The winner of the 2013 AORA best paper will also attend the Thailand Congress as special guest and speaker.

APOA (Aus Chapter), AOA and Asia Pacific Committee have worked well together to ensure the successful implementation of several important activities:

- 1) Asia Pacific Orthopaedic Travelling Fellowship / Bursary to allow an appropriately qualified surgeon from the Asia Pacific Region to attend the AOA ASM – Dr Angelo Leano from Philippines was the 2013 AP Ortho Travelling Fellow
- 2) Indian Orthopaedic Association - AOA exchange- this year 2 Orthopaedic surgeons from IOA, Prof Anil Dhal and A/Prof Rehan Ulhaq, attended AOA ASM in Darwin
- 3) ASEAN-AOA exchange – this year Prof Richard Page and Dr Andrew Beischer were the AOA fellows to ASEAN meeting, culminating at the ASEAN meeting in Kuching, Malaysia
- 4) From 2014 the winner of the best paper at the Australian Orthopaedic Registrars' Association (AORA) will attend the Biennial APOA Congress (Thailand in 2014) alternates with AAOS.
- 5) The Asia Pacific visiting professor, Prof Kenneth Cheung was a special guest at the 2013 AOA ASM in Darwin

The Executives and Councillors of the central body of APOA have unanimously accepted numerous proposed reforms in the following areas:

- 1) Delinking of the APOA Presidency from future Congresses, 2) Setting up the Finance, Federation and Congress Committees, 3) Relocation of the Secretariat to Kuala Lumpur from July 2013. The proposed reforms will require the necessary constitutional changes and Ted Mah, President Elect, has been entrusted by the Executives and Councillors to review and propose the required changes for rectification at the next APOA Executive and Council meeting in April 2014 in Kuala Lumpur.

The Journal of Orthopaedics under the new editorialship of Prof Kenneth Chung has undergone rejuvenation and several important changes have been introduced to enhance the efficiency of editorial reviews, online first review

before publication, expanded editorial board and editorial commentary/reviews.

The new APOA website has been established by Dr Sureshan Sivanathan from Malaysia and seems to run well. The APOA Newsletter has been managed well by Jamal Ashraf from India. These web-based activities will enhance more efficient communication between the APOA organisation, its members and industry.



In this newsletter I am grateful for the numerous reports and articles contributed by various local and overseas APOA members, which hopefully will make it an informative, interactive and thought provoking read!

Ted Mah
President Elect, APOA
Editor, APOA (Aus Chapter) Newsletter



REPORT ON PROGRESS ON 2016 APOA CONGRESS IN MELBOURNE

Melbourne has been selected to host the 2016 Asia Pacific Orthopaedic Association (APOA) Congress between April 5 - 8.

Potentially this is a large meeting considering the number of Orthopaedic Surgeons in the region and already there is good awareness and expression of interest in visiting Australia.



We have enthusiastic support from the Australian Orthopaedic Association, Melbourne Convention Centre and Victorian State Government but it will still be Australian Orthopaedic Surgeons whose support will be essential for success of the Congress. This may involve faculty support; abstract submission and of course help with committee work which will be so much appreciated.

Already I am grateful to those especially from the Specialty Societies who have volunteered for the Program Committee as the Scientific content is the basic attraction.

A tentative theme for the meeting is "Road Trauma" as directly or indirectly it affects most Orthopaedic Surgeons and perhaps even more so in many Asian cities.

Expectations are high - I expect Delegates to be very impressed by the quality of research and presentations from regional experts.

Please mark the dates in your diaries. Ted Mah (the incoming APOA President) and I would be very grateful for any expressions of support.

To everyone I wish for you and your families a very happy and healthy Festive Season, Merry Christmas and prosperous New Year.

John Bartlett
Congress Chairman APOA 2016

UN DECADE OF ROAD SAFETY

Around the world it is recognised that the most significant traumatic killer of the young, as well as injury, is Road trauma, and this is an increasing problem.



To that end three years ago WHO began the UN Decade of Road Safety to highlight, in every possible arena, the problem and look towards prevention plus Trauma Systems to deal with the injured.

This is not a new problem and in 1970, due to the most appalling carnage on Australian roads, the Royal Australasian College of Surgeons advocated strongly for seatbelts fitted to all cars and to be legislated to be used.

At that time only 1% of the Australian population considered seatbelts as useful and there was an enormous amount of lobbying to prevent their introduction and legislated use with enforcement.

It seems quite bizarre looking back, given the results and the saving in human lives and limbs, that one would even seriously oppose such a measure.

Nonetheless, as technology advances for the driver, the vehicle and the roadside environment there can be opposition to evidence based application of new knowledge and technology. The return to open speed limits in the Northern Territory is an example of populism beating evidence. Incrementally we move forward with lapses.

Brain maturation data has demonstrated that males mature at the age of 29 and females at the age of 23 and before that time their ability to risk assess, risk manage and risk avoid is not wired in. This is reflected on the battlefield, suicide bombings and for our purposes on the road.

Graded licensing for the young to give them experience and minimise death and injury is around the World and making good progress. The elephant in the room particularly for South Australia, which has the oldest population in Australia and possibly the world, is the ageing driver.

In order to drive, fly a plane or indeed practice surgery requires a degree of cognitive and motor skills. These are impacted by many processes and diseases but age is a factor and how to measure this is a challenge. There is a Maze test developed by an OT at Flinders University progressing along this line, which if validated, should enable annual assessment as part of a routine General Practice check-up to measure cognitive and motor skills and if there is change to investigate further. To maintain independence for an ageing population but minimise killing each other would seem a worthy goal.

APOA represents the Orthopaedic surgical cover for four billion potential patients. 80% of trauma broadly is Orthopaedic and if a Road Trauma Committee was to be established in Australia and New Zealand today it would probably be in an Orthopaedic Association and not in the College of Surgeons. We are captive to our proud tradition since 1970.

To progress this unique Australian/new Zealand concept has been supported by a recent Motion from the Australian Chapter of the APOA encouraging all APOA Chapters to develop a Road Safety and Trauma Committee utilising the Terms of Reference from the existing Committee of the Royal Australasian College of Surgeons.

Orthopaedic Surgeons are well placed to advocate through every possible avenue to prevent road trauma.

Prevention is always better than cure and Orthopaedic Surgeons are not known for wasting opportunities to help our patients.

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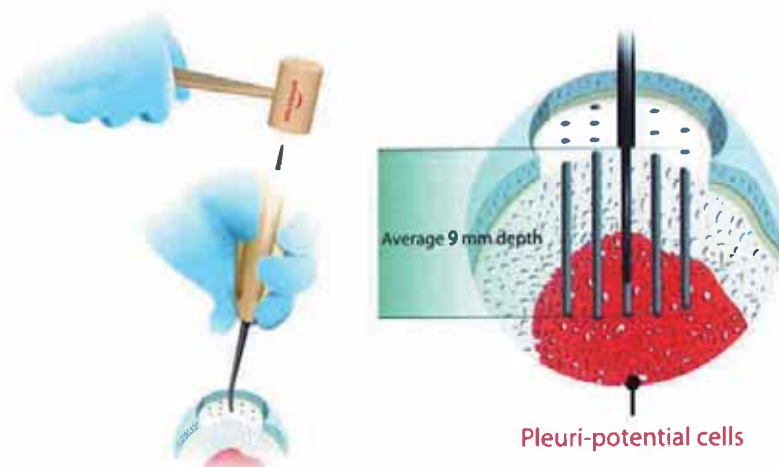
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2014 ANNUAL SUBSCRIPTION / NEW MEMBERSHIP APPLICATION

This is a reminder membership renewal for 2014, please renew by 21-3-2014 if not yet done so
APOA members are entitled to a reduced Registration fees at the 2014 Thailand Congress

This is an annual membership renewal / update. Complete the form and fax, email or post to the Secretariat **irrespective of membership level**. If there is no change in details please **write name** & mark "no change"

SURNAME _____ FIRST NAME: _____

ADDRESS (for correspondence): _____

_____ POSTAL CODE: _____

PH: _____ FAX _____ MOBILE _____

EMAIL: _____ DATE OF BIRTH: _____

CATEGORY OF MEMBERSHIP

☐ Life Fellow ☐ Ordinary Fellow ☐ Affiliate /Registrar ☐ Retired / Senior Fellow

PAYMENT OF FEES (Life and Senior / Retired Fellows do not have to pay annual subscription):

Membership Subscription (No GST): Membership is January to December 2014

☐ 2014 year – AUD\$100 ☐ Life member– AUD\$1250 (50 yrs & younger) or \$750 (over 50 yrs)

NB: (AORA Registrars can be Affiliate members with free membership, non trainee \$50)

Amount \$ _____

Speciality Section Subscription (please tick)

☐ Spine ☐ Paediatric ☐ Hip ☐ Trauma ☐ Knee ☐ Sports Medicine ☐ Infection

Once off Fee per Speciality at the time of joining – AUS \$100 per Section Amount \$ _____

Total \$ _____

Payment by EFT: APOA (Aus Chap) at HSBC bank (345 039) 095229071 Ref: Your initial & Surname. Or make cheques payable to APOA (Aus Chap) (No credit card facility)

New Membership Application

I _____ wish to apply to become a member of

APOA (Aust Chapter). Signed _____ Date _____

Proposer _____ Signed _____

Seconded _____ Signed _____

NB: Proposer & Seconder need to be Fellows of APOA Aust Chapter.

THE ROAD TO APOA FEDERATION - CAN AOA ASSIST?

The 50th Anniversary of WPOA/ APOA brought some introspection and discussion in the organisation regarding the role of the Orthopaedic Fraternity in the Asia Pacific region on the Global stage. With more than 50% of the world's population and nearly 50% of the world's orthopaedic surgeons either working in or hailing from the region and strong and efficiently run National Orthopaedic Organisations within the region, it was recognised that there was little interaction or cohesiveness amongst these National Organisations, to have a strong voice.

Under the stewardship Presidency of Professor Taqi Raza from India, constructive discussion of perceived 'weaknesses' in the structure of APOA, resulted in increased APOA Executive meetings and International President Forums, identifying a central consistent secretariat, a 'sound financial basis' and an achievable strategic plan, as the fundamental pillars of an APOA moving forward.

Communication, organisation and co-operation have certainly improved with the establishment of a secretariat based in Kuala Lumpur. However, finances remain fragmented between specialty groups of APOA, central office and parochial interests. Vigorous debate continues on the financial management being transparent, equitable and especially, centrally based.

An essential part of the financial transparency is the distribution of membership costs if National Orthopaedic bodies are to be engaged by APOA ie why should wealthier organisations pay the same membership fees as those of poorer countries. There must also be identifiable 'value adding' to a National Orthopaedic body in any such arrangement.

The Australian Chapter of the APOA is a very active group within APOA and in combination with the Australian Orthopaedic Association (AOA) offers reciprocal bursaries, ambassadorial visits, Professorial exchanges, to name but a few of the active financial and productive arrangements between the two. AOA members through Asia Pacific awareness can access centres of excellence especially in complex spine, hip, paediatric and trauma instruction and through APOA there is also opportunity

for co-operative approaches to Bone and Joint Decade initiatives, ageing population orthopaedic morbidities and common cross government issues, adding lobbying strength to all. This is 'value- adding'.

The APOA 'model' for Federation is most likely to start as a 'hybrid' model- some National Organisations opting in for the benefit of all their members and others sitting back, retaining individual members, to see what transpires before making that decision. Again the financial commitment of each Organisation will be paramount in the decision making.

It is clear, a larger and more permanent APOA member base, that has a 'locked in' commitment to Asia Pacific Orthopaedic co-operation has the greatest opportunity to self-perpetuate, achieve greater financial stability, appease the doubters and significantly and increasingly contribute to the greater orthopaedic knowledge of the region. So, the more National Orthopaedic bodies committed with their membership base to APOA, the stronger and broader, such a Federation would become.

AOA has an opportunity to set a strong precedent as one of the first organisations to commit to an APOA Federation. For as little as \$5 per AOA member, a sum greater than the collective APOA fees from existing Aus Chapter members would be achieved, but all AOA members would become APOA members, have access to the collective knowledge and add weight to an evolving Federation by numbers.

There is little doubt that some members of AOA have little interest in an APOA Federation, but for the future benefits of our younger colleagues and collegiate interaction with our near orthopaedic neighbours, it is worth asking the question and an affirmative majority may hold the day.

Graham Mercer
Chief Delegate, Australian Chapter
Past President AOA



HISTORY AND DEVELOPMENT OF PAEDIATRIC SECTION OF APOA

In 1985, a few members of Western Pacific Orthopaedic Association (WPOA) met in Bangkok and decided to form a subspecialty section dedicated to the development and propagation of paediatric Orthopaedic surgery (Table I). A protem committee headed by Dr Thamrongrat Keokarn from Thailand as chairman, Dr Louis C S Hsu from Hong Kong as vice chairman and Dr Chaithavat Ngarmukos also from Thailand as secretary-treasurer was formed to prepare the groundwork for an inaugural meeting. On the 4th Nov 1987, the Paediatric section of WPOA was inaugurated in Chiang Mai. The key officers of the pro tem committee were re-elected as the chairman, vice chairman and secretary-treasurer during the first board meeting. The second Board meeting was held in 1989 (during the main WPOA meeting in Singapore) and the constitution of the Paediatric section was discussed and officially adopted. The constitution stated that a regular board meeting will be held every two years during the main congress of WPOA, and special a board meeting can be organised by the Board provided adequate notice is provided. Every member country will have 2 representatives in the board.

In 1991, the first combined Spine and Paeds section of WPOA was organised in Seoul, Korea, where the 3rd board meeting was held. Dr In Young Ok took over the chairmanship of the section during the 4th board meeting in Jakarta the following year. He reported that the organizing committee of the first combined meeting with the spine section generated surplus of USD 2000 and the sum will be donated to the Paediatric section. Dr Lee Eng Hin who was then the secretary-treasurer opened an account for the Paediatric section in Singapore. Subsequent elections of the Board leaders were conducted once every three years, during regular Board meetings in conjunction with the main congress of WPOA. (Table II)

In 1994, the Paediatric section of WPOA applied to Paediatric Orthopaedic Society of North America (POSNA) to be an alliance member. Members of an alliance society will be able to participate in the events organised by POSNA. The application was accepted by POSNA at the annual meeting in Phoenix in 1996. In 1998, the Board applied to International federation of Paediatric Orthopaedic Societies (IFPOS) to represent Western Pacific region in this organization, and this was also subsequently accepted. When WPOA was reorganised in 2000 to become the Asia Pacific Orthopaedic Association (APOA), the geographical coverage of this section extended to include many more countries including India and China (Figure 1a, b)). Clinical and scientific contributions from Asia Pacific region became important and relevant since more than half of the world population resides in this region. In 2007, Journal of Children Orthopaedics (JCO) invited Paediatric section of APOA to be affiliated with the journal and encouraged

Figure 1a Main WPOA congress in Fukuoka (1998)



Figure 2a APOA team leaders with POSNA president in Hawaii (2010)



Figure 3 Combined Meeting in Jeju, Korea (2008)



Figure 5 2010-2013 Board vice chairman Dr Mark Lin, chairman Dr Kamegaya and Prof Saw Aik, secretary-treasurer



Figure 1b Main APOA congress in Kuala Lumpur (2004)



Figure 2b Chairman presenting souvenir to POSNA counterpart in Hawaii (2010)



Figure 4 Chairman with travelling fellows in Gifu, Japan (2010)



Table I: Founding members of the Paediatric section of WPOA in Bangkok (1985).

1. Jimmy S Daruwalla, Singapore
2. Louis C S Hsu, Hong Kong
3. Katurō Iwasaki, Japan
4. Thamrongrat Keokarn, Thailand
5. Eng Hin Lee, Singapore
6. John Leong, Hong Kong
7. M S Moon, Korea
8. Chaithavat Ngarmukos, Thailand
9. In-Young Ok, Korea
10. Shier Chieg Huang, Taiwan
11. M Sivannanthan, Malaysia

Table II: List of board meetings and key board officers

Year	Board Meeting	WPOA / APOA Main Congress	Combined Congress with Spine	Chairman	Vice Chairman	Secretary Treasurer
1985	0	8th Bangkok, Thailand		Thamrongrat Keokarn	Louis C S Hsu	Chaithavat Ngarmukos
1987	1	Chiang Mai, Thailand (Inaugural meeting)		Thamrongrat Keokarn	Louis C S Hsu	Chaithavat Ngarmukos
1988						
1989	2	9th Singapore		Louis C S Hsu	Jimmy Daruwalla	In-Young Ok
1990						
1991	3	1st Seoul, Korea		In-Young Ok	Shier-Chieg Huang	Eng Hin Lee
1992	4	10th Jakarta, Indonesia		In-Young Ok	Shier-Chieg Huang	Eng Hin Lee
1993						
1994	5	11th Hong Kong	2nd Taiwan	Chiaki Hamanishi	Ian Torode	Aziz Nather
1995	6	11th Hong Kong		Chiaki Hamanishi	Ian Torode	Aziz Nather
1996	7	3rd Japan				
1997						
1998	8	12th Fukuoka, Japan		Eng Hin Lee	Ian Torode	Jack Cheng
1999	9	4th Pattaya, Thailand				
2000	10	13th Adelaide, Australia		Ian Torode		Toshio Fujii
2001						
2002	11	5th Singapore				
2003						
2004	12	14th Kuala Lumpur, Malaysia		Toshio Fujii	X	Mark Lin
2005	13	6th Taipei				
2006						
2007	14	15th Seoul, Korea		In Ho Choi	X	Saw Aik
2008	15	7th Jeju, Korea		Kamegaya		
2009						
2010	16	16th Taipei, Taiwan		Kamegaya	Mark Lin	Saw Aik
2011	17	8th Gifu, Japan				
2012	18	17th New Delhi, India		Kamegaya	Mark Lin	Saw Aik
2013	19	9th Kuching, Malaysia				

X : vice chairman post was not filled

Since the APOA Congress will be held every alternate year starting 2012, the board of Paediatric section amended the constitution during the 19th board meeting in New Delhi, India to allow elections of office bearers to be held once every two years. Regular Board meetings will be held during the combined Spine and Paediatric section congress. It has been noted that attendance of Board meetings during the combined Spine and Paediatric congress were generally better than that of the main APOA congress. It is hoped that major decisions and election of main office bearers can be made with good representation of our members.

With establishment of new clinical subspecialties in Orthopaedics, and advancement in telecommunication facilities, challenges faced by the organisation have changes considerably. For the organisation to uphold its objectives and remain relevant, we must be able to identify specific problems that hinder our progress, and be willing to accept solutions that may come with changes in various aspects of the organisation. A list of active members of the Paediatric section is essential to ensure that who are keen

APOA (Australian Chapter) Ambassadors to 2014 APOA Congress, 23-25th October 2014, Pattaya, Thailand Information for Applicants

The APOA (Australian Chapter) invite Australian Orthopaedic Surgeons, Trainee and Nontrainee Orthopaedic Registrars to apply for the above prestigious award to represent Australia at the 18th APOA Congress at Pattaya, Thailand between 23rd to 25th October 2014.

The purpose of the award is to engage interested young Australian Orthopaedic Surgeon in matters related to the Asia Pacific countries, and more specifically with the APOA communities. The award must be utilised to attend the APOA 2014 Congress.

Title of the award:
APOA Australian Chapter Ambassador 2014

Criteria for consideration for the award:

- 1) At or under 40 years of age
- 2) Orthopaedic Surgeons, Trainee and Non-trainee Registrars currently working in Australia
- 3) The applicant to give a written commitment to actively participate at the scientific activities at the Thailand Congress.
- 4) The applicant to submit details of at least one paper/presentation to be presented at the Congress
- 5) Preference will be given to applicants who have their paper(s) or poster accepted at the Thailand Congress

Number, value and payment of the award:

Up to 5 awards, cheque value of Aus \$2000 each, to be presented at the Thailand Congress. The successful applicant will be given one-year free membership of the APOA (Aus Chapter) for 2014.

Closing date for the application:
30-4-2014

Where to apply:

Applicants to forward a full curriculum vitae, details of the scientific papers intended for presentation, and the names and contact details of two referee, preferably Fellows of APOA (Aus Ch), to Dr Ted Mah at APOA (Aus Ch) Secretariat, 53 Gover St, North Adelaide SA 5006. Applicants are to provide a statement in no more than 500 words outlining what value their selection would be to APOA (Aus Ch) and to themselves. The Ambassador will be required to submit a written report of his/her experience upon return from APOA 2014 Congress and possibly to present that at the 2015 APOA (Aus Chapter) AGM.

The APOA (Aus Chapter) Management Committee will select the successful applicants. The decision of the APOA (Aus Ch) Management Committee is final. The successful applicant will be notified in May/June 2014.

and willing to contribute towards the goal of the organisation will be recognised represented. In March 2011, Dr In Ho Choi and Dr Saw Aik have signed a new agreement of alliance with POSNA. It will be difficult for the board to support a potential member from the section to participate in POSNA, IFPOS or other organisations unless we have an up to date list of our members. Regular feedback from the main APOA secretariat on membership status and part time secretarial support for the board may be the solution for the organization to move forward (Figure 5)

ASEAN TRAVELLING FELLOWSHIP REPORT

The Asia-Pacific Committee of the AOA selected two Australian Travelling Fellows, Andrew Beischer and Richard Page to be joined by Jean Claude-Theis our New Zealand counter-part on an action packed whirlwind tour of Vietnam, Singapore and Kuching in Sarawak. The final leg of the trip taking in the combined ASEAN / MOA ASM.

We all arrived to a hot and humid Ho Chi Minh City on the 25th June, 2013. The following day, like clockwork, we were greeted early by Dr Hoang Khac Xuan from the Hospital for Trauma and Orthopaedics of Ho Chi Minh City (HTO).



Op Theatre at the HTO Hospital- Ho Chi Minh City

We started with a hosted tour of the Mekong Delta and had an opportunity to learn from Dr Hoang of the life of an orthopaedic surgeon living in Ho Chi Minh City and something of how the medical system works in Vietnam. It was also fascinating to see and hear of the rapid changes in public health and safety measures from load limits on motorcycles, compulsory helmets to smoking restrictions similar to our own. In the evening we were warmly greeted at a sumptuous dinner hosted by senior members of the Ho Chi Minh City Orthopaedic Association.

The following morning we attended HTO where we were given a wonderful tour of the inner workings of the hospital. The tour was truly a wonderful experience, an eye opener into how resourceful orthopaedic surgeons can be with limited resources and having to deal with a massive clinical load. We were impressed with the accepting nature of patients who often had significant acute and complex orthopaedic problems. We were also intrigued to see how family members participated in the pre and post operative care of patients on the wards. During our time at the HTO we had the opportunity to participate in lecture programmes, provide input into assessment and treatment of a number of clinical cases and instruction to management options. This made for an engaging interaction with the medical staff, medical students, and senior nursing staff within the hospital.

During our time in Ho Chi Minh City we also had an opportunity to visit several other hospitals, including the Medical University Hospital, a new facility that would make many of us working in public hospitals within

Reference :
Jack Cheng. The chronicle of the paediatric section of APOA. 2001

Dr Saw Aik
Department of Orthopaedic Surgery
University Malaya Medical Center

Australia envious. We also visited the Cho Ray Hospital and the 115 People's Hospital where we had an opportunity to hear about the expertise of the local orthopaedic community in managing the significant volume of trauma generated particularly by the widespread use of motorbikes on the streets of Ho Chi Minh City. In particular we listened to a very interesting talks on the surgical management of brachial plexus injuries, now uncommon in our community, but quite common in Vietnam. A presentation the fledgling activities in a diverse array of arthroscopic procedures, including uncommon and complex procedures around both the upper and lower limb, highlighted the thirst for experience in a wide range of contemporary surgical techniques.

At every opportunity our hosts were generous in giving of their time and ensured we were well fed and experienced the culinary delights of Vietnamese cuisine.

After five days we moved on to Singapore, which was quite a different experience to what we had observed in Vietnam. Again, we were warmly welcomed by the orthopaedic community and enjoyed tremendously our visits to several institutions within Singapore. All of these hospitals had large impressive facilities (1200-1600 beds), both in the out-patient clinics and in the operating rooms. We were impressed with the surgical skills demonstrated to us in all areas of orthopaedic surgery and like in Australia, most units were structured with subspecialty units. The facilities we visited were actively involved in registrar and fellowship training and it would appear that Singapore has taken on the mantle of being a major player in the post-graduate education of surgery in the South East Asian community with impressive skills and simulation labs.

We again were appreciative of the generous time afforded to us by various members of the Singaporean Orthopaedic Association and enjoyed tremendously social interaction at many lunches and dinners during our time in Singapore.

One individual who captivated us with her energy and enthusiasm for life was Dr Kanwaljit Soin who is currently the Vice-President of the Singaporean Orthopaedic Association, working in hand, foot and spine



Surgeon Getting Back to Their Roots! - A Male Orang Utan in Borneo

surgery. She was very generous in the time that she afforded to us, showing us around her wonderful city with its amazing architecture, great restaurants and also introducing us to the "Singapore Sling" in a late evening cultural discussion in the Long Bar at Raffles Hotel. This was all the more amazing, given that Dr Soin is 71 years of age, still working full-time and is an amazing inspiration to the Singaporean orthopaedic community. She is a woman of great social conscience, she has previously a member of parliament and now also actively involved in women's support groups. It was truly an honour to have spent time with Dr Soin.

Finally, our last leg was to the river city of Kuching Malaysia. This was to attend the combined meeting of the ASEAN and Malaysian Orthopaedic Associations. We enjoyed participating in the instructional course lecture programme, assessing Registrar paper prizes and, again, with sampling the culture, history and cuisine of Sarawak. The meeting included a charity bike ride to assist in providing orthopaedic care for poor-unfunded patients that we joined nearly 500 riders on a circuit around Kuching, a terrific experience for a



Surgical Training Centre at NUH in Singapore (left to right RP, AB, JCT from NZ)

great cause.

The final evening of our tour concluded with the conference dinner, during which we enjoyed the company of senior members of the ASEAN Orthopaedic Network, a dinner which concluded with the obligatory Karaoke stage performance, with the current ASEAN Secretary General giving an impressive demonstration of Elvis classics.

In summary, our two weeks was, on a personal level, very rewarding. We all enjoyed each other's company and learnt from each other, as well as from those we met during our travels. We both feel honoured to have been selected by the AOA for this wonderful experience and would strongly encourage those who wish to develop links with our South-East Asian neighbours to apply for this fellowship when it comes round again in two year's time.

Dr Andrew Beischer & Assoc Prof Richard Page
AOA/ASEAN Travelling Fellows

INFECTION SECTION REPORT

Infection Section Meeting

Our section has built on the progress from the last meeting to once again organize a very successful meeting, this time in Kuching, Malaysia from Aug 29 – 31, 2013. This meeting was held in conjunction with the Spine and Paediatric Sections of the APOA. Approximately 600 delegates attended this meeting. Our plenary speaker was Professor Alexander Vaccaro MD PhD from the Rothman Institute, Thomas Jefferson University Hospital, Philadelphia, USA. The title of his plenary lecture was "What's new in the Work Up and Management of Surgical Site Infections". Dr Vaccaro delivered an excellent talk detailing various methods of prevention and updates the field of spinal surgical site infections. The Plenary session was well attended. Following this lecture, the section had invited lectures from speakers from various centers of excellence

Infection Award 2013

This prestigious award was presented to Dr. Bingyun Li from University of West Virginia for a paper entitled "Intracellular S aureus alone causes infection: Direct in vivo evidence." Dr. Li is Associate Professor, Department of Orthopedics and Director, Nanomedicine Laboratory, Robert C Byrd Health Sciences Center School of Medicine, West Virginia University, Morgantown, USA.

The following is an abstract of the winning paper:

a) Aim: Chronic and recurrent infections occur frequently in patients of orthopaedics, cardiovascular, etc. but have not been explained. Staphylococcus aureus (S. aureus) is often found among chronic and recurrent infections and may be responsible for such infections. One possible reason is that S. aureus can internalize and survive within host cells, and by doing so, S. aureus can evade both host defense mechanisms and most conventional antibiotic treatments. The aim of this study was to determine whether S. aureus hiding in host cells can induce bone infections in a rat model. We hypothesized that inoculating osteoblasts with intra-cellular S. aureus in our established open femur fracture rat model would lead to bone infection (i.e. osteomyelitis).

(b) Methods: Osteoblasts were infected with S. aureus and, after eliminating extra-cellular S. aureus, inoculated into an open fracture rat model. Animals were euthanized at post-operative day 21 and analyzed for infection.

(c) Results: Bacterial cultures and radiographic observations determined local bone infections in animals inoculated with intra-cellular S. aureus (within osteoblasts) alone at post-operative day 21. We found that intra-cellular S. aureus inoculation of as low as 102 colony forming units could induce severe bone infections.

(d) Conclusion: We present the first direct in vivo evidence that intra-cellular S. aureus could be sufficient to induce bone infection in animals. Our data may suggest that intra-cellular S. aureus can "hide" in host cells during symptom-free periods and, under certain conditions, they may escape and lead to infection recurrence. Intra-cellular S. aureus therefore could play an important role in the pathogenesis of S. aureus infections.

(e) Significance: The information generated is of importance to orthopaedic physicians caring for patients with chronic and recurrent infections, which have been traditionally treated as extra-cellular diseases. The current recommended first-line antibiotics for S. aureus infections have limited activity against intracellular pathogens. Since S. aureus can invade and survive within host cells and induce infection later on, antibiotics with excellent intra-cellular activity should be considered in combination with current recommended antibiotics for rapid elimination of both intra-and extra-cellular pathogens. The information generated will also be important in developing innovative immunotherapeutic treatments such as our reported interleukin 12p70 treatment, which stimulates immune cells to be more effective in eliminating intra-cellular pathogens.

Website

The infection section website has been uploaded in the new web page and members are able to join the APOA Infection Section and pay their dues through the member portal. www.apoaonline.com or www.apoa-home.org

Publications

Several members of the Section have recently published important papers in Infection and related areas. Please refer to pubmed for details.

Sureshan Sivananthan MD MS Orth, FRCS Tr&Orth
Chairman, Infection Section

2013 INDIAN ORTHOPAEDIC ASSOCIATION /AUSTRALIAN ORTHOPAEDIC ASSOCIATION EXCHANGE FELLOW REPORT

At the very onset I would like to thank the Indian Orthopaedic Association (IOA) and the Australian Orthopaedic Association (AOA) for choosing me as one of the two exchange fellows for the year 2013.

Within a day of receiving the information about my selection from the IOA office, I received a very informative and polite mail from Dr. Daryl Teague, Chairman Asia-Pacific Committee, AOA (and more than that a great human being) about the details of the exchange fellowship. I was informed that I with my other fellow Prof. Anil Dhal were supposed to attend the AOA Annual Scientific Meeting (ASM), in Darwin, Northern Territory from 6 to 9 October 2013.



interest in proximal femoral fractures I made it a point to attend most of the lectures on this topic. I especially enjoyed the ICL by Prof. Jong-Keon, Department of Orthopaedics, Guro Hospital, Korea on fracture neck femur and lecture by Mellick Chehade, Associate Professor at Royal Adelaide Hospital on trochanteric fractures. In the evening we went to the Gala dinner, which was excellently organised by Dr. Janak Mehta. Dr. Steve Baddeley and one of his colleagues who were witness to cyclone Tracy which had hit Darwin in 1975 and had almost completely destroyed the city, shared their experience with the guests.

On 9th October I had my presentation on "Critical analysis of various classification systems used for assessment of open fractures." In the night we went to one of the most famous Indian restaurant in Darwin by the name of Hanuman Restaurant.

On 10th October we with Dr. Sandeep Tiwari went for a Crocodile River cruise, which was a unique experience. In the afternoon we visited the Royal Darwin hospital and attended the out patients clinic with Dr. Bruce Foster, Paediatric Orthopaedic surgeon from Adelaide. Over 30 patients with various problems were seen. We had a healthy academic discussion on management of some extremely rare / complex cases. Dr. Viral Shah and Dr. Bhavin who are with of Dr. Mehta took care of us and showed us around the hospital. In the evening we had seafood dinner with Dr. Bruce Foster at the Darwin Wharf.

On 11th October Dr Janak Mehta picked us up at 7.30 in the morning for a fracture clinic session at the Royal Darwin Hospital. In the afternoon he took us to the office of Australia's National Critical Care and Trauma Response Centre set up within the Royal Darwin Hospital. I was greatly impressed by the setup. We also had a meeting with Dr Len Notaras Executive Director of the National Critical Care and Trauma Response Centre. In the night after a hearty dinner at an Italian restaurant with Dr. Janak Mehta and Prof. Anil Dhal I took my flight back to Sydney for my onward journey to India.

Over all it was a wonderful experience. I had the opportunity to get a glimpse of how Orthopaedics is practiced in Australia and how it is different from our country. Darwin is beautiful, sunny, clean seaside city and it was a pleasure to be there. I was especially impressed by their hospitality. In the future I would suggest that the fellowship must be made more structured and should include a minimum period of 2-3 weeks observership besides attending the AOA ASM. Also the IOA must reimburse the full travel cost. This would make the fellowship more useful and popular.

In the end I would like to thank everyone especially IOA, AOA, Prof. Sudhir Kapoor Secretary IOA, Dr. Daryl Teague Chairman Asia-Pacific Committee, Dr. Ted Mah President Elect APOA, Ms. Beverley Hughes membership officer of the Australian Orthopaedic Association, Dr. Janak Mehta Dr. Viral Shah and Dr. Bhavin, Darwin, and Dr. Sandeep Tiwari Newcastle, for making this fellowship a wonderful experience. I would also like to thank Prof. HKT RAZA past president APOA and IOA who was instrumental in starting this fellowship.

Dr. Rehan-Ul-Haq
Associate Prof. Orthopaedics.
University College of Medical Sciences & GTB Hospital
New Delhi, India
Assistant Editor Indian Journal of Orthopaedics

REPORT ON THE IOA/AOA FELLOWSHIP

I reached Adelaide on Sunday the 29th. Sep.'2013. I was picked up by Dr Ted Mah, my dear friend since 1997 when I first met him at the Kleinert institute in Kentucky. Being Sunday, I readily accepted his offer to take me to Barossa for visiting its famous wineries. This was in spite of the long journey from New Delhi. In the evening I was taken to Dr Daryl Teague's house where I stayed till the morning of 6th. Oct.'2013. Both Mr. & Mrs. Teague made me feel at home. I was touched by their warmth and love for me who was, to start with, a total stranger to them. My report in the 'daily diary' format is as follows:

30.09.13- Reached the Royal Adelaide Hospital and attended the Trauma meeting in the morning where all cases of the previous week were discussed. I participated in the academic discussion on the timing of fasciotomy in compartment syndrome. Thereafter I attended the operating session assisting Dr Bogdan Solomon in a THR for Right hip OA. I was later observing a session of hand surgery at Adelaide Day Surgery with Dr Ted Mah. CT release, ganglion excision etc.

01.10.13- Morning session post operative round with Dr Dayl Teague at the Burnside hospital. Thereafter I attended OPD session with Dr Ted Mah and the post lunch session with Dr Dayl Teague.

02.10.13- Reached the Cavalry North Adelaide Hospital at 8 AM to be in the theatre with Dr Ted Mah who had a full day list consisting of shoulder surgeries, CTS and foreign body removal from the thumb etc.

03.10.13- Visited the brand new hospital, Lyell McEwen with Dr Sunil Putalpattu, Orthopaedic consultant. The facilities were the latest with 9 OTs all with laminar flow, theatre integration and data recording facility. I attended the operating session. The list was- Knee arthroscopy, TKR and ACL reconstruction.

04.10.13- Morning session attended the out patients clinic with Dr Ted Mah. In the afternoon observed surgical procedures performed by him at the Cavalry North Adelaide hospital. Ulnar N. transposition with Guyan's canal release, carpal tunnel release. In the evening I was invited to a family get together party by Jane & Ted Mah. It was nice to see the strong family bonding just like we have in India.

05.10.13, Saturday- Visited the National park in the Adelaide hills, accompanied by Dr Bogdan Solomon, to see the various Australian animals like the Koala bear, the Kangaroo, the bandicoot etc. In the afternoon visited the beach. I Had an Indian dinner at home with Dr Daryl Teague and Mrs. Wendy Teague.

06.10.13- Took the morning flight to Darwin along with Daryl, Ted, Bogdan and several other Orthopaedic surgeons. The pilot made a special welcome announcement for all of us flying to attend the ASM Darwin. I reached Darwin at noon and checked in to the Novotel hotel on the Esplanade. In the evening went to the Darwin convention centre for registration and to attend the welcome reception where I met the President of the Orthopaedic Association of Thailand and several other delegates from different parts of Australia.

07.10.2013- the scientific sessions began at 8 AM. At 10.30 AM the inaugural ceremony was held which was compeered by Dr Janak Mehta, the local organising secretary of the ASM, Darwin. The Presidential lecture was delivered by Dr Moulton from Canada. It was a thought provoking speech covering various aspects of the surgeon's performance and the factors influencing his skill & judgment.

The ASM was inaugurated by the Mayor of Darwin who apprised the audience about the Japanese bombing of Darwin in 1942

and the cyclone Tracy which hit Darwin in 1975. Both led to severe destruction of the city. The city has since been reconstructed with some of the most modern buildings in the country.

Our (IOA/AOA fellows) names & photographs were projected and the President, AOA, Dr Owen mentioned us in his speech. We felt honoured. In the evening we were invited to the Presidents dinner reception held at the Darwin sailing club by the sea. It was an evening spent by the sea with a nice cool breeze. The atmosphere was full of joy and friendship with good food and drinks to keep the spirits high.

09.09.2013- Both my presentations were in the morning session back to back. The presentations were greatly appreciated by the audience.

10.10.2013- We visited the Royal Darwin hospital and attended the out patients clinic of Dr Foster, visiting Paediatric Orthopaedic surgeon from Adelaide. Over 30 patients with various problems were seen. We had a constructive academic discussion on management of some extremely rare / complex cases. In the evening we had dinner with Dr Bhavin and Dr Bruce foster at the Wharf.

11.10.13- We were picked up by Dr Janak Mehta at 7.30 in the morning for a fracture clinic session at the Royal Darwin Hospital. We were able to see the usual profile of fracture cases in Darwin and the treatment trends.

On the last day of my stay in Darwin I visited the Minda beach, the Botanical garden and some other interesting places of tourist interest. Dr Janak was kind enough to accompany me and finally see me off at the airport for my flight back home.

On the whole it was a nice exposure to Orthopaedic practice in Australia. It was interesting to interact with and listen to so many experts both in Adelaide as well as in Darwin. I suggest that in future also the fellowship should include a short period of observer ship with different surgeons along with attending the AOA or the IOA conference.

The abundance of parks and open spaces in Adelaide, the beauty of sea in Darwin with its magnificent sunset, the absence of crowds, the fabulous wine, the lovely sea food including the Baramundi and Salmon were a pleasant change from the heat and dust at home.

I would like to specially thank Wendy & Daryl Teague, Jane & Ted Mah, Bogdan Solomon, Sunil Putalpattu and Janak Mehta for making my visit a memorable one.

Prof Anil Kumal Dhal
Department of Orthopaedics,
Maulana Azad Medical College,
New Delhi, India



EDUCATION COMMITTEE REPORT

APOA COMBINED SECTIONAL MEETING, KUCHING, MALAYSIA / 31st AUGUST 2013

Fellowships

The education section has worked hard in conjunction with the other sections of the APOA to organize highly successful fellowships in Arthroplasty, Spine and Pediatric Orthopedic Surgery. Details of these fellowships are as follows:

Arthroplasty Fellowships 2013

The fellowship was from 28th July 2013 to 14th August 2013. The Fellows visited the Thai Centres of Excellence in Bangkok in the first leg of their fellowship from 29th July to 3rd August 2013. They then went to the various countries respectively from 3rd to 7th August 2013 before coming together again for the Thai Hip and Knee Meeting in Hua Hin from 10th to 12th August and then the AAA Cadaveric Hip and Knee Course at the Chulalongkorn Hospital, Bangkok, Thailand.

The fellows and the countries which they visited (besides participating in the above courses) are as follows:

No	Name of Fellow	Host and Country
1	Chaweewannakorn Ukrit (Thailand)	Bogdan Solomon (Australia)
2	Tan Sok Chuen (Singapore)	David Choon (Malaysia)
3	Lai Kah Weng (Singapore)	Ashok Rajagopal (India)
4	Latif Zafar Jilani (India)	Peter K Y Chiu (Hong Kong)
5	Lewis Chan Ping Keung (Hong Kong)	S Rajasekaran (India)
6	Gao Xinghua (China)	Wilson Wang Ee Jen (Singapore)

The details of the fellowship were put on a facebook account which were provided by the fellows. The expenses for this fellowship were paid off from the funds of the combined meeting first. The reason for this is that DePuy Synthes did not receive any report or statement of accounts for the fellowship for the past three years from the Singapore secretariat. They would prefer to receive the statement and the report before they disburse the fund to APOA. This will be provided to them expediently.

Spine and Paediatric Fellowships 2013

APSS DePuy Synthes Spine Clinical Fellowship

The Clinical Fellowship was held from 11th February to 2nd March 2013. Dr Pankaj Kandwal from New Delhi was the Clinical Fellow. He visited the Hokkaido University Graduate School of Medicine, Sapporo and the affiliated hospitals. The main coordinator in Japan was Professor Abumi. Four fellowships will be awarded and each Fellows will spend 3 weeks in a spine center of excellence in the Asia Pacific Region at the end of the year.

APSS DePuy Synthes Spine Travelling Fellowship

The fellowship was held from 24th March to 13th April 2013. The eight travelling fellows were divided into two groups:

Fellows - Group 1

- | | |
|-------------------------------|---------------------------------|
| 1 Dr Chiu Chee Kid (Malaysia) | 2 Dr Ryoji Tauchi (Japan) |
| 3 Dr Vijay R Tubaki (India) | 4 Dr Sanganagouda Patil (India) |

They visited the following cities and their hosts were as follows:

Date	City	Host
24 th to 30 th March 2013	Singapore	Gabriel Liu
30 th March to 6 th April 2013	Taipei	Lin Rye-Mo
6 th April to 13 th April 2013	Seoul	Kim Ki-Tack

Fellows - Group II

- | | |
|----------------------------------|---------------------------------|
| 1 Dr Eun Seok Son (Korea) | 2 Dr Nguyen Van Trung (Vietnam) |
| 3 Dr Vadithay Anand Naik (India) | 4 Dr Sung-Kyu Kim (Korea) |

They visited the following cities and their hosts were as follows:

Date	City	Host
24 th to 30 th March 2013	Kuala Lumpur	Kwan Mun Keong
30 th March to 6 th April 2013	New Delhi	Arvind Jayaswal
6 th April to 13 th April 2013	Gifu	Katsuji Shimizu

For the coming fellowship award, twelve fellowships will be awarded. The fellows will be divided into three groups. Each group will visit spine centers of excellence in three countries in the Asia Pacific Region. Each group will visit spine centres of excellence in three countries and the duration of the Fellowship will be for three weeks commencing from 10th to 30th November 2013.

APOA Paediatric Travelling Fellows

The above Fellowship started at 18th August 2013 and culminated in the Fellows attending the combined meeting in Kuching, Sarawak from 29th to 31st August 2013. The fellows are:

- 1 Fangchun Jin (China) 2 Ratna Johari (India)
3 Yukari Imajima (Japan) 4 Mi Hyun Song (Korea)

Their program was as follows:

18th to 21st August 2013	Jakarta, Indonesia
21st to 24th August 2013	Singapore
24th to 27th August 2013	Kuala Lumpur, Malaysia
27th to 31st August 2013	Kuching, Sarawak

The expenses for the fellowship will be borne from the Paediatric Sections' share of the proceeds of the Kuching combined meeting.

ASEAN POSNA Traveling Fellows

The POSNA has kindly sponsored travelling fellows from underdeveloped or developing countries to the combined meeting. The fellows are: 1 Sophea Heng (Cambodia) 2 Soe San (Myanmar) 3 Danh Huy (Vietnam)

Infection Award 2013

This prestigious award was presented to Dr. Bingyun Li from University of West Virginia for a paper entitled "Intracellular S aureus alone causes infection: Direct in vivo evidence." Dr. Li is Associate Professor, Department of Orthopedics and Director, Nanomedicine Laboratory, Robert C Byrd Health Sciences Center School of Medicine, West Virginia University, Morgantown, USA.

Future Plans

The education committee is to be made up of the chairmen (or their representatives) of the individual sections and will meet up at regular intervals to discuss strategies and plans to provide the best available educational opportunities for our members. To this end we have asked the webmaster to design a portal where members can share information, discuss interesting cases and download useful evidence based information in Trauma and Orthopaedic Surgery.



Dato Dr KS Sivananthan FRCS
Chairman
Education Committee, APOA