



Newsletter

ASIA PACIFIC ORTHOPAEDIC ASSOCIATION

www.apoaonline.com

July, 2015

2014 – 2016 Executive Committee

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From The President

2015 started with a bang as the Sports Injury section held its first Congress at Bandung, Indonesia on 19-2-2015, the auspicious Chinese New Year day for the year of the Goat! The meeting was organised by Dr Herwan Rasyid and Merter Ozenci. The meeting was well attended by over 250 delegates and faculty members from 12 countries. Many faculty members came from within the Asia Pacific region and Germany. The highlight of the meeting was the Balinese drums and cultural performance at the opening ceremony and the singing and dancing at the gala dinner by almost all participants and partners. The scientific content was of high quality and the instructional course lectures were very informative and well attended. The local hosts utilise many of the local trainees to assist with the running of the Congress and social activities. This facilitated good interactions between the faculty members and the local trainees as well as local consultants. The Congress was a great success and the delegates already spoke of the next Sports injury Congress in 2017, most likely will be held in the Philippines.



There was only a short break before I travelled to Mumbai, the Bollywood and financial city of India, in early March to attend the combined Congress of the Trauma and Infection sections. The combined congress was organised by Drs Ram Prabhu and Jamal Ashraf. The Congress was held at the Renaissance Centre in Mumbai over 3 days. The opening ceremony was the traditional lighting of the lamp by the faculty members and organisers, followed by the playing of a band formed by various medicos. The Gala dinner was a wearing of the special turbans by almost all delegates. The atmosphere was fun, collegial and camaraderie.

The plenary sessions on the challenges of setting up trauma units in India and Mt Everest expedition were the highlight in the academic sessions. The social programme was a lot of fun with traditional Indian and Bollywood dancing. The Congress was a huge success. There were over 650 delegates from 18 countries including faculty member from 12 countries. Apart from the Asia Pacific regions, there are delegates from the Middle East, EU, Egypt and USA. The inaugural Robert Bauze medal for the Trauma section was awarded at the meeting and will be presented to the winner of the best paper in 2016 Melbourne Congress. I like to congratulate the Sports injury, Trauma and Infection Sections for very successful meetings and great social programmes in both Indonesia and India. I understand the Trauma and Infections have already planned to organise the 2017 meetings in Malaysia.

I am delighted to see the achievement of both Congress organising Committees in gathering so many experts from across the globe to convey their expert knowledge, advise and practical tips to all the delegates who have participated at the meetings. I appreciate the local hospitality provided by the host countries, APOA camaraderie and great social programmes, making the Sports, Trauma and Infections meetings very memorable congresses to cherish.

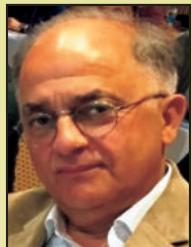
The next important meetings are the APOA EXCO and Council meetings in Kuala Lumpur between 23-24 May 2015. Many important agenda items including 2015 Amendments of APOA (2014) Constitution to include Federation members, Congress bid document amendment, new Arthroplasty, Trauma and Hand fellowships from Ganga Hospital, as well as Operational accounts in KL and APOA Education Foundation fund account will be discussed. I look forward to the input from all EXCO and Councillors regarding these matters.

Dr. Edward (Ted) Mah
President, APOA

Editorial

Dear Colleagues,

It is with both pride and humility that I write a preface for APOA (Asia Pacific Orthopaedic Association) newsletter. APOA is a largest family of international orthopedic surgeons representing more than 60% of the population of the world. This means a big power of scientific knowledge and diversity of culture!



I am deeply grateful to the past and present members who have worked hard to reach the current exciting state of APOA. Through the outstanding leadership of many past Presidents and all members, APOA became a vibrant family that serves as the voice of orthopedic surgeons in both educational and social aspects.

I wasn't able to participate to APOA Sports Injury Section Congress in Bandung but during the last meeting of APOA at Mumbai on 13-15 March, I had the unique opportunity to meet and improve my relations with the rest of the world. It was a fascinating meeting.

In Turkey, we are so proud to be a collaborator of APOA since 1999, having close relations with the East and Far-East. Our strong association has helped us to move forward and enhance our view. I believe we should extend this outstanding bridge between the young generation. Because youth are our future! Currently my Turkish colleague Assoc.Prof. Gazi Huri, MD is leading the young orthopaedic surgeons as the President of "Federation of Orthopaedic Trainees in Europe / FORTE". FORTE is a large family of international young orthopedic surgeons which was founded in 2005. The main objective is establishing an international arena to discuss the ideas and find solutions about orthopaedics education for optimization and standardization of training in Europe. I believe that for the young generation, FORTE means more than Orthopedics. Because FORTE philosophy is based on education and education is the best tool to bring a positive change in society, to develop a generation of responsible individuals and contribute to the development of good human beings. It gives us wings and tells us where to fly, makes us socially aware and self-aware and helps us to walk on the right way. Literally, the fundamental purpose of FORTE is to create good human beings in addition to a good orthopedic surgeon. I believe the young surgeons of APOA and FORTE will keep in touch continuously.

I would like to express thanks to my friend Dr. Jamal Ashraf for his help and support in bringing out the APOA Newsletter.

I would like to finalize my words with a famous say from The President Barack Obama;

"Every single one of you has something that you're good at. Every single one of you has something to offer. And you have a responsibility to yourself to discover what that is. That's the opportunity that education can provide"

Yours Sincerely

Prof. Mahmut Nedim Doral, MD

National Delegates



Australia

Dr Andreas LOEFLER
Dr Graham MERCER
Dr Tim WHITEHEAD



Bangladesh

Dr Mohammed Iqbal QAVI
Dr. Amjad HOSSAIN



China

Dr Gui-Xing QUI



Hong Kong

Dr Yan Chun HOI
Dr Chow WANG
Dr Lee Yuen LUN



India

Dr HKT RAZA
Dr A Ram PRABHOO
Dr John MUKOPADHYAY



Indonesia

Dr Ucok Paruhum SIREGAR



Japan

Dr Yukihide IWAMOTO
Dr Shoichi KOKUBUN



Korea

Dr Myung-Sung MOON



Malaysia

Dr Syed Abdul Latiff ALSAGOFF
Dr Saw AIK
Dr Suresh SIVANANTHAN



Myanmar

Dr Myint THAUNG



Nepal

Dr Rohit K POKHAREL



New Zealand

Dr Jean Claude THEIS



Pakistan

Dr Muhammad Tariq SOHAIL
Dr Arif KHAN



Philippines

Dr Virginia CABLING



Singapore

Dr Hee Kit WONG



Taiwan

Dr Hwa-Chang LIU
Dr Chen Po QUANG



Thailand

Dr Charoen CHOTIGAVANICH
Dr Thamrongrat KEOKARAN
Dr Saranatra WAIKAKUL



Turkey

Onder AYDINGOZ
Dr Mahmut Nedim DORAL
Dr Omer Faruk TASER



Vietnam

Dr Vo Van THANH

Sports Injury Section Report

APOA Sports Injury Section's Congress was held successfully on February 19-21, 2015 in Bandung, Indonesia. For the first time, Sports Injury Section was able to hold a Congress in the region. The first Congress of Sports Injury Section has focused on ankle and shoulder instability under the Presidency of Hermawan Nagar Rasyid, MD, PhD from Bandung. 275 registered participants, invited speakers, along with company representatives, and accompanying people had a scientifically high level meeting. There were lectures given by prominent orthopaedic surgeons, panel discussions, case presentations, and live surgery sessions during this three-day event.

In opening ceremony, distinguished speakers delivered their speeches, such as Dean of the Medical Faculty Prof. Tri Hanggono Achmad; Chairman of Indonesian Medical Association West Java Branch Rully Yanto, MD; Chairman of Indonesian Orthopaedic Association represented by Lia Marlana, MD. APOA President Edward (Ted) Mah, MD also gave a speech during the opening ceremony, he emphasized how strong APOA is, and encouraged participants to become a member of APOA, and invited all to the next congress of APOA in Melbourne, Australia in 2016.

Invited lecturers were among the most experienced arthroscopic surgeons from the Asia-Pacific region; they were from Germany, Turkey, Indonesia, Malaysia, Thailand, Philippines, South Korea, Japan, and Hong Kong.

After the scientific sessions each day, we had the best examples of Indonesian hospitality, and had a chance to taste the world's one of the best culinary culture in Bandung. As an essential part of the APOA meeting



culture, dinners accompanied by singing performances on the stage by participants and international speakers.

The last day of the Congress was reserved for the live surgery sessions; two shoulder cases and one ankle



instability case were operated by international and Indonesian surgeons. Live surgery was broadcasted to auditorium to participants, and questions were answered during surgery.

Overall, inaugural Congress of Sports Injury Section was fruitful and successful as it can be, thanks to Hermawan Nagar Rasyid, MD, PhD, and his respectable wife, residents at orthopaedic department, and his team.

Prof A.Merter Ozenci, MD
Chairman of Sports Injury Section

Trauma Section Report

5th Congress of Asia Pacific Trauma Society & 6th Infection Section Meeting, Mumbai, India

The Indian Chapter of the APOA had the privilege to organize the 5th Congress of the Asia Pacific Trauma Society and the 6th Infection Section Meeting on March 13-15, 2015 in Renaissance Mumbai Convention Center Hotel, Mumbai, India.

The opening ceremony started with the traditional lighting of the lamp by Dr Ted Mah (President APOA), Dr S. Rajasekaran (President Elect SICOT), Dr Mohammad Darwish (President PAOA), Dr Sureshan Sivanathan (Secretary APOA), Dr. H. R. Jhunjhunwala (President IOA), Dr. Sanjay Jain (Secretary IOA), Dr. H. K. T. Raza and Dr Ram Prabhoo (Congress President). In his inaugural address, Dr Ted Mah



outlined his vision for the future of the APOA and invited all delegates to come and attend the APOA Biennial Congress 2016, in Melbourne, Australia.

The first day of the congress had three hands on workshops on fractures of proximal femur (sponsored by Smith & Nephew), fracture around knee (sponsored by DePuy Synthes) and fractures of distal humerus (sponsored by Zimmer). These workshops consisted on video surgical demonstrations, case discussions, and bone model exercises.

This mega event attracted global leaders to participate and exchange expertise and to launch brilliant new ideas together. The distinguished faculty consisted of



31 overseas speakers and 59 Indian speakers. Amongst the invited faculty were Dr. Ted Mah, Dr David Choon, Dr. Andreas Loefler, Dr. Frankie Leung, Dr. Tomoyuki Saito, Dr. Onder Aydingoz, Dr. Keun Bae Lee, Dr. Mahmut Nedim Doral, Dr. H. K. T. Raza, Dr. K. S. Sivananthan, Dr. Cyril Mauffery, Dr. David Hak, Dr. Gamal Ahmad Hosny, Dr. Mohammad Al Lami, Dr. Ahmad Alhaizey, Dr. Sankara Kumar to name a few.

The scientific programme consisted of guest lectures, symposia and instructional lectures, case discussions, medal paper presentations, free paper presentations and E-posters. There were 4 wonderfully presented plenary talks by Dr. S. Rajasekaran (India), Dr. Fredrick Azar (President AAOS), Dr. David Choon (Malaysia) and Dr. David Hak (USA). The conference attendance was over a thousand (652 registered delegates, 71 spouses and 300+ trade representatives). Overall 19 countries from the Asia Pacific regions and outside were represented.





For the free paper and e-poster sessions, a total of 206 abstracts were received, out of which 96 were included in the final programme for presentation. The award for the best paper presentation in the infection section was won by Dr. Nusrat Kose (Turkey).

This congress also saw the start of the Robert Bauze Medal for the best paper presentation in the Trauma Section. The prize to be funded out of the congress account consists of an all expenses paid trip for the winner to attend the APOA 2016 Congress in Melbourne, Australia where he shall be presented with a medal and certificate by Dr. Robert Bauze, himself. The winner of the inaugural Robert Bauze Medal was Dr Rehan-ul Haq (India). The best poster award was won by Dr. Vivek Vaibhav (India).

In addition to the scientific programme, the banquet with the traditional Indian dances and the wrapping of the Indian 'pagri' (traditional head gear) was greatly appreciated by all the invited guests and delegates.

I take this opportunity to express my sincere gratitude to all delegates and speakers, who took out time from



their busy schedule and accepted my invitation, as without their participation conference would not have been a grand success.



The executive of the APOA Trauma Section has decided to conduct regular CMEs and Surgical workshops in the Asia Pacific region. The first such event: Trauma Surgical Skills workshop has been planned on Oct 17-18, 2015 in Lucknow India. It was always decided that the 6th Congress of the Asia Pacific Trauma Society will be conducted by Dr. C. S. Kumar in Penang, Malaysia in 2017.

Dr. Jamal Ashraf
Chairman – Trauma Section

Paediatric Section Report

Report The 10th APPS and APPOS Congress

The 10th Congress of the Asia Pacific Spine Society (APSS) and the Asia Pacific Paediatric Orthopaedic Society (APPOS) was jointly organised by the University of Hong Kong and the Asia Pacific Orthopaedic Association (APOA). The meeting was combined with the 12th Hong Kong International Orthopaedic Forum (HKIOF) which is an annual congress hosted by the Department of Orthopaedics & Traumatology, the University of Hong Kong.



Themed on “Regionally Relevant Solutions for Regional Prevalent Issues”, the APSS program was chaired by Professor Kenneth MC Cheung, and the APPOS program was chaired by Dr. W Chow. The meeting brought together experts in the region to share their knowledge in the management of many challenging orthopaedic diseases in Asia Pacific.

The combined meeting was held on 4–7 June 2015 at the Hong Kong Convention and Exhibition Centre. The event was very well attended, with about 600 participants from 32 countries or regions including Australia, China, Egypt, Macau, Hong



Kong, India, Indonesia, Japan, Malaysia, Myanmar, Netherlands, Philippines, Saudi Arabia, Singapore, South Korea, Taipei, Thailand, Turkey, USA and Vietnam attended the congress. The APPOS program involved 22 speakers from 10 Asia Pacific regions. The Visiting Professor of the University of Hong Kong, Professor Stuart Weinstein from USA, was invited to speak on Developmental Hip Dysplasia and Dislocation. The meeting received more than 140 paediatric abstract submissions of which 95 were eventually accepted for the oral presentation sessions, rapid-fire sessions and e-poster presentations.

The APPOS council meeting was held on 6th June 2015 [4], and the new name Asia Pacific Paediatric Orthopaedic Society (APPOS) was officially adopted. Professor Saw Aik was elected the new president of APPOS, and Dr Ashok Johari



Scientific Events



and Dr Bobby Ng were elected as the president elect and secretary respectively. APOA main council has decided to support the APPS travelling fellowship, and the program will resume in 2016.

Two hundred delegates attended the Congress Gala Dinner on 6th June. Certificates of appreciation and appointment were presented to the immediate Past President, Professor Mark Lin and the new President, Professor Saw Aik in the APPS Office Rotation Ceremony. Three POSNA fellows who visited Australia and New Zealand two weeks earlier also joined the Hong Kong event as their last stop of the travelling program.

The congress this year has seen a good level of participation and representation across the regions in its unique way. The next APPS meeting will be organized during the 2016 main APOA Congress in Melbourne from 29 March to 1 April.

Dr Wang Chow

APPS program chairman
The 10th combined APPS and APPS meeting

2nd APSS Operative Spine Course
August 5-7, 2015 – Manila, Phillipines
www.apoaonline.com

36th SICOT Orthopaedic World Congress
September 17-19, 2015 – Guangzhou, China
www.sicot.org

Combined Congress of AAA & THKS 2015
August 9-12, 2015 – Bangkok, Thailand
www.sicot.org

75th Annual Scientific Meeting of Australian Orthopaedics Association
October 11-15, 2015 – Brisbane, Australia
www.aoa.org.au

36th Annual Scientific Meeting of the Singapore Orthopaedics Association
October 15-17, 2015 – Singapore
www.soa.org.sg

59th Annual Congress of Korean Orthopaedic Association
October 15-17, 2015 – Seoul, Korea
www.eng.cko.or.kr

APOA Trauma Surgical Skill Workshop
October 17-18, 2015 – Lucknow, India
www.apoaonline.com

2015 NZOA Annual Scientific Meeting
October 18-21, 2015 – Wellington, New Zealand
www.nzoa.org.nz

35th Annual Meeting of RCOST - Thailand
October 22-24, 2015 – Pattaya, Thailand
www.rcost.or.th/meeting2015/

25th Turkish National Congress of Orthopaedics
October 27 - November 1, 2015 – Antalya, Turkey
www.totbidkongre2015.org

35th Annual Congress of Hong Kong Orth. Association
November 6-8, 2015 – Hong Kong
www.hkoa.org

29th Annual Conference of Pakistan Orth. Association
November 13-15, 2015 – Lahore, Pakistan
www.p-o-a.org/orthocon2015

66th Annual Convention of Philippines Orth. Association
November 18-21, 2015 – Manila, Philippines
<http://philortho.org/events>

10th International Congress of Chinese Orth. Association
November 19-22, 2015 – Chong Qing, China
www.coachina.org/2015

58th Annual Conference of the Indian Orth. Association
December 9-14, 2015 – Jaipur, India
www.ioacon2015.org

Running for Scoliosis Research

Prof. Kenneth Cheung, Head of Department of Orthopaedics and Traumatology at The University of Hong Kong, Chief Editor of the Journal of Orthopaedic Surgery and Vice President of the Scoliosis Research Society, raised money for



scoliosis research by running in the London Marathon on 26 April 2015.

More than 38,000 people took part in the London Marathon this year, making it the biggest in the event's 35-year history.

"This is my second full marathon; my first was in Hong Kong in 2014". Prof Cheung said. "The event was a tremendous experience; we started in Greenwich and ran along the South Bank, crossing over the River Thames at Tower Bridge, before finally finishing on Pall Mall by Buckingham Palace."

The whole 42km road race was extremely well supported with crowds lining all the way and cheering runners on. Prof Cheung finished in 5 hours and 9 mins and raised 13,380 pounds. The monies will be shared between Scoliosis Research Society and Scoliosis Campaign Fund (UK).

For more details, please visit <http://uk.virginmoneygiving.com/KennethCheung>

The APOA family is proud of the zeal & conviction of Prof Cheung and wishes to congratulate him for his efforts.

Hip Travelling Fellowship

At the outset, I wish to express my deepest appreciation to the APOA – Hip Section for bestowing upon me the honour and privilege of being selected for the APOA Hip Travelling Fellowship 2014. It was a wonderful learning experience and a golden opportunity to interact with the experts of arthroplasty of the region.

First & foremost I wish to thank Prof. David Choon for all the arrangements; and for the encouragement and guidance. He is truly an inspiration to all budding arthroplasty surgeons of the region. I would also like to thank Dr. Jamal Ashraf, Ms Kong & Cheryl Low for their efforts and co-ordination.

I began my fellowship in Kuala Lumpur on 28th May 2014. I was fortunate enough to attend the Combined meeting of the 44th Malaysian Orthopaedic Association & the 11th CAOS Asia meet in Hotel Le Meridien, Kuala Lumpur.

The MOA & COAS meet consisted of comprehensive series of lectures given by the current experts in their fields. Personally, the content of the CAOS was an eye opener and the lecture of Prof Peter Chung from Australia was path breaking. The scientific content of MOA meeting was wonderful & was crafted well with International speakers like Prof Southorn. It was also interesting to witness a truly grand opening ceremony and cultural extravaganza depicting the Malaysian culture. The Malaysian hospitality is truly amazing. The social events were just as impressive as the scientific content of the meeting.

After attending the MOA meeting, I proceeded to



Running for Scoliosis Research

Adelaide to begin the clinical part of fellowship. I reached Adelaide on June 1, 2014 and was received & warmly welcomed by Dr. Gorvchove at the airport. He was kind enough to drive me to the Royal Adelaide Hospital hostel, which was in the campus.

My first day started with visit to department of Orthopaedics & Trauma of Royal Adelaide Hospital, where I met Prof. Solomon L.Bogdan. He took me to morning meetings at department seminar room where I met with Prof Donald Howie (HOD) & other consultants of department. The seminar started with emergency case presentation by residents. It reminded me of my college days.

On the second day I accompanied Prof. Bogdan to the out patient clinic. I was greatly impressed with his cool demeanor and caring attitude towards his patients. I could feel the difference in the way we handle our patients in India, who are far less demanding. In between patients, Prof. Bogdan also showed me the radiographs of some cases. Seeing Prof. Bogdan at work, I realized how important it is to strike a rapport and gain the trust of your patients.

All subsequent days started with department seminar followed by ward rounds. Prof. Bogdan made it sure that I was treated as a part of his surgical unit all the time & also made it sure that I was able to utilize my maximum time in learning.

Prof. Bogdan has a passion for teaching and imparting clinical skills. He was kind enough to



arrange for OT even on Saturday & Sunday to make sure that I could see maximum number of replacement surgeries. I joined him in the theatre and learnt about his techniques of total knee arthroplasty, unicompartmental knee arthroplasty and cemented total hip arthroplasty. We also discussed his long term results and implant survivorship results.

The Unit Head, Prof Donald Howie took me for a mesmerizing evening at Rundell Street for a farewell dinner. It was wonderful to share with them our experiences as well as talk about Indian & Australian culture. Prof. Bogdan Solomon made me feel at home at all times with his excellent hospitality & care. He is a true academician with a vision for research & science. It was indeed an honour to learn from him and I shall cherish the moments spent in Royal Adelaide Hospital, for the rest of my life.

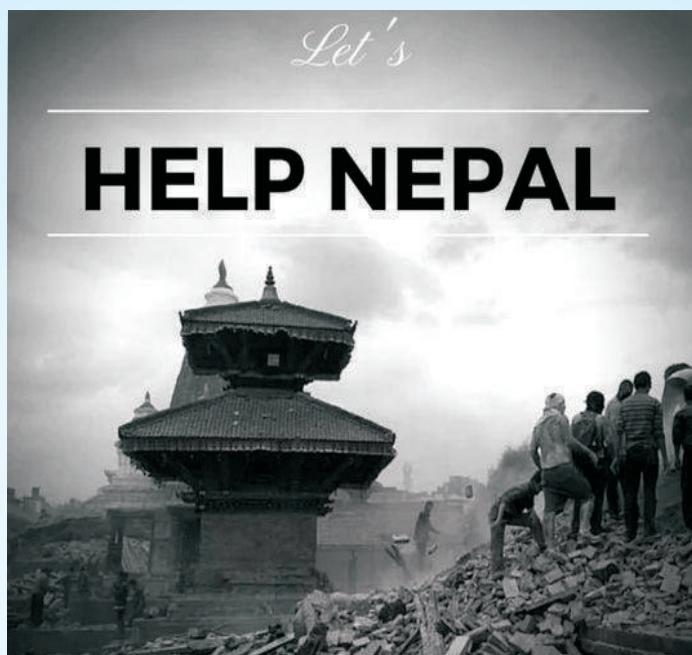
Thank you APOA.

Dr. Anup Agrawal
Lucknow, India
APOA Hip Fellow 2014



Nepal Earthquake Relief

I was appointed by the President of the Indian Orthopaedic Association Dr. H.R. Jhunjhunwala to co-ordinate the efforts of the members of the IOA and organize relief for our neighbours in Nepal. Even before this I had found myself corresponding with and having telephonic conversations with Dr. Jamal Ashraf regarding the involvement of the APOA as Nepal is



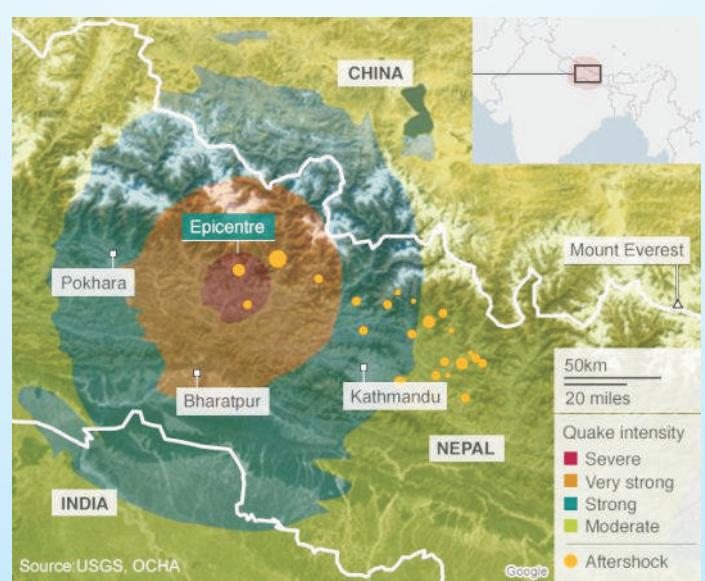
now a member country. Jamal took his role as Chairman, Trauma Section seriously. He got in touch with colleagues in Nepal and organized to send consignments of implants and suture materials partly funded by savings from the APOA Trauma Mumbai meeting and partly by using his contacts with the industry to donate for the cause. Dr. Arvind Jayaswal also played a major role in arranging implants for spinal trauma.

As the IOA National Co-ordinator for Nepal Earthquake relief I got in touch with the leadership of the Nepal Orthopaedic Association: (1) Dr. Ramesh Prasad Singh, immediate Past President of NOA (2) Dr. Deepak Mahara, President NOA (3) Dr. Buland Thapa, President-Elect NOA (4) Dr. Byapak Paudel, Secretary NOA. At the same time I was appealing to Orthopaedic colleagues all over India to volunteer to go to Nepal if required. Within two days I had a list of more than 100 colleagues willing to go to Nepal at short notice. Through Dr. H.R. Jhunjhunwala's appeal to

members we had donations coming in from various sources.

I was phoning up or e-mailing Dr. Ramesh Prasad Singh and Dr. Deepak Mahara morning and evening offering our services, all the while feeling an urgent need to be with them in their monumental task of taking care of more than 17,000 injured. On 5th May I received a mail from Dr. R.P. Singh requesting me to visit Kathmandu to have a first hand information of the situation and to discuss the co-operation between NOA, IOA and APOA for relief and rehabilitation of the victims.

I reached Kathmandu on 9th May, 2015 and was received by Dr. Ramesh Prasad Singh at the airport. Without wasting much time, Dr. R.P. Singh and I were on our way to visit various hospitals. Our first visit was to the 350 bedded Dhulikhel hospital (of Kathmandu University School of Medicine) which is situated outside Kathmandu. Since this is the major hospital near Sindhupalchowk which was the area worst affected by the tremor they received a large volume of casualties. Till 5th May 2015 they had performed 229 Complex Surgeries including posterior spinal stabilization, definitive treatment of limb fractures by intermedullary interlocking, plating, DHS, minimally invasive plate osteosynthesis, etc. 5 operation tables were used round the clock over initial 8 days for this. X-rays of 1565 patients (6109 exposures) along with nearly 200 C.T. scans and 400 U.S.G were performed. What impressed me most was that students had sent



their cots for the victims and were sleeping on floors in their hostel rooms. The work was done despite damage to the hospital infrastructure. Their out reach medical centers had also sustained a lot of damage. A number of medical teams were providing medical and other relief, in these outreach centers.

Our second visit was to the Bir Hospital in the heart of Kathmandu. This busy hospital wore a deserted look as it had sustained major cracks and was declared unsafe. It was fortunate that just adjacent to it is the newly built State of the Art Trauma Center. We found the Trauma Center bubbling with activity with lot of students volunteers from various countries. This 5 story building was filled to capacity with post-operation patients all having been cared for. Nearly 286 major operations had been performed here. Three operation theaters were functioning. Apart from limb/spine surgery, laparotomies for abdominal injuries and plastic surgery procedures were also being undertaken. Almost all wounds were primarily covered with only one patient developing deep infection.

We went next to Kathmandu Medical College Hospital, which is a private hospital. They had received nearly 250 victims on first day. Victims with lower limb and spine injuries were admitted. They had done around 90 major surgeries till date. Since they had good stock of Exfix there were 20 exfix applications and 14 spinal stabilization. Four operation theaters were used for this. They still had 20 victims awaiting surgery. The Indian Army was assisting their outreach hospital from where victims were being referred to KMC for definitive procedures.



On 10th May I visited the biggest hospital in Nepal i.e. the Tribhuvan University Teaching Hospital. Dr. Deepak Mahara is the Director there and this helped as he could request all departments to convert their wards and operation room into Trauma care facility. Till 8th May they had done 388 Major Operations with 8 theaters being used 24 hours a day. Their efficiency was hampered by limitation of instrument sets for interlocking nailing, DHS, spine implants, etc. I visited Nepal Medical College. The hospital was badly damaged. Only the OPD block was open. I also met Dr. Gunraj Lohani, the Chief of Curative Services, Ministry of Health, Govt. of Nepal and suggested to him the creation of "Community Centers".

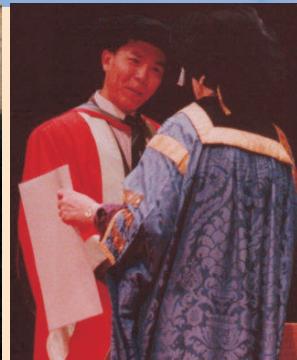
Summary: My impressions of the visit.

1. I have come back humbled. It is amazing as to how efficiently the victims have been managed with limited resources.
2. The whole medical community has given their fullest co-operation to help Orthopaedic Surgeons, Neuro Surgeons, General Surgeons and Plastic Surgeons to manage the victims.
3. A system of trained paramedics has proved a boon as on day one, being a Saturday (holiday in Nepal) they were the first to provide relief to the multitudes crowding the courtyard and open spaces of the hospital.
4. A vast majority of the victims were operated by the Nepalese doctors themselves with Foreign Medical Teams being responsible for mainly conservative management and minor surgery except for a few camps where some major operations were undertaken.
5. In all the hospitals I visited, patients were found to have been well cared for.
6. Majority of the patients do not want to leave the hospital despite being ready for discharge. This is proving to be a big problem for the hospital administration.

Dr. H. K. T. Raza

Past President, APOA

Dr. Edward (Ted) Mah - A curious mind!



Curiosity is the driving force behind one of Adelaide's most distinguished orthopaedic surgeons and educators.

Curiosity keeps me going! I like the challenge of doing things differently. If there was an answer for everything I would be bored."

Dr Edward (Ted) Mah, a 1984 graduate completed his training in Orthopaedic surgery and Emergency Medicine in South Australia. With a love for tinkering, building things, and solving problems he was always destined to be a surgeon.

"To create, construct and build something from nothing is amazing to think about. Understanding the design of the biomechanical parts, how to incorporate it into the human body, implant it so that it will continue to work for years to come, that is really the marvel of Orthopaedics!" said Dr Mah.

He is the current President of the Asia Pacific Orthopaedic Association (APOA), an international Orthopaedic organisation consisting of 20 member countries. He is only the third Australian President in the Association's 52-year history, a rare privilege for an Australian surgeon!

Top of his agenda during his leadership is developing a unified regional training program to improve the orthopaedic training education and examination experience for both the candidates and examiners.

"I am hope to harmonise the different training programs throughout Asia Pacific via a

collaborative review of the various curriculums, identifying common training targets, creating a uniform, structured training programme, which also allows for different examination standards to be set according to local requirements. The latter usually reflects varying academic and clinical needs specific to the country or region. This new framework will enable consistency and transparency of the training and examination process, thus achieving a comparable benchmark of the surgeon's overall competency regardless where they choose to practice." Dr Mah explains,

This self confessed 'quiet achiever' has worked tirelessly with and for the orthopaedic community nationally and internationally. Dr Mah not only runs a busy private practice but he is also actively engaged in numerous health and medical research activities, national and international training programs, clinical education, and external international examining. He has published numerous papers, authored several book chapters and been recognised for a number of awards and prizes. He is currently an Emeritus Professor at Shanghai University, a Clinical Senior Lecturer and Section Editor for the Journal of Orthopaedics and Mercer textbook of Orthopaedics and Trauma. He has served as Chairman for several organisations, as well as an advisor to the State and Commonwealth Department of Health and Ageing.

Today, he attributes his success to his strong people skills and the lasting relationships he builds

with his patients – lessons he learnt at Flinders University.

“A good surgeon is not just about specialist knowledge or skill. It takes humanity, humility and perseverance to learn to interact with the patient, to behave accordingly and to influence people in a positive way. Flinders Medical School provided a framework. It gave me the tools and taught me how to think. Flinders' focus on community medicine, patient orientated activity and physician – patient relationships altogether to provide the foundation of a very good doctor!”

This eminent surgeon, educator, husband and proud father admits that finding a work/life balance has not been easy and it continues to be a juggling act.

My family is my re-energizing force!” It requires good health and careful planning. It can be stressful. You really have to want to do it”

When not working or spending time with his family, you would most likely see him behind the lens of a camera.

“Photography has been my hobby outside family and work. In fact, if you go my waiting rooms you will see slide shows of my travels to various countries. I take a lot of photos of places of interest and its people. I upload them for my patients to enjoy, and every so often I can look up and see them

as well”

His mentors, the late Dr Richard Southwood and Dr Harold Kleinert were particularly influential and helped shape him into the surgeon and educator he is today.

“Dr. Richard Southwood the first Director head of Orthopedic at Flinders Medical Centre and Co-supervisor of my research MD degree was a very wise man! He encouraged and drove me but he let me find my own way”

Dr. Mah completed his hand and microsurgery training under Dr. Harold Kleinert, unquestionably a world leader in his field, at the Kleinert institute in Louisville, Kentucky, USA.

“I wanted to see what made him the world's leading hand surgeon for 50-60 years. Why did the patient have so much faith in him? Why did they listen to him? Why did they follow his treatment so religiously and why did the other doctors do the same? I observed and I listened. “Dr. Mah Explained.

Any trainee that comes to Dr Mah should be prepared to work hard and be willing to learn.

“I am willing to teach as much as they (the trainee and hand Fellows) are willing to learn. They should be better trained than me. Each generation should be better than the last!”





19TH ASIA PACIFIC ORTHOPAEDIC ASSOCIATION CONGRESS

29 March 1 April 2016

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