



Learn and Practice to Serve Better

香港中文大學  
矯形外科及創傷學進修培訓中心

Orthopaedic Learning Centre  
The Chinese University of Hong Kong

NEWSLETTER

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## Editor's Notes

Our centre has launched the Trauma Fellowship program since 2002 and the feedback received has been very positive. In order to accommodate more fellows in the future, we have launched another fellowship program sponsored by Synthes Pacific in 2007. Interested party please go to page 3 of this newsletter for the introduction or visit our website [www.olicuhk.org](http://www.olicuhk.org) for details.

In the coming half year, we will organize symposium and workshop for fragility fracture, Endoscopic Spine Workshop, Workshop on Limb Salvage Surgery in Musculoskeletal Oncology, Hip Arthroscopy Workshop and the Comprehensive Bioskill Course in Fracture Fixation. Please refer to page 4 for details of the workshops.

Lastly, we would like to thank Dr. Samson and Dr. Lu who have kindly shared their learning experience with us in this issue of newsletter.

## Editorial Board

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## Program Report

### Workshop on Management and Prevention of Fragility Fracture Among The Elderly (5 June 2007) Dr. TP Lam

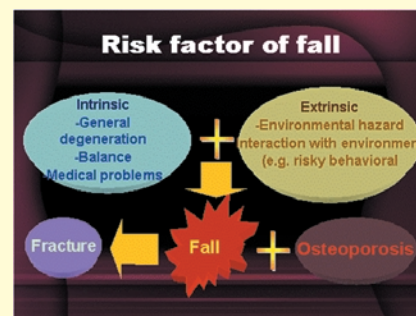
In alignment with the up-coming Comprehensive Care Program For Fragility Fractures to be launched at Prince of Wales Hospital shortly, a workshop on fragility fractures was held with great success on 5 June 2007 at the Orthopaedic Learning Center, Prince of Wales Hospital. Over 30 participants attended this 2-hour symposium. The audience was composed of family physicians and general practitioners. The speakers were Prof KS Leung, Dr David Dai, Dr SW Law, Dr Vincent Cheung, Dr TP Lam and Mr Patrick Sze.

The presentation covered all the important practical aspects of osteoporosis and its sequela of geriatric fractures. Prof KS Leung first gave an orientation about the Comprehensive Care Program For Fragility Fractures. Dr Dai highlighted the salient points about the approach and workup for patients with osteoporosis. Dr Law gave a detailed account of the magnitude of the problems and the current guidelines in medical treatment and management for osteoporosis. Dr TP Lam presented the current concepts and latest surgical armamentarium available for treating geriatric fractures. The key points to note in providing long term care for patients operated for hip and other geriatric fractures were also discussed in details. Mr. Patrick Sze described his study on hip protectors and the scheme of fall risk assessment and prevention. These were followed by Dr Vincent Cheung who delivered a family physician's perspective on the holistic care for elderly patients suffering from fragility fractures.

The symposium was well received by the attending physicians and the objectives of the workshop were achieved. The audience was given an account on the algorithm of assessment and workup for osteoporosis in the elderly, the current guidelines on medical management for osteoporosis, what a family physician needed to know about the surgical aspects of fragility fracture and the current methods and assessment tools to quantify fall risks and the ways to promote fall prevention.

In other words, after attending the workshop, the participant knows what he needs to do as a family physician / general practitioner when he receives a patient who either has just recovered from an episode of fragility fracture or is first diagnosed to have osteoporosis.

All these knowledge and skills are of high relevance for the phase of Post-fracture Care in Prof KS Leung's scheme on Comprehensive Care Program For Fragility Fractures. Osteoporosis is one of the most important clinical challenges for decades to come. Our elderly certainly deserves better care in this aspect. More symposia of similar nature will be organized for other general practitioners and allied health workers so as to spread this important message and the knowledge of managing osteoporosis around.



## Education

- Awareness
  - Behavioral change
  - Habit building
  - Attitude towards fall prevention program participation
- (Sze et al. Br J Comm Nurs 2005)



### *The 2007 Arthroscopic Wrist Surgery Seminar and Workshop (3-6 February 2007)*

*Dr. PC Ho*

As endeavours are continually being undertaken by hand surgeons worldwide to avert the complications that come with various open wrist surgeries, wrist arthroscopy is finding its role in the management of a majority of wrist problems. It is therefore apt that a seminar and workshop on this invaluable diagnostic and therapeutic tool and its ever expanding indication be held last 3 to 6 February, 2007. Entitled "Expanding Indications For Wrist Arthroscopic Procedures," this was a well-attended activity with participants coming mostly from Mainland China and the neighboring countries in the Asia-Pacific region.

The seminar workshop was organised by the aggregated efforts of The Chinese University of Hong Kong Department of Orthopaedics and Traumatology, Prince of Wales Hospital, The Hong Kong Society for Surgery of the Hand, The Yu Wing Orthopaedic Education Fund, and Smith and Nephew Hong

Kong. Speakers and workshop facilitators were some of Hong Kong's hand surgeons who are proficient in the arthroscopic technique, including the department's own consultants, Prof. LK Hung, Dr. PC Ho, and Dr. WL Tse. Dr. L Zhao from Tianjin Hospital was also the program's guest tutor.



### *Review on the 2007 Arthroscopic Wrist Surgery Seminar and Workshop –Dr. Virginia Gacita Samson*

Coming from an institution and a country (Philippines) where wrist arthroscopy is not being widely utilised yet, I call myself fortunate enough to be able to attend the activity almost in the nick of time, having arrived in Hong Kong just shortly before February. I therefore looked forward to attend the seminar-workshop, opening my mind to yet another surgical procedure that could very well be included in a hand surgeon's armamentarium of treatment modalities.

3 February, 2007, Saturday, was entirely devoted to seminars. Session I, which was held in the morning, included basic topics, such as a comprehensive review of the surgical anatomy of the wrist and the proper assignment of the portals to avoid tendon and nerve injuries, the applicability of both portal-site local anesthesia and ultrasound-guided brachial plexus block (lecture on the latter topic given by Dr. WH Kwok of the Department of Anaesthesia and Intensive Care, PWH), the role of the MRI (lecture given by Prof. James Griffith of the Department of Diagnostic Radiology and Organ Imaging, PWH), and, eventually, diagnostic wrist arthroscopy for post-injury wrist pain. The morning session was capped with a discussion on the basic techniques of wrist arthroscopy and arthroscopic anatomy, delivered in both English and Putonghua.

I specifically found it interesting, as will be affirmed later in my participation in wrist arthroscopy surgeries here at PWH, that using a portal-site local anaesthesia is feasible for brief arthroscopic procedures, and that it is actually possible to obtain a clear view of the joint spaces even without the use of tourniquet. All the morning lectures were received warmly by the participants. An hour of lunch break preceded the afternoon lecture series.

Session II consisted of discussions on arthroscopic techniques for rheumatoid and other wrist arthritis, distal radius fractures, scaphoid fractures, ganglions, TFCC tears, scapholunate dissociation, carpectomy and carpal bone fusion. Arthroscopy appeared to yield satisfactory outcomes even in scaphoid non-union, with an overall union rate of 90.7% within an average of 38.3 month follow-up (Ho PC, 1998). It also provides good cosmesis and low recurrence rate for treatment of volar ganglions (Ho PC, Law KY, Hung LK, 2003) and sufficient pain relief in over 87% of cases of rheumatoid wrist (Wong KC, Ho PC, Hung LK, 2002.) Interim studies on the outcomes of arthroscopic carpectomy and fusion likewise showed promising results though the procedure is technically demanding. The presentation of these relevant studies personally made this session very meaningful to me.

Hands-on demo workshop was held on 4 February, Sunday. The workshop centered on arthroscopic techniques that require advanced knowledge in wrist arthroscopy. Embalmed cadaveric arms mounted on arthroscopic towers were used, each specimen shared by a pair of participants. Registration for the said activity was limited; as such, the workshop was truly hands-on, and there was more than ample opportunity for the participants to try their hands on the more sophisticated procedures like scaphoid bone grafting and TFCC repair. Sessions for basic arthroscopy and familiarization with the instrumentation were held on 5 February (Monday, in Putonghua) and 6 February (Tuesday, in English.)

It is different experience to perform a wrist arthroscopy, as I have gotten used to scoping larger joints like the knee. This, as well as the other nuances peculiar to wrist arthroscopy, was competently addressed during the entire workshop. The seminar-workshop did not make me a master of the craft right away, but it sure opened my eyes to the vast potential of wrist arthroscopy. With another seminar-workshop coming up in February 2008, I would be very interested to know the local experiences of hand surgeons from other countries as well. With fervent hope, I wish to take part in another activity of this kind and learn from one another's experiences.

## Orthopedic Trauma Fellowship

This fellowship program is a four-week program designed to facilitate the training of young orthopaedic surgeons by providing clinical attachment in our hospital. The candidate will be exposed to different clinical practices and will be given opportunities to practice on fracture treatment through the program in the Orthopaedic Learning Centre.

During the training period, candidate will stay in our staff quarter and will be under closed supervision by a senior orthopaedic trauma surgeon. The candidate's daily program includes on-call duty, outpatient clinic attachment and participation in operation. The candidate will have chances to be enrolled in training courses on orthopaedic trauma organized by the Orthopaedic Learning Centre.

The candidate's responsibilities include participating in all activities, compiling a program attachment report at the end of the program and also assisting in the exchange program for the others.

Interested parties can visit our website [www.ole-cuhk.org](http://www.ole-cuhk.org) for detail information and download application forms.



### 在香港中文大學威爾斯親王醫院, 創傷與矯形外科學習感受-

#### 盧偉傑(廣州醫學院第一附屬醫院骨科)

轉眼間,我已在香港中文大學威爾斯親王醫院創傷與矯形外科學習一個月了,雖然才短短一個月,我參加了這次手術、門診、病房日常工作,參觀了社區疾病防治,康復病房查房、實驗室,參加了2007年第十三屆導航技術在骨科應用的高級學習班和週六全香港骨科之間的交流,使我不但瞭解了香港的醫療制度、香港同道的醫療技術、科研的進展,更重要的是豐富了我的閱歷,增長了見聞,開拓了視野,給我日後的工作帶來啟迪,以下幾方面尤其給我留下深刻印象。

1. 羅湖、皇崗人海如潮,大街上人山人海,經常聽到熟悉的普通話,晚上許多茶樓熱鬧非凡,顯示香港與中國聯繫越來越密切,並且經過亞洲金融風暴和SARS後,在香港人民的努力下,香港經濟已重新踏上了上升通道。

2. 香港市民友好熱情。在大街上問路,無論老少都會熱情回答,尤其令人感動的是,知道你來自中國有的還會用並不流利的普通話給你指點迷津。

3. 重視對年輕醫師的培訓。在創傷與矯形外科可見到許多接受專科醫生培訓的年輕醫生,這次對他們的培訓既嚴格又給予充分的機會。查房、手術時上級醫生常常提問年輕醫生,平時科室組織的討論或學術活動常常由年輕醫生作一些主要發言,每週六各醫院輪辦的全港骨科醫生專題講座也經常提問年輕醫生,促使他們認真學習理論知識。在手術操作時上級醫生放手不放眼,使接受專科醫生培訓的年輕醫生不但專業理論得到快速提高,手術技能也進步很快,患者也得到保障,值得我們學習推廣。

4. 良好的職業素質,認真負責的工作態度。第一個月我在關節組學習,關節組趙醫生、張醫生每次手術前均認真討論患者治療方案、注意每個細節,並與患者及家屬做好充分的溝通,使手術達到滿意的效果。雖然是高級醫生,但能嚴格要求自己,有時上午在那打素醫院手術,術畢顧不上午飯又趕回威爾斯親王醫院看門診,其敬業精神令人敬佩。

5. 學術氣氛濃厚、重視科研創新。週三科內學術活動,週五放射科與骨科,週六全香港骨科之間的交流,骨科舉辦的各種學習班、研討會為大家的學術研討創造了一個良好的平臺。梁教授不但孜孜不倦的鑽研導航、骨折治療的新方法、新技術,並把他的研究成果應用於臨床造福患者,還通過學習班予以推廣,使更多患者受惠,體現他博大的胸懷和高尚的情操。腫瘤組黃醫生也積極探討應用導航技術指導對腫瘤的定位、手術切除,取得初步的成果,隨著研究的深入,必能得到更多的驚喜。

6. 開展社區宣教活動,重視社會效益。實施長者防跌計劃的宣傳,不但有助於減少骨折在老年人羣中的發生率,減少政府醫療費用支出,也樹立了骨科良好的形象。

7. 傾囊相授、照顧周到。創傷與矯形外科的老師對於前來學習的FELLOW非常友好,在學習中給予各種方便、照顧。有不懂提問時,總是給予耐心的解答,知無不言、言無不盡,體現了良好的教學意識和開放的心胸。梁教授還經常在百忙之中關心我學習、生活情況,令人感動。

最後,我要感謝梁教授和香港中文大學威爾斯親王醫院提供這樣一個難得的學習機會,感謝梁教授細緻周到的安排,感謝創傷與矯形外科各位老師對我的指導,感謝OLC Candy在學習前、學習期間提供的幫助。在餘下的時間我會更加努力地學習,在將來的工作中更好地為患者解除疾苦,為社會做出更大的貢獻。

## Program Summary - January to June 2007

Course Name	Date	Invited Speakers (Overseas)	Participants	
			Target	Number
12th OLC-AADO Advanced Trauma Course Workshop -Symposium on Fracture Fixations in Long Bones	13-14 Jan	Prof. R Schnettler, Germany Local Faculty	Orthopaedic Surgeons	53
Workshop on Fluoro-navigation in Orthopaedic Trauma Surgeries	3 Feb	Local Faculty	Orthopaedic Surgeons	55
2007 Arthroscopic Wrist Surgery Seminar & Workshop	3-6 Feb	Dr. L Zhao, China Local Faculty	Orthopaedic Surgeons	46
Comprehensive Bioskill Course in Fracture Fixation Specialty Theme: Comprehensive management of Proximal Femoral Fractures in Elderly	14-16 Apr	Local Faculty	Orthopaedic Surgeons from Asia Pacific Region	24
Computer Navigation Course- Knee Arthroplasty	30 Apr	Mr. S Chauhan, UK Dr. C Leelasestaporn, Thailand Dr. C M Lee, Malaysia Local Faculty	Orthopaedic Surgeons	16
Workshop on Dermatological Surgery	3 May	Local Faculty	Physicians	30
Workshop on Management and Prevention of Fragility Fracture Among the Elderly for General Practitioners	5 Jun	Local Faculty	General Practitioners	32
13th OLC- AADO Advanced Course Workshop-Symposium on Computer-Aided Orthopaedic Surgery	16-17 Jun	Prof. N Sugano, Japan Dr. M Klemens Russ, Australia Dr. S Peyerl, Germany Local Faculty	Orthopaedic Surgeons	15

## Program Announcement

Date	Course Name	Organizer	Program Director	Accreditation	Target Participants
21 Sep 07	Pre-Symposium workshop of International Symposium on Comprehensive Care of Fragility	Dept. of O&T, CUHK	Prof. KS Leung Ms J Chan	Please refer to website: www.no-fall.hk	Nurses, Social Workers, Physiotherapists, Occupational Therapists
22 Sep 07	International Symposium on Comprehensive Care of Fragility	Dept. of O&T, CUHK	Prof. KS Leung Ms J Chan	Please refer to website: www.no-fall.hk	Surgeons, Nurses, Social Workers, Physiotherapists, Occupational Therapists
12 Oct 07	Endoscopic Spine Workshop	Dept. of O&T, CUHK	Dr. SW Law	TBC	Orthopaedic Surgeons
15-16 Oct 07	2007 ICHTS Translational Research Symposium on "New Directions for Research and Clinical Practice for Osteoporosis and Fracture Repair	Dept. of O&T, CUHK ICHTS	Prof. L Qin	TBC	Students, Technicians, Physicians Orthopaedics surgeons
15 Nov 07	Workshop on Limb Salvage Surgery in Musculoskeletal Oncology	Dept. of O&T, CUHK	Prof. SM Kumta Dr. KC Wong	5 Cat A CME pts or 5 Training pts (HKCOS)	Orthopaedic Surgeons
16 Nov 07	Hip Arthroscopy Workshop	Dept. of O&T, CUHK	Dr. SH Yung	TBC	Orthopaedic Surgeons
8-10 Dec 07	Comprehensive Bioskill Course in Fracture Fixation	Dept. of O&T, CUHK AADO	Prof KS Leung	8 CME Points or Training Points (HKCOS)	Orthopaedic Surgeons from Asia Pacific Region

For updated course information please visit our web site: [www.olicuhk.org](http://www.olicuhk.org)