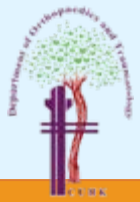




Learn and Practice to Serve Better

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**



July, 2008 Issue 13

### Editor's Notes

In this issue, we have covered few symposiums that were held at Orthopaedic Learning Centre at Q1 and Q2 of 2008.

One of the symposiums is the 'Hong Kong International Wrist Arthroscopy Workshop and Seminar'. This workshop had over 8 overseas speakers and 37 participants from all over the world and the feedbacks were very positive and encouraging.

The other symposium we have reported is 'Maintaining Bone Health and Preventing Falls and Fractures in the Elderly'. This workshop actually has 4 series with different themes and will be held in July, October and December of this year as well. This workshop's target audience is not just for Orthopaedic Surgeon. It also targets to nurses, and other allied health professionals as well. We hope we can provide training and service to a wider level.

### Editorial Board

Dr. Kwok Hing CHIU (Editor in chief)  
Prof. Kwok Sui LEUNG  
Ms. Candy CHAN

Orthopaedic Learning Centre  
1/F Li Ka Shing Specialist Clinics,  
North Wing, Prince of Wales Hospital,  
Shatin, Hong Kong,  
E-mail: [olc@ort.cuhk.edu.hk](mailto:olc@ort.cuhk.edu.hk)  
Website: <http://www.olc-cuhk.org>  
Phone: (852) 2632 3483  
Fax: (852) 2647 7432

## Program Report

### 2008 Hong Kong International Wrist Arthroscopy Workshop and Seminar (11-13 February 2008)

Dr. PC Ho

As the course co-director, I am glad to share with you the great enjoyment at the 2008 Hong Kong International Wrist Arthroscopy Workshop and Seminar which has been accomplished with great success. Everybody was excited and happy!

Here are some of the feedbacks from the faculty members and participants:

*".....It was not only a great professional experience but also a warm human exchange with all of you. You realized a real incredible meeting of expert from the total world and it was a great moment for all. All the people that we met were experts and kind folk and they had afforded the trip from far away because you had organized this meeting."*

from Dr. Michel Levadoux, Faculty member, France



*"..... This seminar impressed me a lot. I could make a friendship with you and other famous doctors from Europe, Australia, USA and students from Korea, India, Saudi Arabia, Taiwan et al., it was a lot of fun! Your reconstruction procedures of DRUJ ligament, and scaphoid nonunion are very fantastic procedures and I want to try. I would like to keep in touch with you, stimulate with each other, and develop the wrist arthroscopy procedure "*

From Dr. Yukio Abe, Faculty member, Japan

*".....I also wish to congratulate you for the wrist arthroscopy course. Peng and I agreed that it was a most excellent course. We have benefited greatly, especially with so many great arthroscopists there. We have been inspired by the course to do more with wrist arthroscopy"* from Dr. Alphonsus Chong, course participant, Singapore

Since 1997 we had been organizing wrist arthroscopy workshop almost annually. Nevertheless, this was the first time we had so many world experts in one single workshop being held in Asia region and we felt proud of organizing this in Hong Kong. Distinguished overseas faculty members included Joe Slade and Alejandro Badia from USA, Riccardo Luchetti and Loris Pegoli from Italy, Michel Levadoux from France, Greg Bain from Australia, Yukio Abe and Toshiyasu Nakamura from Japan. Local faculty included 8 experts both from the public and private setting. We were also glad to have support from virtually all arthroscopic companies in this locality to sponsor majority of the instruments and equipments. The workshop was well attended by over 40 participants from 16 countries, making it a truly international event.

First day of the event started as a full day seminar programme taken place in the lecture theatre of Prince of Wales Hospital. As reflected by the subtitle "From Basic to the Cutting Edge", the seminar consisted of three parts covering i) Basics of wrist arthroscopy; ii) Understanding approach to management of chronic wrist pain, and iii) Advanced techniques in therapeutic wrist arthroscopy. This was followed by wrist arthroscopy workshop in the subsequent two days, again divided into basic course and advanced course. The advance course covered some of the latest technical developments such as volar portal, arthroscopic reconstruction of distal radio-ulnar joint with tendon graft, percutaneous bone graft for scaphoid nonunion etc.



We had managed to operate 14 well-equipped working stations with cadaveric specimen spreading in 2 centres simultaneously, the Orthopaedic Learning Centre (OLC) and Minimally Invasive Surgical Centre in the same building of the Li Ka Shing Specialist Clinic on day 1 and 11 stations all in OLC on day 2. Each station accommodated 2 course participants and was attended by at least one table instructor. All faculty members were very helpful and extremely energetic in assisting and teaching the participants in performing various procedures. As Prof. KS Leung, director of OLC, had interestingly commented, the OLC just looked like a jungle, as the centre was filled up with upright cadaveric hand specimen, drip stands, and everybody in dark green gowns. Everybody was busy around with the teaching and learning process from early morning to late afternoon. The participants also enjoyed a very rich social programme at the festive Chinese New Year atmosphere including a very entertaining welcoming banquet and an all-seafood faculty dinner.

I was proud of all the organizing team members for their tremendous effort and astonishing efficiency in running the very complex course. I had to thank Dr. WL Tse and Dr. CH Yen in particular as they have done 200% effort in ensuring the successful running of the course during the previous months. They took care of every detail of the planning and execution. Last but not the least, I have to thank for Prof. LK Hung and Prof. KM Chan for their unfailing support and advice to make the course such as successful and memorable event. We look forwards to meeting you again in our course next year.

## ***Maintaining Bone Health and Preventing Falls and Fractures in the Elderly – A Workshop for Orthopaedic Specialists with Fragility Fracture Symposium on Surgical and Medical Care for the Acute Phase ( 20 April 2008)***

***Dr. TP Lam***

In the year 2008, Department of Orthopaedics and Traumatology has been granted the PSDAS (Professional Services Development Assistance Scheme) fund on running four workshops for different professionals taking care of fragility fracture patients. The first workshop is catered for orthopaedic surgeons; the second and third for nursing specialists, occupational therapists, physiotherapists and other allied health professionals; and the fourth is for family physicians and general practitioners.

The goal of this project is to equip participants across all serving strata with the updated knowledge and skills required for providing the best care for our geriatric patients suffering from fragility fractures. While informative materials on state-of-the-art rehabilitation and secondary prevention of fragility fractures are delivered, primary prevention of this epidemic problem is also emphasized.

The first workshop was held on 20 April 2008 with around 50 local and mainland participants attending this whole day event. The program started with Prof KS Leung giving the introductory lecture on "Fragility fractures in the elderly- a global problem" when an overview of the problem was presented. This was followed by the session on "Comprehensive management program-I" in which Dr David Dai delivered the lecture on "Geriatric preoperative and postoperative care". Dr Alice Man gave the lecture on "Anaesthetic management of geriatric hip fracture patient" followed by the lecture on "Orthopaedic care and protocol" by Prof KS Leung and the lecture on "Effective arrangement protocol" by Dr WY Shen.

The session on “Comprehensive management program – II” was started after a short break. This composed of “Fall and fracture prevention program” by Ms Jessica Chan, “Community fall and fracture prevention program” by Ms KL Lam, “Fragility fracture network in China – a proposal” by Prof KS Leung and “Medical treatment for osteoporosis – an update” by Dr TP Lam. After the first half of the workshop, participants should have obtained a panoramic account ranging from a global description, the physician’s and anesthetist’s perspectives to medical updates and the community aspects of this important topic of fragility fractures.

While the morning session was characterized by the holistic informative approach to the problem, the afternoon session was composed mainly of hands-on exercise and practical tutorials on commonly seen geriatric fractures, namely the femoral neck fractures, trochanteric fractures, subtrochanteric fractures and peri-prosthetic fractures. Implants including hip screws, plate and screws, gamma nails and long gamma nails were introduced. Hands-on sessions were inter-mingled with multi-media interactive sessions on tips and tricks on how these fractures should be handled

Geriatric fractures are complex problems that span across medicine, orthopaedics, anaesthetic care to rehabilitation and psychosocial science. The management arena extends from the acute hospital in the acute stage, rehabilitation center in the rehabilitation stage to community elderly district facilities in the post-fracture care stage. The personnel involved ranges from orthopaedic surgeons, geriatricians to physiotherapist and social workers. A multi-disciplinary approach is mandatory. This is well reflected in the goals and programs of this PSDAS funded series of workshops for maintaining bone health and preventing falls and fractures in the elderly.



## CAOS 2008

The International Society for Computer Assisted Orthopaedic Surgery (CAOS-International) aims to bring together those individuals throughout the world, who, by their contributions and activities in the areas of research, clinical study, and clinical use, have indicated or are indicating interest in computer assisted orthopaedic surgery. CAOS-International holds one meeting with related workshops every year, seeking to accomplish these goals.

This year, the CAOS 2008 was held in Hong Kong during 4-7 June at the Hong Kong Convention and Exhibition Centre and this was the first time CAOS-International having their Annual Meeting in Asia. Over 350 participants from all over the World came to Hong Kong to attend the meeting.

The 5th annual meeting of CAOS-Asia was also held in combination with CAOS-International. It provided a platform for exchange of new ideas and concepts of application of computer technology to clinical orthopedic surgery.

For more inform about CAOS, please visit <http://www.caos-international.org>



**For updated course information please visit our web site: [www.olc-cuhk.org](http://www.olc-cuhk.org)**

For enquires please contact Ms. Candy Chan at (852) 2632 3074  
or via e-mail [olc@ort.cuhk.edu.hk](mailto:olc@ort.cuhk.edu.hk)

## Program Summary – January to July 2008

Course Name	Date	Invited Speakers (Overseas)	Participants	
			Target	No.
Hong Kong International Wrist Arthroscopy Workshop & Seminar	11-13 Feb 08	Prof. Gregory BAIN ( Australia) Prof. Riccardo LUCHETTI ( Italy) Prof. Yukio ABE ( Japan) Prof. Toshiyasu NAKAMURA ( Japan) Prof. Loris PERGOLI ( ITALY) Prof. Alejandro BADIA ( USA) Prof. Joseph SLADE ( USA) Prof. Michel LEVADOUX ( France)	Hand Surgeons	37
18 <sup>th</sup> Comprehensive Bioskill Course on Fracture Fixation	19-21 Apr 08		Orthopaedic Surgeons from Asia Pacific Region	37
Maintaining Bone Health and Preventing Falls and fractures in the Elderly –A Workshop for orthopaedic Specialists with Fragility Fracture Symposium on Surgical and Medical Care for the Acute Phase	20 Apr 08		Orthopaedic Surgeons	40

## Program Announcement

### Maintaining Bone Health and Preventing Falls and Fractures in the Elderly

**Date:** 12 July 2008 , 4 October 2008 ( Identical Workshop)

**Aim:** i) Provide in-depth coverage of medical and Orthopaedic Aspects in managing fragility fracture elderly at the acute phase  
ii) Provides advanced instructional presentations for Nursing Professional with emphasis on the specific features of care for fragility fracture patients

**Program Structure:** Lecture, Workshops, Demonstration

**Accreditation:** TBC

**Registration:** Please go to our website [www.olicuhk.org](http://www.olicuhk.org) for update information

### 14th Advanced Course – Workshop Symposium on Computer- Aided Orthopaedic Surgery

**Date:** 6-7 September 2008

**Aim:** To introduce the principle of fluoro-navigation system and to enhance the practical skills of orthopaedic surgeons on using navigation system on trauma surgery

**Program Structure:** Lectures, OT relay, Demonstration and Hands-on workshop

**Accreditation:** Pending

**Registration:** Please go to our website [www.olicuhk.org](http://www.olicuhk.org) for update information

### 18th CUHK-AADO Comprehensive Bioskill Course on Fracture Fixation

**Date:** 13-15 December 2008

**Aim:** to set the standards of operative treatment of fractures and to introduce the principles and recent advances in operative treatment of fractures

**Program Structure:** Lectures, OT relay, Demonstration and Hands-on workshop

**Accreditation:** 8 training points or 8 Cat A CME points (HKCOS)

**Registration:** Please go to our website [www.olicuhk.org](http://www.olicuhk.org) for update information