



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

Jul, 2002 Issue 2

### Editor's notes

The Orthopaedic Learning Centre had celebrated its third anniversary on 26 April 2002. Up to this date, we had organized over 60 educational programs and over 2400 participants had joined the various activities. Besides the local participants, we had 296 participants from all parts of China and 172 from other countries around the world.

As the programs organized become more complex and we have participants from all parts of the world, the setup of the Centre continues to be improved to meet these demands. A new media server has been set up to enhance the quality of the Internet broadcast and video storage. A simultaneous interpreting system has been installed and this will make language never be a barrier to the participants in the Centre. The Centre will also undergo a minor renovation soon and we apologize for any inconvenience caused.

We hope the Centre can continue to help you to learn and practice in order to serve your patients better.

### Editorial Board

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### Program Highlight

#### Workshop on Interactive Image Guided Surgical Navigation System in Orthopaedic Trauma, 23 Feb 2002 創傷骨科導航手術工作坊

Prof. Kwok Sui LEUNG

Surgical navigation has been applied in neurosurgery for quite some time. It is a relatively new application in orthopaedics and traumatology. The department of Orthopaedics and Traumatology, CUHK is one of the Development and evaluation centre for the Stryker Leibinger Navigation System collaborating in the development of surgical navigation in orthopaedic trauma. The first navigation workshop was organised in the Orthopaedic Learning Centre on February 23, 2002.

23 surgeons from Hong Kong, Singapore, China and Taiwan attended the workshop. The whole event was broadcasted via Internet.

The program was started with an introduction by Prof Kwok Sui Leung on the potential advantages of surgical navigation in orthopaedic trauma surgery where more accurate placement of implants and avoidance of exposure to X-ray were discussed. The designer engineers - Dr. Jose Luis Moctezuma and Dr. Amir Sarvestani presented their views on the concepts and applications of surgical navigation, followed by the presentations of clinical experience by Professor David Seligson from Louisville and Professor Leung. The presentations were concluded by a talk on the future development by the engineer.

The afternoon session was hands-on practice with the saw bone models in the laboratory. We had designed special jigs for sawbone practice and modified computer program of the navigation system for workshop sessions. Hands-on practice

was possible on hip screw fixation, distal locking of the intramedullary locked nails and sacro-iliac screw fixation in a virtual environment.

We believe that the program and the setup will be one of the models for virtual surgical training in future.



Distal locking with the navigation system



Sacro-iliac screw insertion

## Program Highlight

### Workshop on Posterior Lumbar Endoscopic Surgery, 22-23 March 2002

#### 腰後內窺鏡手術工作坊

Dr. Kwai Yau FUNG

Endoscopically assisted treatment of lumbar disc prolapse is a new technique for the spine surgeons. It involves the minimal invasive approach to lumbar spine. As in all endoscopic procedures, it requires the surgeon's good eye-hand co-ordination during manipulation of equipments. Once the surgeon has mastered the technique, the procedure can be performed quickly, achieving the full benefit of the minimal invasive approach. This first Workshop on Posterior Lumbar Endoscopic Surgery was organized by The Department of Orthopaedics and Traumatology, CUHK and the Orthopaedic Learning Center (OLC), CUHK. The workshop was held in the OLC on 22-23 March 2002. The main speaker was Dr. Jean Destandau from Bordeaux, France. He is a neurosurgeon by training and his main interest however is on lumbar disc surgeries. He is the pioneer in endoscopic lumbar disc surgery and has developed the Endospine operating tube for endoscopic microdiscectomy. The other speaker was Dr. Huang Dong Sheng from Memorial Hospital, Sun Yat-sen University of Medical Sciences, Guangzhou. He has extensive experience in using the METPx System in lumbar microendoscopic discectomy.

The emphasis of the workshop was on the practical aspect and so the two-day program comprised of mainly live-surgery relay, anatomical demonstration and hands-on practice on models and specimens. The two lectures by the speakers summarized the experience of their different techniques of endoscopic lumbar disc surgeries. There were a total of 20 participants, 11 were from Hong Kong and 9 from overseas including Thailand and Taiwan.

On the first day, Dr. Destandau demonstrated his technique on three patients in the live-surgery relay. One patient had a prolapsed intervertebral disc L4/5. Dr. Destandau could have easily finished the operation within twenty minutes if we were not slowing him down by asking a lot of questions during the interactive live surgery demonstration. One patient had two levels PID L4/5 and L5/S1. Dr. Destandau showed that he could use one small incision to remove both discs. The last

patient had spinal stenosis at L4/5 Level. Again, Dr. Destandau demonstrated that using this minimal invasive technique, he could performed bilateral decompression of the nerve roots effectively. The first day program was concluded with a very relaxing harbor cruise dinner.

The high-light of the program was in the second day when all the participants had hands-on practice with models as well as specimens using the Endospine operating tube. This time, we were lucky to have four cadaveric specimens available for the workshops. Dr. Destandau was kind enough to offer assistance and provide technical tricks for those who encountered difficulties. Both the speakers and the participants were very satisfied with the program arrangement in our post-workshop survey. In fact, many requests were received from local hospitals as well as from overseas for us to organize the workshop again for those who had missed this workshop.

Finally, a vote of thanks must be given all the staff of OLC and medical colleagues who had spent so much time in organizing the workshop and preparing the patients for operation; the staff of the operation theatre for their co-operation and tolerance during the surgical demonstration. Without their support, this workshop could not have been organized so smoothly.



Demonstration of posterior lumbar endoscopic surgery in saw bone by Dr. Jean Destandau

### Comprehensive Bioskill Course on Fracture Fixation (the 7<sup>th</sup> Course) 6-8 April 2002

#### 第七屆骨折固定技術綜合課程

Prof. Kwok Sui LEUNG

The 7<sup>th</sup> course of this very much welcome fracture fixation program was conducted from April 6-8, 2002 with a speciality theme on Intramedullary Fixation of Fractures

This was the second time that a speciality theme was introduced since the last course in December 2001 where External Fixation

was the speciality theme. Together with the comprehensive program of lectures, case discussion and hands-on workshops, adopting a speciality theme was very much welcome by the participants. This time, Dr. Gilbert Taglang, the president of the AIOD was our guest speaker and instructor in the speciality theme on Intramedullary Fixation of Fractures.

We had 23 participants from local and overseas which included China, India, Malaysia, Taiwan, and Singapore. The program covered a comprehensive surgical technique in fracture fixations. They included basic principles of fracture fixation, interfragmentary fixation, common hip fractures, use of external fixation, major intra-articular fractures, pelvi-acetabular fractures and complications of fracture management. The speciality theme of Intramedullary Fixation was conducted as one-day mini-symposium and it was the first time that surgical navigation was introduced for distal locking practice. In fact, this will be one of the major contributions of surgical navigation system in training of young surgeons for distal locking in a workshop environment.

On the social event, there were a night cruise in the Victoria Harbour in the first day evening and a banquet organised in the second day evening.

With the success of the 6<sup>th</sup> and 7<sup>th</sup> course with specialty themes, the coming course will also have specialty theme incorporated:  
 8<sup>th</sup> course- Pelvi-acetabular Fractures  
 9<sup>th</sup> course – Proximal femoral Fractures  
 10<sup>th</sup> course – Articular and Juxta-articular Fractures



Hands-on practice of femoral and tibial nails with supervision from Dr. Gilbert Taglang

*Community Service*

**FALL PREVENTION FOR THE ELDERLY COMMUNITY SERVICE**  
 倒及骨折社會服務

預防長者跌

Falls contribute significantly to the occurrence of fractures among elderly, which lead to serious adverse consequences. We believe that most of falls are preventable and our ultimate aim is to reduce the fracture incidence through a comprehensive, multidisciplinary and outstretch fall prevention program. Our program includes community education, in which the fall prevention talks will be presented in various community centres for the elderly and perimenopausal women. We also recruit senior volunteers to attend an intensive Train-the-Trainer Course. The Train-the-Trainer Courses held in Orthopaedic Learning Centre aim to provide education on fall prevention for the senior volunteers to increase their knowledge in this aspect and train them to spread fall prevention message in the community through home visits and community services. Modified Train-the-Trainer Course will also be provided to staff in community centres and equip them knowledge and skills in carrying out fall prevention services in their community centres. A specific exercise program for the elderly will be designed to improve their balance. This will be available as VCD and distributed to all community centres to train up the trainers to teach other elderly. We also liaise closely with various community centres for sharing of resources and networks in order to run our program extensively and continuously in the community.

It is our strong belief that falls are preventable accidents. By promoting all these preventive measures and maintaining a healthy skeleton, we hope that the incidence of fractures among the elderly can be decreased.

**Train-the Trainer Program (Jan – Jun, 2002)**

Date	Organization	Number of participants
9-11 Jan	HK-Macao Conference of Seventh Day Adventists Church, Heng On Social Centre for the Elderly 基督復臨安息日會恆安老人中心	17
17-19 Apr	Caritas Social Centre for the Elderly - Shatin 香港明愛沙田老人中心	20
24-26 Apr	Methodist Hing Wah Social Service Centre for the Elderly 循道興華耆老樂中心	16



Participants are learning the specific exercise program to improve their balance.

## Facilities available in Orthopaedic Learning Centre

### New Facilities update

#### Simultaneous Interpreting System (4 Channels) – 即時傳釋系統 (四頻道)

To enhance the teaching facilities in the Centre and increase the pace of the learning process, a wireless simultaneous interpreting system has been setup in the Centre at the end of March.

This system allows immediate interpretation up to 4 different languages.

Participants who use this service should register at our reception counter to collect the portable receiver before our program starts and return to us after use.

### Reference Materials in Orthopaedic Learning Centre

Over 40 pieces of CD-ROM, 200 pieces of reference books and 300 issues of international journals are available in our Centre. These materials are open to all orthopaedic surgeons, nurses and allied health personnel during office hours. The followings are the latest journal and CD-ROM list in Jan 2001- Jun 2002. Please go to our website: [www.olecuhk.org](http://www.olecuhk.org) to review the complete list of our reference materials.

#### Journal list - 醫學雜誌

Calcified Tissue International	Hong Kong Journal of Orthopaedic Surgery	Journal of Orthopaedic Trauma	Osteosynthesis and Trauma Care
Chinese Journal of Burns	Hong Kong Medical Journal	Journal of the Hong Kong College of Radiologists	The Hong Kong Practitioner
Chinese Journal of Orthopaedics	Injury	Osteoarthritis and Cartilage	The Journal of Foot Surgery (India)
Chinese Journal of Orthopaedic Trauma	Journal of Orthopaedic Research	Osteoporosis International	The Journal of Royal College of Surgeons of Edinburgh
Foot & Ankle International	Journal of Orthopaedic Science	Orthopaedic Nursing	Spine

#### CD-ROM list - 醫學光碟

Bone Marrow Aspirate, DBM & Platelet Concentrate	Interactive Foot & Ankle	Interactive Knee (Radiology Edition)	Orthopaedic Grand Round
Chapman's Orthopaedic Surgery	Interactive Hand 2000	Interactive Shoulder	Proceedings 2002 Annual Meeting (AAOS)
Disorders of the Shoulder: Diagnosis and Management	Interactive Hip	Interactive Skeleton	Transactions of the 47th Annual Meeting Orthopaedic Research Society
Fractures in Adults	Interactive Knee	JAAOS on CD-ROM 1993-1997	Updates in Cartilage Repair
Fractures in Children	Interactive Knee (Anatomy Edition)	JAAOS Update 2000 1993-2000	

### Homepage update



Internet Broadcast & Chat Room

#### Internet Broadcast (Bilingual) –

##### 互聯網廣播 (雙語：普通話及英語)

Rapid advances in information technology (IT) are leading us into the information age. We also make good use of IT to facilitate our programs.

Bilingual Internet Broadcast is one of our new services launched in April 2002. Participants can login the internet broadcasting system through our Internet Broadcast Webpage by using the login name and password assigned by our Centre. Participants can choose different audio channels (English or Mandarin) to attend our programs on live.

Chat-Room is also available in our Internet Broadcast Webpage. It allows participants to express their ideas, make comments and discuss with each other on-line.

## Program Summary (Jan – Jun, 2002)

Course Name	Date	Invited Speakers	Participants	
			Target	Number
<b>Workshop on Interactive Image Guided Surgical Navigation System in Total Knee Arthroplasty</b> 膝關節成形術導航手術工作坊	18 – 19 Feb	Dr. Jose Luis MOCTEZUMA, Germany Mr. Amir SARVESTANI, Germany Prof. Martin SPARMANN, Germany Local Faculty	International and Local Surgeons	17
<b>Workshop on Interactive Image Guided Surgical Navigation System in Orthopaedic Trauma</b> 創傷骨科導航手術工作坊	23 Feb	Dr. Jose Luis MOCTEZUMA, Germany Mr. Amir SARVESTANI, Germany Dr. David. SELIGSON, USA Local Faculty	International and Local Surgeons	23
<b>Workshop on Electrical Twitch Obtraining Intramuscular Stimulation (ETOIMS) for Myofascial Pain</b>	14-15 Mar	Dr. Jennifer CHU, US	Local Surgeons Physiotherapists	41
<b>Workshop on Trauma Management with Cast Application</b> 創傷後之護理及石膏模型實習工作坊	10 Mar	Local Faculty	Nurses and Junior Orthopaedic Trainee	50
<b>Workshop on Posterior Lumbar Endoscopic Surgery</b> 腰後內窺鏡工作坊	22-23 Mar	Dr. Jean DESTANDAU, France Dr. Dongsheng HUANG, China Local Faculty	International and Local Surgeons	20
<b>CUHK-AADO Comprehensive Bioskill Course on Fracture Fixation (VII)</b> 第七屆骨折固定技術綜合課程	6-8 Apr	Dr. Gilbert TAGLANG, France Local Faculty	Surgeons from Asia Pacific Regions	23
<b>Workshop Symposium on Shockwave Treatment in Orthopaedic Conditions</b> 激波治療在骨科的應用工作坊	11 May	Dr. Michael THIEL, Switzerland Prof. Ching Jen WANG, Taiwan Prof. Feng Sheng WANG, Taiwan Prof. Kuender YANG, Taiwan Local Faculty	Local Surgeons and Clinical Scientists	41
<b>Seminar and Workshop on Endoscopic Flap Surgery</b> 內窺鏡皮瓣手術講座及工作坊	31 May	Local Faculty	International and Local Surgeons	29
<b>The Fourth Advanced Bioskill Workshop in Total Joint Replacement</b> 第四屆高級全關節置換技術講習班	29-30 Jun	Prof Jose ALICEA, US Local Faculty	Orthopaedic Trainees	16

# Program Announcement

## Calendar Jul 2002 – Jan 2003

Date	Course Name	Organizer	Program Director	Accreditation	Target Participants
04 Jul 2002 –13 Feb 2003	<b>AADO Certificate Course in Orthopaedics &amp; Traumatology for Nurses – Class 8</b> 矯形外科及創傷學護士證書課程	AADO (Nurse Subcom.)	Ms J Lai	38.4 contact hours (Assigned by NAON) HACNE to be confirmed	Orthopaedic Nurses
20-22 Jul	<b>CUHK - AADO Comprehensive Bioskill Workshop in Fracture Fixation (VIII)</b> 第八屆骨折固定技術綜合課程	Dept. of O & T, CUHK AADO	Prof KS LEUNG	8 CME Points or Training Points (HKCOS)	Advanced Orthopaedic Trainees
10 Aug	<b>Seminar and Workshop on Low Intensity Pulsed Ultrasound Treatment in Orthopaedic Trauma</b> 脈沖低頻率超音波在創傷骨科的應用研討會	Dept. of O & T, CUHK AADO	Prof KS LEUNG	2 CME Points or 2 Training Points (HKCOS)	Orthopaedic Surgeons
6-7 Sep	<b>International Hand Forum: Elbow Arthroplasty &amp; Worksho on Arthritis Surgery</b> 國際手外科研討會: 肘關節全置換術及關節病手術(上肢)進修班	Dept. of O & T, CUHK	Prof LK HUNG	To be confirmed	Orthopaedic Surgeons
3-4 Oct	<b>Advance Trauma Course - Vertebral plasty</b> 高級創傷進修班- 椎体矯形術	Dept. of O & T, CUHK AADO	Dr. PS KO	To be confirmed	Orthopaedic Surgeons
17-19 Oct	<b>2002 International Bone Research Instructional course &amp; Hands-on Workshop</b> 二零零二年骨研工作坊	Dept. of O & T, CUHK The Musculoskeletal Research Lab	Prof L QIN	To be confirmed	Basic and Clinical Scientists Orthopaedic Surgeons Physicians Postgraduate students
27 Oct	<b>Workshop on Trauma Management with Cast Application</b> 創傷後之護理及石膏模型工作坊	AADO (Nurse Subcom.)	Ms E LEUNG	To be confirmed	Orthopaedic Nurses
12-14 Nov	<b>Advanced Autologous Chondrocyte Implantation Workshop</b> 高級自體軟骨細胞植入法工作坊	Dept. of O & T, CUHK	Prof SM KUMTA	To be confirmed	Orthopaedic Surgeons
18-19 Nov	<b>CSOS Knee Arthroscopy Course</b> 華裔骨科學會-膝關節鏡進修班	Dept. of O & T, CUHK CSOS	Prof. KM CHAN	To be confirmed	Orthopaedic Surgeons
14-16 Dec	<b>CUHK - AADO Comprehensive Bioskill Workshop in Fracture Fixation (IX)</b> 第九屆骨折固定技術綜合課程	Dept. of O & T, CUHK AADO	Prof KS LEUNG	8 CME Points or Training Points (HKCOS)	Advanced Orthopaedic Trainees
10-11 Jan, 2003	<b>Workshop on Posterior Lumbar Endoscopic Surgery</b> 後腰內窺鏡手術工作坊	Dept. of O & T, CUHK	Dr. KY FUNG	To be confirmed	Orthopaedic Surgeons

*AADO: Asian Association for Dynamic Osteosynthesis*

*CSOS: The Chinese Speaking Orthopaedic Society*

*CUHK: Chinese University of Hong Kong*

*Dept. of O & T: Department of Orthopaedics and traumatology*

*HACNE: Hospital Authority Continuous Nursing Education*

*HKCOS: The Hong Kong College of Orthopaedic Surgeons*

*NAON: National Association of Orthopaedic Nurses*

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

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