



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

Jan, 2003 Issue 3

Editor's notes

After a whole year's planning, the Trauma Fellowship has been launched in December, 2002. We welcome our first fellow, Dr Wong Zhijie, from China. For detail of the programme and application, please read the brief introduction on P.3 of this newsletter or visit our website.

In the coming half year, we have organised various programmes for surgeons and nurses, and the topics include spinal surgery, trauma, shoulder arthroscopy and total joint replacement. Besides this newsletter, please visit our website for the updated information and programmes. The Centre will not be successful without your support and participation.

Happy New Year 2003!

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Program Highlight

Advance Trauma Course - Vertebroplasty Workshop (4 October 2002)

高級創傷進修班—椎體矯形術

Dr Sheung Wai LAW

Percutaneous vertebroplasty has recently emerged as an exciting new treatment for osteoporotic fracture. There is convincing evidence accumulated to prove its safety and beneficial outcomes.

On 4th October 2002, the Vertebroplasty Workshop organized by AADO was held in Orthopaedics Learning Center. Two outstanding speakers from overseas were invited. Prof Hansen Yuan from State University of New York, USA and Dr SB Tan from Singapore general Hospital were invited to give lectures. Dr KH Mak from Kwong Wah Hospital was invited as our local speaker.

It was a one day program including live demonstration lectures and hands-on workshops with saw bone and specimen. You could imagine how tight the schedule was. Only 30 minutes was spent for lunch.

There were a total 26 participants, including local and overseas orthopaedic surgeons and interventional radiologists.

The Workshop started with a live demonstration. Dr Tan demonstrated nicely how to perform vertebroplasty in a case of aggressive haemangioma of L2. Following the live demonstration was the hands-on workshops on saw bone and specimen. All participants had hands-on practice with models as well as specimens using the vertebroplasty needle and the bone cement. Prof Yuan and Dr Tan were kind enough to offer assistance and provide technical tricks for those who encountered difficulties.

We spent the whole afternoon on the discussion of the principles, techniques and pitfalls of vertebroplasty. Dr Tan shared his experience of vertebroplasty on his patients. Dr Mak shared his local experience of vertebroplasty with us as well.

Prof Yuan delivered a lecture on the future development of vertebroplasty-kyphoplasty. This will certainly be the exciting development in the future.

Finally, we would like to express our thanks to all the staff of OLC and other colleagues who had spent their valuable time in organizing the workshop. Without their support, this workshop could not be run so smoothly.



Dr. SB Tan (middle) was instructing the participants during the hands-on workshop

Program Highlight

International Hand Forum: Elbow Arthroplasty & Workshop on Arthritis Surgery (6-7 September 2002)
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

Dr Pak Cheong HO

The International Hand Forum was held in the Orthopaedic Learning Centre on 6-7 September 2002. The main theme this year was "Elbow Arthroplasty and Workshop on Arthritic Surgery". Programme director was Prof Hung Leung Kim, Head of Hand and Microsurgery Division, Department of Orthopaedics & Traumatology, Chinese University of Hong Kong. International faculty included Prof Hiroshi Kudo from Japan and Dr Daniel Herren from Switzerland. Prof John Stanley of Wrightington Hospital, UK appeared as one of guest speakers over the air through a teleconference broadcast, the first ever experience in the field of Hand Surgery in Hong Kong. On top of that, there were 13 local faculty contributing their knowledge and experience in this exciting area of development. There were a total of 34 local and overseas course participants throughout this one and a half days fruitful event. The course was also supported by several commercial industries.

The first half-day of programme mainly focused on the treatment of arthritic hand and wrist. Dr Herren spoke about the pathophysiology and treatment of MCP joint in rheumatoid arthritis. He shared his favourable experience in employing the Neuflex MCP joint implant in replacing the end-staged arthritic MCP joints in the hand. Dr KM Au from Alice Ho Miu Ling Nethersole Hospital supplemented his talk on the various options of surgical exposure to the finger joints with pros and cons consideration. The two lectures were followed by a specimen dissection on replacing the MCP joint with silicone arthroplasty and technique of extensor tendon relocation demonstrated by Dr CY Lam of Princess Margaret Hospital and Dr Herren respectively. Dr PC Ho of Prince of Wales Hospital then reported his early experience of arthroscopic synovectomy in 23 wrists of 20 patients with rheumatoid arthritis, who presented as mono or pauci-arthritis with predominating disease affecting the wrist joint. Pain relief and reduction of analgesic requirement were observed in over 87% of cases at an average follow up of 2.5 years.

The second day was the highlight of the Forum, centering on the interest of searching for ideal implant arthroplasty for the arthritic elbow joint. The faculty, representing masters in various well-established models of elbow prosthesis, elaborated about the design, biomechanics, history of development, indication, technique and clinical experience in great detail. Dr Herren spoke about the GSB III elbow. The design was basically a semi-constrained implant which allowed 8-10° axial deviation and rotation. The special feature was minimal bone resection, wide condylar support and minimal connection between humeral and ulnar component. Dr Herren reported his long-term follow up result in more than 350 patients since 1974. Ten years pain-free rate was higher than 90% and 15 years survival was 86%. Overall complication rate was 30%, among them 3.5% was of lasting effect. Aseptic loosening rate was 4.5%. He emphasized on the transtricipital approach for wild exposure and a strong repair of the triceps transosseously for minimizing extension deficit problem.

Prof Kudo gave a very detail account of his original design of the Kudo Elbow Prosthesis, which was a surface replacement concept with maximal preservation of bone stock first used in 1972. His bad experience was associated with the use of titanium alloy as the humeral component which caused an unacceptable high wearing rate due to metallosis. This led him ultimately to adopt cobalt-chromium alloy as the humeral component and metal backed or all-polyethylene as the ulnar

component, and both components were fixed by either cementless or hybrid technique, as seen in the type V prototype. Good to excellent result was obtained in 37 out of 43 patients at 4 years follow up.

Dr YP Chang of Queen Elizabeth Hospital shared his local experience in the use of Coonrad-Morrey Elbow in 23 elbows of 20 patients since 1992, majority of cases being rheumatoid patients. All patients benefited from good pain relief with Mayo score improved from 40 to 93 in average. Range of motion improved from 89°(0°-125°) to 104° (35° -125°). He also noticed an interesting phenomenon of lateralization of radial head in 10 out of 17 elbows with an average migration of 6.5mm (2-14). This led him to consider radial head excision as an integral part of the procedure in order to avoid subsequent skin impingement.

These lectures were followed by a special lecture delivered by Dr Herren on his unique experience in total wrist arthroplasty.

In the afternoon, all the audience enjoyed a wonderful surgical demonstration in specimen elbow and learned all the tricks on the implantation of the GSB III and the Kudo from the masters. The final climax was of course the first ever-conducted teleconference on hand surgery locally with the Wrightington Hospital in UK, which featured Prof John Stanley and his development of the Acclaim Total Elbow System. This elbow system had the distinct advantage of allowing freedom to choose between unlinked or linked implant within the same system, attributable by the unique interchangeable bearing mechanism. There was hot discussion and debate among the faculty and floor audience on the ideal design and indications for elbow prosthesis. In summary, the best indication was still in rheumatoid arthritis. Most of them rejected primary elbow replacement in emergency complex fracture dislocation about the elbow. Different surgical approaches in relation to triceps preservation seemed not to alter the final outcome. Radial head excision should be routinely performed though the extent of excision was arguable. Regarding degree of floppiness, the design should not allow movement much more than the normal 4-5° range and anti-rotation mechanism should be built in. The ideal ulnar implant was yet to be worked out. Finally there was so far no consensus on the specific indication for the various designs of linked non-congruous, unlinked congruous or unlinked non-congruous. Individual surgeon favour still predominated. The International Hand Forum ended in a big applause.



Teleconference on hand surgery with Prof John Stanley from the Wrightington Hospital in UK

Orthopaedic Trauma Fellowship 創傷骨科臨床進修計劃

The Trauma Fellowship has been launched in December, 2002. Dr Wong Zhijie is our first fellow who has around 5 years experience in orthopaedic trauma from the Department of Traumatology in the Affiliated Hospital of Qingdao Medical College. This fellowship program includes a four weeks full duty clinical attachment in our department and the candidate will also attend the Comprehensive Bioskill Course on Fracture Fixation held in the Orthopaedic Learning Centre. We will also provide the accommodation in the hospital quarter for the fellow.

The Trauma Fellowship program is sponsored by Stryker Pacific and the purposes are to enhance exchange in clinical experience in Orthopaedics and Traumatology, to facilitate training of middle level surgical staff by providing clinical attachment in centres of excellence and to enhance fraternity among centres in Orthopaedics and Traumatology. Our target participants for this fellowship are middle level orthopaedic surgeons in Asia Pacific.

Interested parties can go to the following website www.olc-cuhk.org for detail information and to download the application form.



Accommodation for Orthopaedic Trauma Fellow

Program Summary

Course Name	Date	Invited Speakers	Participants	
			Target	Number
AADO Certificate Course in Orthopaedics & Traumatology for Nurses Class 8 第八屆矯形外科及創傷學護士證書課程	04 Jul 2002 13 Feb 2003	Local Faculty	Orthopaedic Nurses	50
CUHK - AADO Comprehensive Bioskill Course on Fracture Fixation (VIII) 第八屆骨折固定技術綜合課程	20-22 Jul	Prof JM Rueger, Germany Prof MY Wang, China Local Faculty	Orthopaedic Surgeons from Asia Pacific Regions	32
Seminar and Workshop on Low Intensity Pulsed Ultrasound Treatment in Orthopaedic Trauma 脈沖低頻率超音波在創傷骨科的應用研討會	10 Aug	Mr Jack Ryaby, USA Dr Mark Bolander, USA Dr Andrew Schmelz, Germany Local Faculty	International and Local Surgeons Physiotherapists	43
International Hand Forum: Elbow Arthroplasty & Workshop on Arthritis Surgery 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	7-8 Sep	Dr Hiroshi Kudo, Japan Dr Daniel Herren, Switzerland Prof John Stanley, England Local Faculty	International and Local Surgeons	27
Advance Trauma Course - Vertebroplasty Workshop 高級創傷進修班—椎體矯形術	4 Oct	Dr Tan Seang Beng, Singapore Prof Hansen Yuan, USA Local Faculty	International and Local Surgeons	47
2002 International Bone Research Instructional Course & Hands-on Workshop 二零零二年骨研工作坊	17-19 Oct	Prof D Chen, USA Prof MA Dambacher, Switzerland Prof JQ Feng, USA Prof Harry Genant, USA Prof YB Jiang, USA Prof TN Hangartner, USA Prof Zhonghou Liu, China Prof Y Xu, China Local Faculty	Basic and Clinical Scientists Orthopaedic Surgeons Physicians and Postgraduate Students	80
Musculoskeletal Tumors Course	12 Nov	Mr Timothy WR Briggs, UK Local Faculty	Local Surgeons	17
Advanced Autologous Chondrocyte Implantation Workshop 高級自體軟骨細胞植入法工作坊	14 Nov	Mr Paul Anderson, Australia Mr Timothy WR Briggs, UK Mr Brett Robertson, Australia Prof David J Wood, Australia Prof Ming H Zheng, Australia	International and Local Surgeons Physiotherapists	19
CUHK - AADO Comprehensive Bioskill Workshop in Fracture Fixation (IX) 第九屆骨折固定技術綜合課程	14-16 Dec	Dr Stanley E. Asnis, USA Local Faculty	Orthopaedic Surgeons from Asia Pacific Regions	38

Program Announcement

Calendar January - July 2003

Date	Course Name	Organizer	Program Director	Accreditation	Target Participants
8 Jan	Total Knee Replacement Course for Chinese Surgeons 全膝置換技術課程	Dept. of O & T, CUHK	Dr KH CHIU	NIL	Orthopaedic Surgeons from China
17-18 Jan	Workshop on Endoscopic Spinal Discectomy 後腰內窺鏡下椎間盤切除工作坊	Dept. of O & T, CUHK	Dr KY FUNG	3 CME Points or Training Points (HKCOS)	Orthopaedic Surgeons
2 Mar	Commissioned Trained on Glioma Surgery	Dept. of Surgery, CUHK	Prof WS POON	To be confirmed	Local neurosurgeons and nurses
30 Mar	Workshop on Trauma Management with Cast Application 創傷後之護理及石膏模型工作坊	AADO (Nurse Subcom.)	Ms E LEUNG	To be confirmed	Nurses and junior Orthopaedic Trainees
12-14 Apr	CUHK - AADO Comprehensive Bioskill Course on Fracture Fixation (X) 第十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)	Orthopaedic Surgeons from Asia Pacific Regions
10 May	Advance Trauma Course 高級創傷進修班	Dept. of O & T, CUHK	Prof KS LEUNG	To be confirmed	Orthopaedic Surgeons
5 Jun 2003 - 12 Feb 2004	AADO Certificate Course in Orthopaedics & Traumatology for Nurses Class 9 第九屆矯形外科及創傷學護士證書課程	AADO (Nurse Subcom.)	Ms G LI	38.4 contact hours (Assigned by NAON) HACNE to be confirmed	Orthopaedic Nurses
Jun	Shoulder Arthroscopy Course 肩關節鏡課程	Dept. of O & T, CUHK CSOS	Prof KM CHAN	To be confirmed	International and Local Surgeons
28-29 Jun	The Fifth Advanced Bioskill Workshop in Total Joint Replacement 第五屆高級全關節置換技術講習班	Dept. of O & T, CUHK HA	Dr KH CHIU	5 Training Points (HKCOS)	Advanced Orthopaedic Trainees
26-28 Jul	CUHK - AADO Comprehensive Bioskill Course on Fracture Fixation (XI) 第十一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)	Orthopaedic Surgeons from Asia Pacific Regions

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

HA: Hospital Authority

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.olc-cuhk.org

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