

**APSS DEPUY SYNTHES CLINICAL
FELLOWSHIP EXPERIENCE/20193
MARCH -2ND APRIL/2019
FELLOW-DR CHITTA RANJAN ROY
CONSULTANT (ORTHO-SURGERY),250 BEDED
HOSPITAL, MAGURA, BANGLADESH
HOST- PROF GABRIEL LIU, NATIONAL UNIVERSITY**



Division of Spine Surgery, University Spine Centre
Department of Orthopaedic Surgery, UOHC
NUH APSS Clinical Spine Fellowship March 2019



Front Row (Left to Right): Sammy (medical student), Dr Wilson Tham, Dr Mok Ying Ren, Dr Alex Teo, Dr Jason Ho
Back Row (Left to Right): Dr Hussain Jakiyuddin Bohra, Dr Kutbuddin Akbary, Dr Dennis Hey, Dr Chitta, A/Prof Naresh Kumar, Prof Wong Hee Kit, A/Prof Gabriel Liu,
A/Prof Joseph Thambiah, Dr Lau Leok Lim, Dr Zou Dexin

The Asia-pacific spine society (APSS) Depuy synthes clinical spine fellowship /2019 was scheduled for me from 3rd March to 2nd April/2019 at National university hospital system Singapore under the mentorship of A/prof Gabriel Liu .I was indeed delighted to know that I had been selected as an APSS fellow at NUH where I would be spending 3 weeks.I had the privilege,pleasure and pride in having APSS spine clinical fellowship/2019.I had the unique opportunity to learn the tips ,tricks and technique from the masters in the ever evolving field of spine surgery. Being a growing spine surgeon ,it presented to me a very good opportunity to know different ideas and philosophy at the famous university hospital in the Asia pacific region



My fellowship schedule and all the official formalities were very nicely arranged by APSS. Heartfelt thanks go to the coordinators Jenny wong and Maxime Lemaire for arranging such a hitch –free fellowship program .Moreover,I had the unique opportunity to attend the APSS-APPOS annual conference in Incheon ,South Korea.

I reached Changi international airport,singapore on 13/03/2019 as per schedule.Everything had been arranged nicely before my arrival by APSS.Thereafter,I reached hotel by a taxi after 30 minutes' drive .I got a good and comfortable accommodation near national university hospital .On that very first day morning ,I called at NUH and met A/Prof Gabriel Liu who introduced himself and his entire spine team and discussed with me about my interests and expectations .He briefed the details of university spine centre. I got the guided tour of the hospital and the of the complex.I was given the fellowship schedule which was nicely planned so that I got the chance to learn from all the faculty of spine at NUH.

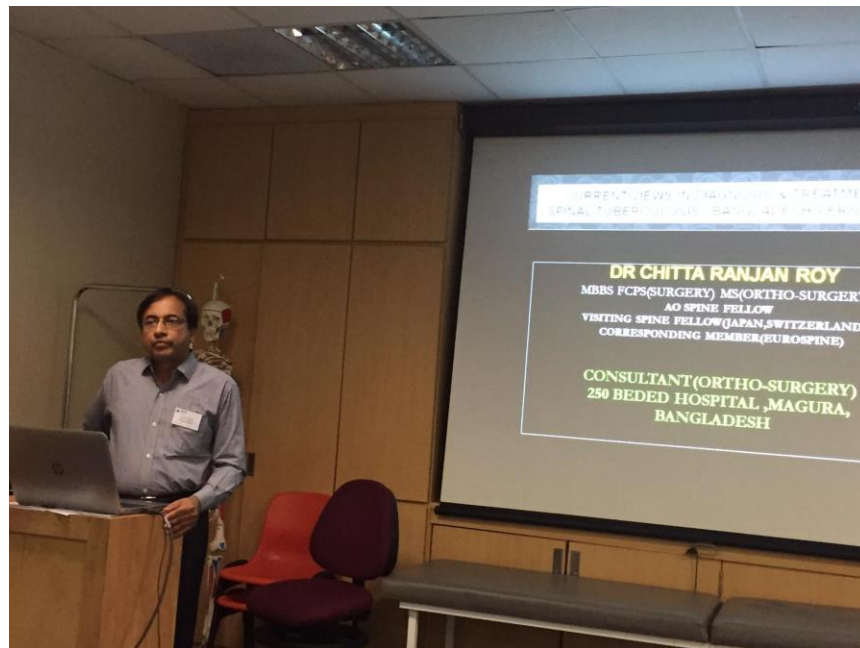
Below is the fellowship schedule

DAY	AM	PM
MONDAY	OT (PROF HK WONG)	OT (A/PROF GABRIEL LIU
TUESDAY	OT (PROF HK WONG)	OT (PROF HK WONG)
WEDNESDAY	OT (A/PROF GABRIEL LIU OR A/PROF JOSEPH THIAMBIAH)	OT (A/PROF GABRIEL LIU OR A/PROF JOSEPH THIAMBIAH)
THURSDAY	SPINE ROUND (FELLOW IS REQUIRED TO GIVE AN INTRODUCTION AND PRESENT HIS CLINICAL /RESEARCH WORKS IN ONE OF THE SESSION)	OT (A/PROF NARESH OR DR LAU LEOK LIM)
FRIDAY	OT (A/PROF NARESH OR DR LAU LEOK LIM OR DR DENNIS HEY)	OT (A/PROF NARESH OR DR LAU LEOK LIM OR DR DENNIS HEY)
	KRW CLINIC (PROF HK WONG)	KRW CLINIC (PROF HK WONG)
	SCOLIOSIS SPECIALIST CLINIC(HPB) (FELLOW WILL JOIN ONE SESSION)	
	CLINIC B (A/PROF GABRIEL LIU)	CLINIC B (A/PROF GABRIEL LIU)

On 3rd April /2019 ,the first day of my fellowship ,I also visited the main building OT where I had the chance to see MIS thoracolumbar fixation by A/prof Joseph Thambiah .

During the stay ,I participated in operation theatre from Monday to Wednesday and outpatient clinic on Friday with prof Hee Kit Wong. There have been several cases of scoliosis surgery and revision surgeries .Moreover,I had the chance to have a clear ideas about SPOS,PSOS,PONTE OSTEOTOMY AND VCRS .

I also visited the operations of spine diseases performed by other profs. it was a nice experience to watch ,learn ,and assist under the guidance of these professionals. I had the unique opportunity to glance at the modern technique and technology and had the immense pleasure to see some fine piece of masterly work of spine surgery. I took part in spine rounds, weekly spine clinic visit and made one power point presentation on spine tuberculosis management on my own hospital .



Presenting works done in my own hospital

Prof Gabriel Liu is a wonderful personality .He is always guiding ,smiling and encouraging and performed surgeries in an artistic fashion under the microscope .I learned the tips of tubular microscopic disectomy. Prof Hee Kit Wong is a skilfull surgeon and performed surgeries mathematically and flawless.He is a master class spine surgeon with good friendly behaviour.I was lucky to see beautiful demonstration of state of the art of spinal operations from him. As an APSS fellow, I was allowed to scrub in and join at the table for assistance in some of the cases of spine surgery .I had an opportunity to assist 7 cases and observe another 8 cases during my fellowship program .



Scrubbing during operation

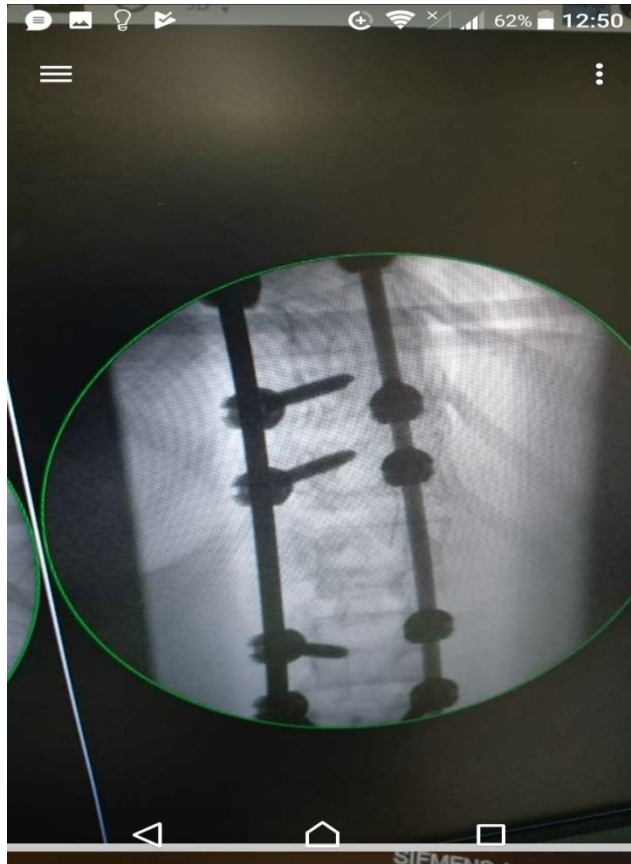
There was clinical presentation and pre-op and post-op case presentation by the residents followed by discussion on every Thursday. I learned a lot to know how to make decision for every case and what the goal is and reasons behind it. I learned not only the technique but also the idea of management.

The technique of pedicle screw fixation with pediguard is fast, safe, and accurate. Prof Hee Kit Wong did two scoliosis cases superbly with adequate correction and good outcome. I joined both operations and was impressed by the technique.

Weekly basis works;

Ist week(13th March -19th March)

There were 6(six) cases in ist week. I observed 3 cases and assisted 3 cases. I saw dorsal correction of thoracolumbar scoliosis done beautifully by Dr Lau (K2M system) and two TLIF cases done by prof Hee Kit Wong. Then on 18/03/2019, I scrubbed for tubular microdisectomy with A/PROF Gabriel Liu. I also assisted one case with Dr Johnson for spinal stenosis. There were combination of OLIF(at L3/L4 and L4/L5) and minimally invasive TLIF (at L5/S1).



2 (Scoliosis correction(Prof Hee Kit Wong)TLIF for dysplastic spondylolisthesis(L5 over S1)



2nd week (20th-26th March)

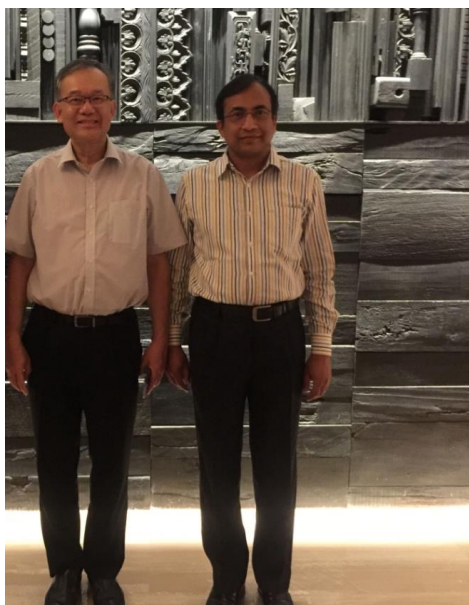
Thirteen operations took place in this week. Three cervical cases (one laminoplasty and one ACDF for C5/C6 dislocation and one cervical laminectomy), three TLIF cases, one thoracolumbar scoliosis correction, two microscopic discectomy, one kyphoplasty and one minimally invasive discectomy with interspinous device.

I scrubbed for 8 cases and observed 5 cases. I got chance to scrub with Prof Hee Kit Wong and Prof Naresh Kumar and felt excited for being team member of their surgeries.



3rd week (27th March -2nd April)

There were 6 cases in the last week. There was one L5 burst fracture. Prof Gabriel Liu did L5 corpectomy with anterior reconstruction by expandable cage and posterior lumbolumbar stabilization. I was impressed by putting his iliac screw with a special technique.



Prof Hee Kit WONG, Dr Chitta

After the amazing experience of Singapore and NUH, I also had the chance to attend the APSS-APPOS annual meeting in Incheon, South Korea. As usual, APSS had organized everything for the fellows including air ticket, airport transport and accommodation. At the Gala dinner, I was awarded the fellowship certificate by the president of APSS, DR Shivanathan, it is a matter of pride to receive a certificate from these esteemed personalities. The last day of the fellowship was the chance to express my thanks to APSS and NUH by presenting my experience of fellowship.



Mentor prof Gabriel Liu and Dr Chitta

Undoubtedly, the spine centre in the NUH is an ideal place for APSS fellowship and I would recommend everyone to do fellowship here.

I am grateful to Prof Gabriel Liu, Prof Hee Kit Wong, Prof Naresh and the entire spine team of NUH for their hospitality, kindness and nobleness.

Finally I would like to thank APSS for selecting me for the fellowship program and giving me this unique opportunity.

Spine Logbook

Date	Serial no	Patient s details	Diagnosis	Surgery	Surgeon	Role of myself
13/03/2019	1	13 years /f	AIS	Scoliosis correction	Dr LauLeok Lim	Observer
14/03/2019	2	55 years /M	D9 chance fracture	Minimally invasive post – stabilization (D7D8-D10D11	A/Prof Thambiah	Observer
15/03/2019	3	65 years/F	Spinal stenosis(L3/L4,L4/L5,L5S1)	OLIF at L3/L4,L4/L5 and minimally invasive TLIF at L5/S1 with post.stabilization	Dr Johnson	Assistant
18/03/2019	4	45 years/M	L5/S1 IVDP	Tubular Microdisectomy	Prof Gabriel Liu	Assistant
19/03/2019	5	72 years/F	L4/L5 IVDP with spinal stenosis	TLIF	Prof Wong	Observer
19/03/2019	6	65 years/F	L3/L4,L4/L5 (Listhesis) with Spinal stenosis	TLIF	Prof Wong	observwer
20/03/2019	7	40 years/M	L4/L5 and L5/S1 IVDP	Tubular microdisectomy	Prof Gabriel Liu	Assistant
20/03/2019	8	55 years/F	L3/L4,L4/L5 IVDP with spinal stenosis	TLIF	Prof Gabriel Liu	Assistant
21/03/2019	9	70 years/F	T1 extradural mass	Excision of mass with laminectomy and stabilization (C6/C7-D2D3)	Dr Lao Leok Lim	Observer
21/03/2019	10	62 years /M	C5/C6 bilateral facet dislocation	Global stabilation	Dr Lao Leok Lim	Observer
21/03/2019	11	45 years/M	C2 scwannoma and IVDP at C4/C5 LEVEL	Laminectomy (C1-C2),excision of scwannoma with Laminectomy and decompression	Dr Dennis Hey	Observer

				of C4/C5		
21/03/2019	12	19 years/F	L5/S1 dysplastic spondylolisthesis	TLIF (L5-S1)	Prof Wong	Observer
22/03/2019	13	55 years/M	IVDP at L4/L5	MILD	Prof Naresh	assistant
22/03/2019	14	50 years/F	Lumbar canal stenosis	TLIF (L4/L5 ,L5/S1)	Prof Naresh	Assistant
23/03/2019	15	70 years/ F	L1compression fracture	L1 K yphoplasty	Prof Naresh	Assistant
23/03/2019	16	30 years /F	IVDP at L4/L5	Root block	Prof Naresh	Assistant
23/03/2019	17	35 years/F	IVDP at c5/c6	C6 Root block	Pof Naresh	Assistant
25/03/2010	18	60 years/M	L4/L5 IVDP With instability	MIS TLIF	Prof Gabriel Liu	Assistant
25/03/2019	19	45 years/F	Compressive cervical myelopathy at C4C5C6	Laminoplasty	Prof Wong	Observer
26/03/2019	20	21 years/F	Thoracolumbar scoliosis ,Lenke Type 6	Dorsal correction	Prof Wong	Assistant
26/03/2019	21	40 years /M	IVDP at L4/L5	MILD	PROF Wong	Assistant
27/03/2019	22	80years/M	L5 burst Fracture with radiculopathy	L5 Corpectomy with Anterior reconstruction by expandable cage with posterior stabilization	Prof Gabriel Liu	Assistant
27/03/2019	23	45 years /M	IVDP at L4/L5	Tubular microdisectomy	Prof Gabriel Liu	Assistant
28/03/2019	24	55 years/M	Lumbar spinal canal stenosis	TLIF	Prof Naresh kumar	Assistant
28/03/2019	25	65 years	Bilateral L5 Radiculopathy	Root block	Prof Naresh Kumar	Assistant
29/03/2019	26	50 years /F	C4/C5 and C5C6 IVDP with myelopathy with OPLL	C 5 Corpectomy with anterior cage with graft and ACDF	Prof Gabriel Liu	Assistant
29/03/2019	27	53 years/M	Lumbar spinal canal stenosis	TLIF	Dr Johnson	Observer
02/04/2019	28	16 years /F	Thoracolumbar scoliosis Lenke 5	Dorsal correction	Prof Hee Kit Wong	Assistant