



# 2<sup>ND</sup> APSS KATHMANDU OPERATIVE SPINE COURSE

16<sup>TH</sup> – 18<sup>TH</sup> MARCH 2017

Kathmandu Medical College Teaching Hospital  
Sinamangal, Kathmandu  
NEPAL

## Registration Fees

*Local Organising Chairman*

**ROHIT POKHAREL**

*Vice Chairman*

**RABINDRA PRADHAN**

*APSS President*

**KUNIYOSHI ABUMI**

### *International Surgeon*

APSS Member USD 300

Non-APSS Member USD 400

### *International Surgeons from Reduced Rate Countries\**

APSS Member USD 200

Non-APSS Member USD 300

Local Surgeon USD 100

## SECRETARIAT

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Website: www.apssonline.org Website Link: www.apssonline.org/kathmandu-2017.html

The 2nd Kathmandu Operative spine course was conducted successfully at KMCTH from 16-18<sup>th</sup> March 2017. This course was jointly organized by Asia Pacific Spine Society (APSS), Association of Spine Surgeons of Nepal (ASSN) and Kathmandu Medical College Teaching. The inauguration ceremony was graced by the principal of KMCTH Prof Chanda Karki. She stressed on the ongoing development of spine surgery in KMCTH and Nepal and thanked the APSS for bringing the course to Nepal and KMCTH. The first APSS operative spine course was also very well received when conducted in KMCTH in 2014. The course was conducted in a very short notice as we had less time to prepare but we are thankful for the cooperation and support by the APSS central office.

This sort of operative course not only benefits the patients but also gives young Orthopaedic surgeons aspirations in becoming a spine surgeon and serve the community better. Another major aspect is that this sort of courses sends a positive message to the people that spine surgery is safe and effective if done properly in patients with genuine indications. In our part of the world spine surgery has always been seen as a surgery that was associated with loss of function of upper and lower limbs.

The course was attended by the following faculties from abroad and Nepal.

Kuniyoshi Abumi (Japan)

Dato K S Sivananthan (Malaysia)

Arvind Jayaswal (India)

Jae Yoon Chung (Korea)

Mun Keong Kwan (Malaysia)

Yat Wa Wong (Hong Kong)

Chi-Chien Niu (Taiwan)

Chris Yin Wei Chan (Malaysia)

Udai De Silva (Sri Lanka)

Rohit K Pokharel (Nepal)

Rabindra L Pradhan (Nepal)

#### Course Proper

There were a total of 47 participants (41 local and 6 international) in the course. A total of 7 (seven) spinal surgeries were performed and we are very glad to say that all patients are doing much better than the preoperative period. There were many other patients with various spinal ailments but because of the time we could not help them all. On the first day of the course we had intensive case discussions on the cases

to be operated and all participants were very actively involved in it. Before the course, ASSN executive members contributed to the cases that were seem appropriate for the course.

As was the format in previous operative courses, the day started with an orientation for the activities of the day as well as the cases scheduled for surgery that day. This was followed by the lectures of the faculty.

We also conducted hands on workshop on saw bone models on various spinal instrumentation techniques on the first day (16<sup>th</sup> March) and the participants benefited a great deal. There were 8 tables with cervical and throacolumbar instrumentation stations. APSS faculty and local surgeons were actively involved with the participants.

As in previous courses the case to be operated were sent to the concerned faculty in power point presentation and all had adequate time to plan and discuss the surgical treatment plan.

There were two screens in the lecture hall and two way communications with the operating surgeon was clear and the participants could ask questions and discuss with the faculty in the lecture hall.

The seven surgeries that were operated in the course were as follows.

Date	Time	OT 1	OT 2
17 <sup>th</sup> March	Am	Cervical myelopathy Procedure: Laminoplasty Surgeon: K Abumi	Kyphoscoliosis : Congenital hemivertebra Procedure: Resection and posterior fusion Surgeon : Y W Wong
	Pm	C 6/7 disc herniation Procedure: ACDF Surgeon: K Sivananthan	
18 <sup>th</sup> March	Am	Non union C2 Procedure: C1/2 fusion Surgeon: K Abumi	L4/5 spondylolisthesis Procedure: Open TLIF Surgeon : J Y Chung
	Pm	L4/5 Spondylolistheisis Procedure: MIS TLIF Surgeon: A Jayaswal	L4/5 Lumbar disc herniation Procedure: Open discectomy Surgeon : M K Kwan









The after course dinners were a time to relax and share thoughts other than spine surgery.

Association of spine surgeons of Nepal and Kathmandu Medical College wishes to thank APSS for choosing Nepal and KMCTH as the country and venue for the ongoing operative course and everyone in Nepal have benefitted much.

Prepared by,

Rabindra L Pradhan

Rohit K Pokharel