

2018 APSS/SICOT Spine Travelling Fellowship Report

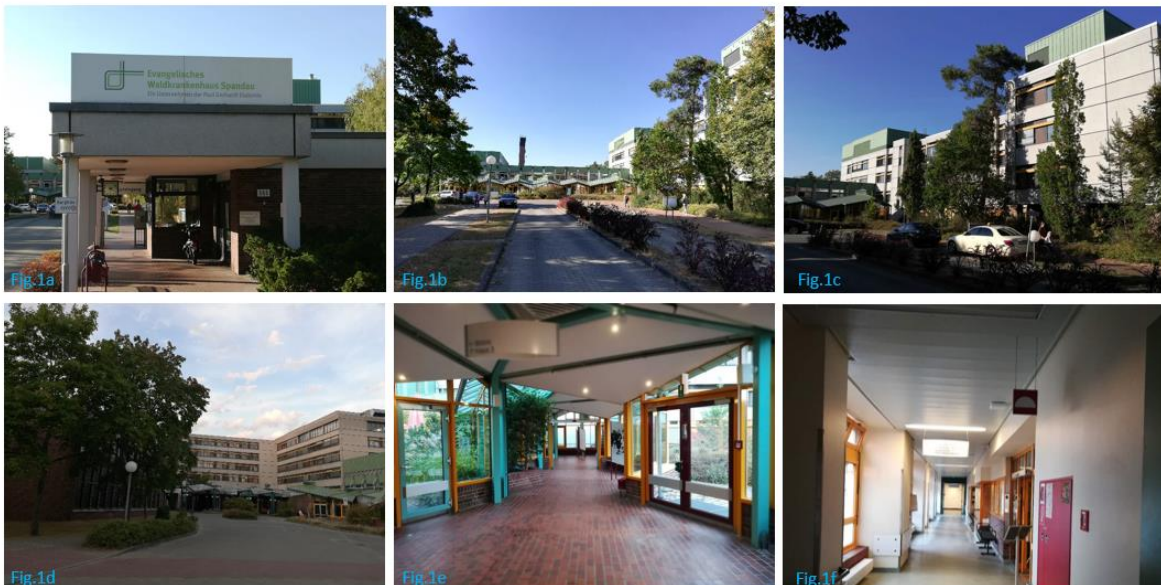
Fellow: Zhao-Ming Zhong, M.D. Department of Spinal Surgery, Nanfang Hospital, Southern Medical University, Guangzhou, China

Visited Hospital: Evangelisches Waldkrankenhaus Spandau, Berlin, Germany

Duration of fellowship: Sep. 16-Oct.06, 2018

Arrival day: Sep. 16, 2018

I took a flight from Guangzhou to Berlin with transferring at Amsterdam airport. The flight took more than 15 hours. I arrived at the Tegel Airport of Berlin (TXL) at 11:30 AM. Dr. Ralph Schernberger picked me up at the airport and sent me to the apartment, then took me to visit his hospital (Fig.1).



First Week (Sep. 17-23, 2018)

My clinical fellowship was started on the Monday morning. I arrived the hospital at 7:10 AM and took part in the daily morning conference at 7:20 AM. The conference was conducted by Professor Ulrich Nöth, the chief of the department of orthopaedic and

trauma surgery, and participated by all orthopaedic surgeons and a radiologist. All orthopaedic cases including spine cases were presented and discussed in this conference (Fig.2). Professor Nöth gave me a warm welcome after the case discussion. Meanwhile, I briefly introduced myself to the orthopaedic team



The spine unit had a total of 4 senior surgeons including Dr. Miguel Alquiza, Dr. Ralph Schernberger, Dr. Andre Roth and Dr. Torsten Roediger. Dr. Alquiza is the head of spine unit. I met them after the morning conference. Dr. Schernberger and Dr. Roediger firstly took me to visit the operative rooms on the morning (Fig.3)



In the first week, I observed a total of six surgeries (Shown in Log Book). First surgery was MIS procedure by microscopy, and performed by Dr. Schernberger to treat lumbar disc herniation (L4/5) (Fig.4). Of all cases, there was an impressive one, who had L1 fracture and severe osteoporosis, and was treated by posterior T7-L3 pedicle screw fixation with cement augmentation, and anterior interbody cage support at T12-L2 about 4 weeks ago. Unfortunately, the patient had surgical site infection and wound bad healing. The revised surgery was performed for the patient by wound clearness, remove and change of all pedicle screws, change of anterior interbody cage without bone graft.



In this weekend, I went sightseeing. I was impressed with the convenient transportation in Berlin, such as bus, subway and taxi. I visited many places, such as the Memorial of the Berlin Wall, Museum Island, Altes Museum, Berliner Dom, Brandenburger Tor, Weltzeituhr, Humboldt University and Charite - Medical University of Berlin. Through this trip, I was deeply impressed with the beautiful scenery and history in Berlin.

Second Week (Sep. 24-30, 2018)

Daily morning conference were conducted as per usual. Wednesday was day without surgery for spine unit, the rest of the weekdays were spent on surgeries. After the morning rounds, I directly went to operative room and reviewed the images of surgical patients with help of medical assistant or surgeons. I were often invited to join them for surgery (Fig.5). In this week, I observed a total of four surgeries, including PLIF for L5

spondylolisthesis, PKP for L3 osteoporotic fracture, micro-discectomy for L4/5 disc herniation and posterior correction, instrumented fusion at L2-S1 for adult degenerative scoliosis.



Third Week (Oct. 1-5, 2018)

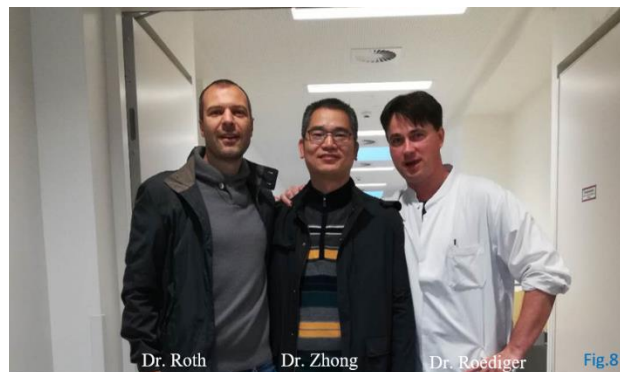
On the third week Monday, I was invited to do a presentation. Through this presentation, I made a brief introduction about my country, my city, my hospital, my clinical and research work (Fig.6).



On Monday afternoon, I was invited to attend a meeting on the Enhanced Recovery After Surgery (ERAS), and very impressed by a high attention to fast recovery after surgery in Germany. After the meeting, the orthopaedic team and I went to an Italian restaurant and had a welcome dinner for me. Professor Nöth was the host of the evening (Fig.7).



The third Wednesdays (Oct. 3rd) was Germany National Day and a public holiday. The rest of this week were spent on clinical activities and surgeries. I thanked everyone and said goodbye on Friday, but only met two members of the spine team (Fig.8). I am really grateful to the orthopaedic and spine team for their hospitality and help.



Departure day: Oct. 6, 2018

I took the bus and subway to the Tegel Airport of Berlin on the early morning. I had a flight at 9:05 from Berlin to Amsterdam with a transfer, and arrived at Guangzhou on the morning next day.

In conclusion, the traveling fellowship gave me a great experience. I would like to thank APSS and SICOT for sponsoring the spine traveling fellowship program and giving me the chance to visit the Evangelisches Waldkrankenhaus Spandau, Berlin, Germany.

Log Book for all cases

Date	Case	Diagnosis	Surgical Procedure	My Role
Sep. 17	1	Lumbar disc herniation (L4/5)	Micro-discectomy	Observer
	2	Cervical spondylotic myelopathy and canal stenosis	Posterior decompression and lateral mass screw at C3/4	Observer
Sep. 18	3	Postoperative infection after posterior T7-L3 pedicle screw fixation and anterior Cage for L1 fracture	Wound clearness, remove and change of all instrumentations	Assistant
Sep. 20	4	Metastatic tumor of cervical spine	Posterior decompression at C6-C7 and fixation at C3-T5	Observer
Sep. 21	5	CSF after microdiscectomy at L3/4 L4/5	Revision surgery	Observer
	6	Adjacent disc disease after fusion at L3/4 L4/5	PLIF at L2/3	Assistant
Sep. 24	7	L5 spondylolisthesis	PLIF at L5/S1	Assistant
Sep. 25	8	Degenerative lumber scoliosis	Posterior correction, instrumented fusion at L2-S1	Assistant
Sep. 27	9	Osteoporotic fracture at L3	PKP	Assistant
	10	Lumbar disc herniation (L4/5)	Micro-discectomy	Assistant
Oct. 1	11	Lumber canal stenosis at L4/5	Micro-decompression	Assistant
	12	Lumbar disc herniation (L3/4, L4/5)	Micro-discectomy	Observer
Oct.2	13	Lumbar disc herniation, canal stenosis (L4/5)	Micro-decompression	Observer
Oct.4	14	Lumbar disc herniation (L5/S1)	PLF	Observer