

Report for the APOA - Depuy Synthes

Spine Clinical Fellowship 2013

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Sapporo, 060-8638 Japan.

Duration: **10 Nov - 30 Nov, 2013**

Centre's visited:

Hokkaido University Graduate

School of Medicine, Sapporo.

& affiliated hospitals

(1) Spinal Cord Injury Centre,
Hokkaido Chuo Rosai Hospital, Bibai.

(2) Sapporo Orthopaedic Hospital,
Center for Spinal Disorders, Sapporo.

(3) Eniwa Hospital, Eniwa.

The Asia Pacific Orthopaedic Association (APOA) - Depuy Spine Clinical Fellowship 2013 took place from 10th November to 30th November 2013. Landed in Sapporo on the first snowing day 11th November and my fellowship began on the afternoon by assistant of Pf Abumi's Surgery for a patient who has cervical myelopathy caused by OPLL with cervical kyphosis. Pf Abumi allowed me to put the cervical pedicle screw which was my first time to do in live surgery. The day ended by having dinner with Pf and he took me and another Japanese doctor to Japanese traditional restaurant.

On Tuesday, I visited the Hokkaido University Hospital and I had a chance to observe 2 cases of cervical surgery. The first case was Schawnoma Tumor at C5-6 and the second case was cervical myelopathy caused by OPLL.



Hokkaido University Hospital

Wednesday (13 Nov 2013) was a date with Dr Satoh at Eniwa Hospital, Eniwa. **Eniwa** is a city in Ishikari Subprefecture, Hokkaido, Japan. It is on the Ishikari plain, 8 km north of Chitose and 26 km south of the prefectural capital Sapporo. It was first time for me to travel by rapid airport train. Four cases were lined up for the day. I also got an opportunity to scrub up.



Eniwa Hospital, Eniwa

Thursday (14 Nov 2013) began at 7.30 in the morning with research updates at the University Hospital. It was followed by Operation theatre where huge lipoma tumor from T9 to L1 was lined up. I backed to Eniwa Hospital to observe 2 operations with lumbar spine degenerative diseases on Friday (15 Nov 2013).

On Monday (18 Nov 2013) a case of Lumbar decompression, instrumentation and fusion was lined up at Eniwa Hospital and I also had a chance to observe the cervical midline splitting laminoplasty for C2-C7 OPLL.

I observed a surgery for a case of L1-2 OPLL at University Hospital on Tuesday (19 Nov 2013). This patient had an wrong level decompression of previous surgery at other hospital.

On Wednesday (20 Nov 2013) was a date with Dr Suda at Spinal Cord Injury Center, Bibai. Bibai is a neighboring city, approximately 60 km north-east of Sapporo, which is well connected by intercity trains. Spinal

Cord Injury Centre at Bibai is the only tertiary care centre for spinal trauma in the island of Hokkaido. Five cases were lined up for the day, also got an opportunity to scrub up in two of them. Session in the Operating Room was followed by conference where post-op X- rays of the operated cases were critically analyzed and the cases posted for the next operation theatre were discussed at length. The day concluded with traditional Japanese dining. At the end of the day, I was thoroughly impressed by the young & enthusiastic team of doctors at Spinal cord Injury Centre and the dynamic personality of Dr Suda.



Spinal Cord Injury Center, Bibai

Thursday (21 Feb 2013) began at 7.30 in the morning with research updates

at the University Hospital. I again met Pf Abumi at Operative Theater of Sapporo Orthopaedic Hospital and I had an opportunity to assist Pf Abumi to perform a salvage operation with L3-4, L4-5 TLIF.

Next day, 20 Feb 2013, I again travelled to Bibai where Dr Suda and team greeted me with three cases. It was very interesting to learn about S (Suda) point and hybrid construct (Cervical Pedicle screw with Lateral mass fixation) commonly used by Dr Suda.



Dinner with Dr Suda and team

Last week of my stay in Sapporo, I came to Sapporo Orthopaedic Hospital to see Pf Abumi and assisted him to do an operation with long fusion from L1 to S1 on Monday (25 Nov 2013). It

also was first time for me to see the Sacro-iliac screw fixation which was done by Pf Abumi. I was at University Hospital on Tuesday (26 Nov 2013) to observe a surgery for the AIS patient with double rod rotation technique was done by Pf Ito.

On Wednesday (27 Nov 2013), I again came to Bibai to meet Dr Suda and his team with 3 operative cases. On Thursday (28 Nove 2013), it was a day with heavy snowing, I travelled to Eniwa and observed 3 operative cases with lumbar degenerative disorder. In the evening of this day, Pf Abumi took me to a Chinese restaurant to have farewell dinner with him. I again visited the Eniwa hospital to see the operations and say goodbye to Dr Satoh and his team.

My three weeks of stay in Sapporo was extremely satisfying. I would like to express my heartfelt gratitude to Prof Abumi for having organized such an academically enriched program. Here I would also mention other consultants from the affiliated hospitals who took

extra efforts to teach me and share their skills, technique and experience. I also would like to thank Pf Vo Van Thanh for his recommendation and I would not have this chance without his help.

Finally I would thank the APOA Spine section especially the Chairman; Vice Chairman; Secretary for selecting me for this fellowship and providing with the golden opportunity. A final word of appreciation for Ms Helen Chong and Kong for co-ordinating the fellowship program.

Date	Day	Age	Sex	Diagnosis	Procedure	Surgeon	My role	Hospital
11 th Nov	Mon	58	M	C3-C6 OPLL with Cervical Myelopathy , Cervical Kyphosis	C3-C6 Laminectomy, and Pedicle Screw Fixation and Fusion	Pf Abumi	Assistant	Center for Spinal Disorders Sapporo Orthopaedic Hospital, Sapporo
12 th Nov	Tues	48	M	Schawnoma Tumor at level C5-6	Removal of Tumor	Pf Ito	Observer	Hokkaido University Hospital, Sapporo
	Tues	60	M	C3-C6 OPLL with Myelopathy	Midline Splitting Laminoplasty	Pf Ito	Observer	Hokkaido University Hospital, Sapporo
13 th Nov	Wed	75	F	L4-5 Degenerative Spondylolisthesis	L4-5 TLIF	Dr Satoh	Assistant	Eniwa Hospital, Eniwa
	Wed	80	F	L3-4, L4-5 Degenerative Stenosis	L3, L4 Laminectomy	Dr Abe	Assistant	Eniwa Hospital, Eniwa
	Wed	65	F	L4-5 Central Stenosis and left Disc Herniation	L4 Laminectomy and Discectomy	Dr Abe	Assistant	Eniwa Hospital, Eniwa
14 th Nov	Thurs	45	M	T9-L1 Limpoma Tumor	Removal of Tumor and PSF	Pf Ito	Observer	Hokkaido University Hospital, Sapporo
15 th Nov	Fri	67	M	LCS L3-L4 and L4-L5 Listhesis	Medial Facetectomy L3-4 and TLIF L4-5	Dr Satoh	Observer	Eniwa Hospital, Eniwa
	Fri	75	F	LCS L4-5	Laminectomy for Decompression	Dr Abe	Observer	Eniwa Hospital, Eniwa
18 th Nov	Mon	54	F	C3-C6 OPLL with Myelopathy	Midline Splitting Laminoplasty	Dr Yanagibashi	Observer	Eniwa Hospital, Eniwa
	Mon	78	M	L3-4, L4-5 Degenerative Stenosis	PLF from L3 to L5	Dr Satoh	Observer	Eniwa Hospital, Eniwa
19 th Nov	Tues	49	M	OPLL at level of L1-2 with previous L2 Laminectomy	L1 Laminectomy and PLF from L1 to L3	Pf Ito	Observer	Hokkaido University Hospital, Sapporo
20 th Nov	Wed	78	M	L2-3, L3-4 Central Stenosis with Previous L4 Laminectomy	L2, L3 Laminectomy and PLF with PS from L2-L5	Dr Suda	Observer	Spinal Cord Injury Center, Bibai
	Wed	65	M	L4-5 Degenerative Spondylolisthesis	L4-5 TLIF	Dr Suda	Observer	Spinal Cord Injury Center, Bibai
	Wed	60	F	Cervical Kyphosis with Myelopathy due to C4, C5 Laminectomy	C2 to C7 PLF with PS and LMS	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
	Wed	34	M	Recurrent L4-5 Disc Heriniation	L4-5 TLIF	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
	Wed	28	M	C5 Tear Drop Fracture with Spinal Cord Injury	C5-6 PSF at left side	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
21 st Nov	Thurs	63	M	L3-4, L4-5 DDD with L4 instability due to previous L4 Laminectomy	L3-4, L4-5 TLIF	Pf Abumi	Assistant	Center for Spinal Disorders Sapporo Orthopaedic Hospital, Sapporo
22 nd Nov	Fri	75	M	Cervical Myelopathy due to C4-5 Stenosis with C4 instability	C5 Laminectomy and C4-5 Fixation with LMS and PS	Dr Suda	Observer	Spinal Cord Injury Center, Bibai
	Fri	80	M	L4-5 Central Stenosis	L4-5 TLIF	Dr Suda	Observer	Spinal Cord Injury Center, Bibai
	Fri	73	M	Cervical Myelopathy caused by C5-6 OPLL	C5, C6 Midline Splitting Laminoplasty	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
25 th	Mon	65	M	T10-T11 Stenosis and Lumbar Degenerative Scoliosis	T10 Laminectomy and PSF from L1-S1 and Sacro-Iliac Screw with L3-4, L4-5 PLIF	Pf Abumi	Assistant	Center for Spinal Disorders Sapporo Orthopaedic Hospital, Sapporo
26 th	Tues	14	F	AIS	Posterior instrumentation(T5-L2) Double rod rotation technique	Pf Ito	Observer	Hokkaido University Hospital, Sapporo
27 th	Wed	77	M	L4-5 degenerative stenosis with L4 retrolisthesis	L4-5 TLIF	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
	Wed	56	M	Cervical Myelopathy due to C5, C6 instability	C5-7 Posterior Fusion with C5 right and C7 PS C5 left and C6 LMS	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
	Wed	42	F	L3 unstable burst fracture with 1 st stage of posterior fixation	2 nd stage: anterior approach for L3 corpectomy	Dr Suda	Assistant	Spinal Cord Injury Center, Bibai
28 th	Thurs	71	F	Infection after 3 weeks of correction surgery from L3-S1	Irrigation and debridement	Dr Satoh	Obsever	Eniwa Hospital, Eniwa
	Thurs	55	F	L4 degenerative spondylolisthesis	L4-5 PLIF	Dr Yanagibashi	Obsever	Eniwa Hospital, Eniwa
29 th	Fri	77	F	L5 degenerative spondyloithsthesis	L5-S1 PLIF	Dr Satoh	Obsever	Eniwa Hospital, Eniwa
	Fri	53	F	L4-5 degenerative stenosis	L4-5 MF	Dr Abe	Obsever	Eniwa Hospital, Eniwa

The list of Operative cases