

2017 APOA-SICOT Spine Fellowship

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Host: Professor Cody Bünger from the Department of Orthopedics E, Århus University Hospital, Aarhus, Denmark

Attachment period: September 10 to October 1 2017

Introduction

First of all, I would like to thank the Asia Pacific Orthopaedic Association (APOA) and SICOT for selecting me to go on this fellowship to Aarhus, Denmark from 10th September to 1st October 2017.

For me, it was first time to visit Denmark. It was a great opportunity to visit overseas and to experience how other spine centers practice. Fortunately, during my stay there, I could spend with one spine fellow from Jordan, whose name was Dr. Amer. It was not only a chance to learn treatment for spine diseases but also to establish friendships.

Case conferences

Every morning the conference start from 8 AM. There were also many case conferences where residents presented difficult cases and the senior members discussed the plan of management (Table 1). Here I was given opportunity to present my own research (Photo). Especially in spine case conference, it was great opportunity to learn about their theories.



My presentation at morning conference

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:15 morning conference Dept. orthop. Surg.	8:00-8:15 morning conference Dept. orthop. Surg.	8:00-8:15 morning conference Dept. orthop. Surg.	8:00-8:15 morning conference Dept. orthop. Surg.	8:00-8:15 morning conference Dept. orthop. Surg.
8.15-9.00 Meeting of the Spine Surgery Unit:Review of the admitted spine surgery patients		8.15-9.00 Education conference for young Orthopedic surgeons	8.15-8.45 Morning meeting of the Spine Surgeons	8.15-9.00 Doctors meeting with head of the Department
		9.15-10.00 Meeting of the Spine Surgery Unit:Review of the admitted spine surgery patients	9.00-9.15 Microbiology conference	
		10.30-11.00 Sarcoma conference		
		13.00-14.00 Neuroradiology conference		
		14.00-15.00 Radiology conference		
9.00-15.30 Outpatient clinics	9.00-15.30 Outpatient clinics	10.00-12.30 Outpatient clinics	9.00-15.30 Outpatient clinics	9.00-15.00 Outpatient clinics

Table 1: Weekly schedule for spine team

Hospital

Current Aarhus university hospital is just beside downtown. The Aarhus University Hospital will move to another place and will be huge hospital next year.

Spine cases admitted in current Hospital and has a large range of surgical cases and abundance of surgical lists.

Each building connected under the ground and there were many locker rooms for staffs. I was given my own locker there. Also I was given my own name card. (photo)

Two theaters are available for spine case every day (no.7 and no.8). Normally the patient who have done surgery discharge here within two or three days. After their discharge house nurses will look after them. It was surprising thing for me. Because our patients discharge around two to three weeks after their surgery in my institution. It was quit huge difference between here and us.

During my stay here, I got the opportunity to communicate openly with doctors as well as nurses. Also I could join many spine surgeries with senior consultant: Peter Helmig, Li HaiSheng, Ebbe Stender Hansen, Kristian Hoy and Professor Cody Bunger. There were scrubbing opportunities daily assisting on interesting cases ranging from simpler cervical spinal stenosis cases to more complex revision deformity cases. It was a good opportunity to learn surgical treatment for several kinds of spine diseases. Also they had O arm which is navigation system (photo). I saw that they used this navigation system to put pedicle screw precisely. It was good chance to know that it worked well for me. Furthermore, I could see that they use intraoperative monitoring such as MEP especially in spine deformity case (photo).



My name card



O-arm with me



Intraoperative neuromonitoring

Sightseeing at weekend (Museums, Deer park, visit Copenhagen and Odense)

In Aarhus, there are many sightseeing places. Of those, I could enjoy to visit two museums. One is ARoS museum in downtown. The other is Moesgaard museum. Also I could see a lot of deer in the park.

During stay in Aarhus, Dr. Ebbe Stender Hansen took me and Dr. Amer to Copenhagen to listen to his daughter's concert. Although it was one day trip, it was good chance to visit capital city of Denmark (photo).

Furthermore I visited Odense city around two hours by train from Aarhus. This town is famous as the born town of Hans Christian Andersen. Hans Christian Andersen was a Danish author and famous in the world. In this town I could visit several places that are related to Hans Christian Andersen.

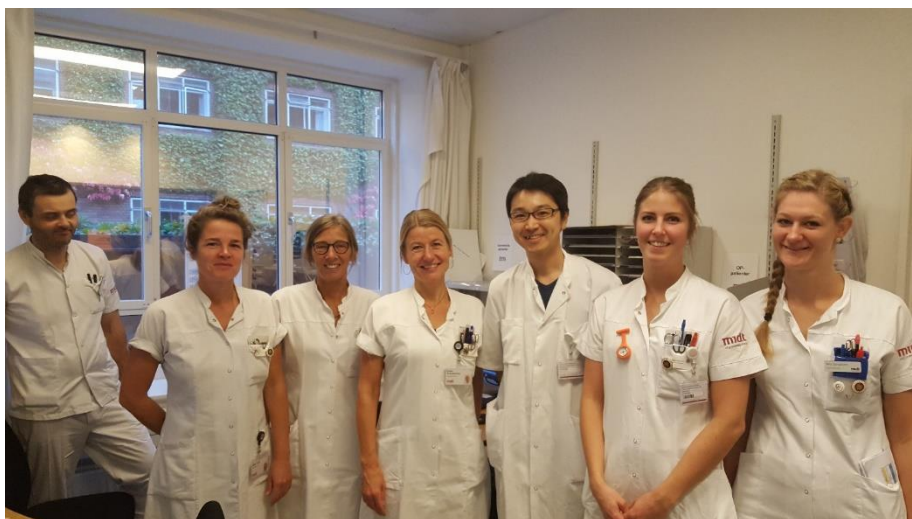


On our way to Copenhagen with Dr. Ebbe, his wife, Dr. Amer and me at car ferry

Finally,

I must thank Professor Cody Bunger for his excellent hospitality and teaching. Special gratitude to Dr. Kestutis for arranging my daily routine, surgeries.

I would like to thanks APSS members for giving me the chance and helping me throughout the fellowship program. I have to say special thanks to Jenny Wong, who is Secretariat of APSS, Lone Sand Simonsen ,who is secretary of Aarhus University, and Katia Gnych, who is Association Assistant at SICOT, for managing the all trip plan and they are always keeping in touch throughout the fellowship.



Picture with nurses



Picture with Dr. Thomas Bender



Picture with Spine team (from left: Dr. Kristian Hoy, Dr. Peter Helmig, me, Professor Cody Bungler, Dr. Li HaiSheng, Dr. Kestutis Valancius, Dr. Anne Kirstine).

Date	Surgery cases	Role	Surgeon
11-Sep-17	Cervical canal stenosis, posterior fusion	Assistant	Kestutis Valancias
12-Sep-17	EOS and Idiopathic Scoliosis, posterior fusion	Assistant	Li HaiSheng
14-Sep-17	Neuromuscular scoliosis, posterior fusion	Assistant	Kristian Hoy, Kestutis Valancias
15-Sep-17	lumbar stenosis, TLIF	Assistant	Kestutis Valancias
18-Sep-17	Adult Scoliosis, Parkinson, posterior fusion	Assistant	Ebbe Stender Hansen
19-Sep-17	lumbar stenosis, decompression, PLF	Assistant	Prof. Cody Bunger
20-Sep-17	lumbar stenosis, decompression	Assistant	Ebbe Stender Hansen
20-Sep-17	lumbar stenosis, decompression	Assistant	Thomas Bender
21-Sep-17	Lumbar Spondylolytic Spondylolisthesis, PLF	Assistant	Kestutis Valancias
21-Sep-17	lumbar stenosis, decompression	Assistant	Kestutis Valancias
22-Sep-17	lumbar stenosis, decompression	Assistant	Thomas Bender
25-Sep-17	posttrauma, cervical spondylolisthesis, posterior fusion with instrumentation	observe	Kristian Hoy
25-Sep-17	Adjacent Segment Degeneration, lumbar, PLF with instrumentation	Assistant	Kristian Hoy
26-Sep-17	Lumbar canal stenosis, degenerative scoliosis, decompression and PLF with instrumentation	Assistant	Kestutis Valancias
27-Sep-17	Scoliosis, posterior fusion	Assistant	Ebbe Stender Hansen
28-Sep-17	EOS final fusion, PSO and PLF	Assistant	Prof. Cody Bunger, Li HaiSheng
29-Sep-17	Lumbar canal stenosis, decompression PLF	Assistant	Kristian Hoy
29-Sep-17	Lumbar canal stenosis, decompression PLF	Assistant	Thomas Bender

Table 2: Surgery log