

SENIOR ASEAN TRAVELLING FELLOWSHIP
17 July - 4 August 2011

FELLOWSHIP PLAN

1. Each participating **Orthopaedic Association** –Indonesia, Malaysia, Philippines, Thailand, Singapore and Vietnam - is represented by the President of the society or a senior orthopedic surgeon.
2. The Travelling Fellowship programme lasts for two weeks. Recently, it has been common for participating countries to nominate two senior surgeons to represent their respective associations, each for a period of one week.
3. For 2011, Associate Professor Naresh Kumar represented Singapore for the first leg (17th July 2011 to the 25th July 2011) and Associate Professor Joseph Thambiah (President, SOA) for the second (26th July to 4th August).
4. The AOA travelling fellows were as follows:
 - Malaysia (MOA) Prof Mohd Hassan Shukur & Dr Ewe Tiong Wan
 - Indonesia (IOA) Dr Wibisono & Dr Ketut Martiana
 - Thailand (RCOST) A/Prof Sakda Chaikitpinyo
 - Vietnam (VOA) Dr Hoang Ngoc Son
 - Philippines (POA) Dr Ernesto F Reyes Jr.
 - Singapore (SOA) A/Prof Naresh Kumar & A/Prof Joseph Thambiah

17th July 2011: The programme kicked off in Singapore, where the traveling fellows from Indonesia, Malaysia, the Philippines, Thailand and Vietnam landed on the afternoon of 17th July 2011. After a welcome dinner at Sami's Curry Restaurant located at Dempsey Road by the President and some SOA members, the fellows then went on to enjoy some Malaysian durians at a nearby stall.

18th July 2011: The travelling fellows visited the **National University Hospital (NUH)** wherein they gave two talks - Prof Hassan Shukur on *The Management of Diabetic Feet* and A/Prof Sakda Chaikitpinyoon on *The Early Experiences of the Use of Stem Cells in Orthopaedics*. This was then followed by a tour of NUH. After the tour, we all had a delectable Peranakan-themed lunch at Biopolis, and then proceeded with the evening programme which included a ride on the Singapore Flyer and a seafood dinner with the senior members of the SOA.

19th July 2011: The fellows paid a visit to the **Singapore General Hospital (SGH)** and **Tan Tock Seng Hospital (TTSH)** where Dr. Ernesto F Reyes Jr. gave a presentation on *Disaster Planning in a Hospital in the Philippines* and Dr. Wibisono gave a talk on *The Management of Pelvic Fractures in Jakarta*. Following which, the travelling fellows attended a hospital tour of TTSH, and then had dinner with the SOA members and ended in an early night, in preparation for the early departure for Malaysia the next day.

20th July 2011: The fellows travelled to Malaysia where they stayed at the Shangri-La in Putrajaya and had lunch on a boat in a man-made lake. It was another early night, for the next day called for an early departure to Kota Bharu the next morning.



Dinner at Shangri-la, Putrajaya and

21st July 2011: We took a Malaysian Airlines flight to Kota Bharu and reached the post-graduate center at about 9am. We conducted three presentations: *The Management of Pelvic Fractures in Jakarta* as presented by Dr Wibisono, *The Early Experiences of the Use of Stem Cells in Orthopaedics* by A/Prof Sakda Chaikitpinyo and *The Role of Interspinous Spacers in the Management of Lumbar Canal Stenosis* and *The Management of Metastatic Spinal Disorders (MSD) with Special Reference to Minimal Invasive Surgery in MSD* by A/Prof Naresh Kumar. The presentations were well received by the 50 post-graduate trainees who attended the lecture. We then had a tour of the hospital and visited the Bone Bank. After lunch at a local restaurant in Kota Bharu, we took a flight back to Kuala Lumpur. In the evening, we enjoyed a seafood dinner along the lakeside in Putrajaya.

22nd July 2011: We spent the day in Kuala Lumpur visiting the two leading university hospitals—the National University of Malaya (NUM) and the University of Kebangsaan Malaysia (UKM). We joined the morning rounds and presentation session in National University of Malaya's Department of Orthopaedics, and took part in teaching the local residents as well as giving two presentations ourselves—*Disaster Planning in a Hospital in the Philippines* by Dr Ernesto F Reyes Jr. and *The Role of Interspinous Spacers in the Management of Lumbar Canal Stenosis* by A/Prof Naresh Kumar. Both lectures were well received and we enjoyed an interactive session with the faculty over coffee. After lunch, we went to UKM, where we gave another round of presentations to the residents. A/Prof Sakda Chaikitpinyo gave a lecture on *the Early Experiences of the Use of Stem Cells in Orthopaedics* and A/Prof Naresh Kumar gave a presentation on *The Management of Metastatic Spinal Disorders (MSD) with Special Reference to Minimal Invasive Surgery in MSD*. Both talks were well received by the residents who felt that the presentations were very insightful and helpful. After dinner, we all retired early.

23rd July 2011: We were scheduled for a flight to Jakarta but unfortunately lost some time en route to the Kuala Lumpur airport due to traffic. To make matters worse, the queue at the immigration counter was extremely long, delaying us even further. Thankfully, the airline itself had delayed takeoff; the last two fellows entered the aircraft mere seconds before the boarding gates closed. Upon touching down in Jakarta, we visited Salem Hospital, the workplace of Dr Wibisono. We enjoyed a welcome lunch, during which A/Prof Naresh Kumar conducted a teaching session on *The Management of Metastatic Spinal Disorders (MSD) with Special Reference to Minimal Invasive Surgery in MSD*. It was sad to learn that one of the doyens of spinal surgery in Indonesia, Dr Subroto Spardhan had passed on at about 3.30 am on morning of the 23rd July 2011 while attending to patients in his clinic. It was a blow that we could not meet him in Cipto Hospital where we were due to go on Monday.



Lunchtime talk at Salem Hospital

24th July 2011: We spent the day sightseeing in Jakarta.



Museum at Jakarta

25th July 2011: We went to Cipto Hospital where we addressed the resident teaching session in the morning, in which A/Prof Naresh Kumar conducted a presentation on *The Management of Metastatic Spinal Disorders (MSD) with Special Reference to Minimal Invasive Surgery in MSD* and Prof Hassan Shukur gave a lecture on *The Management of Diabetic Foot*, while Dr Ernesto F Reyes Jr. presented on *Disaster Planning in a Hospital in Philippines*. We then enjoyed a typical Indonesian lunch at a famous local restaurant.

26th July 2011: A new week began as the fellows started in Bangkok. During this leg, the IOA Fellow was Dr Ketut Martiana, the MOA Fellow was Dr Ewe Tiong Wan and the SOA Fellow was A/Prof Joseph Thambiah. As the arrival was in the later part of the day, the group was well rested. Dinner was in the Golden Tulip Sovereign Hotel with a group of senior members of the Thai Orthopaedic community.

27th July 2011: The group was brought to the Department of Orthopaedics, Phramongkutkiao Hospital. There, we participated in resident teaching and made several presentations, all of which were well received, and were happily subjected to much questioning regarding our presentations. Lunch was hosted by the Department of Orthopaedics, and dinner was at an interesting Thai-Chinese restaurant.

28th July 2011: All the Fellows were treated to a tour of the ancient capital of Ayyuthaya that took up most of the day. Lunch was served on a royal barge on the Chao Praya River. We were then brought to a mall in the evening and had dinner in the same location. Much shopping was done and many wallets lightened.

29th July 2011: We departed for Hanoi, and checked into the Hanoi Hilton. Dinner that night was an event hosted by the President and Secretary-General of the Vietnam Orthopaedic Association.

30th July 2011: The Fellows visited the Department of Orthopaedics at Vietduc Hospital, and were then treated to a very interesting tour of this bustling hospital. We were very impressed by the staff at the hospital, who were able to cope with the everyday chaos that exists in hospitals everywhere with so few resources. Lunch was hosted by the Department at a Bun Nem Restaurant featuring traditional Vietnamese food. We then returned to the hotel to rest before being treated to a traditional Vietnamese dinner.

31st July 2011: This day was meant to be spent on tour in Halong Bay. Unfortunately due to bad weather, it was cancelled. Thus, we instead spent the day touring 2 museums before having a sumptuous dinner at a restaurant owned by the family of our VOA Fellow, Dr. Hoang.

1st August 2011: Late the following morning, we caught a flight to Manila and checked into the Holiday Inn Galleria. Having bravely fought the Manila traffic, we had dinner at Brazil-Brazil, at Metrowalk in Pasig City, which was attended by Prof. Lewy Passion, Past-president of the AOA, Dr. Albert Dy, President of the POA and other senior members of the Orthopaedic fraternity.

2nd August 2011: The group paid a visit to the Philippine Orthopedic Center which is a 700 bed public Orthopaedic Hospital. We were treated to a tour of the hospital and had an opportunity to view its operating theaters. We were then hoping to go and visit the Santo Tomas University Hospital, but unfortunately a slew of pouring rain prevented us from doing so.

3rd August 2011: Some members of the group departed for home today and the rest of the group went on to visit the Philippine General Hospital. They were then brought to the expansive Mall of Asia for shopping and dinner and departed the next morning for home.

A/Prof Joseph Thambiah & A/Prof Naresh Kumar
Singapore Orthopaedic Association