

Report for APPOS-POSNA Traveling Fellowship 2016



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BC Children's Hospital – Vancouver, British Columbia, Canada

Our first stop was at BC Children's Hospital in Vancouver. Dr Kishore Mulpuri brought us to participate in the department's Xray Rounds on Monday morning and discussed the cases that had been operated on in the past week. A wide range of cases, from supracondylar fractures, to malunited forearm fractures, to congenital scoliosis cases were discussed. Differences in approaches and surgical management were discussed. This was followed by presentations from each of us in our area of interest. Dr Kao presented his work on posterior interfocal pins as an aid for reduction and improvement of sagittal alignment in Gartland III supracondylar fractures. Dr Boyle presented his findings on the post-operative rehabilitation of adolescent patients with ACL reconstruction and their suitability for return to sports. Dr Kuong presented her experience with the outcome of patients with Dega acetabuloplasty and their post-operative Xray findings.



In the afternoon, Dr Richard Beauchamp, Dr Lise Leveille, and Mr Alec Black hosted the Gait Lab Rounds. Three neuromuscular patients were presented and their Gait Analysis findings were discussed in detail to come up with an appropriate surgical management for each patient. A wide range of topics including different types of foot models and common pitfalls in gait analysis were discussed. It was very interesting to find that Gait Lab Rounds are run in a similar fashion on the other side of the world! Finally, we had a tour of the department of paediatric orthopaedic

surgery and met their supporting research staff. We finished off the evening with a pleasant dinner at Seasons in the Park where we could chat informally with their staff and had the honour of meeting Dr Shafique Pirani and Dr Stephen Tredwell.



In view of the unseasonably warm weather, Dr Lise Leveille drove us out to Squamish on Tuesday morning. Taking the Sea to Sky Gondola, we walked around the mountain trails and had a long lunch in the sun, enjoying Vancouver's local beers. Taking the scenic route back into town, we got panoramic views of Vancouver and Victoria. Dr Tony Cooper brought us to a delicious sushi dinner where we chatted away our last night in town over cool Japanese Sake.

Mayo Clinic – Rochester, Minnesota, USA

The blustery winds of Rochester Minnesota were offset by Dr Noelle Larson's warm welcome as she put us up in her father's home. She brought us to Trauma Rounds on Thursday morning where we discussed trauma cases admitted in the past week and their subsequent management. It was interesting to see that the problems encountered at the Mayo Clinic were the same as the ones encountered in the last stop in Vancouver, and also in our practice in Asia. Dr Larson was kind enough to allow us to sit in on her clinic that morning. We could see the clinic set-up and workflow in America and compared them to the practice in Asia. It certainly gave us plenty of food for thought. In the afternoon, research was presented from us three Traveling Fellows and also from the Mayo Clinic staff regarding present research projects. Apart from the previous talks, Dr Boyle also presented a



study regarding the clinical features of Acute Rheumatic Fever which is common in the Polynesian population in New Zealand and the caveat of differentiating it from septic arthritis. Dr Kuong also presented the current practice of performing Modified Dun's Osteotomy in treating stable slipped capital femoral epiphysis in Hong Kong. That evening we were given a warm reception at the Larson home where we mingled with the Mayo Clinic staff over dinner.



The following morning, we attended the Post-op Conference. A misdiagnosed fracture from the ER and its subsequent repercussions filled the bulk of our conversation that morning. One could see from that case, the differences in medical systems and their direct consequences on patient care. This was followed by a tour of the Mayo Clinic with Dr Tony Stans. We were staggered by the world-class facilities of their gait lab, 3D printing service, and research facilities. We also received a most enlightening history lesson from the Mayo Clinic History Center regarding the intriguing story of the hospital's inception and the remarkable vision of the Mayo brothers. We spent that afternoon canoeing down the Root River and learning about Minnesota wildlife with Dr Todd Milbrandt and Dr Noelle Larson. The evening came to a close over tasting flights of white and red wine at a local winery. We parted ways the next morning after breakfast with Dr Noelle Larson and headed to Pittsburgh.

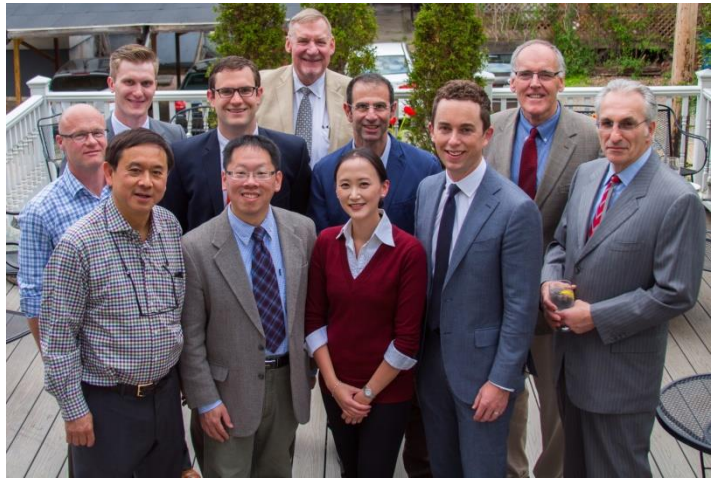
Children's Hospital of Pittsburgh – Pittsburgh, Pennsylvania, USA



We were met by Dr Patrick Bosch when we landed in Pittsburgh on Saturday afternoon. With a few hours to spare, we took in the scene at a local pub where we watched the Pittsburgh Penguins storm their way into the Stanley Cup play-offs, before heading out to dinner at a restaurant overlooking the city of Pittsburgh. Since our arrival was on a weekend, we were met with the non-academic side of our itinerary first. Dr Freddie Fu, the department's chairman, brought us on a whirlwind tour of the Pittsburgh and the UPMC Sports Medicine South Side complex on Sunday morning. His research team were on hand to explain to us the various research projects taking place at UPMC. Dr Bosch then took us to see the

sights of Pittsburgh by bike, relaxing to the tastes of Wigle whiskey in the afternoon. That evening we were guests at Dr Mendelson's house for a casual dinner with the department staff.

We were put to work on Monday morning with a pre-op meeting and interesting cases presented by their residents. Especially for us from the Asia-Pacific region, a rare case of bilateral iliotibial band fibrosis after intramuscular gluteal injections causing bilateral hip abduction contractures in a Chinese female was presented. This was followed by Dr James Roach presenting to us his work on the family history of DDH patients in Utah and Dr Jan Grudziak presenting to us his thoughts on physeal-sparing ACL reconstruction in paediatric patients. We followed Dr Bosch to his surgery where he showed us two patients receiving surgery for healed slipped capital femoral epiphysis. Again, similarities and differences could be seen in approaches to the same disease from another part of the world. More case discussions and research presentations followed in the afternoon with heated discussions over the preferred method of management of difficult hip cases. Our evening came to a close over an elegant dinner at the Inn at Negley with the department staff.



POSNA Annual Meeting – Indianapolis, Indiana, USA



We were finally let loose in Indianapolis to attend the Annual Meeting of POSNA. The meeting began with a fantastic Pre-Course that covered much of the basics and latest concepts in deformity correction. The following days were filled with fascinating new research questions and answers. The best part was going up to speakers after their talks and further discussing with them their ideas. While it was wonderful to meet new people at the meeting, it was always nice to run into the familiar faces of our hosts in the past 2 weeks. By the end of the meeting, we were left with a wealth of research ideas for the coming year and new solutions to guide our clinical practice.

The Traveling Fellowship was a chance of a lifetime and we were greeted with such generosity at every turn. Our hosts were always so generous with their time and sharing of knowledge at each stop. Let's hope we can contribute to a long and fruitful relationship between APPOS and POSNA.

