



NEWSLETTER

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HKSSH Annual Congress 2019

Carpus Discovery



Our annual major event was held on 30-31 March 2019. There were around 150 local and international participants. Response of the satellite programmes, including the annual therapist and nursing symposia, cadaveric dissection workshop, CUHK Education week, were good. In depth discussion on latest concepts and management of various carpal pathologies were delivered by the panel of international and local experts.

This year, apart from the Chinese and Asian-Pacific Scholars, the JSSH and KSSH exchange ambassadors, the first Russian Hand Surgery Society (RHSS) exchange ambassador also attended our Congress. Next year, we are invited to send two ambassadors to attend RHSS biennial meeting to be held on 18-20 June 2020 in Samara. Please stay tuned for the application procedure later this year.

In the coming few years, we have invited various Hand Societies to attend our Annual Congress as sister societies, including:

- American Association of Hand Surgery (AAHS, 2020)
- Taiwan Society for Surgery of the Hand (TSSH, 2021)
- 2022: German Society for Hand Surgery (DGH, 2022)

In return, we will also send delegations to their annual meeting in the respective years. We believe that this new trend of exchange programmes can better facilitate academic exchange and maintain friendships with the hand surgeons in the world.

Masterclass in HA Convention 2019

Hand Injury: From Fracture to Replantation



The Hospital Authority invited the HKSSH to update the audience and general public on the various aspects of treatment of hand injuries in this year's HA Convention. Six lectures were delivered by our members during the Masterclass on 15 May 2019. The talk on replantation by Dr PT Chan attracted attention of the mass media, with follow-up article on the subject published on newspaper the week after.

IFSSH & IFSHT Triennial Congress

Building Bridges - Together Hand in Hand

More than 20 of our members attended the triennial event from 17 to 21 June 2019 in Berlin. Many of us presented our studies during the meeting. The next Triennial Congress will be held from 27 June to 1 July 2022 in London.



JSSH Ambassador Report

Dr Michael Mak

Department of O&T

Prince of Wales Hospital



As part of the HKSSH-JSSH Ambassadorship programme, I had the privilege and invaluable opportunity to visit Japan and attend their annual JSSH Meeting. This occurred shortly after Dr Yuki Fujihara, the ambassador from Japan in this programme whom I exchanged with, visited us and our HKSSH meeting in March with a weeklong stay in our hospital. Thus, it was a memorable occasion to meet him again in his home country.

Before the JSSH meeting, I visited Prof. Toshiyasu Nakamura (中村俊康) at the Sanno Hospital (山王病院) in Tokyo. He contributed greatly to our understanding of the functional anatomy of the TFCC and DRUJ, and I was privileged to observe his arthroscopic technique and TFCC repair up close. All his patients were assessed thoroughly before operation with detailed examination, MRI, and wrist arthrograms. The traction set up for wrist arthroscopy was customised and consisted mainly of a simple stand, sandbag and straps

that could be easily pieced together. This was an elegant demonstration that simple equipment can work equally well as fancy and expensive equipment even in a high-volume and dedicated. Surgery began with assessment of DRUJ stability after anaesthesia. After a quick assessment of the radiocarpal joint, DRUJ arthroscopy was performed which took less than 2 minutes from portal set up to assessment, in a few clean strokes. Observing the master at work, this procedure looked deceptively easy although the DRUJ is notorious for being one of the most difficult joints to 'scope'. A clear demonstration of the application of decision process based on arthroscopic findings followed, as Prof. Nakamura explained how he would assess the condition of foveal fibres and what he would do in each situation, which ranged from arthroscopic to open repair to foveal reconstruction. In the patient with open repair, a surgical approach through the sheath of the ECU followed by the DRUJ capsule was demonstrated. Good exposure of the fovea by using a special curved ulnar head elevator in pronation, thorough debridement of the fovea area, and strong sutures with multiple purchases in the TFCC were key to good outcome.



The elegant Sanno Hospital in Tokyo with a Bosendorfer concert grand piano in the foyer.

The use of wrist arthrogram with fluoroscopy helped in establishing diagnosis and was routinely used for all cases. During the session on the second day of visit, Prof Nakamura explained the findings of the series of arthrograms after performing them himself. Interpretation by the operator him/herself is important as the observation of the flow of contrast, such as the area involved and ease or resistance of flow, give important clues for diagnosis.

The JSSH meeting was held from April 18 to 19, at the Convention Centre in Sapporo, a 1.5-hour flight from Tokyo. It was chaired by Prof. Norimasa Iwasaki (岩崎憲政) of Hokkaido University, with the main theme of the congress being "Be Ambitious, Be Innovative", which is in keeping with the founding philosophy of Hokkaido University. The 2-day congress activities were organised into 10 concomitant sessions, poster display and industry exhibitions and include 6 symposia and 6 invited lectures. Throughout the congress, there was mainly 1 session conducted in English. On first impression the scale and number of participants seem to be similar to that of the ASSH. This year invited guest speakers included Drs. Scott Wolfe, Edmund Chao, Christophe Oberlin, and Jeffrey Yao. A plenary lecture by Prof. Wolfe summarised the current body of knowledge on carpal instability and future directions through his team's and others' research. An especially unique and inspiring session was Prof. Edmund Chao's talk about his journey in biomechanics, on how his degree in agricultural engineering sparked an interest in



human biomechanics and led to the setting up of the Mayo biomechanics laboratory and laid the groundwork for modern wrist and hand biomechanics research. After his lecture, a brief discussion with him on our current research and potential biomechanics projects in PWH was particularly enlightening. He was proud of his role as a teacher and guide for many orthopaedic surgeons, and advised that biomechanics research should be carried on by current and future hand surgeons as there is still much to be learned about the upper limb.

A particularly interesting session was an annual symposium on musician's upper limb disorders which was organised by Dr Naotaka Sakai (酒井直隆), which attracted a sizeable audience, although it was conducted in Japanese. During the travelling fellows' session, I had the opportunity to present our team's review and biomechanics study on arthroscopic midcarpal fusion in degenerative wrist arthritis.

Looking back, this ambassadorship was a great chance to acquire new knowledge, make new friends and catch up with old ones, and should be on the must-do list of any aspiring hand surgeon in Hong Kong.



Professors Tamai (centre) and Omokawa (right), Nara Medical University.

TSSH Ambassador Report

Dr Esther Chow

Department of O&T

United Christian Hospital

This year was the first year the HKSSH-TSSH ambassador program launched. It was my honor to be selected as the Hong Kong representative.



The TSSH meeting was held in E-da Hospital, Kaohsiung, from 11th to 12th May, 2019. I last visited E-da Hospital in 2013 where I had the opportunity to learn from Prof. YK Tu. It was a great pleasure to re-visit this place and to visit the new buildings of the hospital.

The meeting constituted of 2 full-day seminars. The invited speakers involved world-renowned professors, e.g. Prof. GH Baek from Korea, Prof. Hiroyuki Kato and Prof. Satoshi Toh from Japan. There were also speakers from all over the world.

One of the most inspiring lectures was given by Professor Banchong Mahaisavariya from Thailand. The topic of his lecture was "Where good idea for research comes from?" He summarized all his research projects over the past years. He conveyed the message that it is important to remain curious in order to come up with new research ideas. Moreover, perseverance is the key element to carry out successful research.

Professor GH Baek, one of my most respected mentors, had delivered his lecture "How to improve the surgical outcomes of radial polydactyly". This was one of the most useful lectures where I had learnt the techniques to refine the surgery of radial polydactyly. I also got the opportunity to chat with Prof. Baek about his tips and pearls on the management of other congenital hand problems.

The local free-paper session was also very inspiring with many novel ideas. For example, there was a paper on "percutaneous capsulotomy for finger mucous cysts". This was a novel technique to tackle a very common pathology.

It was an international meeting and there were total 7 international ambassadors who attended the meeting. These include 2 ambassadors from Japan, 2 ambassadors from Korea, one from Singapore, one from Malaysian and one from Hong Kong.



The HKSSH-TSSH ambassador program had provided a great platform for me to enhance my knowledge in hand surgery, to exchange my ideas and most importantly, to build up friendships with experts from all over the world. I would strongly recommend young surgeons to join this program.



Saturday Inter-Hospital meeting

HKSSH will be the host of the meeting in September 2019. Please refer to our website later for details.

Date: 7 September 2019

Time: 0830 - 1000

Venue: Hall, 8/F, Block G, PMH

Car park reservation: ywy559@ha.org.hk

2019 Hong Kong International Wrist Arthroscopy Workshop & Seminar

Annual event co-organised by the Department of O&T CUHK, HKSSH & PWH, supported by APWA & EWAS.

2019

Hong Kong International Wrist Arthroscopy Workshop and Seminar

2019 年度香港国际腕关节镜工作坊及研讨会



Date: 7-9 December 2019

Venue: Prince of Wales Hospital

Details: www.olc-cuhk.org/e/wrist_2019.html

AAHS Annual Meeting 2020

We are pleased to announce that the HKSSH has been selected as one of the guest societies in the coming annual meeting of the American Association of Hand Surgery, which will be held in Florida in January 2020. Being a guest society, we are offered some privileges and discounted registration rate.



Date: 8-11 January 2020

Venue: Marriott Harbour Beach, Fort Lauderdale, Florida, USA

Details: meeting.handsurgery.org

The deadline for abstract submission is **14 July 2019**. Young surgeons are encouraged to attend the meeting to broaden their knowledge in hand surgery. Surgeons under the age of 35 years or those who obtained fellowship in or after 2014 (less than 5 years) can be offered the discounted registration rate at USD150.

The HKSSH also offers an AAHS meeting scholarship. Please refer to our website for details.

12th APFSSH / 8th APFSHT Meeting Hand Surgery & the Digital Revolution

The Triennial event will be held in Melbourne, Australia next year. Early bird registration is now open.



**11-14 March 2020 | Melbourne Australia
Hand Surgery and the Digital Revolution**

Date: 11-14 March 2020

Venue: Melbourne Convention & Exhibition Centre, Melbourne, Australia

Details: apfssh2020.org

Call for abstracts close: 11 August 2019

Early bird registrations close: 11 November 2019

Late registration fees apply: from 11 February 2020

HKSSH Annual Congress 2020

To avoid clash with the APFSSH / APFSHT meeting, the 33rd HKSSH Annual Congress will be held on 16-17 May 2020 rather than in March as in previous years. The organising committee, under the leadership of co-chairpersons Dr Margaret Fok (QMH) and Dr KK Tam (PYNEH), has been formed. Please refer to our website later for further update.



Dr Lam Cho Yee Memorial Scholarship

The scholarship aims at providing a one-off financial support to local young hand surgeons who intend to have overseas visit outside Hong Kong in the interest of academic activities pertained to hand Surgery or microsurgery applicable to orthopaedic practice.

Amount: HKD10,000 (for sponsorship of one return economy class air ticket, hotel accommodation fee and registration fee of overseas hand conference)

Number of scholarship: 1

Qualification: HKSSH Life Members / paid-up Full Members, preferably <40 years of age, in active practice of hand surgery and/or microsurgery as applicable to orthopaedic practice.

Application procedure: The applicant shall send an e-mail to the Secretary of the Society before the deadline together with a proposed plan of overseas visit, a brief curriculum vitae and a copy of recent personal photo.

Deadline: 20 August 2019

Details: www.hkssh.org/index/scholarship

AAHS 2020 Meeting Scholarship

The scholarship aims at providing financial support to local young hand surgeons who intend to attend the AAHS 2020 Annual Meeting in Fort Lauderdale, Florida.

Amount: HKD10,000 (for sponsorship of one return economy class air ticket, hotel accommodation fee and registration fee of the AAHS 2020 Annual Meeting)

Number of scholarship: 1

Qualification: HKSSH Life Members / paid-up Full Members, preferably <40 years of age, in active practice of hand surgery and/or microsurgery as applicable to orthopaedic practice.

Application procedure: The applicant shall send an e-mail to the Secretary of the Society before the deadline together with a brief curriculum vitae and a copy of recent personal photo.

Deadline: 20 August 2019

Details: www.hkssh.org/index/scholarship

Prepared by
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Honorary Secretary HKSSH 2018-2020