

Report of 13th ASEAN Senior Travelling Fellowship 1999

Dato Dr Muhammad Borhan Tan

*Institute of Orthopaedics and Traumatology
Hospital Kuala Lumpur, Malaysia*

This report is the summary of the scientific and social events that the five senior travelling fellows participated in during the two weeks.

Duration: 18th July 1999 to 1st August 1999

The members from the five ASEAN countries were:

Dato Dr Muhammad Borhan Tan, *Malaysia*

Dr V P Kumar, *Singapore*

Dr H M Ahmad Djojosugito, *Indonesia*

Dr Teresita Altre, *Philippines*

Dr Yongyuth Vacharadul, *Thailand*

These five doctors are senior surgeons in their respective associations.

1. Dr Yongyuth Vacharadul
Director of Bangkok Biomaterial Centre
and Clinical Professor of Orthopaedic Surgery
Siriraj Hospital, Mahidol University, Bangkok
2. Dr (Miss) Teresita Altre
Professor in the Department of Surgery and
Chief in the Section of Orthopaedic Surgery
University of Sto Tomas, Manila
Head of the Paediatric Orthopaedic Section in
Philippine Orthopaedic Centre, Quezon City
3. Dr Ahmad Djojosugito
Director of Cipto Manunkusumo Hospital
Teaching Hospital in Jakarta
University of Indonesia
4. Dr V P Kumar
Associate Professor and Consultant in
Orthopaedic Surgery and Department of
Hand and Reconstructive Microsurgery
National University Hospital, Singapore
President of Singapore Orthopaedic Association
5. Dato Dr Muhammad Borhan Tan
Head of Institute of Orthopaedic Surgery and
Traumatology, Hospital Kuala Lumpur,
President of Malaysian Orthopaedic Association
Malaysia

During this travelling program, the host countries in sequential order were :

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|--------------|-------------------------------------|
| 1st country: | Singapore
18-07-99 to 21-07-99 |
| 2nd country: | Malaysia
21-07-99 to 24-07-99 |
| 3rd country: | Thailand
24-07-99 to 27-07-99 |
| 4th country: | Philippines
27-07-99 to 30-07-99 |
| 5th country: | Indonesia
30-07-99 to 01-08-99 |

Though we wished to have more time in each country, due to leave and time constraints we had to make the best use of the three days allocated. Despite the short duration in each country, we were able to learn and exchange ideas with our fellow colleagues in terms of our orthopaedic practice, service, teaching and training program. We also observed the similarities and differences in our differential cultural background and the languages spoken. However, English was accepted to be the common language used by our travelling fellows in our presentations, discussions and communications.

The following will be the narration and comments of our experiences in the different countries.

Singapore (18th - 21st July 1999)

The four of us excluding Dr V P Kumar arrived in Singapore and stayed at the Orchard Hotel in Orchard Road. We were warmly received by the secretary-general of the Asean Orthopaedic Association, Dr Ong Leong Boon who brought us to the Singapore Island Country Club for dinner that evening. There we met all the senior members of the AOA, including the President, Prof Lee Eng Hin and we were also briefed about our program for the next 2 days.

Within the two days, we visited five hospitals, Singapore General Hospital with 1600 beds being the biggest, Kandang Kerbau Women's and Children's Hospital, Tan Tock Seng Hospital, Changi General Hospital and National University Hospital. These hospitals were very patient focussed and patient friendly with up-to-date technology, such as the AGV, automated guided vehicle to run the services with minimum manpower.

The Travelling Fellows presented their papers and had discussions on the clinical cases presented by the local doctors. The night before we left Singapore, a dinner was hosted by the AOA President Prof Lee Eng Hin at the Tanglin Club, a very exclusive club founded by the British back in 1865.

Malaysia (21st to 24th July 1999)

We took off from Changi Airport and arrived at Kuala Lumpur International Airport at 6.30 pm and were warmly received by the Malaysian orthopaedic surgeons who brought us to the Grand Seasons Hotel. We were then invited to a Malay style buffet dinner at Seri Melayu Restaurant in Conlay Street by the Malaysian Orthopaedic Association committee members.

The following day the Travelling Fellows were welcomed to the Institute of Orthopaedics and Traumatology, Hospital Kuala Lumpur. As the Head of the department of orthopaedics and also the President of MOA, I briefed them on the set up of the hospital and the department in Wisma Kayu. There were presentations of papers by the Travelling Fellows followed by ward rounds.

In the afternoon we visited the National University Hospital (HUKM) where Prof Mohd Razak organised a case presentation by the postgraduate trainees.

In the evening, the MOA incorporated the regular circle meeting together with presentation of papers by the Travelling Fellows. This also gave the opportunity for our MOA members to meet our guests. It was a very successful meeting with a good turn-out.

On the 3rd day the Travelling Fellows visited University Hospital where we were taken on a tour of the hospital by Prof Sengupta and Prof Tunku Sara.

While enjoying the various hospital visits, we also took time off to attend a cultural show at the Philharmonic Hall in the famous Petronas Twin Towers which is deemed to be the highest building in the world, the Central Market and the National Museum.

Thailand (24th to 27th July 1999)

From Kuala Lumpur we headed for Bangkok in the morning at 8.30 am. At the Bangkok International Airport we were well received by Prof Yongyuth's staff. Yongyuth insisted that we must visit his house first above everything else, so that we could plant a tree at his house to make the Asean spirit of comradeship before it was dark. We also witnessed his extensive antique collection. Before we were brought to Siam City Hotel, we had some briefing on bone allograft, the clinical cases and the other activities of Bangkok Biomaterial Centre. Prof Yongyuth apologised for not being able to be with us for the next 3 days as he had to attend a very important meeting in South Africa on behalf of his country. The next day was a Sunday and Mr Ton and his wife took us to visit the ancient capital of Thailand which is famous for its temples (Wat) and MongKhol Bophit, the ruins of the old Palace, Phra Mahathat.

Monday was a working day and we were at the Siriraj Hospital. The Thai President, Prof Prasit and the doctors showed us some very interesting cases like a double spine injury with paraplegia. Dr Ahmad presented his topic on the orthopaedic services and training in Indonesia, whereas I presented on 3 interesting cases of myositis ossificans progressiva which was compared with the 3 cases of similar diseases in Siriraj Hospital. Our Thai colleagues were very obliging and took us for shopping and a trip to Bangkok would not be complete without visiting the Night Life in Patpong. Like all good gals and guys we go out, go home and go to bed not Go out, go to bed then go home....

Philippines (27th to 30th July 1999)

The flight from Bangkok to Manila took us 2 hours and 40 minutes. We stayed at the Richmond Hotel within the busy part of the city. In the evening we had a welcome dinner with the POA Board at the Ramayan Restaurant, SM Megamall. The President of POA Dr Noel Carilo gave the welcome address.

The following day we visited the Philippine Orthopaedic Centre which was formerly the National Orthopaedic Hospital built in 1945. There we toured the hospital, the OPD clinic, wards, traction wards, OT, paediatric wards and clinic where Prof Teresita worked. Dr Andrew Boromeo and all of us had a discussion on the future of the training programme for the young specialists and the Asean doctors.

One of the research projects that caught our attention was the one done by Dr Robert Chan on bone culture using medium RPMI 1620 to induce bone growth.

The social event was interesting too. We visited Fort Santiago the Spanish fortress. We also witnessed how the Filipinos admired and loved their national hero, Jose Rizal an artistic and a very talented man who sacrificed his life for the country.

The night before we left Manila we had a great dinner with the junior and senior members of POA at Edso Plaza Hotel. You would not believe it after dinner we adjourned for disco in the same hotel! Sol and Rogi our friendly hosts were there too to keep us company.

Indonesia (30th July to 1st August 1999)

This was our last leg in this fellowship programme. Suddenly we realised that time flies and Dr Ahmad had promised to make this final stop something very special. We were all looking forward to it.

The flight from Manila to Jakarta was through Singapore. We arrived at the Jakarta International and stayed at the Sahid Jaya Hotel, Jakarta. It was quite late then and we requested not to have dinner so that we could retire early as we had to prepare for an early start to Bandung the next morning.

With the President of the Indonesian Orthopaedic Association, Dr Mulyono Soedirman and his trainees we travelled as a group in 3 vans to Hospital Dr Hassan Sadikin in Bandung. We met the Director and consultants of the hospital. After a brief introduction we went on to our core business that is the presentation of the clinical cases and papers by the Travelling Fellows. Because of the popularity of Prof Teresita many paediatric cases such as osteogenesis imperfecta, idiopathic avascular necrosis of the hips, Duchenne disease, pseudarthrosis of the tibia, mucopolysaccharidosis and achondroplasia were presented by the trainees. There was exchange of ideas after I presented on the postgraduate training of orthopaedics in Malaysia followed by some discussion from our Indonesian colleagues. Lunch was at the courtesy of Dr R Koestedjo, a very senior Professor in Surgery. It was during this lunch time that the President of IOA, Dr Mulyono presented a Big Gong to Dr Teresita for the AOA meeting in Manila this November.

Dinner was held at the Trinity (Peak Cafe) which is the summit of Bandung and we could see the whole city at night. Our accommodation was at the Hot Spring Hotel called Ciater Spa Resort where we could enjoy the hot spring

swimming pool at our leisure.

The final day came and suddenly we woke up with mixed feeling of both happy and sad while packing our bags. The journey from Bandung to Jakarta International Airport had many interesting memories to keep. We visited the special hideout place for medical rehabilitation centre which took the advantage of the natural hot spring which is used for healing all sorts of aches and pain. Dr Ahmad said that the trip to Indonesia would not be complete without visiting the active 'Tangkuban Parahu' volcano which is about 2200 meters above sea level.

To show our comradeship and the same experiences we shared, we illustrated this by taking a picture with the fists of the 5 Travelling Fellows. The 5 fists representing the 5 ASEAN countries participating in the travel. This ended our visit to Indonesia.

Conclusions

The two weeks may seem long but when it is spreaded out in 5 different countries, it is actually very short. This Fellowship offers the Travelling Fellows an insight of the educational background of each country and a better understanding of the cultural and social similarities and the differences. The benefits, friendship and memories achieved can never be measured by any means.

This is the last Senior Asean Travelling Fellowship for the millennium and it is unique because it is the first time the orthopaedic community had a lady travelling fellow and she has done very well. From the cooperation and support we received from each country, I on behalf of the other Travelling Fellows would like to encourage the continuity of this educational activity with the Asean spirit annually.

Thank You, Terima Kasih Kopkun/Kapchai.....Salamat

