

Report of the ASEAN-AOA Travelling Fellowship 2000

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The program was arranged by Dr Keith H Bridwell, MD, the Chairman of the International Travelling Fellowship Committee of the American Orthopaedic Association and Dr Ong Leong Boon, the Secretary-General of the ASEAN Orthopaedic Association. Five travelling fellows, one from each ASEAN country travelled together to visit 9 famous American orthopaedic centres with excellent clinical, research and teaching facilities. At the end of the fellowship, the fellows attended the 113th American Orthopaedic Association (AOA) Annual Meeting at Homestead, Virginia. The aim of the fellowship was to establish friendship among the orthopaedic surgeons from the 5 ASEAN countries and America. Dr Low Chee Kwang from Singapore, the leader of the team, coordinated the travel arrangements. The participants of the year 2000 ASEAN-AOA Travelling Fellowship (Fig 1) were:

1. Dr Low Chee Kwang, Singapore, Hand Surgeon
2. Dr Muljana Hasan, Indonesia, Hand Surgeon
3. Dr Banchong Mahaisavariya, Thailand, Trauma Surgeon
4. Dr Miles T Dela Rosa, Phillipines, Trauma Surgeon
5. Dr Harwant Singh, Malaysia, Spine Surgeon

The report was written by Dr Singh and edited by Dr. Low. It was presented at the ASEAN Orthopaedic Association meeting in Thailand by Dr Banchong

14 May to 17 May 2000:

Steven R. Garfin, M.D.

University of California at San Diego, California

The Chairman of UCSD is Dr Steven R Garfin, a famous spine surgeon. UCSD is strong in basic research that does a lot of work in muscle physiology, molecular biology, gene-therapy, motion analysis, biomechanic, rehabilitation and tissue healing. It also has very strong spine and paediatric services.

We arrived in San Diego on Sunday 14 May and were put up at the La Jolla Sea Lodge Hotel by the beach. The next morning we were hosted by Dr Lieber and taken to visit the Basic Science and Biomechanic Laboratories of Drs Amiel, Lieber, and Akeson at the main campus of UCSD. Drs Low and Singh presented their papers at the scientific session in the morning. This was followed by a

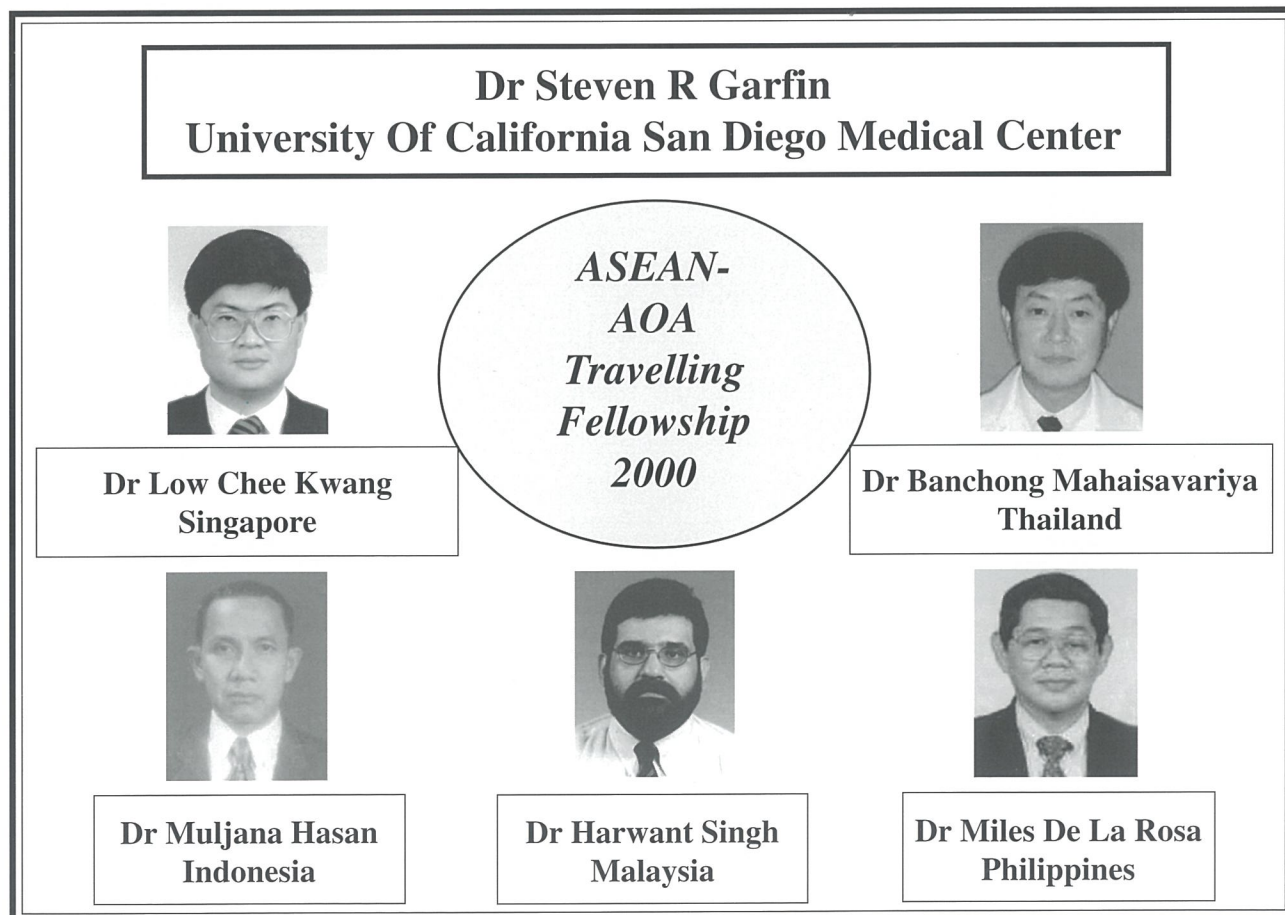


Fig. 1. This is a souvenir given to the Chairman of the centre. It has the photographs of the fellows.

lunch at the Faculty Club. The afternoon was spent visiting the tissue mechanic laboratories of Drs Sung and Sah. Dinner was hosted by the Faculty of UCSD in a posh restaurant in the Gaslight District of San Diego. The next day, we visited the laboratory of Dr Hargens which work on weightlessness for NASA. Subsequently, we visited the San Diego Children's Hospital, the Motion Analysis Laboratory of Dr Sutherland and the Biomechanic Laboratory of Dr Maher. We attended a spine conference on thoracoscopic spine procedures. Lunch was hosted at the Children's Hospital by Dr Dennis Wenger. Dinner was at the UCSD Faculty Club. Drs Banchong and Miles presented their papers. The next day we attended a morning conference and visited Dr William Tantz in a trauma centre of Mercy Hospital. In the afternoon we were taken to the airport for our flight to the next destination. We were to catch a connecting flight in Denver, Colorado; however due to bad weather and cancellation of flights, we had to spend the night of 17 May 2000 at the airport. We were only on our flight the next morning and arrived in San Antonio at noon.

18 May to 21 May 2000:

Charles A. Rockwood, Jr. M.D.

University of Texas Health Science Center at San Antonio, Texas

The Chairman of UTHSCSA is Dr Charles A Rockwood, a world renowned shoulder surgeon. The centre has a very strong shoulder, paediatric and hand services.

After our arrival we were taken to the Best Western Oak Hills, which is next to the Hospital. We had our lunch with Dr Charles Rockwood at Cha Cha's, a Tex-Mex restaurant in San Antonio. The afternoon was at the Shoulder Service conference. Dinner was a barbecue at the mansion of Dr Wirth, a shoulder surgeon. The next day was a scientific session at the UTHSCSA Auditorium, where Drs Muljana, Banchong and Miles presented papers. We met Dr Kaye Wilkins, a paediatric surgeon at the meeting. The weekend began with Saturday morning visiting the Alamo. We managed to get to see an Imax movie about the siege of the Alamo. Dinner was at a Mexican restaurant hosted by Dr Wirth, at the River Walk of San Antonio. The next day we made our way to the airport for our next destination.

21 May to 24 May 2000:

J. Andy Sullivan, M.D.

The University of Oklahoma Health Science Center, Oklahoma

The Chairman of UOHSC is Dr J Andy Sullivan, a paediatric surgeon. The centre has strong paediatric, sport medicine, trauma, foot and ankle services.

We arrived in the afternoon in Oklahoma City and were met by Dr Charles Pasque, a sport medicine surgeon. He immediately took us to see our first baseball game. We were put up at the Clarion Hotel. Dinner that night was at a famous Sports Bar in Oklahoma City, the home of great American sports. Our academic program began on Monday; when Dr Banchong presented at the morning conference. This was followed by operating room or Clinic

visits. We visited the National Cowboy Hall of Fame and Western Heritage Center in the afternoon. Dinner was hosted by Dr David Teague, a trauma surgeon, who took us to an American style oyster bar. The next day began with Dr Muljana presenting in the morning conference. This was followed by operating room (OR) and clinic visits. The afternoon was spent visiting the Norman Campus of Oklahoma University (OU) and the OU Athletic Facilities. We saw a typical College Sports Stadium for American Football and how competitive American University athletes trained. We visited the sports injuries clinic at the facility. The stadium has its own radiography machine. We managed to try on the American Football Uniforms of OU. Dinner was hosted by Dr Curtis Gruel, a spine surgeon, at a French restaurant. The next day began with a presentation by Dr Singh during the morning conference. Subsequently, there was operating room visit and an early return to the Hotel for checkout and travel to the next destination.

24 May to 27 May 2000:

Walter B. Greene, M.D.

University of Missouri at Columbia School of Medicine, Missouri.

The Chairman of UMCSM is Dr Walter B Greene, a paediatric surgeon. UMCSM has strong paediatric, sport medicine, trauma and sport medicine services. It also has a very good animal research laboratory.

We arrived at St Louis airport in the afternoon. We were transported by a stretch limousine to Columbia that was a 2-hour ride. We arrived in Columbia at about 7.00 pm. We were hosted at the homes of various faculty members. Drs Low, Banchong and Miles were staying at the home of Dr Walter Greene; Dr Muljana with Dr Keith Kenter, a sport medicine surgeon and Dr Singh was the house guest of Dr Robert Gaines, a famous spine surgeon. The next morning was spent in clinic and OR, with the afternoon spent in a scientific session. Drs Singh and Muljana presented. Dinner was with the faculty at the residence of Dr Walter Greene. The next day began with observation of clinical activities. There were presentations again in the afternoon, where Drs Miles and Banchong presented their papers. That evening's dinner was with the Faculty and Residents at Alexanders BBQ, a famous place in Missouri featuring typical American fare. The next morning we returned to St Louis with the stretch limousine, and stayed at the Ramada Inn at the Arch. The afternoon was spent on a Mississippi River Cruise, and visiting the Arch. After an early check out on Sunday, we left for the next destination.

28 May to 31 May 2000:

James R. Neff, M.D.

University of Nebraska Medical Center, Omaha, Nebraska.

The Chairman of UNMC is Dr James R Neff, a tumour surgeon. The centre has strong tumour, adult reconstruction, trauma and sport medicine services. It also has good basic research laboratories that do a lot of work in biomechanics and motion analysis.

We were picked up at the airport by Drs Garvin, and Mormino. We were put up at the Embassy Suites in the Old

Market of Omaha. That evening was on our own to explore the town. The next day was the Memorial Day holiday in USA. In the evening we had a BBQ dinner with the faculty and residents at the home of Dr Garvin. The next morning was occupied by clinical sessions with members of the Faculty followed by a tour of the Orthopaedic Surgery Research Laboratories. The afternoon was occupied by a scientific session where Drs Low, Banchong and Miles presented their papers. We then had a session with the faculty and residents when we described the process each country had for the training of their orthopaedic surgeons. Dinner was at the upstream, restaurant in the Old Market District of Omaha that produces its own beer on the premises. We had a crash course on how beer is made. The next morning started early with presentations by Drs Singh and Muljana. This was followed by a visit to the Motion Analysis labs of Dr Ginsburg; followed by lunch and checkout from Hotel to proceed to the next destination.

31 May to 4 June 2000:

Jeffrey Schwab, M.D.

Medical College of Wisconsin, Milwaukee, Wisconsin.

The Chairman of MCW is Dr Jeffrey Schwab, a paediatric surgeon. The centre has very good basic research laboratories that do a lot of work on biomechanic, physiology, tissue healing, motion analysis and microsurgery. It has strong paediatric, trauma, spine, hand and micro-reconstruction and adult reconstruction services.

We arrived in the evening and were put up at the Radisson Hotel. The next day started with a tour of the Cell Biology, Microsurgery and Gait Laboratories. This was followed by lunch at Marquette University Union and further tours of the biomaterials and biomechanic laboratories in the afternoon. Dinner was with Drs Ninimiya and Shi at a typical Milwaukee German restaurant, "Karl Ratzsch's".

The next day began with a scientific session and Drs Low, Singh and Miles presented their papers. Lunch was with the faculty and residents at the department. The afternoon was spent in operating room and cadaver dissection sessions. That evening we spent together with the residents in their Orthopaedic night and later the senior residents took us out to a game of Indoor American Football (Mustangs). The next day was free and in the evening we had dinner with Dr Schwab at the Westmoor Country Club, this was followed by a Baseball match.

4 June to 7 June 2000:

Randy E. Rosier

University of Rochester Medical Center, Rochester, New York.

The Chairman of URM is Dr Randy E Rosier, a tumour surgeon. The centre has very strong basic research laboratories that do a lot of work on orthopedic tumour, molecular biology and gene therapy. It also has very strong tumour service.

We were picked up at the airport by Drs Randy Rosier and Regis O'Keefe, famous tumour surgeons, who took us to the Strathallen Hotel. We had dinner with Drs Rosier, O'Keefe and Schwartz. Academic activities began the next

day. In the morning we had tours of the laboratories and were shown OR and clinic activities. Lunch was at the Department, and this was followed by a scientific session in which Drs Singh, Low and Banchong presented their papers. We shared the process each country had for the training of their orthopaedic surgeons. After that the chief residents took us out for dinner at an old upstate New York restaurant. The next day, we were taken to visit the Genesee Country Museum in Mumford New York. This is a living museum showing how life was before the Civil War in America. That evening we had dinner with the faculty at the Cutlers at the Memorial Art Gallery. The next morning we had breakfast with Drs Rosier and O'Keefe who took us to the airport.

7 June to 11 June 2000:

Vincent D. Pellegrini, Jr., M.D.

The Pennsylvania State University College of Medicine, Hershey, Pennsylvania.

The Chairman of PSUCM is Dr Pelligrini, a hand and adult reconstruction surgeon. The centre has a strong animal research unit. It also has strong adult reconstruction, trauma, spine and paediatric services.

We arrived at Harrisburg airport and were transported to The Milton Hershey Medical Center. Immediately after our arrival we were taken to see the Penn State Artificial Heart Program, we saw a calf that had an artificial heart in the laboratory. We were put up at the homes of several Faculty members. Dr Low was the house guest of Dr Qian Chen, Dr Miles with Dr Black, Dr Banchong with Dr Juliano; and Drs Singh and Muljana at the home of Dr Schwentker. We had dinner at an old Middletown Victorian Restaurant. The next morning was spent on academic activities with visits to the clinic and OR. In the afternoon, Drs Singh, Low and Muljana were taken to the Harley Davidson Motorcycle Plant in York and the 3 Mile Island Nuclear Plant in Harrisburg, which was famous for the meltdown. Dinner was with our individual hosts. We had a scientific session the next day. Drs Low, Muljana and Banchong presented at the 11 Annual James Buchanan Memorial Lecture. That evening we were the guests of the department at the Annual Orthopaedic Resident Graduate Dinner. The following day was purely enjoyment with a visit to the Hershey Chocolate Factory, and Roller Coaster rides at the Hershey Park. Dinner was with our individual hosts. The next day we travelled to our next destination.

11 June to 13 June 2000:

Thomas H. Mallory, M.D.

Orthopaedic Department, Ohio State University, Columbus, Ohio.

The Chairman of OSU is Dr Thomas H Mallory, a adult reconstruction surgeon. The centre has strong adult reconstruction, sport medicine and foot and ankle services.

We arrived in the afternoon and were met by the chief residents. They drove us to the Ranch of the Dr Mallory, the Program Head. We were treated to a display of Polo on his personal playing grounds, and we saw his stables. We also saw some Amish communities as we drove around his

estate in a horse drawn buggy. After a BBQ dinner we were taken to the Hyatt hotel. The next day we were taken to OR to observe some surgery. This was followed by lunch, where we each gave a mini presentation of training in our countries to the other attendees, who were mainly Junior Residents. The afternoon was spent on Scientific Presentations. Drs Singh, and Banchong presented their papers. Dinner that evening was with The Faculty, Chief Residents and Community Orthopaedic Surgeons who came in full force; at Mitchell's Steak house which had a typical wine bar with a magnificent wine collection. The following morning we went to OR at 0600 to see Dr Mallory perform a hip replacement under 20 minutes! Lunch was with Dr Lee at a Japanese restaurant, and we were taken to the airport for our next destination.

13 June to 18 June 2000:

The American Orthopaedic Association Meeting at Hot Springs, Virginia.

We arrived at Roanoke airport at 1900 hours; some of us without our luggage. We proceeded by van to Hot Springs that is 2 hours by road from the airport. We arrived at 2300 hours, and our missing luggage was delivered by 0300 hours the next day. We attended the Opening Ceremony and Reception that evening. We were presented during the ceremony together with the New Fellows of the American Orthopaedic Association, the ABC Travelling Fellows, North American Travelling Fellows, the other International Travelling Fellows from North Germany, Belgium and Japan; and the prize winners of the various papers during that year. The scientific meeting was good and lasted till Saturday. On each day, lunch was with the President of each of the Asean Orthopaedic Associations.

19 June 2000:

Visit to Zimmer Plant at Warsaw, Indiana

We arrived in Chicago on the morning of 18 June. The next day, we were driven to the Zimmer plant. The journey took 3 hours. We arrived back at 1900 hours had our last dinner together as ASEAN-AOA Travelling Fellows for 2000. The next morning we made our way to the airport and departed on different flights for home.

Conclusion

This was a very educational and beneficial program for all who participated, not only the Travelling Fellows, but also for the hosts we visited. While we prepared academic presentations, we found that our hosts also preferred to hear us speak about our training systems, the provision of health care and financing of health care in each of our countries. We believe that future fellows should prepare something on these topics also.

The other major benefit from a program like this is that we have now established a network of personal friends at the centres we visited. This is extremely helpful, and can serve as a platform for future training of orthopaedic surgeons from our part of the world.

It is needless to say, that at the end of our nearly 6 weeks travelling together; we have become very close friends. We could come together to solve a lot of problems during our travel. We were a little sad to part, but the desire to see our families again after so long a period made our parting from each other easier.