

## APOA Young Ambassador, 2018 Report...

I would like to express my deep gratitude to APOA to select me for APOA Young Ambassador, 2018 to the 20<sup>th</sup> Congress of the Asia Pacific Orthopaedic Association (APOA). The congress took place in Antalya, Turkey from 10 to 14 April. However, the actual fellowship started on 8<sup>th</sup> April and we joined nine young ambassadors selected by APOA centrally with two other fellows selected by SICOT, Making a total thirteen young ambassadors. This represents the largest cohort of young ambassadors in the history of APOA 2018. This was the first time EFORT and SICOT fellows joined this excellent young ambassadors' program of APOA, which has been officially running since 2007. I am really honored to be a part of this prestigious recognition and will definitely see it as a great opportunity to represent my country.



Young Ambassadors with Dr. Jamal Ashraf



Bellis Hotel where we stayed

After a 16-hour tiring journey from Dhaka I arrived at Antalya airport at 9.30 pm on 8<sup>th</sup> October. Then I went directly to Bellis Hotel that was arranged for my accommodation. The accommodation was comfortable, and the free Wi-Fi allowed me to communicate with my family easily. The Gym, swimming pool, tasty breakfast, fantastic dinner and all other services were within inclusive deals that endowed this hotel with a high standard.

The first day was for everyone to get into Antalya from all parts of the world and to get to know each other better. The nine APOA young ambassadors were from Australia (Sam Adie), Bangladesh (Sharif Ahmed Jonayed), Hong Kong (Henry Fu Chun Him), India (Raja Bhaskar), Indonesia (Mohammad Adib Khumaedi), Japan (Kenji Kawamura), Malaysia (Shams Amir Shamsul Bahar), Pakistan (Ayeesha Saeed), and Turkey (Yavuz Sağlam). The two SICOT fellows (Vishnu Senthil Kumar, Tarun Verma) were from India. We all had different subspecialty interests and came from different cultural backgrounds which made the experience very enriching.



Young Ambassadors at Hotel Lobby



Antalya Education and Research Hospital

The second day starts with a nice breakfast. Then we took a photo session in Bellis Hotel. We were picked up from the hotel lobby for a local hospital visit – Antalya's Orthopaedics and Trauma centre of excellence called Antalya Eğitim ve Araştırma Hastanesi (Antalya Education and Research Hospital). This is the

biggest public university hospital in Antalya with 1600 beds. It is also a Level 1 trauma centre.



At the Hospital Canteen

We were warmly welcomed by their public relations team and they introduces us to other members of the hospital. We then gather in the theater. There were lots of cases in the theater list. It was really a very good number of cases covering almost all subspecialty and we observed many surgeries over the 2 days. Some of us even scrubbed up for cases. I myself took scrub in the scoliosis case. It was an adolescent idiopathic scoliosis of a 13 years' girl. Posterior instrumented correction was done. I learnt free hand technique of pedicle screw insertion by using the high-speed burr to decorticate it and using of pedicle finder through the cancellous part. In the other theater, I also observed a revision hip arthroplasty case. Then we took our lunch in hospital canteen. We also taste Turkish delight and famous Turkish coffee. After the theater work, we visited different departments including indoor ward and OPD clinics. We were then briefed about Turkish health system.



In the Theater (Not disclosing Patient's Info)

In the 2<sup>nd</sup> day of hospital visit, some of us again scrubbed in different cases. I myself scrubbed in one trauma case of femoral neck fracture of 80 years old lady who underwent replacement bipolar hemiarthroplasty. Another was masquelet technique of treating nonunion tibia. I also observed some other cases like scaphoid fracture fixation, reverse shoulder arthroplasty. After lunch, the chief executive of the hospital met us and presented us a few souvenirs of hospital as a token of memento. Apart from hospital visit, they also arranged us Antalya old city tour. This was an amazing tour. We really thank to Dr. Özkan Köse who was kind enough in the organization of this amazing two-day Program including local tour and for being ever so accommodating, friendly and helpful.



Old City Marina Antalya



At old City Marina Antalya

The next four days were spent at the APOA congress. The scientific quality of the congress was very high with keynote and plenary lectures given by distinguished speakers from across the world. I really enjoyed all the lectures, but two lectures left an impression on us. The first is 'Revival and Renewal' given by Prof. Eiji Itoi of Japan talking about the aftermath of the earthquake, tsunami and nuclear plant explosions in 2011 in his country and the second is

'Medicine for whose benefit?' by Prof. Shanmuganathan Rajasekaran of India talking about how the implant and pharmaceutical industry affects the medical profession.

On the second day of the congress, the afternoon session was dedicated to the Young



After Young Ambassador Session with Prof. David Choon, Dr. Jamal Ashraf and Others.



The young ambassadors' dinner with the presidents of various international societies

opportunity to network with these important people and obtained an insight in their interesting career path.



Young Ambassadors at Aspendos

Surgeons. The first part was a forum, which was chaired jointly by Prof. David Choon (Current APOA president) and Prof. Ted Mah (Immediate past APOA president) which reflected how important they felt about the educational and training experience of the Young Surgeons in the APOA region. This gave rise to interesting discussions on the different experiences in the young surgeon's program in EFORT, SICOT and APOA and how we could learn from each other and possibly integrate the

program. Both Ted Mah and Jamal Ashraf (Secretary General APOA) also gave us a short talk on their previous experience as a WPOA and APOA young ambassador respectively and how they have benefited from this unique WPOA/APOA initiative. This was followed by talks given by each young ambassador on their research project of choice. I myself presented a paper on "Efficacy and safety of using single anterior approach for subaxial cervical spine injury". This was capped off with a Young Ambassador's dinner with council



Presenting Paper in Young Ambassador Session

members of APOA and presidents of various international orthopaedic societies e.g. EFORT, SICOT, Turkish, German etc. This provided the young surgeons an invaluable

One of the most exciting event was to visit the historical Aspendos and Perge. APOA was very generous to organize this tour for the 13 young ambassadors on the third day of the congress, which we thoroughly enjoyed. Antalya is a very friendly city. I never



Aspendos, Antalya

found any language barrier either in hospital, conference or outside. I really enjoyed my time at Antalya and it will remain in my mind for long time.



The Perge



The young ambassadors at Perge

Congress dinner was perhaps one of the most memorable event in my life where we were presented on stage with the certificates of our fellowship by the president of APOA. This was definitely a milestone to our early orthopaedic career. This was followed by the presidential handing over ceremony from Prof. David Choon of Malaysia to Prof. Mahmut Nedim Doral of Turkey.

Again, I would like to thank APOA for choosing me to represent my country and providing me such a wonderful opportunity which has definitely made a positive impact on my future orthopaedics careers. Not only have we met today's leaders of Orthopaedics, we have forged links with tomorrow's leaders of Orthopaedics. The lasting friendship and the bond we developed over the past week will carry all thirteen of us through our long career and we know this is not the last time we are going to meet. In fact, this will be the first of many meetings and we are looking forward to collaborate on research projects, utilizing each other's strengths. We are grateful for the hospitality and the willingness to share knowledge and expertise everywhere we went



The young ambassadors after taking certificate in the congress.

I must to thank Dr. Jamal Ashraf for organizing the APOA 2018 Young Ambassador program. Without his strong effort it would never be so successful and so organized. We must salute for his excellent leadership and creative initiatives. We are also grateful to Prof. Ted Mah & Prof. David Choon for being such ardent supporters of this wonderful initiative.

I would also like to thank Prof. Önder Aydingöz for his warm Turkish hospitality. As a APOA congress chairman and APOA Vice President it is amazing how he is able to juggle all these responsibilities on top of a busy academic and clinical practice.

Last but not least, we would like all the young ambassadors who made this trip really memorable. We cherish the many new friendships for the wonderful company and fond memories we had in the past week.

Finally, I would like to recommend every young orthopaedic surgeons should apply for the next APOA Young Ambassador, 2020 that will be held in Malaysia.



DR. Sharif Ahmed Jonayed

APOA Young Ambassador,2018(Bangladesh)