



2022 ASIA PACIFIC ORTHOPAEDIC ASSOCIATION (AUSTRALIA) NEWSLETTER



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A/Prof Sue Liew

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A/Prof Marinis Pirpiris (President, Trauma)
Prof Ted Mah (President, H &UL)

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Prof Ton Tran (Federation)
A/Prof G Mercer (Aus Chapter)
A/Prof Sue Liew (Aus Chapter)
Dr Sunil Reddy (Aus Chapter)

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Prof Richard de Steiger
Dr John North
Prof Bogdan Solomon
Dr Andres Loeffler
Dr Sam Adie
Dr Nick Russell

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24 - 26 NOVEMBER 2022
Virtual Congress in Manila, Philippines

**22nd APOA Congress: 60 Years of Trailblazing Orthopaedics
Through Diversity & Synergy**

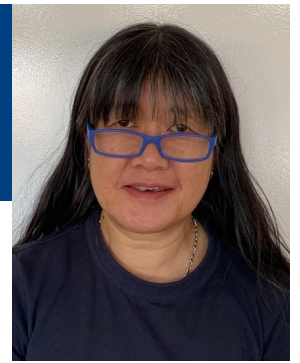
Come celebrate the 60th APOA Anniversary with us!

More details to follow!

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CHIEF DELEGATE'S REPORT



Thanks to Dr's Mah and Reddy who have supported me through my first year as Chief Delegate and welcome to the APOA EXCO and international Presidents who continue to support us by joining our APOA(Aus) AGM.

Thank you to all the committee for your contributions; especially those who have/will be moving on, and a warm welcome to those who have just/will be joining

1. COVID -19 which hit Australia in Jan/Feb 2020 continued to provide many challenges during 2021 for our healthcare networks, patients, surgeons, and trainees. During the year we have seen a change from an aim of COVID-zero to Living-with-COVID but fortunately our vaccination rates are steadily rising. It has been a difficult year for our patients to access care, our surgeons to provide care, and to continue to train our colleagues requiring quite a good deal of agility for example to provide healthcare in COVID surges and to provide exams in times of lockdown
 2. The APOA(Aus) committee met virtually on 24th Nov 20, 24th Feb 21, 23rd May 21 (extraordinary meeting), and 7th July 21. The APOA(Aus) team consisted of:
 - Two Federation councillors: Dr Annette Holian (to be replaced by Chris Morrey) and Dr Ton Tran by virtue of their AOA positions as 1st VP (AOA) and Chair of APC
 - Three Chapter councillors: Dr Graeme Mercer, Sunil Reddy and myself
 - Honorary secretary: Sunil Reddy
 - APOA Executives: Dr Mark Blackney (Member at Large & Immed past President Foot and Ankle), Dr Tanya Burgess (President WAVES), Dr Annette Holian (Chair of Disaster), Prof Ted Mah (President Hand & UL), and A/Prof Marinis Pipiris (President Trauma)
 - General committee members: Dr Sam Adie (YA), Dr John Bartlett, Prof Richard de Steiger, Dr Michael Gillespie (AOA President), Dr Andreas Loeffler, Dr John North, Dr Nick Russell (YA), and Prof Bogdan Solomon
 3. Activities during the year include:
 - Robust discussions surrounding the changes to the APOA constitution and active engagement in the Council meetings and voting
 - Strong participation in the very enjoyable and highly successful 21st APOA Congress in Malaysia
 - A chapter membership drive resulting in three new life members; Prof Zsolt Balogh, Dr Arvind Jain, and Dr Nick Russell
 - Enjoying the very popular Hand & Upper Limb section (Dr Mah) and Trauma section (Dr Pipiris) webinars
 - Supporting the formation of the Women of APOA Advocate Educate Support (WAVES) with Dr Burgess as President
 - Participating in the virtual AOA ASM with our own section on the impact of COVID (with a big thank you to our international speakers). We also welcome in Dr Holian as our new AOA President, Dr Morrey as 1st VP, and Dr Michael A Johnson as 2nd VP!
 4. APOA(Aus) mourn the loss of Dr Kush Shrestha in September 2021. Kush was an active APOA member and a past APOA Young Ambassador (Aus) who was devoted to help Nepal in medical services.
- We remain hopeful for a better year and some face-to-face meetings in 2022!
- Assoc Prof Susan Liew
Chief Delegate, APOA(Aus)*

ASIA PACIFIC TRAUMA SOCIETY REPORT



Whilst it may be surprising that a virus was able to cause the global disruption that we have seen in 2020 and 2021, what was not at all surprising was the strength of the human spirit and condition. Whilst vulnerable at an individual level, the strength of community and friendship helped steward us through what has been arguably one of the most dramatic global challenges since the Second World War. Once more it became evident that our adherence to scientific principles helped strengthen our resolve and we all pushed forward in our own unique ways to ensure that we did not only survive but held on the way of life and connections to which we were accustomed. In this way, the APOA and its societies creatively adapted to the environment and capitalised on the digital and communication transformation to remain connected. At the Asia Pacific Trauma Society, we continued to bring our friends and colleagues together in a virtual web-based format to not only provide an education portal but also to maintain the belief and hope of our membership that we would eventually learn to live with the Coronavirus.

The Asia Pacific Trauma Society's "Big Ideas in Trauma Care series" provided a series of successful

webinars for our members to continue to learn from the masters and their tips and tricks:

On 21st February 2021 the APTS ran "Management of Compound Injuries" which attracted 2436 web-based participants. The faculty and moderators included David Hak, Jayne Ward, S. Rajasekaran, Saw Alik, Azeta Arif, Jamal Ashraf, Khalid Al Sheikh and Marinis Pirpiris.

On 21st March 2021 the APTS ran "Management of Periprosthetic Fractures" which attracted 2138 web-based participants. The faculty and moderators included Ananda Nanu, Anup Agrawal, Azlina Abbas, Chang Wug Oh, Dhaval Desai, Marinis Pirpiris, Noratep Kulachote and Tan Sok Chuen.

On 18th April 2021 the APTS ran "Dealing with Pelvic Acetabular Injuries" which attracted 2681 web-based participants. The faculty and moderators included Adelwisa Bilen, CS Kumar, Ji Wan Kim, Nicola Ward, Ramesh Sen, Takashi Suzuki, Vajara Phiphobmongkol, and Wael Taha.

On 23rd May 2021 the APTS ran "Management of

An Academic Initiative of the **Asia Pacific Trauma Society**

BIG Idea IN TRAUMA CARE
Revision Surgery in Trauma

<http://webcastlive.co.in/apoatrauma>

January 23 / Sunday

- 1.30pm Istanbul, Riyadh
- 4.00pm New Delhi
- 5.30pm Bangkok, Jakarta
- 6.30pm Kuala Lumpur, Singapore
- 7.30pm Tokyo, Seoul
- 9.30pm Melbourne

 Adelwisa Bilen Philippines	 Anup Agrawal India	 Apipop Kritsaneephailboon Thailand	 Hakan Kinik Turkey
 Jayne Ward UK	 Khairul Mohammad Malaysia	 Mmarinis Pirpiris Australia	 Sushrut Babhulkar India

Ask the Experts
Live during the webcast by clicking on the chat icon



Ankle Injuries” which attracted 2038 web-based participants. The faculty and moderators included Astuti Pitarini, Christian Fang, Hakan Kinic, Israr Ahmad, Keun Bae Lee, Mandeep Dhillon, Nik Aizah and Sanjeev Gupta.

On 20th June 2021, the APTS ran “Tips in Shoulder and Arm Injuries”, which attracted 2517 web-based participants. The faculty and moderators included Ashish Babulkar, Dennis Yee, Erica Kholinne, Minoo Patel, Mohammad Sufiyan, Saeed Al Thani, Sindy Vrancic, Theerachai Apivatthakakul.

On 12th September 2021, the APTS ran “Proximal Femoral Fracture”, which attracted 2508 web-based participants. The faculty and moderators included Christina Joseph, Daman Jha, Ji Wan Kim, MK Wong, Natsumi Saka, Ramesh Sen, Roger Bingham and

Suthorn Bavonratanavech.

On 17th October 2021, the APTS ran “Osteoporotic Hip Fractures”, which attracted 1769 web-based participants. The faculty and moderators included Bedri Karaismailoglu, Joon Kong Lee, Joyce Koh Bee, Marinis Pirpiris, Rajesh Malhotra, Saraswati Viswanathan, Science Metadilogkul and Sonali Pande.

On 21st November 2021, the APTS ran “Management of Knee Injuries”, which attracted 2714 web-based participants. The faculty and moderators included Anup Agrawal, Lia Marlina, Marinis Pirpiris, Rodrigo Persantez, Sachin Tapasvi, Vajara Phiphobmongkol, Vincenzo Giordano and Theerachai Apivatthakakul.

I would like to thank our faculty for their commitment and hard work to making these events interesting, stimulating and useful. I would also like to thank the moderators for their time and efforts in ensuring the webinars ran effectively and efficiently. A special thank you to the Asia Pacific Orthopaedic Association for their support of this educational endeavour and in particular Jamal Ashraf for his commitment to web-based education and the APTS and APOA membership.

On behalf of the APTS, I would like to wish you all a very happy and healthy end to 2021. I hope that the Festive Season is full of good cheer and some welcomed relaxation to all those fortunate to have some time away from work, to spend with family and friends. I hope that 2022 will be a less eventful and disrupted year, and that we have many opportunities to come together and share our stories and experiences and strengthen the friendships, which keep us connected. Please look out for “Big Ideas in Trauma Care” in 2022.

Marinis Pirpiris
President, Asia Pacific Trauma Society

THE 6th APOA HAND & UPPER LIMB WEBINAR

Saturday, 29th January 2022 17.00 - 19.20 KL Time

"Compressive Neuropathy in Upper Extremity"

Shoulder Section - Guest Speaker

Moderator: Prof. Hideyuki Goto

Suprascapular nerve entrapment syndrome

Speaker: Dr. Dinshaw Pardiwala

Commentator: Dr. Nagraj Shetty

Elbow Section

Moderator: Dr. Bassmh A. Al-Dhafer

Cubital Tunnel Syndrome : Current Concept

Speaker: Dr. Margaret Fok

Radial Tunnel Syndrome : Fact or Fiction ?

Speaker: Prof. Edward T. Mah

Commentator: Dr. Dong Hee Kim

Hand Section

Carpal Tunnel Syndrome

Moderator: Dr. Edmund Yau

Open vs Endoscopic Release

Speaker: Dr. Michael Mak

Failed Carpal Tunnel Syndrome Surgery

Speaker: Dr. Andrew Chin

Commentator: Dr. Rebecca Lim

MORE INFO PLEASE CONTACT US +62 8111662664

APOA_HANDUPPERLIMB
 APOA HAND UPPER LIMB
 ORTHOTV Orthopaedic Video Channel
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HUL-APOA
 APOA Hand & Upper Limb Society

Supported by **Pfizer** **stryker**

SECRETARIAT

North Adelaide Specialist Centre 53 Gover Street, North Adelaide South Australia 5006
Email: jeonchoi@gmail.com | syugyosha@yahoo.com | apoahul2020@gmail.com

click here to become APOA member:
<http://www.apoaonline.com/asia-pacific-hand-upper-limb-society.php>

JOIN US via ZOOM
<https://bit.ly/the6thAPOAwebinar>

WAVES: WOMEN OF APOA ADVOCATE EDUCATE SUPPORT.



Earlier this year, due to a significant amount of work from Dr Annette Holian and others, the APOA Council approved the formation of a new section to advocate for Women in Orthopaedics. It was formed with myself as the inaugural President and we had 56 supporting foundation members.

Taking up this role in July, it has been a challenging but rewarding undertaking to start a new APOA Section from scratch.

I formed a working group which will become the inaugural executive made up of extremely competent and pioneering female orthopaedic surgeons from the Asia Pacific Region.

These include

Tanya Burgess	President/Chair	Australia
Rujuta Mehta	Secretary	India
Annette Holian	Treasurer	Australia
Emel Gonen		Turkey
Tunka Sara Ahmad		Malaysia
Erica Kholinne		Indonesia

The executive have had monthly meetings to discuss and create the groundwork required to establish a section including writing the constitution, formatting the working executive and voting council and also establishing what the role of WAVES will be and how we will contribute to the APOA community in the future.

We have recently created and launched the Section on the APOA website and will open for membership very shortly in the new year.

Our aim in the 2022 will be to increase awareness of our section and to canvas the membership regarding the current issues that will guide our planning of webinars and target advocacy.

We are planning an initial webinar to introduce the Section and have an open forum to stimulate discussion. This will be followed by a Webinar to commemorate International Women's day with a number of fantastic keynote speakers.

Looking forward to the 2022 APOA congress, a strong working relationship has already been formed with the Philippine Society of Women Orthopaedic Surgeons Inc. (PSoWOSI). We look forward to a strong collaboration to devise a dynamic program in our first Congress as an APOA section.

I am very excited and honoured to be part of such a significant development in the Asia Pacific Region. I have already been overwhelmed by the support and collegiality extended from the Membership and have developed a warm and beneficial working relationship with the executive.

I am grateful for the support of Annette, Ted Mah and Jamal Ashraf who have offered invaluable advice, assistance and guidance throughout the process.

I look forward to working with you all in the future.

Regards

Tanya Burgess
President, WAVES

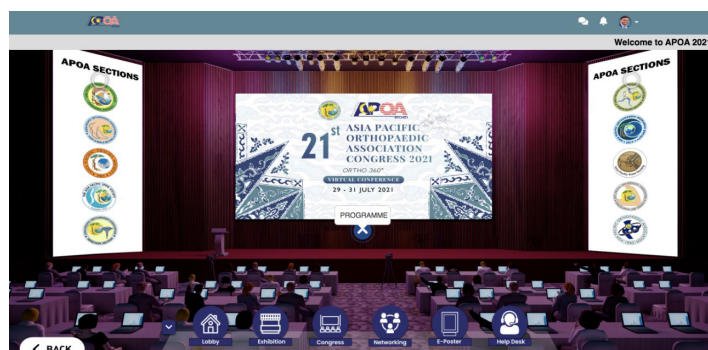


2021 – THE YEAR APOA WENT VIRTUAL!



2021 has been a momentous year for APOA despite all the restrictions imposed due to COVID!

meetings and publications; and has continued to outperform its previous paper based format.



APOA virtual congress

The year started with increasing COVID-19 cases across many APOA member countries with complete border closures in many member countries. Quite a few APOA members succumbed to COVID -19 in the first wave before vaccination was available. All planned meetings and conferences were either cancelled or converted to virtual format. For the first time APOA EXCO and Council meetings were conducted via Zoom. This drastic change in meeting format has had fortuitous benefit – the cost of such meetings has been significantly reduced, but timing management was paramount as APOA member countries cross many time zones: from east Asia to Turkey. Incidentally the Journal of Orthopaedic Surgery, the official publication of APOA, had gone virtual some 12 months earlier in Editorial Board

The 21st APOA Congress and Presidential hand over also went totally virtual for the first time in the history of APOA. Credits must go to 21st APOA Congress Chair Prof Kamarul, supported by Vice President Dato Alsagoff and Prof David Choon to flip the planned 21st APOA Congress to become a totally virtual meeting within a very restricted timetable. The 21st Congress was a great success, despite some challenges from internet technology, speed, coverage and security. The Malaysian internet technology was put to the stress test where over a thousand logged on over 10 different concurrent sessions at any one time during the virtual Congress. It was a tremendous success and envy of many member countries who tried to simulate the model, albeit on a smaller scale, including the Australian and Indian OA meetings in late 2021. Also for the first time APOA elections were held by virtual polling, resulting in the election of first (Lewy Passion) and second (Jamal Ashraf) Vice Presidents: a new paradigm in APOA administration.

COVID restrictions failed to deter the enthusiasm of APOA to educate its members across 26 countries and beyond via its many Sections.

Asia Pacific Trauma Society ran 8 webinars whilst Asia Pacific Hand & Upper Limb Society ran 5 webinars in 2021.

Each webinar was broadcast over several medium



APOA virtual congress

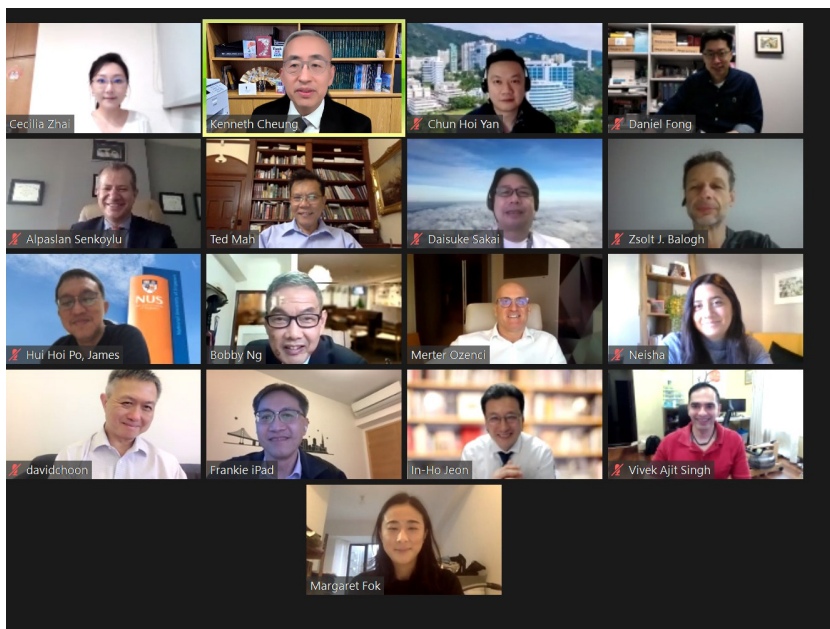


including Zoom, U-tube, Ortho TV etc. with attendances varying from hundreds to thousands. In response to COVID-19 restrictions, these virtual educational meetings benefitted thousands of APOA members at no cost – an important acknowledgment of the power of electronic digital transformation by APOA in response to global restrictions.

2021 also saw the formation of two new Societies/ Sections: Asia Pacific Osteoporosis and Fragility Fracture Society and Women’s Advocacy (WAVES) . These new Sections have further strengthened the diversity within APOA to a total of 12 subspecialty Sections. No other international Orthopaedic Association has such diverse and formidable sectional membership – a reflection of the quality of the APOA executive team and guidance from past APOA Presidents.

2022 will pose more challenges to APOA as the world is still trying to come to term with new variants of COVID. This is further complicated by inconsistent and at times contradictory health regulations imposed by Health Departments across many countries. The situation is made more complex by governments acting on economic priority over health, reflected in a push by many countries to open up borders and “free the people” prematurely before its population has been adequately vaccinated, including boosters.

Irrespective of the global COVID situation, APOA



JOS Editorial Board meeting



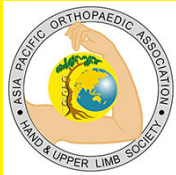
Presidential speech at Congress

is in a sound position to take advantage of the technological advances to maintain meaningful contact with its members and to continue to educate our next generation of surgeons, with high quality webinars, meetings and conferences. We look forward to participate in the 22nd APOA Congress virtual Congress in Manila!

*Prof Ted Mah
Inaugural President,
APOA Hand & Upper
Limb Society
Past President, APOA*



APOA virtual congress halls



Something great born out of difficult COVID-19 Conception: APOA HAND & UPPER LIMB SOCIETY!!

Asia Pacific Orthopaedic Association Hand and Upper Limb Society was founded on 30-5-2020 during the height of a difficult COVID-19 period of self-isolation and quarantine in many parts of the world. However, COVID also provided an opportunity to utilise and maximise electronic communication, meetings, and webinars:- the society's current main communication platform

The concept of creating a new Hand & Upper Limb Section within APOA is not new. It had been suggested by many Past Presidents of APOA.

Indeed, during Dato Sivanathan's APOA presidency in 2003, President Siva asked if I could help to revitalise an APOA Hand Section. At that time, I did not consider it was appropriate timing since the formation of such an association would have been in direct competition with many established national hand societies as well as regional and international associations such as Asia Pacific Hand Society and International Federation of Hand Surgery.

More importantly at that time, APOA was conducting triennial congresses. Hence, I did not consider that a new society meeting once every three years was a viable proposition. Indeed, APOA had had a Hand Section formed as early as 1982. Unfortunately, it did not stand the test of time as it met so infrequently, as well as meeting the challenges from national, regional, and international hand societies, which were formidable at the time.

Fast forward to 2020, Hand & Upper Limb surgery has become a major and increasingly prominent surgical practice globally. There are many reputable centres within APOA member countries that have or will provide excellent training in hand, elbow, and shoulder surgeries.

I felt that it was the appropriate time to consolidate Hand, Elbow and Shoulder surgery into one discipline, hence the APOA Hand & Upper Limb Society.

I was not surprised to find that similar thoughts were popping up across many APOA member countries. I am blessed by current committee members from Korea, Hong Kong, Indonesia, Thailand, and Japan who were enthused and dedicated to the formation of the new society.

APOA currently has 26 country members across the Asia Pacific region with around 65,000 members. In accordance with APOA's core mission, APOA Hand and Upper Limb Society was formed to promote education, research, fellowship and training of hand, elbow and shoulder surgeons in this rapidly expanding part of the world.



At the time of formation of our society, we had members from 12 countries. The core purpose of the society is Education and Fellowship. We focus on educating the younger surgeons in hand & upper limb surgery, hence the society's dedication to

run comprehensive webinar series covering important topics in hand, elbow and shoulder over a three-year period, approximately once every 3-4 months. In addition, the society also plans to run a high-end subspecialty topic in between the regular webinars. So far, the society has successfully run 4 standard and one shoulder subspecialty webinars. The society also ran the inaugural H&UL webinar during the 2021 APOA Congress, with emphasis on Hand surgery. The attendance at each of these webinars has been in the hundreds and thousands.

This new society will embrace collegiality and collaboration with all hand, elbow and shoulder surgeons within the Asia Pacific region, focussing on Education, Service, Research and Fellowships to the wider APOA community. As a new society we look forward to working , support and interaction with various Hand, Elbow and Shoulder Societies / Organisations for mutual benefits and collaboration, especially in Orthopaedic Education and Research.





Inaugural APOA H&UL first AGM

Regarding the association activity, I am grateful that I have strong and hard-working committee members to run the society efficiently. I am thankful to Prof Inho Jeon, President Elect, and Margaret Fok, Honorary Treasurer, who are working hard to establish good relationships with many members of national Hand and Shoulder Societies within the Asia Pacific region. I am grateful to Prof Myungsun Kim, the Education chair, for his tremendous contributions to organise webinars; and Dr Iman Aminata, Honorary Secretary for his hard work to spread the activities of the association and to maintain various communications with members of APOA.

Our next webinar will be on 29th January 2022 on the topic of “Compressive Neuropathy in Upper

Extremity”. All the webinars remain free to all members of APOA.

The Association is also planning to hold a combined webinar with the Trauma Section.

Please email the society secretariat to let us know your interest and we’ll subsequently inform you accordingly.

The society welcomes anyone who would like to join this dynamic society.

There is a once off membership fee of US\$50, provided you are a member of APOA (Federation or Chapter member).

The society also welcomes any sponsors who wish to be a partner of the sponsorship program.

Finally, we are preparing for the first APOA Hand & Upper Limb Society Congress in 2023 to be held in Korea.

We’ll keep you posted on this Congress and all other events if you just let us know that you are interested by contacting our Secretariat or me (tedmah@hotmail.com).

*Prof Edward (Ted) Mah
Inaugural President
APOA Hand & Upper Limb Society
Past President, APOA*

Obituary: Dr Kush Shrestha (1972 - 2021)

Kush was born in Kathmandu, Nepal, where he spent his childhood before being awarded a prestigious scholarship from the Australian Government to study medicine at the University of Adelaide. This was an opportunity only provided to the most promising students across the Commonwealth of Nations. He subsequently married Sophie, whom he met at university, and then moved to the United Kingdom. There he spent a couple of years at Burnley General Hospital and the Norfolk and Norwich University Hospital. Upon returning to Adelaide he worked as a non-accredited orthopaedic registrar before being accepted into the South Australian Orthopaedic Training Program. During this period he was nominated as an APOA young ambassador during the

2004 Triennial conference held in Kuala Lumpur.

After completing his training, Kush was accepted for a 12-month lower limb arthroplasty fellowship in London, Ontario, under Professor Steve McDonald. While there he co-authored a chapter with Professor McDonald in Master Techniques in Orthopaedic Surgery – The Hip. This was followed by a sports fellowship at the Fowler Kennedy sports medicine clinic, focussing primarily on the shoulder and knee.

On his return to Australia he joined the Royal Darwin Hospital.

He was Head of the Orthopaedics department





Kush (centre with hat) with friends at a Nepal fund raising charity, September 2021

for a period of time, as well as the Director of Orthopaedic Training.

He also established his own private practice with Nautilus Orthopaedics at the Darwin Private Hospital. He became busy very quickly.

Kush had great ambitions for the Royal Darwin Hospital Orthopaedic department. This was demonstrated through his establishment of the AOA-affiliated Arthroplasty and Trauma fellowship.

He also played a vital role in the department joining with other Australian healthcare institutions in multicentre study collaborative work.

During all of this, he never lost sight of where he came from. He tried to channel his knowledge and expertise to assist the development of Orthopaedics in Nepal. This was mainly through the AussieMed Foundation which he set up. During the earthquake of 2015 he raised funds and acquired materials which he took to Nepal, where he actively participated in treating the large number of patients suffering from orthopaedic trauma in Kathmandu.

As part of improving orthopaedic services in Nepal, Kush established the Nepal Hip and Knee Arthroplasty Symposium. He organised from Darwin a group of orthopaedic surgeons, clinical nurses, physiotherapists and theatre nurses to accompany him to Kathmandu. This group gave lectures, participated in orthopaedic

operative cases in Kathmandu's hospitals, and helped to raise the standard of orthopaedics in Nepal.

To further his engagement with the Nepalese orthopaedic services, Kush brought a number of Nepalese orthopaedic surgeons to the Royal Darwin Hospital to gain firsthand exposure to orthopaedics in a first-world setting. These surgeons returned to Nepal and have already made a significant improvement in the country's arthroplasty service provision. Establishing an orthopaedic centre of excellence in Kathmandu had always been a dream for Kush. The Nepalese government recognised his efforts towards achieving this, providing him with unfettered access to the Prime Minister of Nepal and his administration.

Although Kush was a man of many admirable qualities, the most striking were his humility and selflessness. He was always soft-spoken, and never felt the need to show who was the boss, whether this be with registrars, interns, or the nursing staff. He was always calm and respectful to others even when things got stressful in the operating theatre.

Kush became unwell over 18 months ago. It would be the reaction of many to completely withdraw and wallow in self-pity. He was the exact opposite. When asked about his health, he would assure you that he was well. He was much more interested in whether you could attend an AussieMed foundation fundraiser or deliver an online lecture to orthopaedic registrars in Kathmandu, etc., than the state of his own health. During his last few weeks with us he was busy organising COVID-19 clinics in remote villages in Nepal. It was always about others until the end.

Kush sadly passed away at the age of 48 and is survived by his wife, Sophie, and sons, Keshav, Vikesh and Iliia. He was truly a great man who will be greatly missed.

By Dr Ahmed Bajhau