



# 2024 ASIA PACIFIC ORTHOPAEDIC ASSOCIATION (AUSTRALIA) NEWSLETTER



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## 23<sup>rd</sup> Asia Pacific Orthopaedic Association Congress

Pre-Congress Workshops  
**28 February**

Congress  
**29 February - 02 March 2024**

**Register NOW**

InterContinental Dubai  
Festival City - UAE  
[www.APOA2024Dubai.com](http://www.APOA2024Dubai.com)  
#APOA2024 | #IPEvents

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# PRESIDENT'S REPORT

Season's Greetings to all members of the Australian Orthopedic Association!

Amidst the jubilant spirit of the holiday season, it is with great pleasure that I share with all of you the latest updates on the programs and projects of the APOA this past year. As we round out this year and navigate through this joyous time of year, I would also like for us to take a moment to reflect on the remarkable strides and collaborative efforts that have defined our collective orthopedic practice.

## APOA curriculum of Orthopaedics and Traumatology

I am happy and proud to announce the development of the APOA Curriculum of Orthopaedics and Traumatology, a common, unified training curriculum with established minimum standards required of residents to be considered competent at the end of their training. Through the APOA Education Committee, headed by Professor Onder Aydingoz (Turkey), and with the help of the subspecialty committees, we have developed a comprehensive and dynamic Orthopaedic Residency Training Curriculum.



APOA Execom meeting at KL. June, 18, 2023

This curriculum aims to equip Orthopaedic residents with the essential knowledge, skills, and proper attitude to be considered competent to practice as General orthopedists and traumatologists after their residency training program. This curriculum will provide these residents with a strong foundation for their professional growth and success in the future. The curriculum will serve as a standard and unified guideline for the training programs of all 24 APOA National Associations. We hope this curriculum

will also foster well-rounded Orthopaedics and Traumatology professionals who possess exemplary knowledge and technical skills and demonstrate the highest standards of professionalism and work ethic.

We at the APOA are excited and proud to launch this completed APOA Residency Training Curriculum next month during the 23rd APOA Congress in DUBAI. We hope that individual member countries will consider adopting this unified curriculum.

## NEW interactive APOA WEBSITE

The new interactive website of the APOA is already live. Thanks to the efforts of Professor David Choon (Malaysia) and other colleagues who have worked hard to develop this interactive portal. Now, all members of the APOA may register and create their own accounts, enabling them to access the latest news and information from the APOA, its member federations and chapters, and highlights from individual members. Members can access the APOA Open Learning Platform through the website.

Currently, the website is also linked to the websites of other National Associations and Societies. Members can interact and collaborate with other professionals within the APOA.

## DIPLOMA PROGRAM from the APOA

In the coming months, the APOA will establish various diploma programs to be offered in partnership with training institutions identified as centers of excellence in the different subspecialties. At the end of the diploma course program, the APOA and the institution involved will provide a certificate of completion. The Diploma Program Subcommittee, headed by Professor Ted Mah (Australia) and his members from the different subspecialty sections, will soon come out with more details and information about this project.



**At the BOA Presidents Dinner, Liverpool**

## APOA PRIMARY TRAUMA CARE COURSES

Professors Anup Agrawal (India) and Arif Khan (Pakistan) will head a subcommittee to develop the APOA Primary Trauma Care Courses. They are currently preparing the rudiments of the course with the assistance of the Asia Pacific Trauma Society (APTS) members. We will likely come out with more details about the first course during the 23rd Dubai Congress.

## Participation at the annual congress of various national and regional Associations

In 2023, we moved forward in our shared mission to advance the field of Orthopedics. We must recognize

the immense value of collaborative efforts with other professional associations. By seeking out opportunities to pool our expertise, knowledge, and resources, we have the potential to effect substantive change and drive innovation that transcends the boundaries of individual specialties. The APOA remains steadfast in its commitment to fostering solid alliances with other professional bodies, leveraging collective strengths to propel the evolution of orthopedic practice and patient care.

It was a hectic year for me as I represented the APOA in numerous annual scientific meetings. In March, I was able to attend the Japanese Orthopaedic Association (JOA) annual congress held in Yokohama. Apart from giving a talk, I collaborated closely with





Awards given at POA Annual Congress, Nov. 15

our Japanese colleagues, both old and new, to further expand the close friendship and cooperation between the APOA and the JOA. In June, I was invited by the Malaysian Orthopaedic Association (MOA) to be the keynote speaker at their annual scientific meeting in Penang.

These were followed by the Annual Congress hosted by the British Orthopaedic Association (BOA) in Liverpool, led by its president, Professor Deborah Eastwood. The BOA had an excellent scientific

program coupled with a delightful social program. I had the opportunity to meet and interact with other presidents from other regional associations such as the American Academy of Orthopaedic Surgeons (AAOS), Canadian Orthopaedic Association, European Federation of National Associations of Orthopaedics and Traumatology (EFORT), Société Internationale de Chirurgie Orthopédique et de Traumatologie (SICOT), South Africa Orthopaedic Association, as well as other national presidents from the Asia Pacific region, including the AOA's very own Chris Morrey.



JOA Closing banquet attendees

The entire month of October was full of activities, with one Annual Congress held after another. The first of which was hosted by the Korean Orthopaedic Association (KOA) in Incheon), followed by the Royal College of Orthopaedic Surgeons of Thailand (RCOST) RCOST in Pattaya, and the Taiwan Orthopaedic Association (TOA) in Taipei.

Through my active participation in these scientific meetings and congresses, I was able to foster and cement closer relationships and collaboration with the leaders of the other international associations.

In November, I was invited by the Philippine Orthopedic Association (POA) for its annual congress in Manila. As a fitting culmination to the series of scientific meetings and annual congresses I attended as President of the APOA, I was made an honoree and awarded as the first recipient of the POA Presidential Award for Leadership during the closing banquet. The same evening, Dr. Peter Lee (Singapore), the Secretary General of the ASEAN Orthopaedic Association, presented me with the ASEAN OA Lifetime Achievement Award.



**Awards night at MOA**



**MOA - ASM Congress, Penang**



23rd APOA Congress  
Dubai, United Arab Emirates  
February 29 - March 2, 2024

With all that has happened in 2023, there is more to look forward to in 2024!

I am inviting all of you to attend and participate in our Annual Congress, which will be held from February 29 to March 2 at the International Dubai Festival City, Dubai, UAE. The scientific extravaganza should not be missed, as it will cover various topics in all the

Orthopaedic subspecialties. The organizing committee has gathered a team of notable experts from around the world to speak at the meeting. The Congress will be preceded by a hands-on workshop and Specialty Day program on February 28, 2024.

The Scientific Committee has also prepared exciting topics for the different subspecialties. The lectures and symposium will provide all delegates with new and relevant information on the international stage. An exhibition area will feature many of the world's leading companies, showing a unique array of



**With international Presidents at JOA Congress**

equipment, technology, and state-of-the-art Orthopedic devices. I encourage you to register online. In closing, let us continue to work together with unwavering dedication, mutual respect, and a shared vision of excellence. May our collaborative efforts inspire a future where the bounds of possibility in Orthopedics are continuously expanded and where the well-being of our patients remains at the heart of all that we do. Thank you for your steadfast commitment and invaluable contributions to our collective journey. Here's to a future filled with boundless opportunities and transformative progress.



**With the KOA National officers Hong Jeum Jung in KOA Annual Congress, Incheon, Korea**

I would also like to thank all my colleagues of the APOA Aus Chapter and the APOA Federation for the invaluable and unwavering support they have been extending to the APOA all these years. Let us keep the close spirit of cooperation, collaboration, camaraderie, and friendship between the AOA & the APOA alive and strong.

**MABUHAY!**

**ELLEWELLYN G. PASION, MD, FACS, FPOA**

# CHIEF DELEGATE'S REPORT AT APOA (AUS) AGM



Thank you to Dr's Mah and Reddy who have supported me through the year and thank you to all the committee for your contributions!

1. The COVID -19 which hit Australia in Jan/Feb 2020 continues to provide different challenges during 2023 for our healthcare networks, patients, surgeons, and trainees. Unfortunately waves of infection continue, and we are currently in our 8th wave in Melbourne. Various health services are having different levels of success in "catching up" with their elective surgery backlog, however, the quieter consequences that we need to notice and take into consideration for future healthcare planning in Australia are the changes in the way people wish to work and live.

2. The APOA(Aus) committee met virtually on 23rd Mar 2023, 29th Jun 2023, and 28th Sep 2023.

The APOA(Aus) team consisted of:

- Two Federation councillors: Dr Chris Morrey (President AOA), and Dr Ton Tran (Chair of APC)
- Two Chapter councillors: Dr Marinis Pirpiris and myself
- Honorary secretary: Sunil Reddy
- Honorary treasurer: Ted Mah

· APOA (Federal) Executives: Dr Mark Blackney (Member at Large APOA), Dr Annette Holien (Chair of Disaster APOA), Dr Arvind Puri (President Foot & Ankle APOA)

· General committee members: Dr Sam Adie, Prof Zsolt Balogh Dr Tanya Burgess, Prof Richard de Steiger, Dr Arvind Jain, Dr Andreas Loeffler, Dr John North, Dr Nick Russell, Prof Bogdan Soloman  
Thank you

3. Activities during the year include:

- Planning for the 2025 APOA congress in Cairns
- Discussions on the APOA (Aus Ch) constitutional amendments
- Discussion on the formation of an Aus Ch section on the new APOA website
- Encouragement for hospitals to become Centres of Excellence

We wish you all a safe and happy festive season and look forward to seeing everyone in 2024!

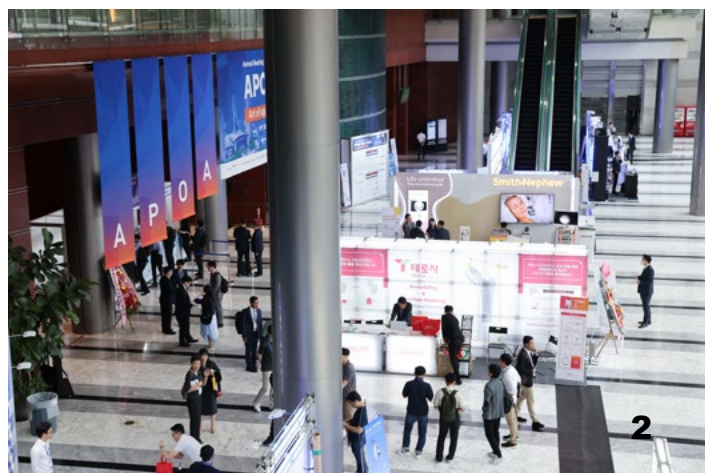
*Susan Liew*  
*Chief delegate APOA(Aus)*

# Inaugural APOA Hand & Upper Limb Society's Annual Meeting in Seoul, Korea: An Outstanding Advancement in Orthopedics for Upper Extremity



The inaugural Congress & International Scientific Meeting of the "Asia-Pacific Orthopaedic Association, Hand and Upper Limb Society" (APOA HULS 2023) successfully concluded on July 1st 2023 at the esteemed COEX Grand Ballroom in Seoul, South Korea. With the theme "Art of Upper Extremities and Advanced Science," this inaugural gathering made a lasting impact on the field of orthopaedics and held the promise of being a transformative journey for all participants. (Figure 1&2)

countries, including China, Japan, Australia, Thailand, Indonesia, the Philippines, Vietnam, and Taiwan. With a total of 203 abstracts, presentations, symposiums, and academic awards, the event provided an extensive platform for the exchange of knowledge and collaborative efforts. (Figure 3-7)



This remarkable gathering was meticulously organized by the Korean Society for Surgery of the Hand (KSSH) and was graciously hosted by the Asia-Pacific Orthopaedic Association, Hand and Upper Limb Society (APOA HULS) (Figure 3). Over the course of two days, from June 30th, the academic conference brought together over 500 experts hailing from 19



Esteemed participants in the event included Ted Mah, the former president of APOA; Jeon In-Ho, the president of APOA HULS (Seoul Asan Medical Center); Kim Myung-Sun, the secretary-general of APOA HULS (Chonnam National University Hospital); Ryu In-Hyeok, the president of the Korean Society for Surgery of the Hand (Pohang St. Mary's Hospital); and Jeong Jae-Yoon, the former President of KOA (Chonnam National University Hospital).

President Jeon In-Ho underscored the importance of the international scientific meeting, emphasizing its role as a platform for top experts in hand and upper limb fields from various countries in the Asia-Pacific region to exchange experiences and knowledge. The overarching goal was to cultivate collective intelligence and ensure that the association serves as a conduit for disseminating clear treatment information, clinical guidelines, and the accurate direction of medical care to the public. (Figure 8)

Ted Mah, the former APOA president and Founding President of H&ULS, stated the impressive evolution of APOA since its establishment in 1952. Now boasting a membership exceeding 65,000 individuals from 24 countries worldwide, APOA stands as the

preeminent association in its domain. The forthcoming emphasis will be on fostering active cooperation and exchange among hand, elbow, and shoulder surgeons throughout the Asia-Pacific region, with a primary objective of advancing education, training, research, and treatment guidelines in this specialized field.

As the conference's co-host, Ryu In-Hyeok, the president of the Korean Society for Surgery of the Hand, emphasized the need for more integrated exchanges within the Korean Orthopaedic Association, given the increasing specialization within the field. Initiatives will be undertaken to promote wider participation in the endeavors of APOA HULS, ensuring that each domestic branch society contributes meaningfully to the overarching goals.



The meeting comprised a variety of programs, Free Paper presentations, Instructional Course Lectures (ICL), Luncheon Symposia, and Hands-on Workshops. The symposia covered a diverse array of topics related to hand and shoulder disorders, promoting a stronger sense of camaraderie among international colleagues. Alongside Symposiums and Free Paper presentations, the meeting featured Special Lectures by esteemed figures in the field, including Dr. Alessandro Castagna (Italy), Prof. Yong Girl Rhee (Korea), Prof. Goo Hyun Baek (Korea), and Dr. Yuan-Kun Tu (Taiwan), offering valuable insights into different facets of hand and upper limb orthopedics. These Special Lectures added a distinctive dimension to the event, enhancing participants' overall experience.

International experts delivered Special Lectures covering diverse aspects of hand and upper limb orthopedics, contributing a unique dimension to the event and enriching participants' experiences. The Instructional Course Lectures (ICL) provided essential



The scientific committee for APOA HULS 2023



The winners of oral presentation and poster awards

insights into crucial topics presented by prominent international experts. (Figure 9)

Luncheon Symposia, hosted by Hanlim, Daewon, Viatrix, DONG-A ST, and Smith Nephew, facilitated networking and informal interactions, providing a platform for attendees to connect, share experiences, and forge professional relationships. The Hands-on workshops, featuring live demonstrations and practical experiences, equipped participants with vital skills and knowledge.

The event concluded with the Award Session, recognizing the Best Oral and Poster Presentations, celebrating outstanding contributions to the field of orthopaedics, and inspiring further excellence and innovation. (Figure 10)

The Inaugural Annual Meeting of the APOA Hand & Upper Limb Society emerged as a valuable opportunity for Orthopaedic professionals to stay abreast of advancements in the field. It served as a transformative platform for learning, knowledge-sharing, and collaboration on groundbreaking research, marking a milestone in the progression of the art and science of Orthopaedics and laying the foundation for the future of upper extremity care.

For those unable to attend, upcoming events hosted by the APOA Hand & Upper Limb Society can be visualised on their social media channels (IG: APOA\_HandUpperLimb, LinkedIn: HUL APOA), ensuring continuous engagement with the pursuit of excellence and innovation in orthopaedics.

*Inho Jeon*

# APOA WAVES (Women of APOA Advocate, Educate, Support) – Lift as we wise



## Section report

### Foundation:

- July 2021, Passed vote from 56 foundation members of APOA
- Launched Early 2022

### Aims:

- create a supportive network of female orthopaedic surgeons and male champions of change to advocate for and empower each other to improve diversity, inclusivity, and working conditions of female orthopaedic surgeons in the Asia Pacific countries

### Members 2023-24

- EXCO: Rujuta Mehta (India) President,  
Annette Holian (Australia) President Elect,  
Emel Gönen (Turkey) Treasurer,  
Erica Kholinne (Indonesia) Secretary general,  
Tunku Sara Ahmad (Malaysia) (Member), completing term  
Tanya Burgess (Australia) Member- **Resigned Vacancy TBD**,  
Chasanal Rathod (Member), - completing term  
Sema Ertan Birsal (Member)- completing term

### Gen Membership

Total 135 members membership document attached as excel sheet.-submitted in June 23 .

Member list:

[https://docs.google.com/spreadsheets/u/1/d/1MYKjyvkS\\_gfwxFOptLuaoDB\\_6WG3JoR9qcUqxKEX42I/edit#gid=0](https://docs.google.com/spreadsheets/u/1/d/1MYKjyvkS_gfwxFOptLuaoDB_6WG3JoR9qcUqxKEX42I/edit#gid=0)

**Dr Annete Holian as the reigning AOA President** : Conducted the AOA and NZOA combined congress on the theme of diversity and Dr Rujuta Mehta was invited as the Presidential guest speaker October 29<sup>th</sup>-3<sup>rd</sup> Nov 2022.

Large number of talks, plenary and panel were allied to Women Orthopaedic speakers and integrated very well into the fabric of the entire congress .





**Activities 20-21 report already submitted before AGM in Nov 22.**

- **First AGM (November, 26, 2022)**
- **APOA congress (November, 26, 2022)**
  - o in collaboration with the Philippine Society of Women Orthopaedic Surgeons (PSoWOSI)
  - o Keynote speaker: Dr. Annette Holian
  - o Lectures: Dr. Evelyn Kuong, Hong Kong; Dr. Azlina Amir Abbas, Malaysia; Dr. Lia Marliana, Indonesia and Dr. Antonia Chen from USA.
  - o Panel discussion: (Trailblazers and Shining Stars: Pioneering Women in Orthopaedics) with D. Teresita Altre (Philippines), Dr. Ping Chin Chye (Malaysia), Dr. Rujuta Mehta (India) and Dr Kanwaljit Soin (Singapore)



**Activities 2023**

- **WAVES essay competition**
  - o Theme: Crack the code: Innovation for a Gender Equal Future



- o Prizes & Winners
  - First: Dr. Sanjana Nandakumar (Complimentary registration APOA congress in Dubai 2024, publication APOA connection)
  - Second: Dr. Karen Maria Dsa (Invited Faculty on Webinar in 2023)
  - Third: Dr. Samundeeswari Saseendar (Certificate of appreciation)
- o All winner's essays published in APOA Connect
- o A special Women's Day issue was published in the APOA connect – contributors, Dr Rujuta Mehta (India), Dr Janis Ann Espino De Vera

(Philippines), Roohi Ahmed (Malaysia), Azeta Arif (editorial), Sanajan Nand kumar (India)

- **Second webinar (March, 5, 2023)**

- Theme: Lift as we rise and march forward
- Keynote speaker: dr. Shalimar Abdullah (Malaysia) and dr. Annie Arnett (Australia)
- Panel discussion: dr. Melanie Amalsurya (Sri Lanka), dr. Azeta Arif (Indonesia), dr. Karen Maria D'Sa (India), dr. Aisha Mousa (Saudi Arabia)
- Participants: 386 viewers



Dr Rujuta Mehta and Dr Erica Kholinne have been regularly participating in the education committee , fellowship sub-committee and curriculum sub-committee with significant contributions.

- **Further activities**

- APOA WAVES session in APOA Hand & Upper Limb Inaugural meeting Seoul June 31 – July 1, 2023  
Successfully attended by Dr Erica Kholinne (Indonesia), Dr Chasanal Rathod (India), Dr Margaret Fok ( Hong Kong), Dr Roohi Ahmed (Malaysia) , Dr Hyun Joo Lee(Korea)



- APOA WAVES session in SICOT Cairo, November 21 – 23, 2023  
Successfully conducted and attended By Dr Emel Gonen (Turkey ) and Dr Rujuta Mehta (India).



- Quo Vadis -Role of APOA Waves , Talk during APOA session at IOACON Lucknow , Dr Rujuta Mehta
- APOA annual Congress Feb 2024 – Dubai – program already submitted.

## **Financial Report APOA WAVES section**

Reception of funds through the APOA site for WAVES membership has been problematic across 2021-22 and through 2023.

Since Paypal is not used in many countries, credit card payment option for membership fees should be added into the system. Membership fees received total \$USD 550 at 13th October 2022, and now it stands at 600 USD as on 6.1.2024. X L sheet attached .

Membership fees were waived later in 2022 to March 2023 to allow members to formally join without the financial challenges presented by the website. All further memberships will have to be via the payment gateway on the website .

No expenditure yet has been taken from these initial membership fees.

Emel Gonen

Treasurer  
APOA WAVES section 2023

# ASEAN Orthopaedic Association Travelling Fellowship 2023 (Australia-NZ) Report

## 1 Introduction (autobiographies of the Fellows)

**A/Prof Denny Lie** is a Senior Consultant with the Dept of Orthopaedic Surgery, Singapore General Hospital where he sub-specialises in Sports and Shoulder / Upper Limb surgery. He has been in practice for more than 20 years. He holds Associate Professor positions at the Duke-NUS Graduate Medical School, YLL-NUS Faculty of Medicine and at Nanyang Technological University, where he teaches both medical students and supervises engineering students. A/Prof Lie is passionate about teaching and is the Director of the SingHealth Orthopaedic Residency Program. He is also involved in research and is the Biomechanics Lead of the Musculoskeletal ACP. He has authored more than 100 papers, 3 books and several book chapters. He is also the Global Health Lead of the ACP. He is the immediate past Presidents of both the Singapore and ASEAN Orthopaedic Associations, and is currently the President of the Asian Shoulder & Elbow Association, and a member of the ISAKOS Shoulder Committee.

**Dr Taufin Warindra** is from Surabaya, Indonesia, where he is taking an orthopaedic training program in Dr. Soetomo Teaching Hospital-Airlangga University. After taking a fellowship abroad, he has practiced orthopaedic for almost 20 years in the field of sport, arthroplasty, spine and trauma cases. He is one among 1300 orthopaedics in Indonesia. At the present time, he is working at PHC Hospital Surabaya, a government owned private hospital, and also a lecturer at Medical School-Widya Mandala Catholic University. He loves to learn new things, building relationships and working with others. In his spare time, Taufin enjoys traveling, sport and spending time outdoors. He is very excited and proud to be part of the ASEAN Orthopaedic Association.

**Prof Manohar Arumugam** is a Professor of Orthopaedic Surgery and Senior Consultant Orthopaedic Surgeon and head of the Department of Orthopaedic Surgery, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia. His previous appointments include Consultant Orthopaedic Surgeon at the Ministry of Health Malaysia. He is actively involved in clinical work majoring in Hand Microsurgery. He started the Hand & Microsurgery service at Hospital Serdang. Currently, 4 surgeons in the Hand & Microsurgery unit at Hospital Pengajar Universiti Putra Malaysia (HPUPM) are providing service to patients with hand injuries and disorders. As a project leader and co-researcher, he is involved in research, especially in orthopedic and engineering-related projects. He had published in citation-indexed journals and had authored one book and five chapters in a book. He graduated Ph.D., MSc, and Master of Medicine (Orthopaedic Surgery) students. He is actively involved in training surgeons subspecializing in hand & microsurgery. He has been appointed by the Ministry of Health Malaysia as a trainer and examiner for the hand fellowship program. He was the past president of the Malaysian Society for the Surgery of the Hand (2015 & 2016). Internationally, he has collaborated with various institutions in developing hand questionnaires suitable for use in the local setting. He has been in contact with various experts in hand surgery to discuss the management and treatment of complex cases. Hand surgery and workshops have been conducted at the Faculty of Medicine & Health Science, Universiti Putra in collaboration with hand surgeons from international institutions. He has also been invited to give lectures in international conferences and symposiums.

## 2 Overview of the Travelling Fellowship

ASEAN fellows are scheduled to visit both the New Zealand and Australian Orthopaedic associations meetings and visit hospitals in these countries. In 2023, this travelling fellowship was resumed after a 3-year Covid hiatus. Each of us flew from our home countries to converge and meet in Nelson, New Zealand on Sunday 5<sup>th</sup> November 2023. Our travelling fellowship consisted of three parts: from 5<sup>th</sup>-7<sup>th</sup> November, we attended the NZ Orthopaedic Meeting in Nelson. From 8<sup>th</sup>-10<sup>th</sup> November we were in Auckland visiting hospitals. We then headed to Melbourne to attend the Australian Orthopaedic Meeting from 13<sup>th</sup> -16<sup>th</sup> November 2023.

## 3 NZ Orthopaedic Meeting in Nelson, 5<sup>th</sup> -7<sup>th</sup> Nov 2023

This year's New Zealand Orthopaedic Annual Scientific Meeting was held in Nelson, from 5<sup>th</sup> -7<sup>th</sup> Nov 2023. It is combined with the Australian meeting every 3 years, otherwise it is held within a week of each other, as this year's meeting. On Sunday 5<sup>th</sup> Nov, social and sports activities were organised, ending off with the Faculty Dinner at the Car Museum. Only Taufin managed to attend the dinner; as both Denny and Manoharan arrived late on Sunday night in Nelson. All 3 fellows stayed at the Quest Hotel in Nelson.



We gathered at the Rutherford Hotel at 0700hrs on Monday 6<sup>th</sup> Nov, for the opening ceremony at 0730hrs. The meeting started off with a solemn procession and entrance into the hall, after which the leader of the local Maori tribe held a respectful prayer and opening ceremony. Children from the local school performed a traditional Maori dance to welcome all of us. The president of the NZ association was Dr Haemish Crawford, a paediatric spine surgeon trained in the US. He delivered the opening speech and his guests included presidents from the US, UK, Canadian and Australian societies (ABC Presidents) , in addition to spine surgeons and fellows from ASEAN and the Pacific region. We were invited on stage and introduced to the society.



The morning sessions were all dedicated to general topics, philosophical in nature and covers a wide range of interests, none were technical nor too focused on any specific sub-speciality. These included:

- First plenary session for motivational inspiration: being excellent by Chris Ahmad, surgical safety by Mike Vitali, maintaining excellence by Felix Savoie, sustaining excellence by Stuart Weinstein
- After coffee, brilliant talk by Nick Petrie on preventing burn out and reducing stress in Orthopaedic career
- More general topics: women in Orthopaedics by Laurie Hiemstra, overcoming complications by Chris Ahmad, then surgical infections by Arthur Morris.

The afternoon was filled with various sub-specialty sessions. There was warm camaraderie that evening as men in bow ties and ladies in gowns gathered at Rutherford hotel for cocktail reception that preceded the Gala dinner. The conference hall was transformed into a gala ballroom, with underwater sea theme. We met many local and international guests that evening, and enjoyed the fresh seafood and sumptuous dinner!



Taking a well-deserved coffee break in one of Nelson’s many home cafes.

Reception of the Gala dinner, along with Dr Haemish Crawford, president of the NZ OA.



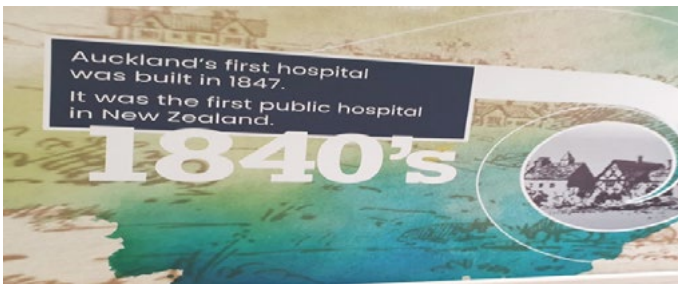
Tuesday 7<sup>th</sup> Nov started with more sub-specialty sessions. The Elbow session was particularly inspiring. Both Denny and Manoharan presented their talks during the Upper Limb session in the late morning; Denny's talk was titled "Shoulder Instability in South-East Asia: are we that different?" and Manohar presented "Tuberculosis of the Wrist". Taufin delivered his talk on "Discoid Meniscus" in the afternoon Knee session. The ASM ended that evening and the ASEAN fellows took a flight to Auckland, checking into Nesuto St Martins that evening.



Walking around Nelson after our presentations, before our flight to Auckland.

**4 Visits to hospitals in Auckland, NZ; 8<sup>th</sup> -10<sup>th</sup> Nov 2023 (by Manohar Arumugam)**

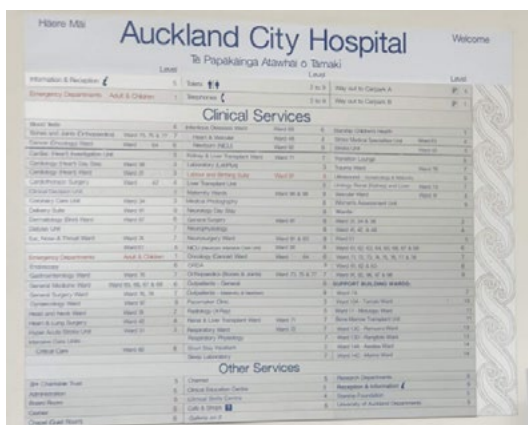
On Wednesday 8<sup>th</sup> November we visited Auckland City Hospital which is New Zealand's premier public medical facility and a hub for clinical research.



The Auckland City Hospital was first established in the 1840s. It was the first public hospital in New Zealand. Its unwavering dedication lies in delivering exceptional patient care, advancing research, providing top-notch training, and contributing to the community insights into the hospital's operations, medical practices, and the overall healthcare environment. In New Zealand ACC (Accident Compensation Corporation) covers everyone in New Zealand who is injured in an accident. The scheme covers children, beneficiaries, and students if they're working, unemployed or retired. It also includes visitors to New Zealand if they're injured while they're here. The cost of healthcare in New Zealand varies. The public healthcare system in New Zealand operates as a single-payer healthcare system. The government pays for the majority of healthcare costs using public tax money – up to 9% of New Zealand's GDP.

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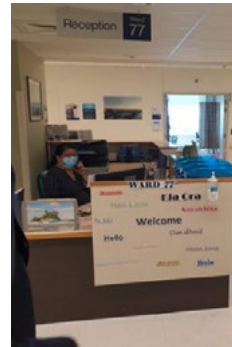
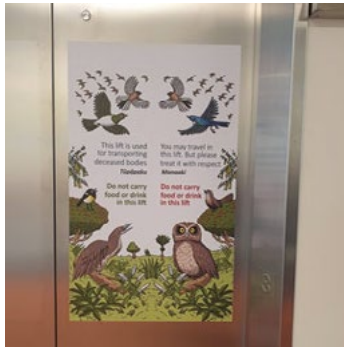
To be an orthopaedic surgeon in New Zealand trainees must complete a five-year Surgical Education and Training (SET) Program and succeed in the Fellowship Examinations before being eligible to be awarded the Fellowship of the Royal Australasian College of Surgeons (FRACS).



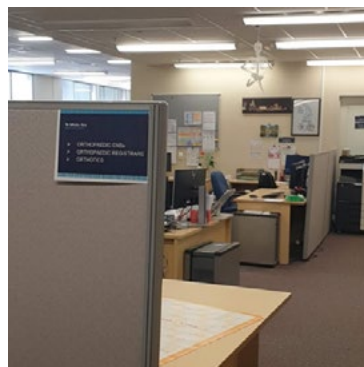
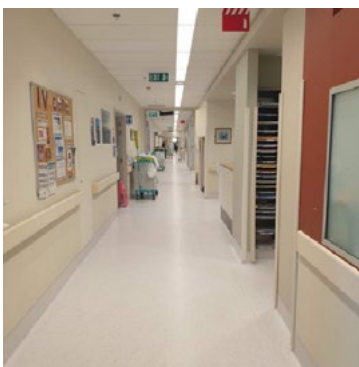
Mano, Taufin, Rupesh and Denny

The directory at the entrance of the Auckland City Hospital indicates the various specialities and services the hospital provides. We were met by Dr. Rupesh Puna the Consultant Foot and Ankle surgeon who took us around the hospital. We stopped at Planet Expresso to have some coffee.

We were given a brief tour of the hospital and then went to the orthopaedic wards. The presence of Maori culture and tradition could be felt everywhere. On the way up to the orthopaedic ward, I saw this rather interesting notice on the lift door which reflected the local culture.



The orthopaedic ward was located on the 7th floor. There were 2 wards ward 75 and 77. The welcome notice at the reception counter at the orthopaedic ward reflected the various ethnic groups living in New Zealand. Note the “Selamat Datang”. The set-up is something similar to our wards.



A view of the orthopaedic ward at Auckland Hospital. Not much different from the wards in our hospitals.

We then went to see the workstations and offices of the nurses and doctors. Note the word orthopaedic CNS. CNS stands for clinical nurse specialist. The nurses are empowered to initiate treatment for example wound care. The orthopaedic medical officers’ workstation is somewhat similar to our workstations. The consultants do not have individual offices but use an open space area. They have a small library with a good collection of journals and other reference books.



This is the Orthopaedic Department library where a large collection of journals was kept.

The hospital provided most of the subspecialty services, except for paediatric orthopaedic services which are provided by the Starship hospital next door. We did not attend any orthopaedic operating theatre sessions.

**5 Australian Orthopaedic Meeting in Melbourne, 13<sup>th</sup> -16<sup>th</sup> Nov 2023**

The Australian Orthopaedic Association has almost 2200 members, and its national meetings are usually large with a theme of common interest to the speciality societies. This year the meeting was organised in Melbourne from 13<sup>th</sup> - 16<sup>th</sup> Nov, with a focus on Rural Surgery. This theme was selected by the president Dr Chris Morrey who practises in Cairns and is familiar with medical and surgical care in the rural areas of Far North Queensland (FNQ). Over the weekend of 11<sup>th</sup> -12<sup>th</sup> November members of the AOA had many business and trainee meetings which did not involve the ASEAN fellows, who thus had the weekend off. We were invited to the Welcome dinner on Sunday 12 Nov, where we met many faculty and guests from the Asia Pacific region.



The ASEAN fellows welcomed by AOA president Chris Morrey on the opening ceremony.

The AOA meeting kicked off with an opening ceremony on Monday 13 Nov at about 1000hrs, during which the AOA president welcomed the presidents from the USA, UK, Canada and S Africa (the Carousel group of presidents) and the Asia Pacific guests. Then there were several lectures: an inspiring talk by RADM Sonya Bennett, who grew up in a rural farm; Anthony Ward, on Trauma and use of AI; and Bryan Ashman, on review of training in Australia. The afternoon was left to the sub-specialties. The ASEAN fellows took the opportunity to visit the National Gallery of Victoria, and the city centre.



At the National Gallery of Victoria



The ASEAN fellows walking along Flinders Street



Tuesday 14<sup>th</sup> Nov was busy for the ASEAN fellows. We started off listening to the talks of the Shoulder and Knee sessions. The afternoon APOA session started off with a talk by Dr Nicolaas Budhiparama (Asia Pacific Visiting Professor) from Indonesia. Then a panel presentation Moderated by Prof Ted Mah and discussion on rural surgery in the Asia Pacific region followed. A/Prof Denny Lie gave an overview of the state of Orthopaedic care in the rural areas of several ASEAN countries viz Brunei, Cambodia, the Philippines, Singapore and Thailand.



Representatives and presidents from Australia, India, Malaysia then shared their country narratives. It was interesting that despite the different levels of development and wealth, the challenges facing rural orthopaedic care in our countries are similar. It was on this note of shared problems, and realising the potential opportunities for projects that we ended the fruitful discussion. The APOA dinner that night was hosted by the president Chris Morrey and Ted Mah, ex-APOA president at Sake, a Japanese restaurant.

The highlight of Wednesday 15 Nov was the Presidential Plenary on Rural Surgery. There were many great and interesting talks, summarised below:

- Rural Orthopaedics in the carousel countries – NZ, Canada, UK, AOA, S Africa, AAOS.
- Richard Murray, dean of James Cook Uni, on how medical education in rural areas leads to rural practice
- Excellent talk by Michael Shuetz from Jamieson Institute on the future of AI in trauma care in Queensland
- Royal Australian College of Surgeons and how they are supporting higher training for rural areas
- A school project in Cairns to interest school children to study orthopaedics and practise in rural areas
- A volunteer grass root effort to help rural children.

Overall, it was a great plenary that looked at the problem of orthopaedic care in the rural areas in a comprehensive way. Encouraging surgeons to work in rural areas does not involve the surgeon alone, which already was challenging. Effort must be made to support the working spouse and the education and aspirations of the children. The plenary offered a multi-faceted effort to support rural surgery, and we were impressed with many inspiring stories.

The Gala dinner on the night of 15<sup>th</sup> Nov was held on an old Victorian-era theatre converted to a dining hall. Many speeches and tears flowed as the President Chris Morrey thanked the AOA society and welcomed Michael Johnson the new President. The food was excellent and so was the music that followed; almost all guests, including the ASEAN fellows, hit the dance floor to end the rousing evening!

All 3 ASEAN fellows departed Melbourne on Thursday 16 Nov, at different departure times, to our respective home countries.



By Denny Lie

ASEAN/AOA Travelling Fellow 2023



# REFLECTION ON APOA ACTIVITIES AT THE 2023 AOA ASM

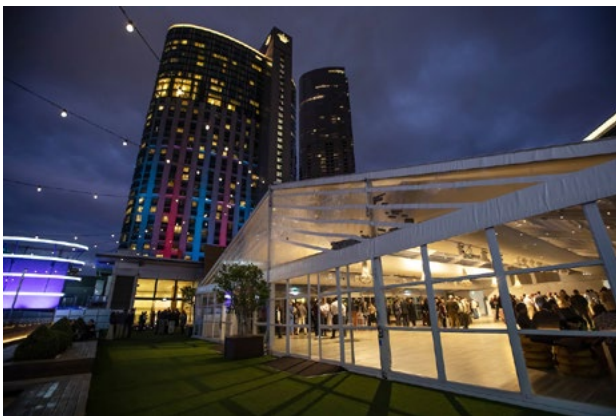
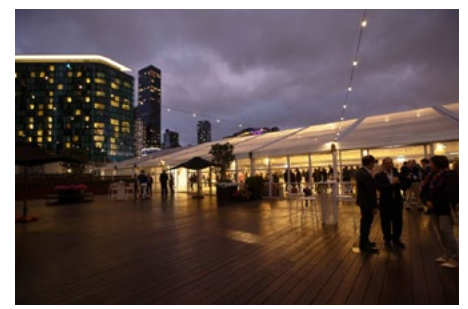


The 2023 AOA ASM was held in the beautiful Melbourne Convention centre in November 2023. The meeting attracted the largest number of attendees, in-part, no doubt being post COVID where individuals were tired of virtual meetings and felt the need to meet face to face to connect again!

AOA was privileged to welcome many OA presidents from the Asia Pacific regions in addition to the Carousel OA Presidents. OA Presidents from APOA (represented by 1st VP J Ashraf), ASEAN OA (D Lie) Brunei OA (A R Mohammad), Hong Kong OA (CH Yan), Indonesia OA (HD Ismail), Japan OA (J Kumisaka), Malaysia OA (SA Mokhtar), Singapore

OA (PK Boon), Thailand OA (T Punyarabandhu), Turkish OA (CN Aktekin), Asia Pacific Visiting Professor (N Budhiparama), as well as the three ASEAN / AOA Travelling fellows (Singapore- D Lie, Indonesia – T Warindra and Malaysia – M Arumugam).

It was a very relaxed and informal occasion at the AOA Welcome Reception held at Crown Aviary where AOA members welcomed our visitors, many catching up with old friends and making new ones over drinks and buffet.



It was the first occasion where all invited Asian presidents could meet and greet upon their arrival in Melbourne.



The AOA Presidential dinner was an excellent event held at the exquisite Melbourne Art Gallery.



**Visiting Presidents with the locals**



**Presidential dinner**

It was an unique opportunity to mingle with other visiting OA Presidents, Past Presidents of AOA and many executive members of AOA and supportive staff.



**Indo OA president**



**HK & Thai Presidents**



**APOA 1st VP with locals**



**APV Prof Nico with T Mah**

Jamah Ashraf, on behalf all visiting Asian Presidents, gave a memorable reply toast to the AOA President and the AOA.



**Chris Morrey addressing crowd**



**G Mercer and T Mah**



**M Johnson to introduce the President**



**Turkish, Brunie and Thais OA Presidents**



**J Ashraf with fellow APOA member country Presidents reply toast**

The dinner was sumptuous and relaxing despite being a formal black-tie event!



**A Hollian with visitng Guests**



**Various Presidents with local APOA members**



The APOA session and AGM on Tuesday 14th November was conducted both face to face and broadcast to APOA(Aus) members. The new (2023) APOA (Aus) constitution was approved by members at the AGM. It was an informative and enlightening session where all attending Presidents shared their pertinent experiences and current issues within their countries / regions.



The APOA visiting professor Prof Nico Budhiparama gave an excellent talk on “The Future of Knee Arthroplasty is Here: How Asia Pacific is Embracing New Technologies”. This was followed by the symposium on “Bridging country and urban Orthopaedic using AI and other technologies– APOA perspective” chaired by Prof. S Liew and Prof. T Tran and moderated by Prof. Ted Mah.



**Denny Liu**



**SA Mokhar**



**CN Aktekin**

It was not surprising to hear from the visiting Presidents that the problem of providing support to fellow country orthopaedic colleagues remains a common issue, the only difference being the scale of the problem, as the issue in developing countries is not surprisingly many times worse.



**J Ashraf**



T Mah provided a few very interesting ideas of using AI and newer technologies to assist with remote surgical teaching, training, supervision, clinical service and research, which may be of interest and benefit across the Asia Pacific region.

**T Mah presentation**

The APOA/AOA Executive dinner was held at SAKI restaurant. It was a delightful Japanese cuisine, well received by visitors and locals alike.

Our special guest was Asso Prof Kerin Fielding, RACS President, joined by all the invited Asian presidents and ASEAN/AOA Travelling fellows.

It was a show of local hospitality and the interactions demonstrated great APOA camaraderie in Melbourne.



**Aus and visiting APOA delegates**



**APOA AOA dinner at SAKI**



**APOA camaraderie at SAKI restaurant**

The AOA Gala dinner at the Forum Melbourne was a great event.



**The Venue**



**The Setup**



**Indonesian President**

It was a show of AOA home grown 'pop culture' with one of our members being the pop band lead and everyone relaxing and having a good time.



**Band Lead**



**Great entertainmnt**



**Malaysia, Brunei & Indo OA guests with T Mah**



**Visitors with Adrian C**



All of APOA guests seemed to have really enjoyed themselves and many were dancing the night away.



Dancing away



Having a great time

All in all it was a night to be remembered!

We look forward to welcoming more APOA members to the next AOA ASM in Brisbane in 2024!

*Ted Mah*

## APOA FOOT AND ANKLE SECTION REPORT 2023

Happy 2024 to all of you from the Foot and Ankle Section members.

At last some return to normality! I am sure all of you have enjoyed some measure of delight, warmth and camaraderie attending meetings in person. As the old saying goes- “the value of water is only realised when the well runs dry”. So the Foot and Ankle section this year has focused on participating and contributing at various meetings in our region in ‘hard copy’ rather than ‘virtual’ format.

The year started with APOA members contributing to the Nepal Orthopaedic Association annual Congress in collaboration with the Orthopaedic Association of SAARC nations in February 2023. Trauma topics covered Lisfranc, Syndesmotic, Calcaneal and Achilles tendon injuries. The educational content was much appreciated and acknowledged.

Our section’s platform to promote parity in clinical practice through education in the Asia Pacific region was advanced by contribution to the Journal of Orthopaedic Surgery (Vol 31 Issue 2, May- August 23) on Ankle Instability. Rajiv Shah, Immediate Section Past President, was the Guest Editor and contributors included Gowreeson Thevandran, Carlo Borbon, Rajiv Vohra and Arvind Puri. Prof. Nicola Maffuli and Alastair Younger also made valuable contribution to this endeavor.

The annual Indian Foot and Ankle Conference held at Nagpur in August 23 generously included a session to showcase APOA Foot and Ankle Section. Kumar Shantanu, Rajiv Vohra, Rajiv Shah and myself presented complex cases generating stimulating discussions. This partnership also resulted in new members joining our section.

“Past, Present and Future of Foot and Ankle Surgery in the Asia Pacific Region” a Keynote lecture at the Combined Indonesian Foot and Ankle and Shoulder and Elbow Society meeting at Bandung, Indonesia in August this year provided an opportunity for our section to present a possible and achievable goal of levelling the care of foot

and ankle patients in our region.

Contributions from our section’s member including Y.P. Chua and Nurettin Heybeli have also been submitted for the Sports Injury - Prevention, Diagnosis, Treatment and Rehabilitation textbook under the editorship of Prof. Mahmut Nedim Doral of Turkey. This is due out as a new edition in 2024.

We are looking forward to the APOA Dubai Congress this year and have already submitted the final programme with the theme “Advances and Innovations in Foot and Ankle”. It is a testimony to our commitment towards education that many of our members have agreed to attend and contribute as faculty. Maan Taaba, Co-Chairman, has been instrumental in organising a session by the Minimally Invasive Foot and Ankle Society members with a Keynote Lecture by Jordi Vega from Spain. Prof. Mark Blackney will present a Keynote Lecture on his experience with Minimally Invasive Surgery in Foot and Ankle.

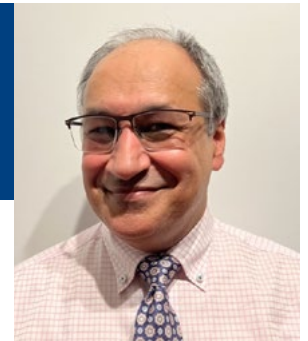
Our ‘Case of the Month’ series goes from strength to strength under the expert stewardship of Prof. Siu Kwai Ming and Prof. Chayanin Anghong.

Prof. Hong-Geun Jung (South Korea), Moez Ballal (Abu Dhabi), Daman Kumar Jha (Nepal) and Altuğ Tanriover (Turkey) have joined the Executive committee and are warmly welcomed.

In the immediate future our section will be represented at the Malaysian Foot and Ankle/ Sunway University course and the Bangladesh Orthopaedic Society meeting in January/February 24.

Lastly, many thanks to all our members without their valuable contributions, zealous support and unhindered involvement it would not have been possible to aim and achieve.

*Arvin Puri*



# Message from Margaret Fok

## President Elect, APOA Hand & Upper Limb Society



The APOA Hand and Upper Limb Society is a recently established society under the Asia Pacific Orthopaedic Association (APOA) aimed at fostering knowledge exchange among like-minded surgeons and promoting education, research, and interest in hand, elbow, and shoulder pathologies. Under the guidance of our founding president, Professor Ted Mah, and our current president, Professor In-ho Jeon, we have organized various activities over the years, including regular webinars, symposiums, and our inaugural meeting in Seoul, South Korea, on June 30th - July 1st, 2023.

As the president-elect of the society, who will assume the presidency in mid 2024, I am committed to follow the footsteps of my predecessors in promoting and inspiring surgeons specializing in upper limb pathologies. Additionally, I aim to provide a platform for surgeons from diverse cultural backgrounds, varying levels of experience, and different genders to participate, collaborate, and share their expertise.

The Women's Advocacy, Education, and Support (WAVES) section of the Asia Pacific Orthopaedic Association (APOA) have made significant strides in advocating for women in orthopedics and raising awareness of the unique management considerations for orthopedic conditions affecting women. As the Asia Pacific representative of the International Orthopaedic Diversity Alliance (IODA), I firmly believe that Diversity, Equity, and Inclusion (DEI) extend beyond gender and should encompass

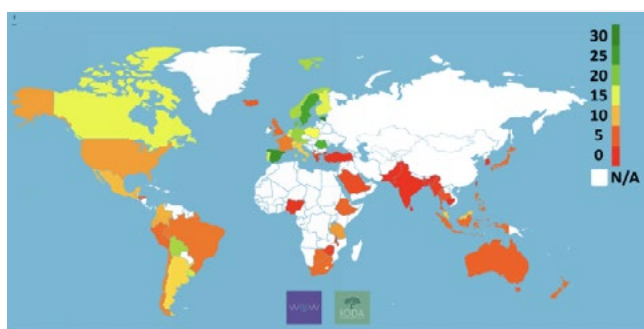
considerations of ethnicities and cultures. It is not limited to organizing symposiums but requires actively involving minorities in programs and offering opportunities for individuals from diverse backgrounds to serve as faculty members. Drawing from my experience as the scientific program chair of SICOT for the past two years, I have taken it upon myself to improve the diversity of faculty members for the SICOT annual congress in 2022 (in Kuala Lumpur, Malaysia) and 2023 (in Cairo, Egypt), having just short of 10% female faculty. While facing challenges, I consider this pursuit a worthy cause since we understand that the lack of diversity in the surgical workforce perpetuates healthcare inequities. In previous eras, the focus was on demonstrating that women and minorities can perform as well as the majority, but now we acknowledge that minorities can bring additional perspectives and contributions to the table.

We are currently planning to hold the APOA Hand and Upper Limb Society Meeting in collaboration with the Hong Kong Society for Surgery of the Hand (HKSSH) in Hong Kong on March 1st and 2nd, 2025. During this event, we aim to fulfill the aforementioned goals. Please mark this date on your calendar, and we look forward to welcoming you there.

*Margaret Fok*



Different Webinars from mid 2022 - 2023



Percentage of Female Orthopaedic Surgeons noted around the world (from 2019 Data)



Opening Ceremony of the 42nd SICOT Annual congress, Kuala Lumpur, Malaysia, September 2022



# 24th APOA Congress



*The Asia Pacific Orthopaedic Association invites you to attend the 24th APOA Annual Congress, from the 9th to 12th of April, 2025. This premier event will be hosted at the Cairns Convention Centre, situated in the picturesque city of Cairns, Australia.*

The congress theme for 2025, "Artificial Intelligence, Robotics, and Mixed Reality," promises to bring forth ground-breaking discussions and exhibitions at the nexus of technology and orthopaedics.

Our comprehensive program, which is being meticulously designed in collaboration with the Australian Orthopaedic Association, APOA Australian Chapter, APOA Scientific Committee, APOA Congress Committee and the APOA specialist sections, integrates scientific rigor with wellness. Attendees will have the opportunity to engage with plenary sessions, case-based seminars, debates on clinical controversies, and updates on current concepts.

Beyond the scientific realm, Cairns offers a plethora of cultural and natural experiences. Participants can immerse themselves in the local heritage, explore the ancient Wet Tropical rainforest, and encounter unique wildlife. Additionally, a variety of leisure activities are available, ranging from Great Barrier Reef expeditions to cultural tours that celebrate the indigenous heritage of the region.

Participants will be able to choose amongst the many activities

for which Cairns is renowned including Great Barrier Reef snorkelling and Diving Cruises, Cape Tribulation adventures, Mossman Gorge and Daintree Forest trips, Luxury Catamaran cruises, Kuranda Scenic Railway trips, Fitzroy Island Trips, Helicopter Scenic Tours, Baron Gorge National Park White Water Rafting Tours, Chillagoe Caves and Outback Day Trips, Ocean Spirit Sailing trips, Atherton Table Lands Waterfalls adventure treks, Tusa Reef Tours, Green Island Trips. For those with a little more time full day cruises and overnight experiences are available to Frankland Island and to the Great Barrier Reef.

As the Congress President, I extend this invitation and encourage you to reserve these dates in your calendar. For further information or inquiries, please contact me or our Congress secretariat Alison Fallon.

We eagerly anticipate your participation in what promises to be a fusion of innovation, culture, and community at APOA 2025.

*Marinis Pirpiris*

