



EDUCATION & TRAINING COMMITTEE

Education and Travel Bursary Report

Country visited	Hong Kong
City or town	Hong Kong
Hospital/unit/clinic	Prince of Wales Hospital / Orthopaedics / Hand Team
Dates visited	2-13 December 2024
Please give an overview of what you saw / did	I timed my visit to coincide with the annual Hong Kong Wrist Seminar and Workshop which gave me an exposure to both clinical wrist surgery (e.g. arthroscopic partial wrist fusion, TFCC repairs etc.) as well as attending their cadaveric wrist arthroscopy workshop. Additionally, I was exposed to a wide variety of operative hand surgery. Highlights for me from a Plastic Surgery background include WALANT triple tendon transfer for radial nerve palsy and A2 reconstruction with a split FDS graft for bowstringing (PL used previously for tendon reconstruction following rupture after flexor tenosynovitis).
What were the best things about the visit?	Prof PC Ho and his team were most welcoming and took time to explain the considerations, rationale and approach, no matter the case seen in clinic or theatre. Most impressively, I was able to see a very wide range of congenital and paediatric hand pathologies in the outpatient clinic – from OBPI to constriction band syndrome, clinodactyly, ulnar dimelia, Erb's palsy (11 day old baby), arthrogryposis, and Wassel I-VII (!) even. Interestingly, the Hand Team also performed supermicrosurgery for lymphoedema patients (LVA, VLNT). Most impressively, they had a toe-to-thumb transfer patient who came for follow-up at 30+ years post-operatively. Overall, it was a very interesting contrast between the NHS and the Hong Kong healthcare system for me, given that both are “free” for patients, but the delivery of, and access to care was very much different.
What problems did you encounter?	I do not fully understand Cantonese so required a bit of translation help from the local team sometimes. Fortunately, all clinical documentation was in English so one could follow along as the consultation findings and plan etc. were documented as it progressed.
What accommodation	None.

was provided?	
Do you have an anecdote about your visit you can share?	<p>Prof PC Ho gave me a calendar for 2025 which I thought was very meaningful and symbolic as it was a collection of artwork from their paediatric hand surgery patients as part of their hand therapy sessions funded by a charity he had set up with the hospital.</p> 
Would you recommend this to someone else?	<p>Definitely – great hospitality, much learning, and amazing food!</p> <p>From left to right: Me, Dr Jaya (fellow from Malaysia), Dr WL Tse and Dr PC Ho having lunch together in the hospital cafeteria.</p> 
How did this experience add to your development as a Hand Surgeon?	<p>I have already had the chance to employ the tips and tricks I have learned for Dupuytren's needle fasciotomy, tendon transfers and flexor tendon repairs. Additionally, my exposure to wrist surgery has sparked an interest in wrist arthroscopy as it may be utilised in a variety of pathologies that we in Plastic Surgery already treat, such as CMCJ osteoarthritis, scaphoid non-union and ganglion excision.</p>



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