



Wise Use of Social Media

In this age of social media facebook, twitter, instagram, linkedIn, whatsapp groups etc. are robust tools used to be heard and seen. For a surgeon, social media is not just for projection but a tool to share opinions, interesting cases and surgical queries with colleagues which is phenomenal for patient care and medical teaching. However, privacy violations, work distractions and time wasting are the risks involved in this practice.

I recently came across a publication, in OR Manager, Vol. 31 No. 2, February 2015 "Wise use of social media can enhance your professional career" by Cynthia Saver, President of CLS Development, Inc., a communications expert. She gives useful tips to the valiant surgeons who roar on these platforms on how to remain credible and heard. I will suggest to my readers to go through the whole article. Here are some excerpts from it,

Know your purpose

"If you are seeking professional development, you should be on LinkedIn, which lets you share your expertise, display your accomplishments, show your professional face to the world so people know who you are and can quickly identify what your expertise is." Says says Keith Siddel, PhD, JD, MBA, CHC, an attorney and healthcare finance and compliance expert based in Monterey, California. LinkedIn is the first social media choice for job searching among healthcare professionals

Work dialogue consists of sharing ideas and seeking solutions. In this case, Siddel recommends resources such as user groups. A user group for Epic OR software, for instance, would be an ideal place to discuss how to more efficiently use the system. Other options include allnurses.com and, for OR Manager subscribers, ORBusinessmgmt_listserve-leave@ormanager.com.

Segregate your Apps and Peeps

Siddel recommends segregating your friends and family from business acquaintances and associates. One method is to separate the apps that you use. Apps best suited to personal friends include Facebook, Tumblr, and Pinterest. LinkedIn is more appropriate for business contacts.

"Twitter can be for either professional or personal use," Siddel says. "Pick and choose how you're going to use it." One benefit of Twitter is that Tweets are often retweeted to a very large audience.

Engage Staff

OR leaders can use social media to engage staff. "Social media is well suited for engaging individuals who are separated by time or space, but need to work on a common project," says Farris Timimi, MD, medical director for the Social Media Health Network of the Mayo Clinic in Rochester, Minnesota.

"When given appropriate guidelines, orientation, and training on how to use social media strategically, employees can be an important asset," he says.

He shares a Mayo Clinic success story where frontline providers on the

HIGHLIGHTS

The Asia Pacific Orthopedic Association (APOA) Congress will be held in Antalya, Turkey on 10 to 14 April 2018.

Academic Activities

- Wise Use of Social Media
- AO Trauma Pakistan – First 15 Years
- Second Basic Trauma Workshop at Bahawalpur by POA-Trauma Forum
- Distal Radius Fracture Workshop
- Pediatric Spine Deformity Surgery Workshop
- Hands on Workshop on Recent Advances in The Management of Distal Radius
- Mini Ilizarov Workshop
- 12th Pelvis & Acetabulum Workshop & Course
- Hands-on Training Workshop on Muskulo-Skeletal Birth Defects & Deformities
- 19th Total Knee Arthroplasty Live Surgery Workshop
- 15th Total Hip Arthroplasty Live Surgery Workshop
- Primary Hip & Knee Arthroplasty Cadaveric Workshop
- Report of "Deformity Correction Planning Workshop"
- 9th Biennial International Conference of Orthopedic Association of SAARC Countries
- Principle Symposium of Spine Trauma
- Mock Clinical Exam For Part II Candidates FCPS 2017

Monthly Meeting/Conference

- Jinnah Postgraduate Medical Centre, Karachi
- Liaquat National Hospital & Medical College, Karachi
- Benazir Bhutto Hospital, Rawalpindi
- Khyber Teaching Hospital, Peshawar
- 10th Awami Aghai Muheim & Free Orthopaedic Camp AKAR Hospital, Karachi

National & International Publications

- "Varied percutaneous and endovascular management of large iatrogenic Profunda Femoris artery pseudoaneurysm"
- "Proximal Femur Locking Plate for Sub-Trochanteric Femur Fractures: Factors Associated with Failure"
- "An Experience with Titanium Proximal Femoral Nail in Comminuted Proximal Femoral Fractures"
- "Ilizarov hip reconstruction osteotomy e A review"
- "Significance of Pirani Score at Bracing-Implications for Recognizing A Corrected Clubfoot"

Innovations in Orthopedic Surgery

- Advancing Orthopedics in Pakistan Opportunities of National and International Fellowships Healthcare Services over Internet to revolutionize Pakistan Healthcare System
- Accreditation of POA Fellowship Centres POA National Fellowship Fellow Pass Out from 1 year Fellowship
- Fellowships Obtained Fellowship Experience at AOCID, Dubendorf, Switzerland
- Fellowships Mini
- Fellowships Travelling
- FCPS/ MS Graduate Profile

POA National Fellows

Obituary

Social Activities

Upcoming Events

cardiology service, including nurses, physician assistants, nurse practitioners, pharmacists, physicians, and discharge planners, can access a tool that lets them have shared conversations related to quality metrics. The tool from Dabohealth.com formats metrics so the display is similar to what users see when using social media platforms such as Facebook

Consider Engagement Etiquette

Managers shouldn't invite staff to be friends on Facebook, but what should you do if a staff member sends you a friend request? "We don't prohibit that, but I would encourage managers not to accept the request because it raises issues," says Dan Goldman, legal counsel for the Mayo Clinic.

Some managers have created a private Facebook page for the unit. Although this can help engage staff, Goldman cautions, "The same rules apply as if you were meeting in a conference room, so you would have to think about how secure that is if there is discussion of identifiable patient information."



Understand the Characteristics of Social Media

Speed, scope, and meaning are all characteristics of social media OR leaders need to know about. The world of social media travels at warp speed. "Once you hit 'return,' it's immediately out there on a wide scale," Sidel says. "The scope is immediate, it's worldwide, and there's no way to take it back." There's even a site, Wayback Machine, that archives inactive web pages.

Dr Timimi suggests considering the following questions before posting:

Who am I posting to?

Is it appropriate for all ages?

Am I adding to the conversation?

Experts say it's better to focus on quality rather than quantity of social media communications.

Privacy, Distraction, and Addiction Risks

The level of distraction imposed by social media is of particular concern in the high-stakes OR environment. "During patient care time, social media has no place," says Dr Papadakos an anesthesiologist and director of critical care medicine at the University of Rochester Medical Center and a professor of anesthesiology, surgery, and neurosurgery in the School of Medicine and Dentistry in Rochester, New York. "There have been near misses and at least one patient death caused by texting or other social media distraction in the OR."

"People don't intend to do something bad. They react too quickly and don't think before they post. People entering the workforce in their 20s have spent half or more of their life on social media, and they fall into that mindset that 'I'm going to immediately share on social media everything interesting that happens to me, including what happens at work.'"

Goldman suggests that when an infraction occurs, managers should take into account whether the action was malicious or simply a mistake

Your Digital Footprint

"Part of being professional means being online," Dr Timimi says. Not being online cuts off the benefits of social media such as networking and information exchange.

However, it's important to keep in mind that your digital footprint can significantly affect your reputation. "You want to guard your online reputation," Sidel says. "Be professional at all times."

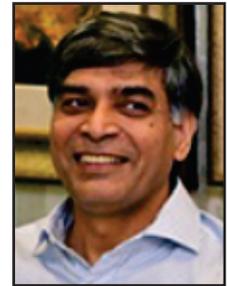
References

1. AMN Healthcare. 2013 Survey of Social Media and Mobile Usage by Healthcare Professionals. <http://www.amnhealthcare.com/industry-research/2147484460/1033/>.
2. Papadakos P J. The rise of electronic distraction in health care is addiction to devices contributing. J Anesth Clin Res. 2013;4:3.

Learning & Teaching Opportunities

AO Trauma Pakistan has been conducting officially approved regular AO activities since October 2003, which include basic workshops, symposia, non-operative courses and operative surgery courses. All conducted at the same standard as anywhere in the world for junior trainees, practicing surgeons and senior consultants. Each course program is approved by team of educational advisers. So far, 1178 orthopedic surgeons have attended these educational activities.

We have also been very mindful of capacity building. When we started there were very few “AO Trained” faculty. Over the years we have invested in faculty training. Now we have more than 20 faculty who have done Faculty Education Program (FEP) which trains faculty to teach on these courses. We have now adequate national trained faculty to conduct these events. FEP is a mandatory requirement for Regional and International faculty.



Prof. M. A. Wajid
Chairperson
AO Trauma Middle East

Leadership development is also part of our programs. Faculty who are interested and committed for leadership roles, have completed Leadership Education Program (LEP) which is a requirement to become Chairperson of a course.

This year will be the 1st course chaired by a faculty Dr M Usman Sarwar, who completed all his faculty requirement and AO training in Pakistan.

The standard of our faculty has been second to none. They have been contributing as invited International faculty and course chairpersons, for Regional and International courses including Davos courses.

Many young trainees have completed AO Trauma Fellowships abroad and as our membership base has increased, we anticipate more fellowship positions.

Additional Fellowship opportunities are also available. This year one fellow Dr Ayesha Saeed has been successful in securing an ACID Fellowship at AO Center Dubendorf, Switzerland.



Opening Ceremony: October 11, 2003. Aga Khan University, Karachi
From L to R: M A Wajid, Dean AKU Muhammad Kurshid, Dr Mirza Rehman Beg, Dr M Ali Ansari



Group Photograph of AO Trauma Basic Course held in Nov 2016 in Lahore Pakistan.

Pakistan Chapter has also significantly contributed to governance of AO Foundation as elected AO Trustee from Pakistan, Chair and Member of various AO regional committees and task-forces as well as through current elected position – Chair of AO Trauma Middle East (AOTME) Board.

After 15 years of continuous AO activities, AO Trauma Pakistan has made satisfactory progress despite many challenges particularly security issues post 9/11.

With a well trained and dedicated faculty, we anticipate a very productive and bright future for AO Trauma Pakistan chapter.

The writer is Member of AO Trauma International Board and Chair, AO Trauma Middle East & North Africa (MENA) Board.

Advancing Orthopedics in Pakistan

Opportunities of National and International Fellowships

Orthopaedic is the fastest growing surgical specialty in Pakistan. We are already observing a positive change that has happened in the last few years. There is a need to keep the momentum and accelerate the pace of modernizing the orthopedics in Pakistan. This will enable us to bring POA at par with developed country.

The sub-specialties are like the columns of a building, which gives strength and the height to the main structure. The developed countries have adopted this concept of sub-specialties much earlier and are now reaping the benefits of it through more specialized trained surgeons as well as satisfied patients. Our goal is to have orthopaedic sub specialty department at all teaching institute across Pakistan.

Development of sub sociality is a huge task and cannot be done by an individual. The sub specialty societies and forums have played a pivotal role in its development by conducting hands on workshops of international standards as well as arranging fellowships at national and international platform. Positive and constructive collaboration between POA and sub specialty societies is the key to achieving our target on fast track. Upcoming surgeons have now more opportunities of achieving their goals of specializing at center of excellences around the globe.



Leading national sub specialty societies are as follow.

1. Pakistan Arthroplasty Society. PAS www.arthroplasty.org.pk
2. AO Trauma Pakistan www.aotrauma.org
3. AO Spine Pakistan www.aospine.org
4. Society of Spine Surgeons Pakistan. SSSP
5. Pakistan Society for Surgery of Hand. PSSH
6. Paediatric Orthopaedic Society of Pakistan. POSP
7. ASAMI Pakistan.

The faculty from Pakistan are now being invited to deliver lectures and conduct workshops around the globe. Few of the platform are as follows.

1. Asia Pacific Orthopaedic Association. APOA
2. Asia Pacific Arthroplasty Society. APAS
3. Asia Pacific Spine Society. APSS
4. AO Trauma international.
5. AO Spine international.
6. SICOT
7. OASAC
8. ASAMI
9. Sharjah Surgical Institute, UAE.
10. European Surgical Institute Germany.

With support of Mr. Tanveer Sadique, Mr. Munawer Shah, Mr. Awais Sheikh and Mr. Emad Mallik from UK, we are in processes of establishing British Pakistan Orthopaedic Association BPOA. There are more than 40 doctors of Pakistani origin who are working as consultant in UK. This platform will open the door for multiple fellowships for young surgeons as well as opportunity of short traveling fellowship for practicing surgeons to upgrade their skill. With UK coming out of Europe there will be many vacant post for Pakistani doctors. I would advise young surgeons to clear ILETS exam with 7.5 score. GMC registration is possible without passing PLAB, if you achieve above score

Followings are international centers where we can facilitate fellowships in orthopaedic sub specialties.

ARTHROPLASTY:

1. Pakistan Arthroplasty Society

Website : <http://www.arthroplasty.org.pk>

Contact Person : Ali Qureshi Email : ali.qureshi5501@gmail.com

2. Singapore General Hospital

Website: www.sgh.com.sg, [online application](#)

3. National University Hospital Singapore

Website: www.nus.edu.sg

4. Walsall Manor Hospital UK.

Contact Person: Mr. Munawwar Shah E-mail: shahmunawwar@aol.com

5. Leister Royal infirmary UK.

Contact Person: Mr. R. Pandey E-mail: radhakant.pandey@uhl-tr.nhs.uk

6. St. Lukes Hospital Northwest Hospital Sydney, Australian Orthopedic Association Fellowship

7. Cork University Hospital, Ireland

Contact Person: Mr. Rehan Gul Email: gulortho@gmail.com

8. Albert Ludwigs University Freiberg, Germany

TRAUMA

1. AO Trauma Fellowship

Basic requirements

AO Basic course

AO Advances course

Online application on www.aofoundation.org

Contact person in Pakistan Dr. Usman Sarwar, Community Development Officer AO Trauma E-mail: onlyawan@yahoo.com

SPORTS:

1. Singapore General Hospital

Online application on www.sgh.com.sg

2. National University Singapore

Website: www.nus.edu.sg

3. Kemuda medical center japan

ILIZAROV:

1. Russian Ilizarov Scientific Center for Restorative Traumatology and Orthopaedics, Kurgan, Russia.

Website: <http://en.ilizarov.ru/index.php/education/fellowship>

2. Allesandro Manzoni hospital, Lecco Italy

Contact person: Luigi Lovesetti Email: l.lovisetti@asst-lecco.it

SPINE:

1. Asia Pacific Spine Society APSS

www.apssonline.org

Contact person: Professor Arif Khan Email a_khan37@yahoo.co.uk

a. Prof. Mario Matsumoto,

Keio University, School of Medicine, Tokyo, Japan.

b. Prof. Zhuojing Luo

Military Medical University, Xian, China

c. Dr Wong Yat Wa

The University of Hong Kong, Kong, Queen Mary Hospital, Hong Kong

2. AO Spine International Fellowships

Online Application: www.aospine.org

Contact person: Dr. Rizwan Akram, GTTH. Email: Rizwanakram@lmdc.edu.pk

MUSCULOSKELETAL ONCOLOGY:

1. Royal Orthopaedic Hospital Birmingham UK

Website: www.roh.nhs.uk

2. Rizzoli Institute of Orthopaedics, Bologna, Italy

Website: www.ior.it

3. Seoul National University Hospital, Korea

Website: <http://cancer.snuh.org>

Contact Ilkyu Han e-mail: hik19@snu.ac.kr

FOOT AND ANKLE:

1. British Orthopaedic Foot and Ankle Society

Website: <https://www.bofas.org.uk/Fellowships-and-Bursaries/Training-Fellowship-information>

Registration with GMC is required; those with MRCS are eligible.

2. Australian Orthopaedic Association

Website: <https://www.aoa.org.au/orthopaedic-training/fellowshipsheader/aoa-accredited-fellowships>

3. AO Foot and Ankle fellowship:

Although the regular AO fellowship is for trauma, a dedicated one-month Foot and Ankle Fellowship is possible through the AO "Visit the Expert" fellowship programme. The deadlines are the same as for the Trauma fellowship, and application process is online.

4. Chinese Orthopaedic Association.

There is a Foot and Ankle referral center in Xi'an province, by the name of Honghui Hospital. This is an AO Trauma approved center for training. They accept AO fellows in Visit the Expert programme. This is a busy foot and ankle unit with 21 surgeons.

Website: http://www.xahyy.com/english/news_content_4141.aspx

PAEDIATRICS ORTHOPAEDIC:

1. University of IOWA

Prof. Jose Morcuende. E-mail: jose-morcuende@uiowa.edu

2. University of Malaya, KL, Malaysia

Prof. Saw Aik E-mail: sawaik@um.edu.my

3. HSPE State Public Hospital, Sao Paulo University, Brazil

Monica Nogueira E-mail: monipn@uol.com.br

4. Prof. Ashok Johari, Mumbai, India Email: drashokjohari@hotmail.com

HAND:

1. Queen Mary Hospital Hong Kong
2. Prince of Wales Hospital Hong Kong

I will be more than happy to facilitate all POA members. POA will facilitate by corresponding with fellowship centers. POA will also write letter to relevant embassy to facilitate visa. We will also finance your return ticket and give you short stipend.

Prof. Syed Shahid Noor

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M Med Sci in Trauma University of Birmingham.

President Elect

Pakistan Orthopaedic Association

President

Pakistan Arthroplasty Society

Chairman International Liaison Committee

Pakistan Orthopaedic Association.

Founder Principal,

Liaquat National Medical College.

Director

Pakistan National Joint Registry.

Head Department of Orthopaedic

Liaquat National Hospital and Medical College.

Healthcare Services over Internet to revolutionize Pakistan Healthcare System



Dr Suhail Yousaf Chughtai FRCS (UK)

Founder Director
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Telemedicine or virtual healthcare is defined as the delivery of healthcare at a distance, typically embracing diagnosis, health education and research.

The healthcare sector is under pressure to reduce spending and increase efficiency. With the passage of time, the relationship between the physician and the patient has also changed, as more and more information is available at the click of the button and the patients have become more informed and can make better choices in their healthcare.

In the health sector, ICT is a cornerstone of efficient and effective services. In many Countries, use of ICT within the sector continues to grow, and the Internet in particular is driving notable change. For example, in middle- and high-income countries, the Internet is dramatically changing the way in which consumers interact with health services, including access to health information and the ability to purchase pharmaceuticals and other health products.

The Internet also plays a key role in expanding the reach of health services to remote areas. The spread of broadband networks and the development of new e-health applications, defined as the use of ICT for health, have a mutually stimulating effect on further developments. (Ref: "Telehealth in the Developing world", by Richard Wootton ET la)

Healthcare information technology has emerged as a promising development to transform the paper-based healthcare system into a digitized one. Quoting Forbes: "74% of patients stated that they would use a telemedicine service if available. This means the demand is there. Now it's up to doctors, hospitals, and other healthcare providers to work on the supply side. According to a recent survey by the American Academy of Family Physicians, 78% believed the use of telemedicine improved both access to and quality of healthcare".

The process of making a diagnosis or reaching a safe range of diagnosis depends upon three basic elements:

- History taking
- Medical Examination
- Review of Medical Records including Investigations

History taking: A very valuable part of the interaction is the medical history taking upon which an experienced clinician can reach include or exclude several medical conditions in the differential diagnosis. Process of taking Medical History involves asking questions relating to the presenting complaint, events around it, relevant past medical history of illnesses and surgical operations, the current medications etc.

Medical Examination: Many of our health problems have nothing to show except for the pain and discomfort felt by us which help determine the cause of the complaint. Other issues may present as a manifestation on the patient's visible skin and mucosa or several physically apparent findings such as muscle wasting, bony deformities, swelling of body



parts etc.

Several of these problems can be more closely examined by the patient uploading images before appointment or instantly using a mobile phone camera. The relevant lesion such as a painful mole, a skin rash or pigmentation, a swelling or deformity of a limb can be shown to the examining doctor over live webcam which helps to reach a safe range of diagnosis.

In every speciality, particularly Psychiatry and Dermatology, Visual examination can replace a Physical Examination without compromise of understanding of the medical illness. Other specialties like

Orthopaedics for instance; the joint movements can be checked visually to get an impression of the range of motion.

The modern digital gadgets have replaced use of traditional stethoscope and thermometers with connected smart gadgets such as shown below:

Smart Thermometer which sends readings via Bluetooth connection to a mobile app cloud which can be set to automatically update the patient's medical file merged in our Web Clinic system which a clinician can view during live Video Consultation.



Smart Wireless Blood Pressure measuring gadget would monitor valuable readings and update the findings instantly on the patient's records on our system of Web Clinic.

The readings from the gadgets (an entire range including Foetal Heart rate monitoring device) can be set to trigger alarm at "Critical Low or High Values" on the system where the doctor gets an alert to prompt a video consultation for urgent advice.

Review of Medical Investigations: Increasing scientific development has resulted in high degree of accuracy available on medical investigations like MRI scan, nerve conduction studies, echocardiogram etc. These investigations are non-invasive, and they assist in diagnosing a medical condition but also to confirm the findings of clinical examination.

The evolving trends in the medical investigation sector have forced several classifications of injuries taught in medical schools to be abolished as they meant no value due to presence of the medical investigations.

One such example is Pott's classification for ankle fractures which is no more applicable due to the presence of X-rays facility. Similar scenario applies for Waddle's signs for assessment of low back pain (for people absent from work with alleged symptoms of low back pain) as MRI scan now provides detailed review of the any pathology causing spinal symptoms.

Evolving medico-legal industry has also influenced clinical decision-making as most surgeons would require objective confirmation of physical findings before deciding to operate. One such example is operating for Anterior Cruciate Ligament damage (Common Sports Knee Injury). It is now mandatory to have an MRI scan before operating as reliance on physical examination findings alone for deciding to operate is poorly defended if the surgeon's diagnosis proves to be wrong.

So in summary, the three elements form the basis of Telemedicine or Web Medical Consultations:

- History taking (over live 2-way video)
- Medical Examination (visual examination over live 2-way video)
- Review of Medical Records including Investigations (via simple uploading facility)



Consultations over Live Video in our system of Web Clinics would provide sufficient information required by an experienced clinician to reach a safe range of diagnosis. Should it not be possible for certain conditions, a physical examination at a local hospital or a visit to the clinician wherever feasible is advised.

Such is an excellent way to deal with most problems seen by the general population as there is simply no need for the patient to come to the hospital if he/she can be managed over the internet. It saves time, efforts and keeps the patient at ease as well as opens the door for the doctors to widen their scope of practice beyond the confines of their physical clinic premises.



The online availability of physicians has revolutionised the healthcare system and has made life easy for not only patients but doctors themselves, who would now be able to work from home.

In the UK, where the NHS faces ongoing pressure from budget cuts, staff shortages and strike action; virtual services like Push Doctor, Healthcare

Express and Doctor Call are providing an alternative that offers clear benefits – up to a point.

The benefits for patients are several, such as:

- Reduced travel costs
- Faster appointment times
- Potential for earlier diagnosis and treatment

The above would relieve pressure on government resources (such as NHS in the UK) who can give more focus to the treatment of the patient as staff resources will be less stretched from what they currently are.

It is estimated that the adoption of virtual healthcare could save the medical profession and the developed countries in which they operate over \$100 billion every year.

Virtual healthcare trials have been undertaken in two clinical settings – diabetes and cancer, and the results so far have been extremely promising. Patients have reported feeling more connected to the service, which has had a positive effect on their engagement with self-care. Utilising virtual technology has also resulted in a significant reduction in DNA, or 'did not attend' rates too.

My company, Virtual Healthcare Professionals Limited is perfectly placed to take advantage of the adoption of virtual healthcare, not only in the UK but in other 17 countries around the world (see section 2.5 below) that have all benefitted recently from improved broadband advancements.

The solutions that we provide will help the medical profession work more effectively with their patients, saving not only huge financial costs but also lives through early diagnosis of those conditions where delay in diagnosis has deadly consequences such as Skin Cancer etc.

Not only will we provide the virtual healthcare technology but we will also provide a platform which trains the medical professionals and allows them to collaborate more easily too.

A good example of this occurred recently when I could conduct training sessions in a Pakistan based Medical School where my colleagues joined in from UK, USA and UAE simultaneously to do a co-presentation and take questions over a multi-way Live Video. No travel costs or having to take time out to international travelling was avoided.

The Benefits of Virtual Healthcare

Telehealth benefits can be outlined as below:

- Extend reach and expand service to patients such as patients who live in smaller cities or towns away from Specialist Hospitals.
- More effective use of clinician's outpatient slots in physical clinics by sharing slots with online virtual clinics, in particular the re-examination ones.
- Help to monitor and manage long-term and post-hospital patient care while a patient rests and recuperates at home, reducing the level of hospital visits and costs to both patients and hospitals. Figures shown that most money spent in the healthcare industry (in the region of 75%) is spent on the treatment of chronic diseases. In the United States, The National Health Council notes that approximately 133 million Americans currently have a chronic disease, and the number continues to increase year by year. Virtual care provides physicians an easier way to continue monitoring and engaging with chronic care patients while reducing these costs. In some instances, virtual care programs can provide patients with instant access to a doctor or physician—no waiting involved.
- Increase the number of patients who can be seen and treated during a given period using the non-office time of available clinicians, thus saving costs to hospitals and increasing revenue.

- Provide new streams of revenue to both contracted hospitals and doctors in the form of virtual consultations and assessments. Other programs will be able to connect patients with physicians who opt in by choice to work during their non-regular office hours, giving patients immediate access without having to go to the emergency room.
- Preventing delay of diagnosis for certain deadly conditions such as Skin Cancer where an early appointment and review can be arranged over a virtual clinic for a patient who would need to travel to a specialist centre from a smaller city or town.
- Virtual consultations prevent spread of airborne infection. The medical research shows that a noticeable proportion of respiratory airborne infections are caught at the waiting rooms of GP surgeries which are unavoidable otherwise. Virtual care also provides care professionals with a method of treating routine healthcare concerns, such as the common cold, seasonal allergies, and sinus infections. For patients, these options mean that minor health concerns can be addressed faster and typically while still at home over a virtual clinic.

Second Basic Trauma Workshop at Bahawalpur by POA-Trauma Forum

Second Basic Trauma Workshop was organized at Quaid e Azam Medical College Bahawalpur under the auspices of Trauma Forum Pakistan Orthopedic Association. It was a two day educational activity held in Orthopedic Department of QMC July 29th&30th 2017. The workshop was targeted at trainee residents and junior surgeons in Orthopedic Surgery. Department of Orthopedic Surgery QMC Headed by Prof Nasir and Dr Javed who coordinated the workshop and had arranged the venue dividing it into lecture and Skills lab area. The course designer and director Prof Sohail Amin had devised the course concentrating upon transfer of hands on operative skills and knowledge of latest orthopedic Implants to budding Orthopedics surgeons. It was well attended by the local trainees and young Orthopedic Surgeons. It was inaugurated by Prof (rtd) Tehseen Cheema the illustrious Hand Surgeon of Pakistan. Prof Cheema welcomed the visiting faculty and the Department of Orthopedics for taking such an initiative. He said such teaching activities in Bahawalpur will go a long way in upgrading the training standards of young surgeons in Orthopedics. Dr Javaid the course coordinator introduced the faculty members to the participants. Faculty comprised of local medical teachers and senior faculty members from all over the country. Dr Muhammad Idrees had come from Peshawar and taught on both days. Prof Faisal Nazeer Hussain , Prof Ghulam Mustafa KK, Kazim Najad and Prof (Rtd) Rafique Sabir instructed in the course. Prof (Rtd) Tariq Sohail also joined on the second day. Prof Brig Suhail Amin introduced the audience to the trauma forum POA and its objectives. He said Pakistan Orthopedics Association has a rich history of supporting academic activities and has begun to encourage development of subspecialty organizations under its flag. He welcomed the participants and told them how the next two days would be spent. He said that the course curriculum was divided into five modules. All the content was covered in two days. Ample opportunity was provided to the participants to practice their skills on saw dust bones in hands on atmosphere. Faculty were given a sumptuous dinner at famous restaurants on both nights by the hosts. The participants rated the workshop very high and as fruitful in their feedbacks at the end of the workshop. Many Pharmaceutical companies participated in the exhibition and various activities.



Principle Symposium of Spine Trauma



Distal Radius Fracture Workshop

The Section of Orthopedic Surgery at the Aga Khan University Hospital in collaboration with Pakistan Orthopedic Association and Pakistan Society for the surgery of Hand organized a one day symposia at the Bahawalpur Medical and Dental college Bahawalpur on the 12 of August 2017. Dr Haroon Ur Rashid was the Course Director and Dr Rizwan Haroon was the course coordinator

This symposium was the first of its kind in Pakistan and was dedicated to one of the most commonly occurring fracture in the upper extremity. In this symposium a AO C 3 model designed by Dr Haroon ur Rashid was also introduced for the first time in Pakistan.

The symposium was well attended by many renowned national faculty and an overwhelming number of participants also showed their interest. The symposium was a mixture of state of the art lecture, recent

Advances in the management of Distal Radius Fracture followed by more than three saw bone workshop where the participants practice the skills of applying LCP to distal radius fracture.



Three years of completion of POA Free Orthopaedic Clinic

In the Executive board meeting of 2014, Prof. Muhammad Parwez Anjum Proposed an idea to establish a free Orthopaedic Clinic for poor & needy patients. It was unanimously approved and Prof. Anjum was given this task on November 19, 2014. He established free Orthopaedic Clinic in Karachi, since this clinic is run by him, with cooperation of his colleagues. This clinic is on daily basis from 12-04 pm different POA members deliver their services on daily basis. Following are the doctors who are with this clinic from start:

- a. Dr. Ayesha Siddique
- b. Dr. S. M. Iqbal
- c. Dr. Hafeez ur Rehman
- d. Dr. Sunil Kumar

This clinic is in private hospital at a central place (Numaish), for which he rent is paid. A secretary is also employed. The total expenses of the clinic are Rs 25,000/- per month, which is borne by Prof, Anjum for more than 3 years. POA has nothing to pay for this clinic.

Fellowship Report by Dr. Salik Kashif

November 2015, I was selected as a POA fellow in the specialty of pediatric orthopedics. I started the fellowship in Lahore with Prof. Javed Iqbal. The aims of the fellowship were discussed and decided before the start, to learn both theoretical and practical details about pediatric orthopedic conditions, learn operative procedures and do research work on certain diseases and procedures.

January 2016, the fellowship was formally started. I accompanied Prof to both private practice and to a Arif Memorial Hospital (a charity hospital), where Prof would operate patients free of charge.

Initial few months my responsibility was to take detailed history, examination and investigate the patients in order to reach to the final diagnosis, after which management plan was made and discussed in detail. Simple surgeries, I would do independently and complicated cases I would assist.

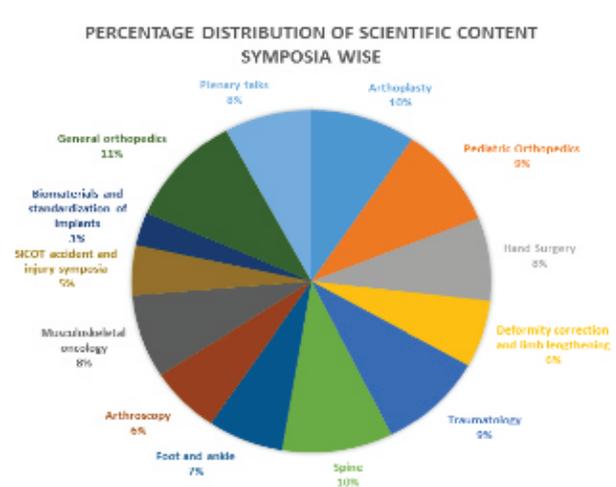
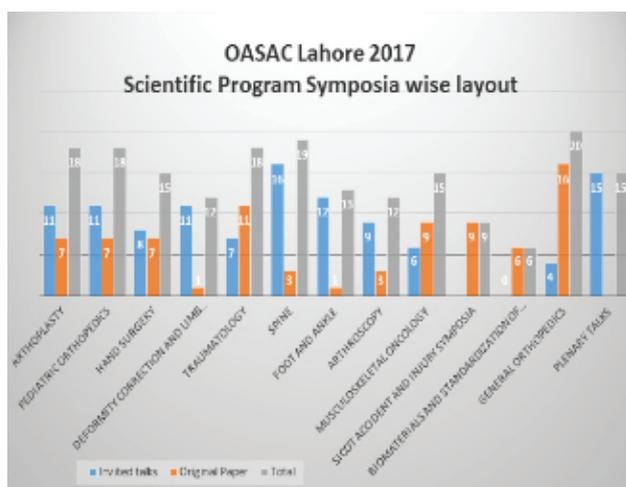
In the later months, I started complicated surgeries under direct supervision.

Sub-specialties are unique experiences, because most of them have one on one contact with the supervisor and more importantly the patients. It is the final effort my both the trainee and supervisor to excell in the specialty and give high quality care to the patients. This is one area if we together work on, can produce dramatic positive change in patient care.



9th Biennial International Conference of Orthopedic Association of SAARC Countries

The city of “Lahore” hosted the 9th Biennial International Conference of Orthopedic Association of SAARC countries 7th – 9th April with its traditional generosity and fervor. The conference celebrated the theme: “Join Hands for Orthopedic Excellence” which depicted the ways in which SAARC member countries can brighten their orthopedic future.



The Orthopaedic Association of SAARC Countries (OASAC) was established in 1997 with first meeting in Kathmandu, Nepal. OASAC is represented by orthopaedic surgeons from eight (8) countries of SAARC region (Pakistan, India, Bangladesh, Nepal, Afghanistan, Sri Lanka, Bhutan and Maldives).

OASAC is holding scientific conference in field of orthopaedic surgery, every 2 years. The 9th biennial Conference of OASAC was supported by International society of Orthopedics and Traumatology, SICOT as well as by national orthopedic bodies of SAARC member countries i-e Afghanistan (AOA), Bangladesh (BOS), Bhutan (BOA), India (IOA),

Maldives (MOA), Nepal (NOA), Pakistan (POA) and Srilanka (SLOA).

It was a matter of great national pride to hold the conference at highest International standards.

OASAC Lahore Conference had a three day elaborate and distinct scientific program starting from the morning of 7th April till the evening of 9th April. The scientific program was shaped in 12 symposia and 3 plenary sessions. Each day two parallel scientific sessions were run. Each symposia was led by a distinct and experienced panel of experts. On the first day Arthroplasty, Pediatric Orthopedics, Hand Surgery, Deformity correction and limb salvage symposia were held. On the second day Traumatology, Spine, Foot and ankle and Arthroscopy symposia took place and on the final day musculoskeletal oncology, SICOT symposia of accident and injury, General Orthopedics, Biomaterial and standardization of Implants were presented. Each plenary session was the highlight of the day with eminent talks from



The registered participants for the conference were 515. The scientific program contained eminent talks by 26 foreign speakers and lectures by over 100 national subspecialty experts. Apart from SAARC member countries eminent speakers from USA, UK, Palestine, Bahrain, China and Hong Kong participated. Moreover we received 62 original papers for oral presentation by young surgeons from across Pakistan. Combined there were 190 talks during the three day course of the conference. Prof Irfan Mehboob published the 2nd issue of JOASAC and was highly appreciated for achieving this task.

The conference was supported by 21 prominent pharmaceutical companies without whom the fruitful demeanor wouldn't be possible. We feel obliged to thank them for their generous support towards a noble educational event

The communal events of the conference added colors to OASAC Lahore 2017. The President of Pakistan Orthopedic Association, Dr. Zia Ullah Bajwa hosted a dinner for the executive organizing committee as well as foreign dignitaries on the night of 6th April at Haveli Rooftop restaurant near Badshahi mosque. The serene environment of old Lahori architecture really mesmerized foreign participants accompanied with traditional Lahori delights.

On the night of 7th April Inaugural Dinner was held at crystal Hall Pearl Continental Hotel Lahore. The inaugural dinner in traditional national dresses of SAARC region was another highlight of the conference. All dignitaries were attired in the customary Punjabi Turban which created an atmosphere of unity. The Governor of Punjab, Honorable Muhammad Rafique Rajwana joined as the Chief Guest. Prof Deven Taneja (Past President OASAC) handed over the jewel of conference to Prof Syed Muhammad Awais (President OASAC). Life time achievement awards were given to Prof Manzoor Ahmed Khan and Prof Inayat Ullah Jokio in recognition to their selfless services in Orthopedic Surgery for Pakistan. All members of executive organizing committee were presented shields in recognition to their participation.

The Gala Dinner was held on the night of 8th April. The famous popstar of Pakistan Hadiqa Qiyani, sang many melodious tunes and mesmerized the audiences. Federal Minister for Health Ms Saira Afzal Tarar and Secretary Health Mr Najam Ahmed Shah were the chief guests of the event. Prof Asad Aslam Khan (Vice Chancellor KEMU), Prof Khalid Masood Gondal (Vice President CPSP), Maj Gen AM Tariq, Lt Gen Wasif Ali, Justice Ali Akbar Qureshi and Begum Shireen Ghias ud Din attended as guests of honor.

Prof PS Maini lecture was delivered by Prof Syed Muhammad Awais on the last day of the conference. Prof Deven Taneja presented him a gold medal for this outstanding lecture. At the closing ceremony the executives of pharmaceutical companies were presented with shields for their valuable participation in the successful conduct of the conference. Prof Syed Muhammad Awais hosted a dinner for the SAARC region dignitaries on the night of 9th April, at Mian Ejaz Farm House.

The 9th Biennial International Conference of Orthopedic Association of SAARC countries 7th – 9th April, 2017 was a landmark conference in the history of OASAC. Many important decisions were taken during the executive and general body meeting of OASAC. Dr. Emal Wardak was elected as next president (2018-2020) and announced the next conference in Kabul in October, 2017. New executives of OASAC took oath and decided that now annual OASAC conference shall be held. It was decided that OASAC will be registered in Lahore, and its official website shall be developed. OASAC will sponsor fellowships for mutual cooperation of SAARC countries. A membership drive shall be initiated for OASAC and frequent workshops shall be held from OASAC forum to promote academics.

The scientific bonds made during OASAC Lahore 2017 shall go a long way in shaping a bright future of SAARC member countries.

“What we learn with pleasure, we never forget” – Alfred Mercier

Promotions

- Prof. Riaz Ahmed Shaikh (of Rawalpindi) on his promotion to Dean of Orthopaedics & Trauma at Rawalpindi Medical University, Rawalpindi.
 - Prof. Muhammad Ayub Laghari (of Hyderabad) on his promotion to Chairman of Department Orthopaedic Surgery, LUMHS Jamshoro.
 - Dr. Naveed Muhammad Juman (of Karachi) on his promotion to Assistant Professor at Section of Orthopaedic Surgery, Aga Khan University Hospital, Karachi.
 - Dr. Syed Muhammad Tariq Joint Secretary, Sindh on his promotion to Associate Professor of Department of Orthopaedic Surgery, Dow University of Health Sciences, Karachi.
-

Fellowships Obtained

- Dr. Rizwan Haroon Rashid (of AKUH, Karachi) who has successfully completed his clinical fellowship training in Foot and Ankle Surgery from Xian Hong Hui Hospital Xian China under the supervision of Prof. XiaoJun Liang.
- Dr. Waqas
- Dr. Irfan Muhammad Rajput (of DUHS, Karachi) who has successfully completed his Clinical fellowship in Trauma & Orthopaedics from University Hospital of Leicester UK under the supervision of Mr. R. Pandey Head of Orthopaedic Surgery, University Hospital of Leicester UK.
- Dr. Irfan Muhammad Rajput (of DUHS, Karachi) who has successfully completed his Travelling fellowship in Hip & Knee Arthroplasty & Knee Reconstruction Surgery from ST Helens and Knowsley University Hospital, NHS Trust Whiston Hospital, Prescot, Merseyside UK.

Fellowship Experience at AOCID, Dubendorf, Switzerland

by Dr. Ayesha Saeed (AOCID fellow Sept – December 2017)

I bring forth my experience as a fellow at AOCID which stands for AO Foundation's Clinical Investigation and documentation unit. AOCID is a member institute of Academia Reatica. AOCID is a unique concept of AO Foundation where a multidisciplinary team work together in clinical research. For this purpose AOCID is connected to various clinics across the world. From the conception of study design, to working on data statistics, data monitoring, to medical writing and study publication, the AOCID gives expert services in all areas. Young surgeons that visit AOCID can either bring their own clinical data or work on existing projects of AOCID and enhance their research skills enormously. They are assigned a mentor who guide and arrange all help that is needed in study project during the three month fellowship.

Every year in September the fellowship is announced on the AO foundation's website. Anyone who has done AO basic course is eligible to apply and on the basis of your CV and study proposal you can be selected for the fellowship.

I highly recommend the AOCID fellowship for a robust research career in orthopedics.



Obituary

- Nephew of Dr. Muhammad Shoaib Khan, Secretary General,
- Mother of Dr. Syed Sajid Hussain (of Islamabad).
- Father in law of Prof. M. Ashraf Nizami (of Lahore).
- Wife of Dr. Mehtab Pirwani (of Karachi). Inna lil Allah wa inna ilahi rajaoon.
- Brother of Mr. Syed Saad Admin officer
- Mother of Prof. Dr. Jagdesh Kumar (of Larkana).
- Brother of Dr. Abbas Memon (of Hyderabad).
- Father of Dr. Muhammad faisal Iqbal (of Gujranwala).
- Elder brother of Dr. Zulfiqar Ali Soomro (of Larkana).



31st International Pak Orthocon, 2017

Programme	Date	Time
Inauguration:	16 th Nov 2017	08:00pm
Scientific Sessions:	17 th -19 th Nov 2017	
Gala Dinner:	17 th Nov 2017	08:00pm
POA Elections:	18 th Nov 2017	
General Body POA Meeting	18 th Nov 2017	06:00pm
Closing Ceremony & Prize Distribution:	19 th Nov 2017	01:00pm

Please Note

- The online registration forms are available on Orthoconsite, (www.p-o-a.org/pakorthocon)
- Registration fees includes admittance to lectures, conference kit, final programme, running tea, daily lunch, welcome dinner, gala dinner & certificate of registration.
- Spouse person fee includes welcome dinner, gala dinner & lunches. Spouse must declare names of accompanying children for issuance of registration tags.
- CME certificates will be given on demand
- Payment of registration fees by BANK DRAFT/BANKERS CHEQU in name of "Pakistan Orthopaedic Association".
- Please send the completed form alongwith the payment by courier to the conference secretariat at:

PAKORTHOCON 2017 SECRETARIAT -
DEPARTMENT OF ORTHOPAEDICS & TRAUMA – KHYBER
TEACHING HOSPITAL- PESHAWAR K-P

- Preconference workshops are not included in the registration fees.



31st International Pak Orthocon, 2017

16th - 19th November, 2017
Hotel Pearl Continental, Peshawar

"The challenge of change - Emergence of subspecialties"

- Pre-conference workshops
- Industrial exhibition
- Plenary lectures
- Renowned foreign & national faculty
- Scientific symposia
- Social programme
- Free papers
- Trips & excursions
- CME certificates
- Prizes for best papers



31st International Pak Orthocon, 2017

PATRON
Prof. Zafar Qureshi

ORGANISING COMMITTEE
Prof. Zafar Askar (Chairman)
Dr. Muhammad Shoaib (Co-Chairman)
Prof. Muhammad Ayaz Khan (Secretary)
Prof. Dr. Iqbal Baloch (President POA & Coordinator)
Chairman Organising Committee Pak Orthocon 2017

WORKSHOP COMMITTEE
Dr. Iskander Hajeer (Chairman)
Dr. Anwarul Haque (Co-Chairman)

SCIENTIFIC COMMITTEE
Dr. Mani Anjum Ali (Chairman)
Prof. Dr. Malik Javed Iqbal (Co-Chairman)

ACCOMMODATION & TRANSPORT COMMITTEE
Prof. Dr. Anwarul Haque (Chairman)
Dr. M. Ishaq (Co-Chairman)

REGISTRATION COMMITTEE
Prof. Dr. Iqbal Baloch (Chairman)
Dr. Ghader Khalid (Co-Chairman)

FOREIGN DELEGATES COMMITTEE
Prof. Dr. Raja Han Qadir (Chairman)
Dr. Nadeem Razaq Qureshi (Co-Chairman)

AUDIO-VISUAL COMMITTEE
Prof. Dr. M. Ishaq (Chairman)
Dr. Abdul Rehman Qureshi (Co-Chairman)

EXHIBITION COMMITTEE
Prof. Dr. Anwarul Haque (Chairman)
Dr. Nadeem Razaq Qureshi (Co-Chairman)

HOSPITALITY & NIGHT SIGHTING COMMITTEE
Dr. Ghader Khalid (Chairman)
Dr. Zafar Qureshi (Co-Chairman)

FINANCE COMMITTEE
Prof. Dr. Anwarul Haque (Chairman)
Dr. Anwarul Haque (Co-Chairman)



Prof. Zafar Askar
Prof. & Chairman, Department of Orthopaedics
Khyber Teaching Hospital, Peshawar
Chairman Organising Committee Pak Orthocon 2017



Prof. Muhammad Ayaz Khan
Prof. of Orthopaedics & Trauma
Khyber Teaching Hospital, Peshawar
Secretary Organising Committee Pak Orthocon 2017

It gives us great pleasure to invite you for 31st International Pak Orthocon to be held on 16th -19th November 2017 at Hotel Pearl Continental Peshawar.

Peshawar is an internationally renowned city. It is over 2000 year old. This whole area is known for its friendliness and hospitality. It's a vibrant city with a rich cultural heritage. It has an International Airport. It is about 160 km from Islamabad- the capital of Pakistan.

This annual event of Pakistan Orthopaedic Association (POA) is an eagerly and much awaited socio-academic event of POA. It gives us all an opportunity to meet each other and expand our knowledge by listening to experts in their fields.

The organizing committee remains committed to its determination to present an Orthopaedic Conference of the highest order. Many experts in their field both international and local have consented to present in this conference.

We intend to run three simultaneous scientific sessions. This will help us to accommodate as many speakers as possible. We have also planned to run various pre-conference workshops in various centers of the province.

The city of Peshawar has many attractions. You and your family will enjoy unlimited opportunities of sight seeing, shopping and recreation during your stay.

Looking forward to seeing you at the conference.



31st International Pak Orthocon, 2017

Registration Form

Name: _____ Gender: Male Female

Designation: _____ (Prof./PG/other) _____ PMDC No: _____

Institution: _____

Mailing Address: _____

Cell No: _____ POA Member: yes No

POA No: _____

Names of the accompanying Persons for registration Tag: _____

Bank Draft / Bank Cheque No: _____

Drawn On (Bank Name & Branch): _____

Bank Draft / Bank Cheque No: _____

Drawn On (Bank Name & Branch): _____

Drawn On (Bank Name & Branch): _____

S. No.	Category	Up to 30 th Sep 2017	From 1 st Oct Till 10 th Nov-17	After 10 th Nov & Onsite
1	POA members	Rs 15,000	Rs 20,000	Rs 25,000
2	Non-POA members	Rs 20,000	Rs 25,000	Rs 30,000
3	PGs (Letter from HOD is required)	Rs 6,000	Rs 6,000	Rs 6,000
4	Accompanying Person, Spouse, Children over 12 (without bag)	Rs 5,000	Rs 6,000	Rs 8,000
5	Pharma Delegates (without bag)	Rs 6,000	Rs 7,000	Rs 8,000





31st International Pak Orthocon, 2017

Schedule of Workshops

Workshop	Institution	Proposed Date
Iizarov	Ayub Teaching Hospital Abbottabad	13th - 14th Oct 2017
Pelvis & Acetabulum	Lady Reading Hospital Peshawar	21st - 22nd Oct 2017
Ponseti-I	Gazi Hussain Ahmed Hospital Nowshera	22nd Oct 2017
Hand Workshop	Northwest General Hospital Peshawar	28th - 29th Oct 2017
Arthroscopy	Pak international Medical College Peshawar	28th - 29th Oct 2017
Oncology	Rehman Medical Institute Peshawar	1st Nov, 2017
Spine trauma	Saidu medical College Swat	1st Nov 2017
Ponseti-II	Khalifa Gul Nawaz Hospital Bannu	3rd Nov 2017
PTC	Mardan Medical Complex Mardan	3rd Nov 2017
Basic orthopedic	Khyber Teaching Hospital Peshawar	04th - 05th Nov 2017
Spine	Khyber Teaching Hospital Peshawar	15th - 16th Nov 2017
Revision Total Hip arthroplasty	Hayatabad medical complex Peshawar	15th Nov 2017
Revision Total Knee Arthroplasty	Hayatabad medical complex Peshawar	16th Nov 2017
Foot and ankle	Lady Reading Hospital Peshawar	16th Nov 2017



31st International Pak Orthocon, 2017

International Faculty Members



31st International Pak Orthocon, 2017

Tentative Schedule for Pak Orthocon 2017

Day-1 (17th November 2017-Friday)

TIME	HALL A	HALL B	HALL C
08:30am to 10:00am	Trauma-I	Arthroscopy-I	Spine-I
10:00am to 11:30am	Trauma-II	Arthroscopy-II	Spine-II
11:30am to 12:15pm	Plenary Lecture-I		
12:15pm to 01:30pm	Plenary Lecture-II		
Lunch & Prayer Break			
02:30pm to 04:30pm	Trauma-III	Arthroscopy-III	Spine-III
04:30pm to 06:30pm	Trauma-IV	Iizarov	Orthotics & Physiotherapy



31st International Pak Orthocon, 2017

Tentative Schedule for Pak Orthocon 2017

Day-2 (18th November 2017-Saturday)

	HALL A	HALL B	HALL C
8:30am to 10:00am	Arthroplasty-I	Paediatrics-I	Hand & Upper Limb-I
10:00am to 11:30am	Arthroplasty-II	Paediatrics-II	Hand & Upper Limb-II
11:30am to 12:15pm	Plenary Lecture-III		
12:15pm to 01:00pm	Plenary Lecture-IV		
Lunch & Prayer Break			
02:30pm to 4:00pm	Arthroplasty-III	Paediatrics-III	Future of Orthopaedic Training
4:00pm to 5:30pm	Arthroplasty-IV	MSK Oncology-I	Sterilization

Day-3 (19th November 2017-Sunday)

8:30 am to 10:30 am	Free Papers	MSK Oncology-II	Foot and Ankle-I
10:30 am to 12:30 pm	MSK Infection	MSK Oncology-III	Foot and Ankle-II
Closing Ceremony / Prize Distribution			



Pediatric Spine Deformity Surgery Workshop

by The Department of Pediatric Orthopedics
The Children's Hospital & The Institute of Child Health, Lahore.

Supported by

Orthopedic Association of SAARC Countries OASAC

Palestinian International Cooperation Agency PICA

1st August – 4th August 2017

The Department of Pediatric Orthopedics, Children's Hospital and The Institute of Child health Lahore conducted a Pediatric Spine Deformity Surgery workshop from 1st till 4th August 2017. The Dean Children's Hospital Lahore, Prof Masood Sadiq and Prof Abdul Latif Sami, Head of Department of Pediatric Orthopedics, CHICH gave a warm welcome to the Palestinian International Cooperation Agency to Pakistan. Pica's presence was represented by Dr. Alaaeldin Azmi and his team members Muhammad Nayfeh (Neuromonitor tech) and Muhammad Taha (OR Nurse) in the inauguration ceremony. The Dean whole heartedly appreciated their volunteer efforts to establish Pediatric Spine services at CHICH. He was affirmative that this collaboration will go a long way and strengthen the bond between the two brother countries Pakistan and Palestine. Prof Abdul Latif Sami declared this day as a historic moment for his department as the first ever scoliosis surgery was going to take place in CHICH, which is country's largest Children's Hospital. He uttered great respect for Prof Syed Muhammad Awais (SI) who being the President OASAC took this initiative and sponsored the delegates from his esteemed body OASAC (Orthopedic Association of SAARC countries). He also thanked PICA (Palestinian International Corporation Agency) for their generosity in facilitating the travelling of the honorable delegates. He appreciated POA (Pakistan Orthopedic association for taking up the workshop on their forum. Shield of appreciation were distributed amongst the delegates. Chairman Pediatric Spine Surgery Prof Saleem, Prof Farrukh (Plastic Surgery), Prof Nadeem (Pediatric Neurosurgery) also spoke on the occasion.

Dr. Alaaeldin Azmi Ahmed, gave his first talk on, "Information about Spine". It was a brief overview about "Adolescent Idiopathic Scoliosis" and aroused the interest of the participants. Dr. Alaa said that it is customary for the people in the east to look up to mentors in west for guidance but with this collaboration we will share experience, skill and knowledge amongst two countries with similar constrains and limited resources and this will be a continued process.



Surgeries Performed during the Workshop Day 1, 2 & 3:

During the three days Dr. Alaaeldin Azmi Ahmed and team performed posterior instrumentation and fusion, for three patients with Adolescent Idiopathic Scoliosis. All the three patients had very poor socioeconomic background so could in no way get the services of scoliosis surgery from the private sector hospitals. It was no less than a miracle that they were getting the best treatment all free of cost.

Dr Alaaeldin Azmi remained a very patient, passionate and safe surgeon during the posterior instrumentation surgeries that lasted an average of 8 hrs. From his vast knowledge and experience in the field of scoliosis surgery he tried to deliver precise and significant messages to the participants. Team members from the department of Pediatric Orthopedics CHICH, Prof Abdul Latif Sami, Dr. Mumtaz (Asistant Professor), Dr Abdul Latif Shahid (Assistant Profesor) and Dr. Ayesha Saeed (Senior Registrar) assisted the cases with him. He tried to give them ample opportunity to

perform under his direct supervision. Dr Alaa laid utmost emphasis on the pre and post-operative care of the scoliosis patients and himself visited patients multiple times in ICU. By his sincere efforts all patients had uneventful recovery and were discharged on their 5th post-op day.

Socialization During Their Stay:

Prof Syed Muhammad Awais and Prof Abdul Latif Sami hosted dinners for the respected delegates. Prof Syed Muhammad Awais arranged a meeting between the Vice chancellor of Punjab University, Secretary health and Dr Alaaeldin. It remained very fruitful and future strategies were devised.

Recommendations and Long Term Goals:

Prof SM Awais, formulated a long term goal in which the center of Paediatric Orthopedics in CHICH will go on to establish a separate Pediatric Spine wing and ultra-specialty training of MS Pediatric Spine Surgery 2 years duration shall be started. Prof Awais said that this project will have five main collaborating partners, 1) Government of Punjab. 2) Children's hospital Lahore, 3) Palestinian International Corporate Agency, 4) Punjab University and 5) OASAC, orthopedic association of SAARC countries.

Dr Alaa, recommended that fine quality instruments, implants and neuromonitor should be purchased by the Government for this project. It will facilitate in the successful conduct of these surgeries. He said that in the next visit he will prefer seven operative days so that maximum work can be done. He was affirmative that the skill transfer will be steady, safe and effective.

The Dean Children's hospital is keen to take up this project and establish the scoliosis service at country's largest children's hospital.

Hands on Workshop on Recent Advances in The Management of Distal Radius

The department of orthopaedic surgery DMC/ DUHS civil hospital Karachi in collaboration with POA and POA trauma forum organised one day Hands on workshop on Recent advances in the management of distal radius fracture on Saturday 23rd September 2017 under the supervision of Prof. Ghulam Mustafa KK.

45 participants took part in which 10 were junior consultants. Participation was from all postgraduate institutions of Karachi and 6 CME hours were credited.

The faculty were

Prof. Ghulam Mahboob

Prof. Maratib Ali

Prof. Brig. Suhail Ameen

Dr. Harron Rasheed

Dr. Masood Omar

Dr. Badaruddin Sahato

Dr. Kazim Najjad

Course Coordinator were

Dr. Mehtab Pirwani

Dr. Adeel Ahmed Siddiqui

The workshop format included lectures followed by video session and Hands on saw models.

The aim of the workshop was to provide insight regarding the path anatomy and recent advances in management of distal radius fracture.



Mini Ilizarov Workshop

The Pakistan orthopaedic association (POA) in collaboration with Pakistan society for Surgery of the Hand (PSSH), Aga Khan University Hospital and Allied Hospital Faisalabad organized a one day workshop on Hand Mini Ilizarov on the 24th of March 2017, at Serena Hotel, Faisalabad. This was part of the intra-conference workshops of Pakistan Society of Plastic Surgeons (PAPS)

The Ilizarov method has revolutionized orthopaedics and formed the basis of solving many complex problems that pose a challenge to the surgeon where conventional methods of treatment fail to deliver. Similarly, in the world of hand surgery, mini-Ilizarov fixators have enabled surgeons to achieve safe extra-corporeal surgery and solve difficult problems.

The highlights of the course were interactive lectures highlighting injuries and deformities that are amenable to treatment by principles of distraction osteogenesis. Mini-Ilizarov fixators were specially ordered and prepared for the course. Bamboo sticks model and a special saw bone hand model were developed for hands on practice session. The participants practiced wire insertion technique in hand and application of a basic hand frame using mini-Ilizarov components.

Distinguished faculty from all over the country participated in the course with Dr. Haroon-ur-Rashid of Aga Khan University as the course director. This was the first course on use of mini-Ilizarov fixators in Pakistan. The participants were very keen on learning this new technique and feedback from the course was exceptional.

We are sure that with more courses on the topic, hand surgeons in the country are going to learn the technique and this is going to benefit many patients in future.



Sports / Extracurricular Activities

Iftar Dinner

Iftar dinner was arranged at Karachi Gymkhana courtesy Rech International on 11 June 2017. A large number of members & their families enjoyed this event.



Eid Milan

on 24th July Eid Milan for POA sindh members & families was organised at Arena karsaz. Attended by a huge number of orthopaedic surgeons n their families.



Eid Milan

on 4th Aug 2017 another Eid Milan was arranged for distinguished members with families of orthopaedic surgeons at Royal Taj Hotel Hyderabad. Courtesy Searle Pakistan.



Eid Milan Party

We, POA members of KP, arranged Eid Milan party on 08/09/2017 at green olive restaurant, shami road Peshawar. Almost 40 members participated and enjoyed the dinner in a pleasant and friendly environment.



12th Pelvis & Acetabulum Workshop & Course

August 14- 15, 2017 | Venue: Nishtar Medical College & Hospital, Multan

Course Director: Dr. Masood Umer | Course Coordinator: Dr. Awad Ahmed Awad



Hands-on Training Workshop on Musculoskeletal Birth Defects & Deformities



Mock Clinical Exam For Part II Candidates FCPS 2017



19th Total Knee Arthroplasty Live Surgery Workshop

20th May, 2017 | Sheikh Zayad Medical College, Rahim Yar Khan

15th Total Hip Arthroplasty Live Surgery Workshop

21st May, 2017 | Sheikh Zayad Medical College, Rahim Yar Khan



Accreditation of POA Fellowship Centres

POA has accredited the following centres for POA post fellowship subspecialty training programme:

Sr. No.	Institution	Sub-Speciality	Program Director
1.	Jinnah Postgraduate Medical Centre, Karachi	Paediatric Orthopaedic Surgery	Prof. Anisuddin Bhatti
2.	Liaquat National Hospital & Medical College, Karachi	Arthroplasty	Prof. Syed Shahid Noor
3.	Liaquat National Hospital & Medical College, Karachi	Trauma	Prof. Zaki Idrees
4.	Khyber Teaching Hospital, Peshawar	Spine	Prof. Muhammad Ayaz Khan
5.	Khyber Teaching Hospital, Peshawar	Deformity correction & Bone Regeneration	Dr. Muhammad Shoaib Khan
6.	Benazir Bhutto Hospital, Rawalpindi	Trauma	Prof. Riaz Ahmed

Glimpse of Jinnah Postgraduate Medical Centre, Karachi Conducted by POA Fellowship Committee



*Glimpse of Liaquat National Hospital & Medical College, Karachi
Conducted by POA Fellowship Committee*



*Glimpse of Benazir Bhutto Hospital, Rawalpindi
Conducted by POA Fellowship Committee*



Glimpse of Khyber Teaching Hospital, Peshawar Conducted by POA Fellowship Committee



Primary Hip & Knee Arthroplasty Cadaveric Workshop

Course Director: Dr. Mujahid Jameel | Course Coordinator: Shahryar Noordin
March 11-12, 2017 | Venue: Aga Khan University Hospital, Karachi



Report of “Deformity Correction Planning Workshop”

The department of Orthopaedic Surgery DMC / DUHS /dr.Ruth K.M Pfau Civil Hospital Karachi In collaboration with Pakistan Orthopaedic Association organized one day workshop on Deformity Correction Planning on 21st October, 2017 under supervision Professor Ghulam Mustafa K.K.

There were 20 participants from different institutes including Abbasi Shaheed Hospital, Jinnah Postgraduate Medical Centre, Lyari General Hospital, Liaquat University of Medical Health Sciences, Jamshoro and all over Sindh.

Workshop started at 9:00 am with the recitation of the Holy Quran after that Professor Ghulam Mustafa K.K given introduction of the workshop.

The faculty members of workshop were:

1. Prof. Maratib Ali
2. Dr. Mehtab Ahmed Pirwani
3. Dr. Asadullah Makhdom
4. Dr. Itaaf Hussain Zaidi
5. Dr. Zamir Soomro
6. Dr. Amir Jalil
7. Dr. Athar Siddique
8. Dr. Sunil Kumar





The facilitators of workshop were:

1. Dr. Mehtab Ahmed Pirwani
2. Dr. Muhammad Soughat Katto
3. Dr. Jagdesh Kumar

Introduction of Workshop:

It was a instructional and practical workshop teaching the participants the principles of deformity correction planning by clinical and radiological analysis. It also include the application of appropriate osteotomy rules.

Aims of Workshop:

The aim of the workshop was hands on training on how to draw CORA and practical exercises of Deformity correction on workbook to improve skills.

All the participants given positive feedback on deformity correction workshop.

In the last certificate distribution ceremony and lunch was served to the participants.

Thanking You,

Dr. Muhammad Soughat Katto

Assistant Professor
Orthopaedic Surgery
DUHS/CHK

Upcoming Events

- The Asia Pacific Orthopedic Association (APOA) Congress will be held in Antalya, Turkey on 10 to 14 April 2018.
-

10th Awami Aghai Muheim & Free Orthopaedic Camp AKAR Hospital, Karachi

Pakistan Orthopaedic Association held its 10th Awami Aghai Muheim & Free Orthopaedic Camp – AKAR Hospital, Karachi on Sunday, August 21, 2017. The chief organizer was Prof. Muhammad Aslam Siddiqui. the sponsor was Searle Pharma.

The patients aware regarding different problems of Orthopaedics & their preventions. After that in free camp more than 350 patients examined and advice accordingly. We also able to provide free medication and also pick patients for free surgery at Baqai, CHK, JPMC & etc.

In camp, also different investigation performed freely including X-rays, BMD, Uric acid, Blood sugar test & etc. in camp Orthopaedic surgeons are Prof. Syed Shahid Noor, Prof. Muhammad Amin Chinoy, Dr. Syed Muhammad Iqbal, Dr. Muhammad Zeeshan, Dr. Muhammad Naseem, Dr. Syed Sulman Adil & Doctors of Baqai Hospital.?



Abbottabad Workshops



Pakistan Arthroplasty Society®

20th Total Knee Arthroplasty Live Surgery Workshop

on Saturday 26th Aug. 2017,
Ayub Medical College, Abbottabad.

<p>Course Chairman Prof. Syed Shahid Noor</p> <p>Course Director Prof. M. Arif Khan</p> <p>Course Co-Chairman Prof. Naeem ur Razaq</p> <p>Course Coordinator Dr. Alamzeb Khan Swati</p>	<p>National Faculty Prof. Anis Uddin Bhatti Prof. M. Amin Chinyo Prof. Khushood Ali Baz Prof. Zahid Ashar Prof. Irfan Qadir Prof. Ayaz Khan Dr. M. Ather Siddiqi Dr. Zeeshan Khan Dr. Imran Buhhari</p>	<p>Course Features Interactive Lectures Live Surgery Hands on Sawbones</p>
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Last Date: 20th Aug. 2017

For Registration & Detail
Dr. Syed Usman Shah
Senior Registrar, Dept of Orthopaedic
0346-02710000
Ms. Ali Hyder Qureshi
0333-2538889
E-mail: aliqureshi5501@gmail.com Website: arthroplasty.org.pk

Course Fee

Consultant: Pkr 10,000,
Residents: Pkr 5,000.

Pakistan Arthroplasty Society®

16th Total Hip Arthroplasty Live Surgery Workshop

on Sunday 27th Aug. 2017,
Ayub Medical College, Abbottabad.

<p>Course Chairman Prof. Syed Shahid Noor</p> <p>Course Director Prof. M. Arif Khan</p> <p>Course Co-Chairman Prof. Naeem ur Razaq</p> <p>Course Coordinator Dr. Alamzeb Khan Swati</p>	<p>National Faculty Prof. Anis Uddin Bhatti Prof. M. Amin Chinyo Prof. Khushood Ali Baz Prof. Zahid Ashar Prof. Irfan Qadir Prof. Ayaz Khan Dr. M. Ather Siddiqi Dr. Zeeshan Khan Dr. Imran Buhhari</p>	<p>Course Features Interactive Lectures Live Surgery Hands on Sawbones</p>
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Course Fee

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Residents: Pkr 5,000.

Benazir Bhutto Hospital, Rawalpindi



Pakistan Arthroplasty Society®

Pakistan Arthroplasty Society®



21st Total Knee Arthroplasty Live Surgery Workshop

on Saturday 28th Oct. 2017,
Benazir Bhutto Hospital, Rawalpindi.

Course Chairman

Prof. Syed Shahid Noor

Course Co-Chairman

Prof. Riaz Ahmed

Course Coordinator

Dr. Junaid Khan

National Faculty

Prof. Maj. Gen. (Retd.) Sohail Hafeez

Prof. Khalid Aslam

Prof. Muhammad Amin Chinoy

Prof. Muhammad Anif Khan

Prof. Brig. Suhail Amin

Dr. Brig. Ahsanul Bukhari

Dr. Sajjad Oratzai

Dr. Amir Nabi Nur

Dr. Fareedullah Zimri

Dr. Ali Shami

Dr. M. Ather Siddiqi

Course Features

Interactive Lectures

Live Surgery

Hands on Sawbones



17th Total Hip Arthroplasty Live Surgery Workshop

on Sunday 29th Oct. 2017,
Benazir Bhutto Hospital, Rawalpindi.

Course Chairman

Prof. Syed Shahid Noor

Course Co-Chairman

Prof. Riaz Ahmed

Course Coordinator

Dr. Junaid Khan

National Faculty

Prof. Maj. Gen. (Retd.) Sohail Hafeez

Prof. Khalid Aslam

Prof. Muhammad Amin Chinoy

Prof. Muhammad Anif Khan

Prof. Brig. Suhail Amin

Dr. Brig. Ahsanul Bukhari

Dr. Sajjad Oratzai

Dr. Amir Nabi Nur

Dr. Fareedullah Zimri

Dr. Ali Shami

Dr. M. Ather Siddiqi

Course Features

Interactive Lectures

Live Surgery

Hands on Sawbones



Last Date: 20th Oct. 2017

For Registration & Detail

Dr. Junaid Khan
0300-8359907
Mr. Ali Hyder Qureshi
0333-2528899
E-mail: aliqureshi5501@gmail.com Website: arthroplasty.org.pk

Course Fee

Consultant: Pkr 10,000.
Residents: Pkr 5,000.

Last Date: 20th Oct. 2017

For Registration & Detail

Dr. Junaid Khan
0300-8359907
Mr. Ali Hyder Qureshi
0333-2528899
E-mail: aliqureshi5501@gmail.com Website: arthroplasty.org.pk

Course Fee

Consultant: Pkr 10,000.
Residents: Pkr 5,000.

Research/ Publication

- Wasey Jillani, Raza Sayani, Tanveer Ul Haq, Masood Umer, Muhammad Azeemuddin (AKUH, Karachi) for their latest publication on “Varied percutaneous and endovascular management of large iatrogenic Profunda Femoris artery pseudoaneurysm” published in “Journal of Pakistan Medical Association” Vol. 67, No. 9, September 2017; 1441-1443”.
- Akbar Zubairi, Rizwan Haroon Rashid, Marij Zahid, Pervaiz Mahmood Hashmi and Shahryar Noordin (AKUH, Karachi) for their latest publication on “Proximal Femur Locking Plate for Sub-Trochanteric Femur Fractures: Factors Associated with Failure” published in “The Open Orthopaedics Journal, 2017, Volume 11, 1058-1065”.
- Syed Arslan Haider Bukhari (CMH, Rawalpindi) for his latest publication on “An Experience with Titanium Proximal Femoral Nail in Comminuted Proximal Femoral Fractures” published in “Orthopedics and Rheumatology Open Access Journal” Volume 8 Issue 4 - September 2017; 001-003”.
- Masood Umer, Talal Aqueel Quadri, Rizwan Haroon Rashid (AKUH, Karachi) for their latest publication on “Ilizarov hip reconstruction osteotomy e A review” published in “International Journal of Surgery 2017, Volume xxx (2017) 1 -5”.
- Mansoor Ali Khan, Muhammad Amin Chinoy, Rida Moosa, Syed Kamran Ahmed (Indus Hospital, Karachi) for their latest publication on “Significance of Pirani Score at Bracing-Implications for Recognizing A Corrected Clubfoot” published in “The Iowa Orthopaedic journal Volume 37, 151 - 155, 2017”.

JPOA Volume 29, Number 01, March 2017

Use of Reconstruction Nail in The Treatment of Ipsilateral Femoral Neck and Shaft Fractures

Syed Kamran Ali Shah, Asif Peracha, Sajid Younus, Asmatullah Khan, Kazim Rahim Najjad, Muhammad Arsalan Ghazi

Arthroscopic ACL Reconstruction Using Single Bundle BPTB Autograft: Transtibial *versus* Anteromedial Portal Technique for Femoral Tunnel Placement

Muhammad Suhail Amin, Muhammad Khurram Habib

One Stage Sequential Bilateral Total Knee Arthroplasty. Is it Safe?

Muhammad Yasir Pervez, M Suhail Amin

Comparison of 3 ml vs. 5 ml Local Injection of Lignocaine in Closed Reduction of Colles' Fracture

Kashif Mahmood Khan, Ranjeet Kumar, Vinod Kumar, Muhammad Saeed Minhas, Anisuddin Bhatti

Osteomyelitis of the Foot among Patients Presenting with Diabetic Foot Ulcers: A Retrospective Analysis

Muhammad Iqbal, Niaz Hussain, Pir Abdul Latif Qureshi, Nasrullah Aamir

Incidence of one-year mortality following hip surgery in elderly Population: Observational study

Abdul Rafay Qazi, Intikhab Taufiq, Syed Kamran Ali Shah, Sajid Younus, Nouman Memon, Kazim Rahim Najjad

Results of Minimally Invasive Plate Osteosyntheses in Periarticular Knee Fractures

Muhammad Shoab Khan, Hidayatullah, Adnan Jamal, Abid Ali, Basit Hussain, Zahid Askar

JPOA Volume 29, Number 02, July 2017

Role of Elastic Intramedullary Nail for the Treatment of Femur Shaft Fractures in Children

Syed Kamran Ali Shah, Asif Peracha, Muhammad Arsalan Ghazi, Nouman Memon, Kazim Rahim Najjad, Sajid Younus

Percutaneous Pinning in Gartland Type-II and III Supracondylar Fractures

Anwar ul Haq, Syed Muhammed Ali, Imtiaz Ahmed Tago, Siraj Ahmed Butt

Anterior Knee Pain After Intramedullary Tibia Nailing in A Muslim Society: A Prospective Randomized Study Comparing Two Different Nail Insertion Techniques

Muhammad Ather Siddiqi, Syed Kamran Ali Shah, Zaki Idress

Epidemiology of Orthopedic Trauma in The Geriatric Population of Karachi, Pakistan

Mansoor Kanaan, Saba Shahnawaz, Ranjeet Kumar, Ali Ahmad, Anisuddin Bhatti

Epidemiology and In-Hospital Clinical Outcome of Post Traumatic Limb Amputations in Lady Reading Hospital Peshawar

Mian Amjad Ali, Faaiz Ali Shah, Naeemullah, Afsar Khan, Abdul Rehman Qureshi

Management of Gap Nonunion Tibia by Ilizarov Ring Frame

Zamir Soomro, Zulfiqar Soomro, Azizullah, Rashid Muhammad, Saeed Samo

Outcome of Fibular Strut Graft in Neglected Neck of Femur Fracture

Hidayat Ullah, Rofaq Ali, Muhammad Zahid Shah, Muhammad Shoab Khan

Glimpse of Executive Board Meeting 2016 - 2017



Editor's Note



Dear POA Members,

It's been a pleasure to serve the 2017 executive board of Pakistan Orthopedic Association (POA), as its Joint Secretary. I am indebted to the community for their trust in electing me in the board and have sincerely tried to serve best. Our organization has come a long way since its inception in 1964. However to meet the needs of budding local orthopedic community and match the pace of globally established organizations we need to enhance infrastructure of POA. The key step in this regard is to think on common grounds, put aside minor differences in the larger interest of the community. Currently, POA Executive Board is working hard to achieve this goal.

This is the third volume of the quarterly official newsletter of POA. We have tried to bring forth some interesting articles and important information for young surgeons. It is heartening to see how our seniors conduct instructive workshops across the country and put their sweat into medical education. I congratulate all for their selfless dedication. Also many of our colleagues got promotions, completed fellowships, gained international recognition and publications, they all deserve applaud and recognition by POA. They are an inspiration for all of us.

We are all looking forward to the 31st International Pak Orthocon from 16th – 19th November in Peshawar. Prof Zahid Askar and his team are leaving no stone unturned to make the largest meeting of orthopedic surgeons in Pakistan an outstanding event.

As the saying goes, "Challenges are what makes life interesting and overcoming them is what makes life meaningful", so aim high and live fully.

Dr. Ayesha Saeed

Senior Registrar Pediatric Orthopedics,

Trainee MS Paeds Ortho (UHS)

The Children's Hospital and The Institute of Child Health, Lahore, Pakistan

FCPS Orthopedics, Fellow AO Trauma Germany

Joint Secretary Punjab, POA

Joint Secretary OASAC,

AO Research Officer AO Pakistan Country Council 2016-2019

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