POA Election, 2018

The election of POA was held at Pak Orthocon, 2018 on November 17, 2018. Dr. Ziaullah Bajwa acted as election commissioner. Along with Dr. Haroon ur Rashid as his secretary, Dr. Naeem Akhter and his team helped him in conducting the election. Following members became the members of Executive Board 2018-2019.

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Prof. Muhammad Arif Khan

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Editor JPOA
Dr. Faaz Ali shah

HIGHLIGHTS

APOA EFORT Exchange Fellowship 2019
Call for Manuscript for JPOA
· Please go to the following URL and fill the form http://goo.gl/forms/0knLTPiBI5qQycUC3
· We are conducting a study to determine the factors that affect decision of women in entering orthopedics in Pakistan. Your feedback will help us draw relevant conclusions.

Donation to POA Dr. Masood Umer
Surgeon of the year Award AKUH-Masood Umer

Congratulations to our 2017-18 Distinguished Graduate Student Fellowship Recipients
Mustafa KK and Dr Naeemul Haq from Karachi graced the occasion.

Get together of POA (KP) Orthopaedic Surgeons on 10th March at PC Peshawar. Senior and Junior members were present.

POA social gathering on 11th Dec, 2018 in Hospitality Inn Lahore

APOA-THKS Arthroplasty Travelling Fellowship
7th Congress of Asia Pacific Trauma Society & 1st Scientific Meeting of APOA FOOT & ANKLE
10th International OASAC Biennial Conference
Nishtar Medical University.

· 9th monthly meeting of Orthopaedic surgeons of Multan Chapter was held today at SCH December 17
· Multan
· Clinical conference-monthly.
· B of Multan
· KP
· At SCH December 17
· At KEMU Feb 09
· At KEMU Mar 02
· Lahore
· At DUHS, Dec 29
· At AKUH, Feb 02
· At LNH, Mar 02
· Karachi
· At DUHS, Mar 29
· At KEMU Mar 29
· At KEMU Mar 29
· At DUHS December 17

CONCESSION
· 1st Announcement

-33RD PAK ORTHOCON 2019
· Dr. Saeed Ali Shah for associate professor

-19th Knee Arthroscopy Workshop
· Ankle arthritis webinar
· Ponsetti club foot workshop

-Recent Advances on the 13th of January 2019 at CIME building, Aga Khan University

-Regional Orthopaedics Association of SAARC countries in collaboration with POA and PMA

-POA Newsletter
Volume 1, 2019

Editor JPOA
Dr. Faaz Ali shah
Oath taking ceremony of Newly Elected POA Office Bearer for 2018-2019

Glimpses of General Body Meeting 2018
The General Body Meeting of POA was held on 17th November, 2018 at Hotel Pearl Continental, Karachi at 12 am
HMC Total Hip Arthroplasty Review Course

Department of Orthopaedic & Spine Surgery
Hayatabad Medical Complex, Peshawar.

This was second in series of courses arranged for FCPS and MS residents arranged by Department of Orthopaedic and Spine Surgery HMC. The course was arranged in PGMI hayatabad Medical Complex on 12th February 2019. Senior faculty from all teaching hospitals of Peshawar conducted the course. Besides local faculty Dr. Faridullah Zimri from Islamabad also participated. More than 35 participants attended the course. Course Chairman Prof Mohammad Arif Khan welcomed the faculty and participants. He had an interactive session with the trainees about the FCPS Exam and talked about common mistakes committed by candidate in clinical examinations. This was followed by interactive sessions by other faculty on various aspects of Total hip Arthroplasty. The sessions were followed by case discussions. The course continued till 4pm. The feedback by the participants was encouraging. They appreciated the interactive nature of the course and asked for more case discussions in future than formal lectures. In the end Prof Shehzad Akbar MD Hayatabad Medical Complex was Chief Guest and distributed Certificates among the faculty and participants. He appreciated the efforts of Orthopaedic and Spine Unit.
Third course arranged for FCPS and MS residents arranged by Department of Orthopaedic and Spine Surgery HMC. The course was arranged in PGMI Hayatabad Medical Complex on 5th March 2019. Senior faculty from all teaching hospitals of Peshawar conducted the course. General Sohail Hafeez from Islamabad, Dr. Mujahid Jamil from AKU Karachi and Usman Shah from Abbottabad also attended the course as faculty. This time the numbers of participants were more than 40. This time we had changed the format and reduced the number of lectures. There were more interactive discussions. Six groups were made and each group was given a problem and later there was discussion on each case. There was also a debate arranged among the faculty about common controversial points like CR and PS knees, patella resurfacing and use of antibiotics and drains. The course continued till 3 pm and followed by certificate distribution and lunch. The feedback by the participants was encouraging. They appreciated the interactive nature of the course and the expert opinions.

From department of Orthopaedic and spine surgery more courses in subspecialities like sports medicine, spine and paediatrics to follow.
The First AOPEER Principles of Clinical Research Course and Teacher’s seminar was held on the 28th and 29th July, 2018 at Shalimar Medical and Dental College, Lahore Pakistan. It was a joint venture of AOTrauma Pakistan and AO CMF Pakistan. Anahi Hurtado Chong MD, PhD Senior Project Manager, Medical Affairs in AOCID was invited as international faculty. With back office support from AOCID headquarters in Dubendorf, Switzerland, local organization was done by national faculty and Department of Orthopedics, Shalimar Medical and Dental College, Lahore. The national faculty consisted of Course chair, Prof M A Wajid (Chairman AOTMENA Board, Dr. Ayesha Saeed (AOCID fellow, AOPEER Regional faculty, GCP certified), Dr. Irfan Shah (AOCID fellow, GCP certified), Dr. Sarosh Saleem (Head of UNESCO Bioethics Unit) and Ghulam Farid (Senior Librarian). Within few days all 45 slots were filled with participants ranging from senior level consultants to junior colleagues with cross divisional representation.

The era of ‘evidence based medicine’ drives us to clinical research and what better platform orthopedic surgeons can choose to learn this art from than ‘AOCID’. AOCID stands for AO Foundation’s “Clinical Investigation and Documentation” institute. It was conceptualized in the early days of the AO Foundation that patient treatment and documentation go hand in hand. In 1999, it was formalized by the concept of AOCID. The AOCID is
a unique international team of more than 30 specialists, including scientists, medical doctors, engineers, project managers, clinical research associates, data managers, regulatory specialists, quality managers, medical writers, and statisticians, who conduct and publish high-quality clinical investigations. AOCID is committed to (a) maintain quality and improve efficiency in clinical research and medical affairs services, (b) design and implement registries and multicenter studies, and (c) support surgeons through dedicated clinical research education. It is AO community's provider of choice for clinical research and medical affairs.

Clinical research education for surgeons is an important hallmark of AOCID. It offers services in the form of “Clinical Research Fellowships” and the AO Program for Education and Excellence in Research (AOPEER) online and face-to-face courses. AOPEER is a collection of online resources, reference documents, and learning opportunities designed for healthcare professionals who want to learn and improve the skills they need to conduct clinical research. AOPEER aims to empower AO members from all clinical divisions to fill knowledge gaps and gain confidence in their desire to contribute to evidence-based medicine. In 2017 alone, it held nine face-to-face courses including Principles of Clinical Research, Good Clinical Practices, and Grant Writing Course worldwide.

The program of the first “AOPEER Principles of Clinical Research Course, Lahore” was formatted in eight modules. It covered areas like importance of clinical research, basics of good clinical practices, ethics, study designs and stats, knowing about literature reviewing, formulating study question and tips of medical writing. Since it was an interactive course with many practical exercises the participants remained keen and intuitive throughout the activity.

In future the AOTrauma Country Council Pakistan plans to hold this course with the help of AOCID in other major cities like Islamabad and Karachi as well.

By
Dr. Ayesha Saeed
Member AOTMENA Research Board,
AOTrauma and AOCID Fellow,
Senior Registrar Pediatric Orthopedics,
The Children’s Hospital and The Institute of Child Health Lahore

Pediatric Trauma Review Course
Hosted By
Department of Pediatric Orthopedics, The Children’s Hospital and The Institute of Child Health, Lahore
In collaboration with
Orthopedic Association of SAARC Countries (OASAC)
By Dr. Ayesha Saeed
Senior Registrar Pediatric Orthopedics, The Children’s Hospital and The Institute of Child Health, Lahore.

The global burden of injuries is enormous and there are substantial unmet needs for musculoskeletal trauma care in low and middle-income countries, especially in primary or secondary level health facilities in rural communities. Systems for the delivery of care for the injured must be developed, and one component of this effort is to enhance the knowledge and skills of surgical providers. The goal of this educational course was to enhance the knowledge and skills of general orthopaedic surgeons practicing in non-tertiary facilities and more rural communities in Pakistan.
This course was unique, based on an online needs assessment. An online needs assessment was carried out in which surveys were sent out to members of the Pakistan Orthopaedic Society (POS). A total of 58 responses were received from orthopaedic surgeons practicing both big cities (Karachi, Faisalabad, Hyderabad, Lahore, Peshawar, Islamabad, Bahawalpur) and smaller cities (Sadda, Mingora, Swabi, Timargara, Gambat). Topics which participants rated as “least confidant” in managing included cervical and thoracolumbar spinal fractures, pelvic fractures, soft tissue coverage procedures, hand and proximal femur fractures. Topics in which respondents felt they were “least knowledgeable” included cervical and thoracolumbar spine, soft tissue coverage, pelvic fractures and wrist. Approximately 85% of respondents had access to an image intensifier, and 63% had this all of the time. About 54% had access to flexible nails at all times, with an additional 15% able to use the devices some of the time. Monolateral external fixators were available to 98%, but 7% only had implants some of the time. Ring fixators were always available to 59%, and sometimes available to another 26%. The vast majority had plating systems (95%) and 83% had a rigid nailing system.

Dr. David Speigel, Pediatric Orthopedic Surgeon, Children's Hospital Philadelphia (CHOP) was the lead international faculty at the course. He designed the course format with Dr. Sikandar Hayat based on short didactic lectures illustrating key points, case based learning to illustrate these points, incorporating technical tips and pearls/pitfalls, and including the management of injuries with delayed presentation. The two day course held on 23rd and 24th October was hosted by Prof Abdul Latif Sami and his team at Department of Pediatric Orthopedics, The Children’s Hospital and The Institute of Child Health Lahore. The event was sponsored by President OASAC, Prof Syed Muhammad Awais (SI). Prominent national faculty included Prof Anis ud din Bhatti, Prof Javed Iqbal, Prof Tariq Suhail, Prof Rana Dilawaiz, Prof Rizwan Akram, Prof Mian Hanif and Dr Salik. Enthusiastic participation was achieved and it was planned to annually hold it at a different venue to achieve maximum educational value.
Workshop on MSK Screening
**Hands on Saw Bone Workshop on “Total Knee Replacement”**

Department of Orthopaedic Surgery PGMI/AMC/LGH under the auspices of Pakistan Orthopaedic Association organized a workshop title “HANDS ON SAW BONE WORKSHOP ON TOTAL KNEE REPLACEMENT” workshop was conceived by Professor Muhammad Hanif Head of the Department of Orthopedic Surgery PGMI/AMC/LGH Lahore. The aim of this workshop was to deliver advance level concept and surgical skills to senior residents and consultants. It was held on 13th February, 2019 in PINS skill Lab Lahore General Hospital.

Workshop started at 09:00am with inaugural address by Professor Muhammad Hanif, Professor Muhammad Tayyab Principal PGMI/AMC/ LGH, Lahore graced the occasion as Chief Guest. Faculty member included Professor Dr Abu Bakkar Siddiq, Professor Tariq Sohail, Professor Rashid Saeed and Professor Muhammad Hanif. 35 Post Graduate residents and twelve senior registrars and eight Assistant Professors from this hospital as well as from others Hospitals of Punjab participated in the workshops. Lectures on Indications and contra indications and pre operative planning was given by Professor Rashid Saeed, A lecture on Biomechanics of implant by Dr Tariq Sohail, Ligament balancing and complications of TKR surgery by Prof Abu Bakkar Siddiq followed by question answer session. Experience of TKR in Lahore General Hospital was shared by Prof Muhammad Hanif. In the next session hands-on workshop was conducted. At the end of workshop certificates were given to the participants as well as to consultants who conducted lectures. The workshop was well appreciated by the participants as mentioned in the received feedback.

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**Hospital Based AO Infection Control Project for Operating Room Personnel:**

By Dr. Muhammad Ali

Infection in orthopaedics is always a challenge. The first Hospital based AO infection Pilot control project, which is part of a pioneering new interdisciplinary AO initiative, took place on May 5, 2018, at National Hospital Lahore, Pakistan. It was attended by 20 participants who were only operating room personnel from all over the country. This is the first of many educational activities being developed by a group of surgeons representing all the AO clinical divisions. The need for this course comes from the fact that in a complex successful operative surgery, infection at surgical site can be disastrous. Majority of the focus for prevention of orthopaedic infection is on surgeons, however, there was a great need to train operating room personnel who are equally involved with the surgeons.
Featuring 3 orthopaedic surgeons and 2 senior ORPs as faculty, this first pilot event under this new initiative offered a highly interactive setting for participants to explore and learn about the infection control in orthopaedics. There were interactive lectures by all the faculty members. Putting knowledge into practice, a half-day discussion session was also organized. The participants were also given hands on practical training how to control infection in theatre settings.

The feedback from this first course was excellent, participants praised it as "very enjoyable," involving "a lot of motivated teachers," and "a good balance between lectures and small group discussion." They also described it as "a course that should have been put together a long time ago," which indicates the real need for this approach.

At last course ended with a certificate distribution to participants and faculties. Course fulfilled the requirements of an AO Pilot project using a much localized team and a very good opportunity for the local participants across the country. The course itself ran very smoothly and according to what have given in the programme of AO course. The hallmarks of course was its punctuality, efficiency, scientific independence and, above all, enthusiasm.

Seminar on “Cartilage Repair and Regeneration”

held by Orthopedic Association of SAARC countries in collaboration with POA and PMA

By Dr. Ayesha Saeed

A one day seminar on “Cartilage Repair and Regeneration” was held in Avari Hotel Lahore on 8th September, 2018 under the chairmanship of President Orthopedic Association of SAARC countries Prof Syed Muhammad Awais (SI) in collaboration with Pakistan Orthopedic Association and Pakistan Medical Association. In this era of biological orthopedic solutions, an update on targeted therapies and their local clinical use was much needed. More than 150 registrants benefited from prominent national faculty like Prof Syed Muhammad Awais (SI), Prof Mulazim Hussain Bukhari, Prof Mian Hanif, Prof Irfan Mehboob, Dr. Jamil Sabit, Dr. Zia Ullah Bajwa, Dr. Shohab Hyder Shaikh and Prof Ashraf Nizami at the seminar. The faculty spoke on the structure and biomechanics, injury, repair and regeneration of cartilage. The role of various pharmacological agents in use for cartilage health was discussed like glucosamine, chondroitin sulphate, hyaluronic acid, diacerin etc. There was a debate on the impact of stem cell therapy, its promised revolution and the options available locally. The seminar concluded with a workshop on Intraarticular PRP therapy.
The Section of Orthopaedics, Aga Khan University in collaboration with the Foot & Ankle forum of the Pakistan Orthopedic Association held a single day symposium on **Achilles Tendinopathy: Recent Advances** on the 13th of January 2019 at CIME building, Aga Khan University. Dr Rizwan Haroon Rashid, Chairman Foot & Ankle Forum was the Director and Dr Tashfeen Ahmad was the Coordinator. This was a first of its kind symposium conducted in the country.

The course was attended by over 25 participants and both national and international faculty were involved. Dr Rajiv Shah of India, Vice Chairman Asia Pacific Foot & Ankle Forum delivered a talk on Insertional Tendinitis and Dr Nasir Awan from Ireland delivered a talk on Percutaneous Tendo Achilles repair Techniques. This symposium also included a Hands-on Workshop on Tendoachilles Open Repair Technique on animal models.

The course received an overwhelming positive feedback, and the need for organizing more of this kind courses across the country was emphasized.

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**Tendoachilles Report**

The Section of Orthopaedics, Aga Khan University in collaboration with the Foot & Ankle forum of the Pakistan Orthopedic Association held a single day symposium on **Achilles Tendinopathy: Recent Advances** on the 13th of January 2019 at CIME building, Aga Khan University. Dr Rizwan Haroon Rashid, Chairman Foot & Ankle Forum was the Director and Dr Tashfeen Ahmad was the Coordinator. This was a first of its kind symposium conducted in the country.

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The course received an overwhelming positive feedback, and the need for organizing more of this kind courses across the country was emphasized.
POA Fellowship

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**Arthroplasty**

Dr. Ranjeet Kumar  
Institute of Orthopaedics, Karachi  
Under the supervision of  
Prof. Muhammad Umar

**Deformity Correction & Bone Regeneration**

Dr. Muhammad Zeb Tunio  
Liaquat University of Medical Health Sciences, Jamshoro  
Under the supervision of  
Dr. Asadullah Makhdooom

Dr. Hidyatullah  
Khyber Teaching Hospital, Peshawar  
Under the supervision of  
Dr. Muhammad Shoaib Khan

Dr. Muhammad Soughat Katto  
Dow university of Medical Health Sciences Karachi  
Under the supervision of  
Dr. Mehtab Ahmed Pirwani
Congratulations to our 2017-18 Distinguished Graduate Student Fellowship Recipients

**Hand Surgery**

Dr. Asadullah Jan  
National Hospital, Bahawalpur  
Under the supervision of  
Prof. Tahseen Ahmed Cheema

Dr. Wahid Bukhsh  
Hand Upper Limb Surgery Centre,  
Combined Military Hospital, Lahore  
Under the supervision of  
Dr. Khalid Masood

**Paediatric Orthopaedic Surgery**

Dr. Muhammad Salman  
Khyber Teaching Hospital, Peshawar  
Under the supervision of  
Dr. Sikandar Hayat

Dr. Muhammad Saqib  
Khyber Teaching Hospital, Peshawar  
Under the supervision of  
Dr. Sikandar Hayat
Congratulations to our 2017-18 Distinguished Graduate Student Fellowship Recipients

**Spine Surgery**

Dr. Muhammad Adeel ur Rehman  
Ghurki Trust Teaching Hospital, Lahore  
Under the supervision of Prof. Amer Aziz

Dr. Aimal Sattar  
Khyber Teaching Hospital, Peshawar  
Under the supervision of Prof. Muhammad Ayaz Khan

Dr. Mazhar Ali  
Doctors Hospital, Lahore  
Under the supervision of Prof. Khalid Hussain

**Trauma**

Dr. Muhammad Sheraz  
Benazir Bhutto Hospital, Rawalpindi  
Under the supervision of Prof. Riaz Ahmed Shaikh

Dr. Rehman Rasool Akhter  
Benazir Bhutto Hospital, Rawalpindi  
Under the supervision of Prof. Riaz Ahmed Shaikh (cont.)

With best regards

Prof. Muhammad Arif Khan  
President  
Pakistan Orthopaedic Association

Prof. Khalil Ahmed Gill  
Secretary General  
Pakistan Orthopaedic Association
Get together of POA (KP)

Get together of POA (KP) Orthopaedic Surgeons on 10th March at PC Peshawar. Senior and Junior Orthopaedic Surgeons attended the gathering. Prof M Parwez Anjum, Prof Ghulam Mustafa KK and Dr Naeemul Haq from Karachi graced the occasion.
POA Social Gathering
on 11th Dec, 2018 in Hospitality Inn Lahore
In Nowshera medical college and Qazi Hussain Ahmed Medical Complex, Nowshera a single day Symposium on “Bone and soft tissue tumors Orthopaedic oncology review course for FCPS/MS” was arranged by Orthopaedic and Trauma department of Qazi Hussain Ahmed Medical Complex, Nowshera in collaboration with Orthopaedic and Spine department of Hayatabad Medical Complex, Peshawar under Pakistan Orthopaedic Association on 12th January 2019. Prof. Dr. Muhammad Arif graced the occasion as Course chairman, whereas Assistant Professor Dr. Zeeshan Khan who specializes in orthopaedic oncology and joint reconstructive surgery was Course Director. Orthopaedic oncology consultants from Karachi, Multan and Peshawar graced the occasion with their presence. The symposium was well attended by the consultants and postgraduate trainees from all over KPK. The symposium included presentations from the faculty on different aspects of bone tumors followed by questions from the audience that were answered by the faculty. After the course introduction given
by course director Assist. Prof. Dr. Zeeshan Khan, Prof. Dr. Muhammad Arif gave extempore talk on “how to answer and score in your exams”. Since it was a course review specially directed for trainees so that they can go through their exam, it was well received session. This was followed by an interesting talk by Assoc. Prof. Dr. Israr Ahmed on the ways to interpret the radiographs. Later on he discussed things in detail during question answer session. Dr. Badar Sohito from Karachi presented the audience with the ways to investigate a bony lesion. Dr. Jehangir Riaz from Multan gave very informative talk on “Principle, types and techniques of biopsy. This was followed by another lecture from Dr. Badar Sohito on “investigation of soft tissue lesion and management of soft tissue sarcoma.

Following a tea break Assist. Prof. Dr. Zeeshan Khan talked about benign bone lesions and their management. He also had an extensive lecture on Giant cell tumor covering all the aspects of its management. This was followed by very important talk by Dr. Jehangir Riaz on management of metastatic bone disease. Dr. Badar Sohito followed this lecture with a very important talk on “General principles of management of osteosarcoma, ewings sarcoma, chondrosarcoma. Dr. Zeeshan Khan at the end of lectures gave an impressive talk on “General principle and reconstruction techniques in upper and lower limb.

These lectures were followed by lunch and prayer break and after that whole faculty members participated in case discussions with the participants in which firstly the participants were involved by showing them radiographs of different bone tumors along with elaborate history and examination findings and then they were asked to read x-rays and were asked different pertinent questions.

At the end of the day the certificates and shields were distributed among faculty and participants along with closing remarks of chief guest and hosts.
POA has grown tremendously during the last few years. Because of its tremendous efforts, it has won the hearts of its members. POA’s main contribution has been in promoting academic activities. Throughout the world, Orthopaedic has grown into specialties. Unfortunately in Pakistan, neither Universities nor CPSP have started subspecialties in Orthopaedic surgery. Keeping in view the demand of time and patients, POA started its own fellowships in different subspecialties of Orthopaedic surgery. These include Spine surgery, Arthroplasty, Paediatric Orthopaedics, Deformities, Hand surgery, Orthopaedic Trauma, and Orthopaedic Oncology. Currently POA has 46 positions for training in these subspecialties. AlhamduLillah, this year, all these fellows have been paid stipend, so that fellows can continue their training without financial issues.

POA could achieve all its goals due to the full support of our sponsors in pharmaceutical industry who supported us at every stage of our journey. This year we received very encouraging response from pharmaceutical industry in sponsoring our fellowship program. It's only because of their support that we were able to pay stipend to all our fellows. I would like to acknowledge the following sponsors particularly who sponsored our fellowship program. These are:

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**Scholarship from Pharmaceutical Industry**

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**TWO** fellows per year

**TWO** fellow per year

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**ONE** fellows per year

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2. European Medicines Agency (EMA), 26 January 2012
3. 111-111-311

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Dear POA Members,

I am honoured to serve as Joint Secretary in the executive board of Pakistan Orthopedic Association for the year 2019. I am thankful to the whole community for their trust in electing me in the executive board and will try hard to return it back in the best way possible.

POA since its inception in 1964 has come a long way and this family has extended to more than 1100 members until now and the number is increasing. With this extensive increase the challenges of not only rising the standards of local Orthopedic community but to bring it to the level of other international Orthopedic associations has increased tremendously and the current board is trying hard to achieve this goal.

In the current edition of quarterly newsletter we have tried to cover all the Orthopedic related activities going around in the country and added some interesting articles as well. Numerous workshops are being conducted nationally in various sub specialities and the residents and young fellows are benefitting from the experience of seniors and getting opportunities to learn.

The current board is trying hard to increase the number of paid slots for sub speciality fellowships and everyone in the board deserves an applause for their sincere efforts.

The journal of POA is in the phase of revival and the editor is putting all his efforts to make it one of the esteemed journal nationally and needs collective efforts from all of us and our active contribution.

I wish and pray for POA to be the beacon of knowledge and research in the coming days for the Orthopedic community globally.

Dr. Usman Zafar Dar
Assistant Professor Orthopedics
Gujranwala Medical College
Joint Secretary POA (Punjab)

Editor's Note

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