

Ortho Balita

The official Newsletter of the Philippine Orthopaedic Association, Inc.



VOLUME I ISSUE NUMBER 32

PASIG CITY

DECEMBER 2011

POA 62nd Annual Congress

The Philippine Orthopaedic Association has once again demonstrated its strength as one stable organization! The recently concluded 62nd Annual Convention with the Theme "ORTHOPAEDIC CROSSROADS: Which Way" has garnered a record high participation from both booth exhibitions and delegates. As per our records, 440 out of the 555 Fellows, 214 Residents, 45 Non-Fellows, 14 Allied Medical practitioners constituted 87% of the total delegates of 917. 13 % were from the speakers, accompanying persons, exhibitors, special guests and country representatives.

The striking of the gong by POA President Dr. Albert U. Dy marked the beginning of the convention. But before this started, the opening ceremonies was highlighted by the Jose V. Delos Santos Memorial Lecture delivered by Prof. Richard F. Kyle, Past President of the American Orthopaedic Association. His talk was on "The Future of Orthopaedic Trauma", where he emphasized the genetic level of treating orthopedic conditions. But before the Opening Ceremonies, the orientation of new Fellows, Philippine Board of Orthopedics Meeting and POA Annual Business Meeting concluded before the Lunch Symposium of AstraZeneca. The POA Business Meeting was well attended thereby approving the minutes of the 2 previous annual business meetings. Matters on the ratification

Continued to Page 2



**Help and support POAFI
join the fun-run!!!**

More details on page 24



Dr. Albert U. Dy hitting the gong symbolizing the opening of the convention.



From Left Dr. Nilo Delos Santos, Dr. Albert U. Dy, Jose V. Delos Santos Sr. Memorial Lecturer Dr. Richard F. Kyle, Mr. Jose Ronaldo Delos Santos and new PBO President Dr. Mario B. Geronilla during the Opening Ceremonies of the POA 62nd Annual Convention.

POA is 62 Years Old

Speech delivered by Dr. Albert U. Dy, ending his year 2011 term during the POA Congress Banquet of the POA 62nd Annual Congress last Dec 2, 2011 at the Crowne Plaza Manila Galleria, Quezon City.

POA is 62 years old. When it was established in 1949, AAOS was 15 years old, Australian Ortho was 13 years old, Canadian Ortho was just 5 year old & I was not yet born.

In 1953 when I was born, Elpidio Quirino was turning over presidency to Ramon Magsaysay. The POA was 4 years old & led by a pillar of Ortho, Dr. Ambrosio Tangco. That year too Nobel Prize was awarded to Watson & Crick & the main frame computer was as big as my hotel suite!

In 1978, I finished Medicine at UP-PGH & I was sent to Lubang Island. A cluster of 8 small dots in the Philippine map no lights, no clean water and transport extremely difficult in rainy season. They found a Japanese straggler who thought World War II was still on-going 5 years



Jose V. Delos Santos Sr. Memorial Lecturer Dr. Richard F. Kyle delivers his talk during the Opening Ceremonies of the POA convention.

POA 62nd...

Continued from Page 1

of the POA By-Laws were discussed during this time, which in the end after all the votes were counted, the New POA By-Laws was ratified successfully and will be implemented upon submission to the Security and Exchange Commission.



DR. ALBERT U. DY delivering his Valedictory Address

before I arrived. It took 2 weeks by telex to inform me I passed the Board Exams.

Fast forward to today, mainframe computer is a handy phone, a camera that is film-less with capability to capture a drop of water in mid-air, postal mail is e-mail. Social network means Face Book. Human genome project have mopped out 98% of our genetic make-up. We heard from Dr. Kyle our JV delos Speaker future of Orthopedic Treatment will be the molecular level for which TKR and THR may become obsolete perhaps in the next 50 years.

I am truly lucky to be in this time and place. Proud to be your leader this past year standing on the shoulders of giants that went before me. One day I may fade away like the mainframe and become too a forefather but that will not scare me.



Delegates enjoying the Filipino food during the Fellowship Night

JV de los Santos was 102 and we heard his grandson say how at this age. He still made rounds. There is a book by Regina Brett about a remarkable 106 lady, "50 Lessons for Life's Little Detours". She raised money for cleft lip children and wrote a book. Her motto for her daily life being "was I compassionate enough?" Both these remarkable "old in age" but "young at heart" realized that our earthly goal is really helping our fellow travelers that give meaning to our lives.

Thus I throw back to POA at 62.

- (1) How do we give back to our patients?
- (2) How do we give back to members of our organizations?
- (3) How do we give back to society?

Clearly our problems are daunting. But let's not fear challenges. It is a part of life. Take courage in the Buddhist saying "The most beautiful lotus blooms and grows best in muddiest and deepest muck."

Today I pass the baton of leadership to the next runner. Let's help him; like you've helped me. For eventually you would have helped yourself. For it all comes back.

My family thank you, for your entire support let us not forget the oil that made the cogwheel move - My beloved POA board members and secretariat Mike, Celia, Weng and Moises.

The President's Diary

JANUARY

This month your president met with major sponsors and other organizations to with PCS and POAFI. The major sponsors expressed their concerns if annual be brought to Subic. We allocated P450,000 pesos from our hotel rebates 2010 to fund our con-con.

FEBRUARY

I was honored in the AAOS when all the presidents were presented who attended the opening ceremonies. AAOS is a huge meeting with more than 1500 papers and 30,000 participants. Everyday 10 posters are spotlighted for you to visit. Another nice session we can adopt is the Mythbuster sessions. In 1 hour, topics are presented, evidences presented in favor or against and topic problem is resolved as truth or myth. This session is chaired by Paul Tornetta and I tried to invite him to come over. He declined but we should try to get him to come in some future meetings.

MARCH

We finally hired a professional auditing firm and had to terminate Mr. Hector Laraño as our organization's needs demanded it. Mr. Laraño acted as our inter-

nal and external auditor which is not acceptable in corporate practice. We need to transparently reflect our earnings and expenses for our members.

We set out to survey Subic and we decided as a group that Subic cannot provide all the necessary facilities for which we came back to Manila as the final venue. We found Crowne Plaza as our new Congress venue.

APRIL

MSD met with POA and we will come out with an Evidence based guideline brochure for osteoporosis. I feel this is a worthwhile project and Dr. Cañete is heading this project. They may provide a nurse coordinator to monitor hip fracture in patients to prevent secondary fractures. This is in line with our flagship concerns even though some members feel drug company sponsorship might be deemed self serving. (my personal take on this its a win-win situation and we should pursue it)

POAFI meeting resulted in a planned fun run for Mar 2012. POA will give seed money for this.

MAY

Midyear at KCC Gen San was

quite successful. Our Trauma theme on motorcycle accidents is timely as we are noting increasing trends. Lesser known effects on family, his work and society was discussed by Dr. Nina Carandang and will be worthwhile to take it a step further by getting all stakeholders to come out with better strategies to decrease this problem.

JUNE-JULY

Met with Chris Mow who gave us teaching tapes for our annual (Ext Fix, CHS, lockplates) available for all members just ask POA if you want a copy. Met with family of JV delos Santos who promised to continue the support of our JV delos Santos Memorial Speaker for our annual. They will fund travel of one international speaker every year. Our 2nd JVDs memorial speaker is Dr. Richard Kyle.

I attended the American Orthopaedic Association (AOA) meeting in Boston. It's an elite group of trainors educators and researchers invited to be members. I learned AOA looking at curriculum based training for residents being started in Toronto as a possible model for the future. (I will make an Echo lecture to PBO if they see fit to adapt some of the good elements). Special poster presentation was a good teaching-learning exchange as the authors had 5-7 minutes to present their paper to interested au-

Continued to Page 4



POA delegates wearing the POA shirt during the Fellowship Night



Above: Full packed room of delegates during the plenary sessions. Left: Entertainer Mr. Jay Cayuca serenading the delegates during the Congress Banquet



Dr. Battad's Inaugural Speech

Ladies and gentlemen,
I stand in front of you as the newly elected President of this prestigious organization, Philippine Orthopaedic Association.

25 years ago as a young physician, my belief then was that the major attribute of a good orthopedic surgeon was a macho physique. Drawing inspiration from my professors in medical school, Dr. Jose Pujalte and the late Dr. Norberto Agcaoili, I applied as an adjunct at the Philippine Orthopedic Center.

During an interview, Drs. Roger Fabie and Raymundo Saguin changed my perception of the qualities of an orthopedic surgeon: intelligence as well as perseverance were more important attributes. My mentors, Drs. Jesus Dueñas, Camilo Te, and Teodoro Castro taught me the orthodoxies of how-to directives - simple, practical and systematic analysis of orthopedic techniques. And from Drs. Antonio Sison and Luisito Maaño, they brought out the soft touch in me.

Dr. Andres Borrromeo, my boss and partner, shares my passion for good food. He always reminds me to keep my cool and composure despite the demands of my academic and administrative duties at UERM. To my mentors, my gratitude.

To Dr. Miles dela Rosa, I thank you for the trust and confidence that you gave me when you invited me to join the POA



Dr. Geoffrey R. Battad presents a Plaque of Recognition to the Immediate Past President Dr. Lauro R. Bonifacio during the POA Congress Banquet. Dr. Bonifacio lead the POA as President in 2010. He is the 46th POA president.



DR. GEOFFREY R. BATTAD delivering his inaugural speech

Board of Directors. I give my respect and admiration to a classmate who made it to the top positions in the major orthopedic organizations: the POA and the ASEAN Orthopaedic Association. To Drs. Vicente Gomez, Redentor Bucu, and Dr. Ogie Frez. I appreciate your contribution to my family's income by maintaining my wife as your anesthesiologist. And of Course Dra. Almonte, " Mam, thank you " To my wife, Marichu, who has been very sup-

The President's... *From Page 3*

dience. (I will adopt this in our annual poster presentation)

AUGUST-SEPTEMBER

Met with 3 new sponsors which resulted in sponsorship of our T-shirts. Met with PHKS to plan our 2012 meeting (POA board feels we need to work early to get the speakerships for annuals as early as a year before to get quality presentors). I tried to invite Mr. Carlos Celdran to speak in our annual but he declined because of previous commitment (future invitation still possible). Briefed Chapter representatives on the status of preparations for our annual. Asked them for chapter participation on trauma cases for presentation in the annual. (Something new for our annual too)

OCTOBER

I attended New Zealand-Australia combined meeting and this resulted in fellowship positions in Australia and possible tie-up with NZ. They will send

portive in all my endeavors, I love you - cheesy ba? She holds a Masters Degree in Multitasking: despite her busy schedule in her anesthesia practice and currently as the President of the Philippine Society for Pediatric Anesthesia, she heroically maintains the role of an ideal wife and mother to our four children, Giselle, Geanne, Van, and Gem. Chuey, please stand to be recognized. To my children, I thank you for understanding the demands of your parents' profession.

To the four guys responsible for my spontaneity in carrying out my duties as member of the Board - Drs. Edward Sarrosa, Francis Altarejos, Lauro Bonifacio, and Albert Dy, I sincerely appreciate the lessons you gave me on research directions, outreach programs, transparency and accountability organizational and personnel management. Dr. Brix Pujalte made things easier by simplifying the flagship programs of the Association: The past presidents took pride with their magnanimous accomplishments during the past years.

Continued to Page 5

representatives to our annual. Our first Australian travelling fellows came to visit ASEAN thru 2 lady orthopods, Dr. Prue Kieth and Susan Liew. Future AOA-ASEAN cooperation are in the works.

NOVEMBER

Final preparations for our annual in full swing and have kept POA board busy with many details we had to address. We were plagued with GMA problem whereby ambush interviews were asked of us. (My take on this is to let Spine Society or Specialty Organization concerned to make an official statement rather than many opinions being espoused by individual members)

DECEMBER

We finally finished our annual successfully. Thanks to all your support. We learned, we grew and made new friends. SENDONG was a spoiler but we responded well to the challenge (*see related article in page 21*)

Dr. Battad's... *Continued from Page 4*

The work that I put into that portfolio gives me confidence. I know I have something to offer and I promise to carry out my duties conscientiously. I will not be baking a new cake but rather choose the best icing that would improve the piece my predecessors have started cooking.

Membership: Ratification of the POA Constitution was realized during the term of Dr. Bonifacio and Dr. Dy. I am proposing a scheme so we could upgrade the membership data base which will include the member's participation to the Association's activities, attendance to conventions and payment of association dues. A swipe card with a bar code will be provided to each member. With this, each member can conveniently register for the convention and update their membership status. A fingerprint biometric identification of members will soon follow and after the completion the membership data base, an updated membership directory will be released, I hope before my term ends.

Training: The theme of the POA conventions revolve around on the flagship projects of the POA which are the top three orthopedic conditions of the country: osteoporosis, trauma and for next year - Arthritis. It will also be the 40th Anniversary of the PBO. Apart from the focused topic on arthritis, the development of the orthopedic training program in the country will be highlighted. I envisage that all orthopedic training programs in the country will produce an equally competent fellows as our ASEAN and even our colleagues from the western countries.

Transparency: The POA website has to be revitalized. I will try to provide each fellow an executive summary of the monthly board meetings through e-mail or linkage to the POA Website. The POA portal will also serve as the hub for exchange of ideas and consults on surgical management of interesting cases. Brainstorming and sharing of ideas is very much welcome in this hub.

Documentation and Research: I am an advocate of Quality being the Assistant

Administrator for TQM in UERM. The POA would like to boost the art of orthopaedics through first-rate education, up-

grading services and constant research innovations. We should start with the

Continued to Page 6



Above, from left, Dr. Marichu and Geoffrey Battad, Dr. Albert and Pilar Dy during the turnover ceremonies of the POA Congress Banquet last December 2, 2011 at the

The POA Business Meeting, Nov. 30, 2011



Dr. Battad's... *Continued from Page 5*

documentation of our interesting cases and management outcome. Dr. Gustillo, in one of his talk challenged the POA to come up with a standardized reporting and documentation of our orthopedic cases. I bravely confront this challenge by putting up a strategy. A standardized registry form will be adopted which can be downloaded through the POA website by our fellows and trainees for data banking of surgical outcome, both in private and government institutions. I would also like to solicit the cooperation of our fellows to enroll their private patients in this standardized registry. A central registry will then be established. I encourage all fellows to sign-up in the trauma registry for reliable documentation so as to generate a measurable outcome. I commend institutions like AFP Medical Center, East Avenue Medical Center, Jose Reyes Medical Center, UP

PGH and UST Hospital for developing their own case registry as well as some subspecialties like POSSM. These can be tested and utilized as benchmark for a standard registry form for the POA. The data collected can be utilized for multi-center research studies to produce quality research papers for those who wish to join the orthopedic traveling fellowship program and for presentation in international fora.

There are still lots of work to be done... starting from housekeeping in our office. I intend to implement the NEON project of filing the past researches and journals of POA fellows in our website for their reference and avoid duplication of studies.

Professional Reciprocity and Social Responsibility: The orthopaedic surgical

outreach program which was started by Dr. Francis Altarejos is still on-going. Dr. Albert Dy and the Asean president Dr. Peter Lee have widened the scope of this endeavor to ASEAN. In collaboration with the Asean Orthopedic Association, interaction among member countries was made possible, sharing their surgical skills and novel information on orthopedic management. A reciprocity policy was adopted thereby, opening the doors for observer ship for our Filipino orthopedic fellows.

The POA will continue to foster new found exchanges with the Australian Orthopedic Association which Dr. Albert Dy has started.

With all that has been said, I thank you for the faith and confidence given me and I promise to perform my duties as President of the POA the best I can. God bless.

2012 POA Officers

Dr. Geoffrey R. Battad is the Philippine Orthopaedic Association president for the year 2012. The Vice-President is Dr. Adrien R Quidlat; Dr. Edward HM Wang as Secretary; Virginia C. Cabling as Treas-

urer. The Trustees consists of Drs. Julyn A. Aguilar, Paul Cesar N. San Pedro, Cesar S. Grey, Edwin Jerd T. Siatan, Reynaldo V. Lopez (Luzon), Richard V. Condor (Visayas, not in picture), Jerome Anthony

U. Dy. Dr. Josefina R. Almonte, Philippine College of Surgeons President is the inducting officer.



S. Asuncion (Mindanao) and Ex-Officio Dr. Albert



2012 POAFI Officers

The officers of the Philippine Orthopaedic Association Foundation, Inc. is headed by Dr. Noel B. Carilo as President, Dr. Albert U. Dy as Chairman, Dr. Arturo C. Cañete as Secretary, Dr. Edward A. Sarrosa as Treasurer with Trustees Drs. Miles T. Dela Rosa, Geoffrey R. Battad, Adrien R. Quidlat Edward HM Wang, Virginia C. Cabling and Ellewellyn G. Pasion (Ex-Officio). Dr. Josefina R. Almonte is the inducting officer.

PBO 2011

Looking Back at the year that was; Looking Forward to the Ruby Anniversary with Hope!

(A First Person Point of View)

By: Leo Daniel D. Caro, MD, FPOA

A little more than four years ago, I received a call from Leslie Reyes. Of course, I knew him, a fellow alumnus, co-faculty member at the College of Medicine, and a trustee of the PBO at that time. In so many words, he asked to run for a seat in the Philippine Board of Orthopedics (PBO). Taken aback, I tuned-out almost immediately. Like many of the Fellows of the Philippine Orthopedic Association (POA), I was content just to cruise along with the organization, attending the conventions, and enjoying the fellowships and other activities. Like many, I could never understand why our officers and board members desired to join the hierarchy of the POA and the PBO – just a lot of thankless work – I thought. But Leslie would not be refused. With all my misgivings about the two organizations, including the belief that, as a position of trust, the PBO Trustees must be selected, and NOT elected, I was prevailed upon to join, not only because it was “Payback time”, or time to “give back” to the POA and PBO, but also because he believed I had the qualifications and necessary abilities- I was asked to share five years of my career with the PBO. To make a long story short, here I am, serving my last year in the PBO as Ex-officio member, being the Immediate Past Chairman.

After four years in the PBO, anyone would have the temerity to speak about

the organization, and what it does. A litany of criticisms, and gripes can follow as easily, loss of time for private practice included. But the PBO, like most human organizations and political structures, has its own share of imperfections and inadequacies. But enough of that; in the spirit of being “Proactive”, we should, instead, make it a habit to sift through past encounters and glean the events that, when converted into positive experiences, can be used to inspire the proverbial- “preparing for the man who comes after you”. In order to maintain its dynamism and relevance, the composition of the twelve members of the Board of Trustees of the PBO, must continue to change. There are at least five members whose positions should change every year, i.e., the officers (the ex-officio immediate past chair included). Three members are regional representatives, subject to preference of their chapters. The last four positions, remain at-large, and could be occupied by the older, more senior members. But, why would YOU want to join the PBO? You are qualified if you have been a diplomate for at least 8 years, a member in good standing of the POA, and an active staff member of an accredited training institution- it’s that simple. That, and your commitment to serve is all that is required. Joining the PBO creates great opportunities for career and personal growth. Let’s look at “11 Reasons why I should join the PBO”.

1. Freebies: Free passage to the Mid Year and Annual Conventions- As an active member of the Board of Trustees, you need not pay the registration fees to the two POA meetings we have every year.

2. Travel: 20 programs, 20 places to visit- There are at least 20 institutions to visit every year, distributed across the country as follows:

Luzon – North (2), South (1) – Metro Manila (10)

Visayas – Cebu (2), Iloilo (2), Bacolod (1) Mindanao – Davao (1), Cagayan de Oro (1).

3. Friendships: Within and without- It is inevitable that you develop camaraderie within the board, as your work requires such a degree of teammanship. As you mature in the organization, you begin to approach your task with a stronger urge to “mentor” rather than to “judge”; this can only lead to development of goodwill with the program chairs, training officers and staff, vis-a-vis suspicion and intimidation.

4. Guidance & Counseling: From minimum requirements to outstanding merits- As you spend more one-on-one time with the resident trainees, i.e., when you check their logbooks, you are presented with a real opportunity to counsel and advise. Guiding residents in their formative years allows you the opportunity to make a difference in their lives. Also, you may discover a resident with potential to become outstanding- and perchance lead him/her to succeed so.

5. Education: Give and take- While you visit as an evaluator, you usually end up as a teacher/educator to the student/resident; there is a natural urge within you to teach. But beyond that, as you listen harder to them, you will learn a lot from them as well.

6. Prestige: the privileged few- Only a few of us will be given the chance to serve in this capacity- Trustee of the PBO. This confers a distinction of belonging to an exclusive class of the organization of the specialty society. This, by itself, is a singular honor.

7. Contribution and Legacy: In your own



The turnover ceremonies of the Philippine Board of Orthopaedics for outgoing Chairman Dr. Leo Daniel D. Caro (left) and incoming 2012 Chairman Dr. Mario B. Geronilla (right) at the Crowne Plaza Manila Galleria Ballroom 1 & 2.

PBO 2011...

Continued from Page 7

good time- Normally, you will have the chance to serve in the different offices of the PBO, as Treasurer, Secretary, Vice-Chair, Chair and finally, as Ex-Officio/ Adviser. In each position, you can institute progressive changes; there is always room for improvement- from housekeeping matters to governance issues; and positive change is always accepted.

8. Character building and Self-improvement: It can only get better- The myriad encounters and experiences serve to enhance your personal life and goals. Seeing the breadth and depth, the highs and lows of the manner of Orthopedic practice all over this country affects you, humbles you, and directs you.

9. Food: Nourishment for body and spirit- Like any Filipino gathering, you will not want for food; hospitality comes naturally, regardless of the reason for the visit. But beyond the mirth, there is a satiety of a different level- that, after the visit, you did make a difference.

10. Mental discipline: Beyond waking up early to catch a flight- There will be instances you have to get up early to get to the airport on time. But the major mental efforts will happen as you prepare the questions for the In-training exams and the Diplomate Licensure written and oral examinations. You will be trained on how to construct test questions with workshops, but perfecting them to fit within the "minimum pass level" requirements will require discipline and astuteness- and you will get better at this.

11. Beer and Fellowship: It's not just about the beer- Seems the universal language of "Orthos" everywhere is "beer". Beer is the perfect excuse to having the perfect interaction. As you shed your PBO Robe of Authority, you can better share your wisdom, and then some.

And so, we did that. We saw them all: twenty-one visits (including re-visits) of the Twenty Training Programs. We made them all, examination questions for the (Residency In-Training Exams) RITE exams of 207 Residents, including 50 Qualifiers. 33 (66%) qualified. We also re-instituted the feedback process by routinely including the Item Analysis in the RITE results. This way, the pro-

gram directors and the resident trainees know where they can improve. We also became better evaluators, producing the Diplomate Exams for 40 candidates, now filtered by a pre-determined Minimum Pass Level (MPL) for the Written Exam, even as we continued with the Structured Objective Oral Exams and the Objective Practical Exam Process. The PBO gave the POA 32 new Diplomates (Passing Rate: 80%). And we crowned them all, the 9 Outstanding Residents from 4 Resident Training Programs, as well as the Topnotchers for each level of the RITE. And as we end the year, we can sleep, the sleep of the proud, having accomplished what we had to do, in spite of our human and material limitations. Next year will be a banner year- the Ruby Anniversary - 40 years of the PBO. There

is a lot of optimism and hope here, being on the threshold of change - looking to improve and modify training programs towards the competency-based rather than the content-based style of training residents; better evaluation systems- exams and licensure- with institutionalized Item Analysis and Pre-determined Minimum Pass Levels; and, also importantly, improving governance of the organization itself, the PBO- evolving into a better standard bearer of Philippine Orthopedics by creating a more appropriate selection process, rather than an election process. So now, with all these exciting new prospects and challenges just waiting for someone who wants to do more than just go to the clinic everyday, wouldn't you also want to join up, and make a difference? Welcome to the PBO of the future!



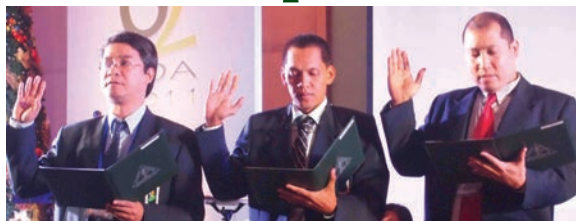
PBO 2011 activities began with a workshop on Test Construction facilitated by Drs. Armand Crisostomo and Alvin Mojica. Meant especially for the board examiners, all training officers of the different programs were invited to also see the process by which the PBO ITE and Diplomate Written Exams are made.



2012 PBO Officers

Dr. Josefina R. Almonte, Philippine College of Surgeons President inducts the officers of the Philippine Board of Orthopaedics for 2012. Dr. Mario B. Geronilla is Chairman, Dr. Venancio P. Garduce, Jr the Vice Chairman; Dr. Antonio N. Tanchuling, Jr. Secretary; Francisco P. Altarejos Treasurer. The Trustees are Drs. Andres D. Borromeo, Leonido C. Castillo, James C. Paggao (not in picture), David M. Cabatan, Jr., Juan Alejandro V. Legaspi (Luzon, not in picture), Ramon G. Cejar, Jr. (Visayas) Gilbert E. Cauilan (Mindanao) and Ex-Officio Dr. Leo Daniel D. Caro

2012 Chapter Officers



The 2012 officers of the POA North Luzon Chapter: (From left) President, Dr. Alvin A. Amador; Vice President Dr. Emelito V. Ritumalta and Treasurer Arcadio Jonathan N. De Castro III



The 2012 officers of the POA Western Visayas Chapter: (From left) President, Dr. Danilo V. Olegario; Vice President Dr. Renier D. Gerochi, Jr., Secretary Dr. Daryl M. Apla-on, Treasurer Dr. Jan V. Baltazar



The 2012 officers of the POA South Luzon Chapter: (From left) President, Dr. Jency S. Ong; Vice President Dr. Abundio C. Celera, Jr., Secretary Joaquin C. Pandanan and Treasurer Dr. Romeo R. Sy



The 2012 officers of the POA North Mindanao Chapter: (From left) President, Roimm P. Villejo; Vice President Dr. Elbert A. Ybañez, Secretary Dr. Manuel Z. Sison & Treasurer Dr. Renan B. Abellera

Twenty one new Fellows were inducted during the Opening Ceremonies of the POA 62nd Annual Convention last Nov. 29, 2011. They are:

1. David Vincent J. Antonio
2. Carlo Angelo V. Borbon
3. Charles Richard R. Cabuquit
4. Paolo Antonio F. Castro
5. Regidor B. De Leon Iii
6. Eldorado O. Dolloso Ii
7. Czar Loioe L. Gaston
8. Lendell John Z. Gatchalian

New Fellows

(Below: The 21 New POA Fellows pose with POA President Dr. Albert U. Dy, during the Opening Ceremonies of the POA 62nd Annual.)

Continued to Page 11



Accreditation visits continue on a yearly basis for the 20 Residency Training Programs. While viewed by most as an unpleasant fault-finding experience, the greater intention is to provide guidance and counsel to the residency trainees, preparing them not just for exams, but for other aspects of performance as well.



The "War Room" of the PBO is the monthly board meeting. Issues relating to governance, accreditation, examinations and activities are discussed and debated, and if necessary, voted upon. As the "watchdog" of Philippine Orthopedics, the PBO takes its work very seriously.



The ITE gets better because of continuing workshops on proper test construction and re-institution of the Item Analysis to provide feedback to the examinees and their mentors for improvement. Still, prayers can help.

DEADLINE FOR FELLOWSHIP APPLICATION - JULY 31, 2012



A Tribute to Dr. Pedro V. Sembrano

Speech authored by Dr. Emiliano Tablante/Dennis Wee delivered by Dr. Fidelis Mari Amparo during the POA Congress Banquet last December 2, 2012

Tate Pete as he was fondly called by his peers at St Luke's Medical Center, where he headed the section of Or-

thopedics since the 70s, will always be remembered as a kind and proactive leader. Kind and proactive because he was always understanding to everyone's requests and beliefs and honored the opinion of others as well. For us, his residents, his discipline, strength and thirst



Dr. Albert Dy presenting a Posthumous Award to the wife of the late Dr. Pedro V. Sembrano, Dr. Lourdes Sembrano as his son Larry looks on.

for knowledge were characters we always wanted to emulate. His discipline, not only in learning, can be exemplified on how he regularly exercised, lifted weights even way past his retirement years. He always showed off his physique to us residents, and the nurses as

well, while waiting for the patient to be anesthetized. His favorite expression to me then was "charity begins at home". I guess he saw my physique and he told me to better take care of my health first. I confirmed his quench less thirst for knowledge when he wanted to learn arthroscopy when he was on his late 60s. He would drive to Clark and be on time for our 7:30 arthroscopy cases. Tata Pete was also very unselfish on enthusiastically sharing to us what he knows. He would readily give us pointers based on his vast experiences. He also would likewise listen and consider any suggestion that his colleagues and even his residents make. These were characters of a true leader.

Tata Pete will always be looked upon as a father figure...rather the father of orthopedics at St. Luke's Medical Center. He set up the foundation and pioneered the prominence of what the Institute of Orthopedics and Sports Medicine of St. Luke's is today. Thank you Tata Pete.

POTS'10th Annual

The Philippine Orthopaedic Trauma Society had their Annual Convention last July 30, 2011 at the Crowne Plaza Manila Galleria, Quezon City. They have focused their topic this



Above: New POTS members being inducted. From left Drs. Marcelino Cadag, Victor Gerardo Pundavela, Philip Anthony Kho, Jeremiah Morales, Philippe Baclig, Roimm Villejo & Rolando Dela Cruz.



Dr. Arturo C. Cañete, POTS president inducting its new members as Dr. Reynaldo E. Ang, vice-president looks on.

year on "Joints and Soft Tissue Traumatic Injuries". The scientific sessions was composed of shoulder joint trauma, elbow and hand joint trauma, paper presentations and soft tissue injuries. They also inducted 7 new members in their fold. The last part of the meeting was the POTS-Pfizer quiz show which was participated in by residents representing their institutions accredited by PBO.

POTS - PFIZER ANNUAL QUIZ SHOW WINNERS

1. UST - Fredreick Aujero
 2. UP-PGH - Daniel Alexis Rubio
 3. NMMC - Christopher Balaba
 4. POC - Mark Pasion
 5. DLSUMC - Rey-An Nino L. Garcia
- (See related picture on Page 16)*
Quizmasters - Drs. Edward Sarrosa & Andres Borromeo

(See related picture in page 14)

The Orthopod & the Law [Atty. Leo O. Olarte, MD, FPOA]

Patient's Right to Choose His Physician



THE WORLD MEDICAL ASSOCIATION (WMA) DECLARATION OF LISBON ON THE RIGHTS OF PATIENTS, states that; the patient has the right to choose freely and change his/her physician and hospital or health service institution, and the patient has the right to ask for the opinion of another physician at any stage. This Declaration has been adopted by the World Medical Assembly in, Lisbon, Portugal, September/October 1981 and amended by the 47th WMA General Assembly, Bali, Indonesia, September 1995 and editorially revised by the 171st WMA Council Session, Santiago Chile, October 2005.

This right to choose one's physician, has also been promoted, respected and upheld by our Philippine Medical Association, Code of Ethics.

Section 24, of Republic Act 2382, as amended, or the Medical Act of 1959, decrees that; Violation of any provision of the Code of Ethics as approved by the Philippine Medical Association, is one of the grounds for Reprimand, Suspension or Revocation of the Physician's Certificate of Registration. No other code of ethics is recognized by the Law, except the Code of Ethics approved by the Philippine Medical Association.

A landmark case in point, elucidates this FREEDOM OF CHOICE.

New Fellows

Continued from Page 9

9. Raymond E. Gomez
10. Raymond Alvin J. Kokseng Jr.
11. Edward B. King, Jr.
12. Nathaniel P. Mendez
13. Anthony Paul V. Laput
14. Jason Paul P. Santiago
15. Roberto Gabriel L. Lopez
16. Jomello Christian G. Mercado
17. Antonio S. Montalban, Jr.
18. Jose Amando M. Moral II
19. Enrique Leonardo C. Pasion
20. Edward Rainier G. Santos
21. Carl Ryan Marino D. Taguba

The plaintiff, Michael Smith injured his left knee on August 21, 2000. This injury occurred when Smith missed a step with his right foot as he was getting out of his truck. Smith was admitted to the Hospital by Dr. A. Friedrich. In the ward, plaintiff saw Dr. Gordon, another orthopedic surgeon.

Without informing Dr. Friedrich, plaintiff requested Dr. Gordon to be his attending physician. Dr. Gordon acquiesced and did Surgery on the knee of plaintiff. This angered Dr. Friedrich who filed a complaint against the patient for breach of contract and against Dr. Gordon for unprofessional conduct. Smith counter-filed a case for damages against Dr. Friedrich for allegedly obstructing his right to choose his physician.

The Legal Issue to be decided in the case at bar for our education, is; Did plaintiff Smith, have the Right to Choose Dr. Gordon to be his attending physician without the knowledge and consent of Dr. Friedrich?

The Court rules:

In view of the fact that the success of the treatment may depend upon the patient's confidence in the physician chosen, it is affirmed that the primary right of choice should rest with the patient, unless his choice is shown to be unreasonable, or solely for the purpose of tactical advantage at trial. "The trust and confidence needed in a patient-doctor relationship is important to successful treatment which can best be obtained if the injured patient has the choice of a physician for treatment purposes." Kinsey, 402 So.2d at 228.

It is firmly established that legislation is a solemn expression of legislative will; therefore, interpretation of a law is primarily the search for the Legislature's intent.

The Law clearly states that a patient has the right to choose his physician. When a law is clear and unambiguous, and its

application does not lead to absurd consequences, the law shall

be applied as written and no further interpretation may be made in search of the intent of the legislature. The starting point for the interpretation of any statute is the language of the statute itself. The words of a law must be given their generally prevailing meaning. Statutes are to be interpreted in ways effectuating their purpose. Words and phrases shall be read with their context and shall be construed according to the common and approved usage of the language.

Webster's New Universal Unabridged Dictionary defines select as, "to choose in preference to another or others; pick out." The same dictionary states the synonym for select, is to "choose" and defines choose as, "to select from or in preference to another or other things or persons."

We find that, the well accepted standards of statutory interpretation require that the patient has the right to choose his treating physician, even though he has already submitted to treatment by the other physician.

The Law however, does not state clearly the method or manner of choosing his physician. In the case supra, patient was already treated by Dr. Friedrich. Suddenly patient saw Dr. Gordon and requested him to be his attending physician without informing Dr. Friedrich.

Our Medical Code of Ethics provides that, Dr. Gordon, informs Dr. Friedrich, of the patient's choice. Even if Dr. Gordon is now the present choice of the patient, he is ethically obligated to inform the first attending physician that patient has now chosen him. Dr. Friedrich then must verify from the patient his choice, and must enter into the chart his proper discharge by the patient as the first attending physician.

Continued to Page 12

Orthopedic Researches

The POA Research Committee headed by Dr. Edward HM Wang has received 64 research papers coming from the different orthopedic institutions in the country and abroad. Of the 64 papers, it was further subdivided into Research Forum, Podium Presentation and Poster Presentation. 9 Papers were selected for the POA Residents' Research Forum, 12 papers for Podium Presentation and the rest as Poster Presentations. The Poster presentations are further categorized as Clinical, Basic and Case Reports.

Residents' Research Forum: The First Prize was won by Dr. Ser Anthony Si from POC with paper entitled "Radiographic Measurement of Degree of Displacement of Middle Third Clavicle Fractures as Predictor of Outcome" His co-authors are Drs. Lauro R. Bonifacio, and Dr. Edsel F. Arandia. The Second Prize went to Dr. Erwin Brian L. Cantiller of DLSUMC with his paper entitled "The Effectiveness of the Mobile-phone Short Messaging Services (SMS) as a strategy to improve compliance in Orthopaedic Health Care Appointment". His co-author is Dr. Samuel Arsenio S. Grozman. The Third Prize goes to the paper on "A Review of Idiopathic Adolescent Scoliosis Cases Treated with Posterior Instrumented Fusion Using Local and Imported Spinal Systems at a Private Hospital from 2001 to 2010: A Descriptive Study" by Dr. Buenaventura B. Canto IV of Makati Medical Center and co-authored by Dr. Jose Martin S. Paiso.

The three outstanding clinical posters were:

1. Distal Radius Fractures Treated with External Fixation Versus Open Reduction and Internal Fixation by Juan Paulo Panti MD; Emmanuel Estrella MD FPOA

(UP-PGH)

2. Functional Outcome of Nerve Transfers for Shoulder Function in Brachial Plexus Injuries by Arnaldo Favila Jr MD (UP-PGH)

3. Validity Of A Physical Examination Technique (Ege's Test) In The Detection Of Meniscal Tears In Comparison With Arthroscopic Findings by Ai E. Gamboa MD (SLMC)

Outstanding Poster Basic: Inverted Vein Graft vs. Autogenous Nerve Graft in promoting Axonal Regeneration of Motor and Sensory Nerves by Patrick M. Dizon MD; Tammy Dela Rosa MD, FPOA (UP-PGH)

Outstanding Case Report Poster: Atraumatic Patella Fracture Following Medial Patellofemoral Ligament Reconstruction: A Case Report and Literature Review by Dr. Pang Khang Chiang; Wilson Wang; Oh J Y, National University Singapore

Outstanding Case Report on Techniques/Innovations Poster:

1. Limb-Salvage Procedure for Sarcoma of the Hand: A Case Report by Julius G Pallera MD; Michael Marfori MD FPOA (DLSUMC)

2. Periosteal Autologous Chondrocyte Implantation in the Knee by Rafael S Claudio MD FPOA; Herminio R Valenzuela Jr MD FPOA; John Paul DG Borlongan MD (TMC)

3. Matrix Induced Autologous Chondrocyte Implantation: A Case Presentation by Francis H Fernandez MD; Mark Anthony Castro MD FPOA (MMC)

Patient's Right...

Continued from Page 11

The entry into the medical records of Dr. Friedrich's discharge from patient care, with the signature of the patient appended to signify his clear and categorical choice of Dr. Gordon, relieves Dr. Friedrich of all medical responsibility and liability in the care and treatment of the patient.

The patient's right to select his physician of her trust and confidence is a superior right that we physicians must uphold, respect and promote.

Any COMMENT, regarding this article can be forwarded to; attydrolarte@yahoo.com.ph



Atty Leo O. Olarte during the Processional of the POA 62nd Annual Convention Opening Ceremonies representing Dr. Oscar Tinio of the Philippine Medical Association as guest of honor for this event.

DEADLINE FOR SUBMISSION OF PAPERS FOR RESIDENTS RESEARCH FORUM/ FREE PAPER AND POSTER ABSTRACTS IS ON AUGUST 31, 2012



The POA Residents' Research Forum group picture: From Left, Dr. Edward HM Wang, Dr. Rodney Dofitas, Dr. Buenaventura Canto IV, Dr. Ser Anthony Si, Dr. Mark Pasion, Dr. Cynthia Ang-Muñoz, Dr. Joseph Thambiah, Dr. Albert U. Dy, Paul Cesar N. San Pedro, Dr. Patrick How, Dr. Rey-An Garcia, Erwin Brian Cantiller, Dr. Dr. Kristopher Tolosa, and Dr. Alfred Villarico.

USTH OLC

Established in 2005, the Orthopaedic Learning Center (OLC) of the University of Santo Tomas Hospital (USTH) is fully equipped to conduct cadaveric and live interactive surgery workshops. These include workshop courses on arthroscopy, arthroplasty, spine instrumentation, and orthopaedic anesthesia. As of this year, it has the distinction of having conducted 24 international and national skills workshops facilitated by both foreign and local experts, and participated in by orthopaedic surgeons from all over the country.

As part of its mission-vision, the USTH-OLC, in cooperation with Smith and Nephew PTE Ltd., started the overseas visiting clinical attachment program last August 2009. This clinical attachment program aims to train orthopaedic fellows from other asian countries, particularly the ASEAN region in Shoulder and Knee Arthroscopy. It consists of a 1 week rotation under the Section of Shoulder Surgery and Section of Arthroscopy and

Sports Medicine of the Department of Orthopaedics. The visiting fellows are instructed on proper patient pre and post-operative evaluation, hands-on surgical technique training at the OLC using Alex Shoulder, Donnie Knee and knot-tying models, MRI interpretation, and rehabilitation protocol exposure. Case discussions and didactic sessions are also incorporated to the program. The foreign rotators are allowed to observe arthroscopic surgeries performed in the operating room. To date, there have been a total of 17 orthopaedic fellows from Indonesia, Brunei, Singapore, Vietnam, Malaysia, and Sri Lanka, who have rotated in this clinical attachment program.

The USTH-OLC was granted an Approved Teaching Center status by the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine (ISA-KOS) last 2010. The chief of the Section of Shoulder Surgery is Dr. Raymond Y. Nuñez. Dr. Alberto Ma. V. Molano serves



Dr. Alberto Ma. V. Molano (4th from left) with the ASEAN Fellows



The UST Hospital Orthopaedic Learning Center

as the Director of the USTH Orthopaedic Learning Center.

- Dr. John Hubert Pua

Travelling Fellowships

This 2011, we had been host to eleven travelling fellows: 6 from the ASEAN Senior Travelling Fellowship (AOA STF); 3 from the ASEAN Junior Travelling Fellowship (AOA-JTF); and 2 from the Australian-ASEAN (AusOA-ASEANO) travelling Fellowship. Dr. Ernesto F. Reyes and Victor Gerardo Pundavela represented POA in the AOA-STF and AOA-JTF respectfully. There were only 3 AOA-JTF who were able to make it to the Philippines because of the weather and some

unforeseen circumstances. For the AusOA-ASEAN OA, Australia sent two orthopedic surgeons, Drs. Prue Kieth, & Susan Liew, to visit 3 ASEAN countries - for 2012, we will be sending also to Australia. Dr. Emmanuel Estrella represented POA in the Hong Kong Ambassadorship during the HKOA Annual Meeting last Nov. 19-20 at the Hong Kong Convention and Exhibition Centre, Hong Kong.

[Fellows are encouraged to apply as possible candidates for the abovementioned travelling fellowships.]

(Right) ASEAN Junior Travelling Fellows



AusOA-ASEANO Travelling Fellows during one of the visits - in this case, they visited DLSUMC, Dasmariñas, Cavite. From left, Dr. Stephen Santos, Dr. Michael Marfori, Dr. Prue Kieth, Dr. Susan Liew and Dr. Rey-An Garcia.



ASEAN Senior Travelling Fellows: From left, Drs. I Ketut Martiana (IOA), Ernesto F. Reyes, Jr. (POA), Sakda Chaikitpinyo (RCOST), Joseph Thambiah (SOA), Hoang Ngoc Son (VOA) and Ewe Tiong Wan (MOA)



visit DLSUMC: Below from left Drs. Ho Man Truong Phu (VOA), Ricardo Liwag, Rey-An Garcia, Andreas Vincent Handoyo (IOA) and Victor Gerardo Pundavela (POA)

O.R.T.O.: Absolute Stability among Orthopaedic Residents



By: **Rey-An Nino L. Garcia, MD**

The Organization of Residents Training in Orthopaedics, Inc. (O.R.T.O.) is a non-profit, POA-affiliated organization composed of orthopedic residents from different training institutions with the purpose of promoting unity and camaraderie among orthopedic residents in the Philippines. The actively participating institutions for the year 2011 are the following:

1. Armed Forces of the Philippines Medical Center
2. De La Salle University Medical Center
3. East Avenue Medical Center
4. Jose Reyes Memorial Medical Center
5. Makati Medical Center
6. Philippine Orthopedic Center
7. St. Luke's Medical Center
8. The Medical City Hospital
9. University of the Philippines-Philippine General Hospital
10. University of Santo Tomas Hospital
11. Veterans Memorial Medical Center

2011 Officers

President: *Rey-an Nino Garcia, MD (DLSUMC)*

VP's-Internal Affairs: *Francis Fernandez, MD (MMC); Frederick Iglesia, MD (JRRMMC)*

VP-External Affairs: *Vanessa Ruaro, MD (TMC)*

Secretary: *Jeremy Munji, MD (USTH)*

Asst. Secretary: *Paulo Panti, MD (UP-PGH)*

Treasurer: *Joyce Garcia, MD (SLMC)*

Asst. Treasurer: *Nichols Bolintiam, MD (VMMC)*

Auditor: *James Robert Honculada, MD (AFPMC)*

PRO.: *Jae-Jegvinne De Guzman, MD (POC) Federico Alday III, MD (EAMC)*

Facebook Group Page / Fan Page

The organization started to make use of this social networking site this year to post announcements regarding the group's activities as well as for information dissemination of the different institutions' activities such as post-graduate courses, workshops and announcements of the POA, it's chapters and subspecialty societies. This promotes the active participation of the residents in various activities. Anyone can "like" the Fan Page

but the group page is private and can only be accessed by the members of the organization.

2011 Activities

Aside from regular meetings and minor gatherings; and even with limited funds, the group has still managed to come up with three successful highlight activities for the year 2011: the Annual Forum, the Basketball Tournament and the Fellowship Night/Turn-over ceremonies.

12th Annual ORTO Forum

The organization held its annual overnight residents' forum last April 2-3, 2011 at Hotel PonteFino in GulodLabac, Batangas City. Apart from the organization's devotion to unite the orthopaedic residents, the purpose of the activity is to learn and have a "time-out" from pressures from hospital work. It was partici-

pated by about 140 residents from the different orthopaedic institutions. The first part of the event was composed of a series of lectures. Two distinguished orthopods were invited in the forum. Dr. Juanito Javier, the president of the Pediatric Orthopaedic Society of the Philippines (POSP) and founding president of the Association for the Study and Application of the Methods of Ilizarov (ASAMI) Philippines, rendered a lecture on the basic principles in the use of Ilizarov external fixator in pediatric patients. Dr. Jean Pierre Leung, an AO Faculty and

the current chairman of the Department of Orthopedics in Notre Dame De Charles, Baguio City, on the other hand, gave a talk on career planning as we, the residents, prepare for the BIG LIFE after residency... or the long dark road ahead. The first part was hosted by Dr. Bong Alday (EAMC) and Dr. James Honculada (AFPMC).

The second part was hosted by Dr. Ai Gamboa (SLMC) and Dr. Peter Papiro (POC). It was composed of team-building activities and a TALENT SHOWDOWN between the first year residents later that night. The speakers, Dr. Javier and Dr. Leung, judged the contest. The defending champions, AFPMC won again for their second straight win. Running-up for 2nd was EAMC, while UP-PGH and DLSUMC shared the 3rd spot. The rest of

Continued to Page 15



Officers pose with the speakers during the ORTO Forum



Random pictures during the rest of the night

O.R.T.O... *Continued from Page 14*

the night was full of fun and solidarity. The 2011 O.R.T.O. Basketball Tournament.

Every orthopaedic surgeon should be "strong as an ox" (but not necessarily "twice as smart"), hence, the boys' (and girls') much awaited double round robin games were pushed through between September and October. The tournament was held at the Trinity College Gym and Amoranto Stadium in Quezon City. POC and UP-PGH had their own separate teams while AFPMC, EAMC and VMMC joined to form the team, "Linkage", while the "Quads" team was formed by DL-SUMC, JRMMC, MMC, SLMC, TMC and USTH due to lack of players. The tournament, like in the previous years, became as intense but fun as expected. Showcasing the residents' basketball prowess, each team exhibited its determination to win and every one's passion for the game. The lady residents' participation should not be taken for granted as they provide "moral support." For their second time in two years, POC was hailed as the champions once again as they won all their games played 7-0. The Quads landed on the second place once again followed by Linkage and UP-PGH. Trophies were awarded during the Annual O.R.T.O. Fellowship Night.

The ORTO Fellowship Night/Turn-Over Ceremonies

If the POA had its turn-over ceremonies during the Annual Congress Banquet, its junior counterpart had its own similar event. It was held on the 29th of November, 2011 at Dencio's Bar and Grill in Metrowalk, Ortigas, the night before the commencement of the 62nd Annual POA Convention. The trophies were awarded to the winners of the then recently concluded basketball tournament. It was followed by a laugh-filled entertainment provided by the incoming first year residents, performing a little bit of their talents as they get acquainted and welcomed by their seniors. The last part was the turn-over ceremonies as Dr. Rey-an Garcia of DLSUMC rendered his final presidential speech as he passed the "torch" to Dr. Francis Fernandez of MMC who will be the 13th president of the organization effective January 1, 2012. A final toast to the new set of officers, to the new incoming residents, to the outgoing residents and officers

who will soon be taking their diplomate exams, and to the rest of the participants who attended the activity was made.

Future Plans

Aside from continuing their yearly activities and making new ones, the organization wishes to finally include other residents from North Luzon, Visayas and Mindanao in their future activities as ever planned. It is but our vision to have one united, absolutely-fixed nation-wide residents' organization for we can see more its benefits when we become consultants for referrals among our areas of practice. And besides, the POA fellows' bond will be much stronger if it has been preemptively established beforehand during residency.



The POC team being given their championship trophy for the recently concluded basketball tournament.



Players pose after the championship games



The 2012 POTS-Pfizer Quiz Show Grand Champion Dr. Frederick Aujero (2nd from left) together with 2011 champion Dr. John Hubert Pua (left) and UST residents

POTS Annual Convention: July 28 - 29, 2012
POSSM Annual Convention: Sept. 29, 2012
Venue (Both):
Crowne Plaza Manila Galleria

History, Heritage and Hope: 40 years of PGH

Orthopedics

*The Ruby Anniversary:
Now and Then and Tomorrow*
by: Leo Daniel D. Caro, MD, FPOA

I was not around when the Chairman of the Department of Orthopedics at PGH announced that I would Chair the organizing committee of the Ruby Anniversary Celebration of the department – a whole year of activities. Serves me right for not being there so I could refuse the assignment, citing the usual excuses, busy schedule, involvement in other organizations, etc. Stuck with another appointment I did not ask for, as often is the case thus far, I was asked to quickly come up with a plan. Ten years prior, we celebrated the Pearl Anniversary – 30 years – I was in-charge then, too. Perhaps that's how I got this assignment. And so to work I went; or WE went.

THE ORG COMM: Modesty aside, the activities were re-sounding successes. The only reasons for these, is the fact that I had the best organizing committee ever, and a lot of supportive and loyal friends. With Mrs. Edith Catbagan and her better half, Adrian, with Ed Wang, Aning Javier, Kups Villaruel, Dalo Sumpaico, Dave Dizon, Sam Grozman, Greg Azores, Nerd Khu, Pebbles and Tinggoy Antonio, Danny Dungca, Bunny Valdez, Pipo Bundoc, Jo Lai, Nats Orillaza, Tammy de la Rosa and Ms. Beth Fullente – we had the best organizing team one could ever wish for. We also attribute the success of

the events to our advisors, our friends from the Pharmaceutical Industry and the Implant and Devices Companies and the members of our “Ortho Family”, most especially, our Alumni.

ACTIVITIES: The events were preceded by a pre-event fund-raising live concert, featuring the “Jerks” led by Chicoy Pura – a night of Rocking and Rolling and Fellowship – as is the “Ortho Way”. Several activities followed, the next major one being the “Foundation Day” held on June 22, 2011. On this day, the commemorative plaque was dedicated to the “Ortho Family” by no less than the Chancellor of the University, in the presence of the Director of UP-PGH and the Dean of the College of Medicine. This fateful day was made more significant with the concurrent holding of a special post-graduate course on the evaluation of the Pediatric Orthopedic Patient led by no less than the august staff of the specialty section of the department. The workshop was attended by Orthopedic Surgeons, Physiatrists and Pediatricians from all over. After marking the Anniversary year with these Foundation day activities, efforts were directed towards the climax of the celebration to be held at the end of the year. Meant to coincide with the Annual Meeting of the POA, all the fellows and residents attending the POA Convention were invited to attend the post graduate course held on the afternoon of December 3, the last day of the POA. All the graduates of the Residency and Fellowship Training Programs of the department, numbering 174 as of today- coming from here and abroad, were invited;

and most of them came. The scientific activity created is based on a trend-setting and fresh new format, bringing together the best minds of the Alumni and Faculty who have established their pre-eminence both here and abroad. They were tasked to discuss the most difficult and controversial areas of Cervical Spine Surgery, Osteoporotic Compression Fractures, Untreated Dysplasias, Recurring Sports injuries, Aggressive Arthritides and contentious treatment of clavicular fractures. Scholarly discourse was spiced with witty innuendo and the undeniable wisdom of the carefully selected faculty, as they drew both studied concurrence and animated jeers of disagreement from the vibrant audience. The Scientific Program was punctuated by a short session on the historical development of the subspecialty sections and capped by a critical analysis of the development of this Orthopedic organization- as analyzed by the past chairs and most respected alumni of the department- hinting strongly at the possible future direction of the growing organization known as the UP-PGH Department of Orthopedics.

CELEBRATION: As is with any Orthopedic organization anywhere, after the scientific activity, a fellowship is inevitable – and there was more than just beer to toast with. All the alumni, special guests and the rest of our “Ortho Family”- our nurses, manangs and manongs to the party venue down the road- The Nipa Hut. We asked them to dress up to the theme of the party and hoped they would- and they did!. Coming in afro wigs, disco outfits, platform shoes, tie-dye shirts, bellbottoms, boots and mini-skirts- everyone got into the spirit- “Back to the 70s”. And so went the night, swiftly through the packed programme- recognizing our leaders and loyal partners, competing in contests for the “best batch”, the “best out-

Continued to Page 17

At the Spine Surgery session of the Panel Discussion cum “Pre-op Conference”, alumnus Randy Puno moderates and stresses a point about the contentious issues surrounding Cervical Spine Surgery, a hot topic of late.



The Best in 70s outfit was one of the unforgettable highlights of the Ruby Ann “Back to the 70s” Alumni Reunion Party. Dressed as Disco Kings, Hippies, Activists and as Rock Stars like Elvis are alumni Greg Azores, RicLiwag, Tony San Juan, Robby Meriales, LewyPasion, Mario Geronilla, WewelSison and Maxie Escano.

History, Heritage...

Continued from Page 16

fit" and most "unforgettable character" of the night; everyone celebrated, as only "Orthos" can- with such pomp and uninhibited abandon. Yes, it was "one-of-a-kind unforgettable", and all but ended too briefly. For those who attended, they brought home regenerated memories of past and present friendships and closeness. For those who contributed but were unable to make it, the gratitude to them is embedded in us all. And for those who missed it, the doors of the newly invigorated Alumni organization are always open, waiting to celebrate with you. And then, of course, we are already preparing for the next big milestone- the 50th or Golden Anniversary- and by all reckoning, you will not want to miss that one. See you in 2021!



One of the livelier parts of the scientific program was the panel discussion on Cervical Spine Surgery for Spondylosis/Radiculopathy. Shown here are alumni Adrian Catbagan, Mickey Morales and Ed Santos reacting to a comment from the moderator, Randy Puno.



The Sports Medicine Panel Discussion on Rotator Cuff Tendinopathy was moderated by Tony Rivera and was one of the more interesting activities, eliciting boisterous reactions from the audience. Shown are the panelists, alumni Edwin Mercado, George Canlas and Jovy Angeles.

ASEAN OA Outreach

The ASEAN Orthopedic Association (AOA) through the effort of past president Dr. Peter Lee (Singapore) initiated the AOA Outreach Program project. Last year Indonesia was a first beneficiary of this project. Be it known that all member nations send delegate volunteers on their own expenses and locals support lodging and food for the participants. Arthroscopy, TKR (implants and instruments c/o supporting companies) and wet clinics were also done.

PHKS Breaking New Grounds

The Philippine Hip and Knee Society: Breaking New Ground in 2011

For the Philippine Hip and Knee Society (PHKS), 2011 was a banner year. First, Dr. Gregorio Azores took over the leadership from outgoing president, Dr. Paul San Pedro, now ex-officio. Also, a new set of officers were also selected and sworn in.

Under Dr. Azores, eleven new PHKS members were inducted and most are orthopods fresh from their Arthroplasty fellowships and some are established but rising stars in the field. Most are from the NCR region those practicing in the provinces, especially outside of Luzon, came to be inducted.

The highlight for 2011 was the

holding of the 1st Philippine Hip and Knee Society Annual Convention, entitled "Basic Principles and Techniques in Hip and Knee Arthroplasty... getting it right the first time!". It was held on September 17, 2011 at the Crowne Plaza Galleria Manila. A total of eight lectures were given covering the basic principles, techniques, post-op care and rehabilitation, complications and pitfalls of both hip and knee arthroplasty. Lecturers included some of the new inductees as well as established joint replacement surgeons such as Dr. Liberato Leagogo, Dr. Peter Bernardo and Dr. Ilustre Guloy, Jr. The lectures were followed by a sawbones workshop. While intended mostly for an audience of resident trainees, the convention was interesting even for fellows. There was a total of a 142 registrants of which 93 were residents, 25 fellows, 7 non-fellows, and 17 Allied medical professionals.

By-Laws Convention

The POA Committee on Constitutional Convention, liaised by Secretary Dr. Adrien Quidlat, pushed through with its By-Laws Convention last June 17-18, 2011 at the Estancia Resort Hotel, Barangay San Jose, Tagaytay City. It was delegated in by 26 attendees representing the junior and senior fellows from the different chapters. This meeting was managed by the chairman, Dr. Antonio B. Sison, together with vice chairman Dr. Antonio A. Rivera, legal counsel Dr. Leo O. Olarte, secretary Dr.

Arturo C. Cañete and sergeants-at-arms Drs. Ellewellyn G. Pasion and Francisco P. Altarejos.

After a lot of deliberations, arguments and share of opinions, they were able to finalize the draft to be sent out to the fellows in time for the ratification during the POA 62nd Annual Meeting.

Among the delegates were: Benigno A. Agbayani, Jr., Lauro R. Bonifacio, David M. Cabatan, Jr., Leonido C. Castillo, Ramon G. Cejar, Enrique C. Collantes, Jr., Richard V. Condor, Miles T. Dela Rosa, Godofredo V. Dungca, Juan Antonio Maximiano R. Escano, Venancio P. Garduce, Jr., Mario B. Geronilla, Vicente R. Gomez, Raul A. Grageda, Jean Pierre F. Leung, Rex D. Prudente, Siegfried P. Rabang, Edward A. Sarrosa, Rommel L. Tan and Misael Jonathan A. Ticman (*Related pictures on page 21*). Since the By-Laws are ratified, The 2012 Board is planning for the creation of the POA Code of Ethics, modify the POA Administrative Manual and review Election Code submitted by the COMELEC 2010 led by Dr. Antonio Sison with members Dr. Miles Dela Rosa and Edward Sarrosa.

Integrity, the Mother of Trust

Speech delivered by Teresita L. Altre, MD, FPOA during the PBO Night last December 1, 2011 at the Crowne Plaza Manila Galleria.

A few months ago, Dr. Caro approached me and requested me to talk on Integrity, and wouldn't accept a 'no' for an answer. Then after a few weeks, I received the letter of invitation from Dr. Ric Liwag. What's next? I half grudgingly buckled down to work to comply with the injunction.

I tried to figure out why the choice of 'Integrity'? Then I remembered that the Vision of the PBO says that the "the PBO is a model of Excellence and Integrity as a regulatory specialty board with competent and principled members. I surmise, this may be the reason, I hope I can come up with your expectations.

In his bestselling book, *The Seven Habits of Highly effective People*, Stephen Covey wrote about the importance of integrity to a person's success. I quote

"If I try to use human influence strategies and tactics on how to get other people do what I want, to work better, to be more motivated, to like me and each other while my character is fundamentally flawed, marked by duplicity and insincerity, in the long run, I cannot be successful. My duplicity will breed distrust, and everything I do – even if I use the so called human relations technique will be perceived manipulative.

It simply makes no difference how good the rhetoric is, or even how good the human intentions are; if there is little or no trust, there is foundation for permanent success. Only basic goodness gives life to technique."

As integrity is important to business success, it is even more critical to us in the medical profession. We want to gain the trust of patients or the community so they will heed our advice. Integrity is the foundation upon which many other qualities are built, such as respect, dig-

nity, and trust. If the foundation of integrity is weak or fundamentally flawed, then being a person of influence becomes impossible. People who are able to hide their lack of integrity for a period of time, will eventually experience failure, and whatever influence they have temporarily gained will eventually disappear. I tried to look for definitions of integrity and here are some of them: Integrity is doing the right thing even if no one is watching; Adherence to moral and ethical principles; Soundness of character; Firm adherence to a code of moral or artistic values; Incorruptibility; Honesty; State of being complete, undivided or unbroken.

Most often, we tend to interpret these definitions as requiring perfection for a person to enjoy integrity. If that were so, then nobody has integrity because nobody amongst us is perfect.

It is an illusion to think that our leaders, both civil and religious have integrity in the sense of being perfect. Even the greatest saints acknowledged their sins and follies. Integrity, in its concrete definition means not cheating other people about who we are and what we do. It is honesty in all levels of our being and acting. A little white lie is still a lie. Theft is theft whether it is one peso, a thousand or a million pesos. Integrity commits itself to character over personal gain, to service over power, to principle over convenience.

What is lamentable in both our civil and religious society is that we use the weaknesses of others to destroy them in or-



(From left) Dr. Leo Daniel Caro, PBO Chairman handing over a token of appreciation to guest speaker Dr. Teresita Altre with Trustee Dr. Andres Borromeo

der to have a good chance to take over their positions and privilege once they are completely destroyed. We are able to do this while we are adept at hiding our own follies. That action for me is a greater evil. It is demonic. And it can take the form of poison letters. Here the manner of acting is definitely much worse than the shortcomings it tries to condemn.

According to Maxwell and Dornan in their book, *Becoming a Person of Influence*, there are three truths that go against the common thinking regarding integrity. I shall deal with them one by one.

The first truth, integrity is not determined by circumstances. Some sociologists today tell us that many people of poor character would not be the way they are if only they have grown up in a different environment. It is true that our upbringing and circumstances affect who we are, especially in our youth. But the older we are, the greater the number of choices we can make whether good or bad. Two people can grow up in the same environment, even in the same household, one will have integrity and another won't. Ultimately, we are responsible for our choices.

Secondly, integrity is not based on credentials. In ancient times, brick makers, engravers, and other artisans used

Continued to page 19

Integrity...

Continued to from 18

a symbol to mark the things they created to show that they were the makers. The symbol that each one used was his "Character". The value of the work was in proportion to the skill which the object was made. Only if the quality of the work was high will the character be esteemed. In other words, the quality of the person and his work gave value to his credentials and manifests his character. If it was bad, then the character was viewed as poor and that ruined his credentials.

The same is true for us today. Our character or who we are by which we are judged, can be gleaned from what we do, from our performance. But some people would like to be judged not by who they are but by the titles they have earned or by the positions they hold regardless of the nature of their character. Their desire is to influence others by the weight of their credentials rather than by their strength of character.

No amount titles, degrees, offices, designations, awards, licenses or other credentials can substitute for integrity when it comes to influencing patients.

The third truth that goes against the common view is that integrity is not to be confused with reputation. Certainly a good reputation is valuable. King Solomon of ancient Israel state, "A good name is more desirable than riches." But a good reputation exists because it is a reflection of a person's character. If a good reputation is like gold, then having integrity is like owning a mine.

Worry less about what others think, and give your attention to your inner character. One author wrote, "If I take care of my character, my reputation will take care of itself."

The bottom line, when it comes to integrity, is that it allows others to trust you. Without trust, you have nothing. Trust is a single most important factor in personal and professional relationships. It is the glue that holds people together. And it is the key to becoming a person of influence.

People today are desperate for leaders who can influence them, individuals they can trust, persons of good character. If we want to become someone who can positively influence other people, we need to develop the following qualities of integrity and live with them every day of our lives.

Employ honest communication. To be trustworthy you have to be like a good musical composition: your words and melody must match. In other words, your actions must verify your speech.

Value transparency. People would eventually find out about your flaws, even if you try to hide them. If you are honest with people and admit your weaknesses they will appreciate your honesty and integrity, and they would be able to relate to your better.

Exemplify humility. People won't trust you if they see that you are driven by jealousy or the belief that you are better than they are.

Demonstrate your support of others. Nothing develops or displays your character than your desire to put others first. Help other people to succeed and you will succeed.

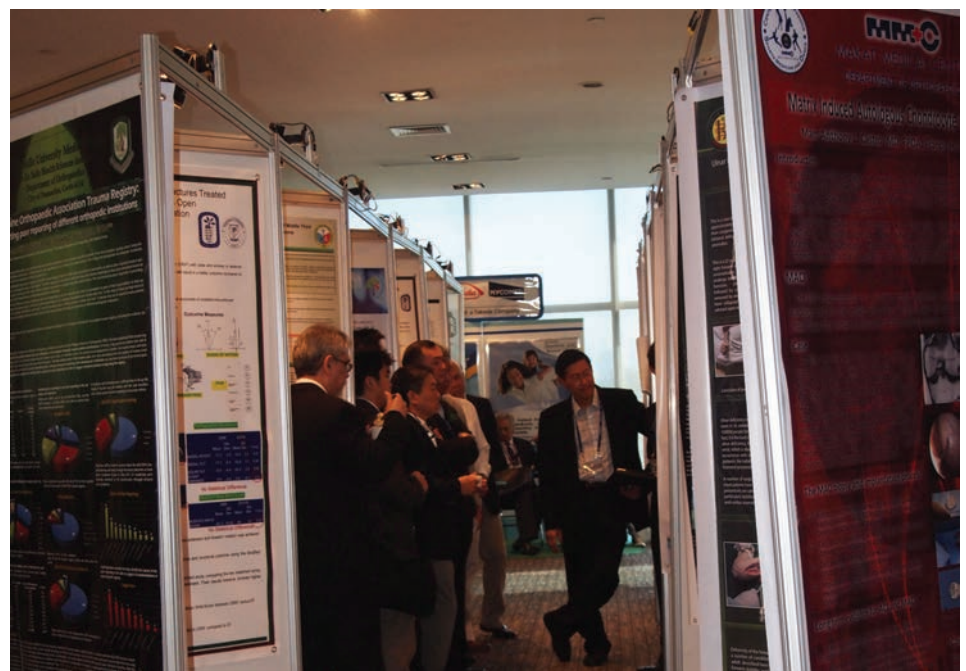
When you earn people's trust, you begin to earn their confidence and that is one

of the keys to influence. When you gain the trust of your patients, your level of influence increases. And that's when you start impacting their lives. But it is also the time to be careful because power can be a dangerous thing in most cases, those who are hungry for power probably should not have it. Those who enjoy it probably do so for the wrong reasons. Abraham Lincoln one said, "Near all men can stand adversity, but if you want to test a man's character, give him power."

I believe you build a lifestyle of integrity one step at a time. Individual acts of habit, and individual habits add up to a way of life.

I would like to congratulate parents and love ones of our new diplomates who are present here tonight. I believe that you molded the integrity of our outstanding residents and new diplomates during their formative years. Likewise, I would like to congratulate the Board of Trustees of the PBO, the orthopedic surgeons present here tonight for serving as models of integrity to our outstanding residents and new diplomates.

To the new diplomates and outstanding residents, Congratulations, work within competence level, seek advice as necessary, teach and learn.



Selected posters were presented by its authors during the poster presentation at the lobby of the venue hotel. Participants get the chance to interact/ask questions from the author.

POA Starts Disaster Fund

POA responded to 2 disasters this year – first Pedring that affected Northern Luzon and Sendong that affected Northern Mindanao. We were visited by 19 tropical depressions this year and disasters are waiting to happen. Government response is usually patchy and not equitably given to those affected and there are suspicions that some help are not going to the proper recipients.

Our organization has chapters in almost all corners of the Philippines and maybe well placed to help on the ground if we can respond early. The last Sendong tragedy saw our members doing

medical missions the next day and call to POA was immediately responded to. POA was able to raise 150k immediately and we are setting aside 70K as seed money for future disasters.

Thank you to the following who donated to POA (amount given purposely omitted by request):

Manny Ang, Albert Choa, Johnny Sy, William Chua, Jimmy Chan, Johnny Uy, Kelvin Chua, Xavier School '70, Albert Uy, Anna Uy, Mrs Copengco and Albert Dy.



Building of shower areas for the evacuees of Tibasak, CDO

Feeding program for those affected in Carmen, CDO

AHSP: Hand Surgery Lecture Series

The Association of Hand Surgeons of the Philippines (formerly Philippine Society for Surgery of the Hand) will be starting on a series of core knowledge lectures in Hand Surgery for the residents in the different Orthopedic training institutions in the Philippines. It is going to be a regular program of the society to ensure that residents will have the necessary basic foundation in Hand Surgery. It will also combine the efforts of our local experts to ensure that all trainees will be

exposed to updated information in hand surgery especially in training institutions without regular hand consultants. It is free of charge and scheduled for 5 Saturday mornings from February to September 2011. The basic topics will be covered before the in-training examinations to help the residents prepare for their exams. On its first year, sessions will be held alternating in the Philippine General Hospital and Philippine Ortho-

pedic Center. Provincial trainees are encouraged to attend but because of travel expenses, the society is also looking at the possibility of doing teleconferencing in cooperation with the different provincial institutions.

This activity is favorably endorsed by the Philippine Board of Orthopedics in its continuing effort to upgrade the capabilities of the orthopedic residents.

Basic Hand Surgery Lecture Series for Orthopedic Residents

To provide standard basic knowledge on common hand conditions for trainees, the Society shall be conducting a series of 5 lectures to cover conditions which Orthopedic surgeons commonly see. This is planned to be conducted annually.

For this year, these lectures' venues shall alternate between the POC and the PGH. They shall be conducted on Saturday mornings, to start at 8AM. The tentative schedule shall be as follows:

- February 18 – Common Hand Conditions in the E.R.;
- March 31 – Fractures and Dislocations of the Hand and Wrist;
- May 12 – Tendon Injuries;
- July 14 – Nerve Injuries;
- September 15 – Evidence-based Hand Surgery and Special Topics.

Dr. Nathaniel Orillaza shall be the Course Coordinator.

ORTHO BALITA

Volume I Issue No. XXXII

EDITORIAL BOARD

ALBERT U. DY, MD, FPOA
Editor-in-Chief

EDWARD HM WANG, MD, FPOA
Circulation Manager

MIKE VILLANUEVA
Design/Layout

Contributors

RENAN B. ABELLERA
TERESITA L. ALTRE, MD, FPOA
FIDELIS MARI I. AMPARO
EMMANUEL ASEDILLO, MD, FPOA
JOSE MA. D. BAUTISTA, MD, FPOA
LEO DANIEL D. CARO, MD, FPOA
MICHAEL MARFORI, MD, FPOA
REY-AN GARCIA, MD
JOHN HUBERT PUA, MD

Secretariat
Celia Rigor
Weng Pandio
Moises Manalo

POA By-Laws Convention



DLSUMC Basic Tumor Workshop

After several months of preparation, the first Basic Workshop in Tumor Orthopedics was successfully held last October 1, 2011 at the College of Medicine Building, De La Salle University Health Sciences Institute, City of Dasmariñas, Cavite. It was a joint activity of the De La Salle University Medical Center-Department of Orthopedics and the Philippine Musculoskeletal Tumor Society (PMTS).

The day's activity was started by a Lay Forum in the morning at the De La Salle University Medical Center-Out Patient Department. The topic was Advancement in musculoskeletal tumor management which was well received by our audience. A lot of misconceptions were addressed.

The Lecture Proper was held in the afternoon. The welcome address was de-

livered by Dr. Ricardo Liwag (Chairman of the Department of Orthopedics). The lectures from the PMTS were Dr. Edward Wang, Dr. Richard Rotor, Dr. Henry Carnero and Dr. Michael Marfori. The lectures were focused on the essentials in musculoskeletal tumor management: radiographic evaluation of bone tumors, biopsy principles and management of Giant Cell Tumor and Osteosarcoma. We also invited our very own Pediatric Oncology consultant, Dr. Rita Gonzales-Santos to give a lecture on the role of chemotherapy in malignant bone tumors. A Needle biopsy hands-on exercise was facilitated after the lecture sessions.

It was a very exciting gathering as the attendees includes consultants and residents from the different departments of the hospital, particularly the department of Pathology and Radiology. The

orthopedic residents from other training institutions, as well as the other members of the PMTS (Dr. Cesar Dimayuga, Dr. Melito Ramos, Dr. Lilia Monina Jose and Dr. Amelito Sia) also showed their support for this endeavor. The AOA Junior travelling fellows: Dr. Victor Pundavela (Philippines), Dr. Andreas Vincent Handoyo (Indonesia) and Dr. Ho Man Truong Phu (Vietnam) arrived safely to also participate in the meeting.

It is the first multidisciplinary seminar on musculoskeletal tumor to be conducted in this institution and we are very fortunate to muster such number of participants that are eager to learn more regarding this often underrated but very important topic in Orthopedics.

Michael L. Marfori, MD, FPOA



(Above) Dr. Michael Marfori, delivering his lecture during the lay forum

(Left) Department Chairman, Dr. Ricardo C. Liwag, (Right) Dr. Rita Gonzales-



Santoson during her lecture on the Role of Chemotherapy in Malignant Bone Tumors



The participants during the hands-on session (Core needle biopsy exercise)



The members of the PMTS attending the workshop: (From Left to right) Dr. Richard Rotor, Dr. Edward Wang, Dr. Melito Ramos, Dr. Lilia Monina Jose, Dr. Michael Marfori, Dr. Cesar Dimayuga and Dr. Henry Carnero



The lecturers, organizers and participants pose after the successful workshop



Group picture with General Santos City Mayor Darlene Antonino-Custodio during the Fellowship Night of the 22nd POA Midyear Convetnion

Magandang GenSan!

The POA midyear focused on trauma in the motor bike. Aside from actual surgical treatment of skeletal trauma, psychosocial impact of these injuries were cov-

ered by Dr. Nina Carandang. There is an alarming trend of increasing incidence for which our tri-media colleagues invited to the midyear adequately aired over

the radio, tv and newspaper. It is hoped that with DOH Undersecretary Teddy Herbosa's help to POA, we can extend awareness and prevention of motorbike accidents and not limit ourselves to the narrow sphere of surgical management.



The Fellowship Night



Host POA South Mindanao Chapter members



Various pictures taken during the POA 22nd POA Midyear Convention



RUNNING INJURIES

Diagnosis, Prevention & Treatment
4:00 pm . Feb. 18, 2012 . Rox Bonifacio
High Street, Taguig City

Lecturer: Benedict Francis D. Valdecañas

Panelists: Dr. Edgar Michael T. Eufemio, Dr.

Jun Rafanan, Ms. Jaymie Pizarro & Coach

Jimbo Saret

Everyone's invited!!!
Registration is FREE

TAKBU'TO

FOR THE BENEFIT OF POAFI PROJECTS

March 25, 2012 • 5:00am • McKinley Hill, Taguig

DISTANCES 1.5K, 3K, 5K, 10K

REGISTRATION CENTERS



World Physical And Exchange
Running Association
POAFI (POAFI) Inc.
POAFI (POAFI) Inc.
POAFI (POAFI) Inc.



REGISTRATION FEES

1.5K (400) | 3K (500) | 5K (500) | 10K (600)

P100 OFF will be given to early registrants.

Promo is until January 31, 2012 only.



FOR MORE INFORMATION

events@unfchange.com  <http://unfchange.com>  Globe - 09175333742  <http://facebook.com/unfchange>

PHILIPPINE ORTHOPAEDIC ASSOCIATION

23RD MIDDYEAR CONVENTION

APRIL 26-28, 2012

Radisson Blu Hotel Cebu

Sergio Osmeña Boulevard

Cebu City, Philippines

hosted by the POA
CENTRAL EASTERN
VISAYAS CHAPTER

REGISTRATION

	PRE	ON-SITE
FELLOWS	1,500	2,500
NON-FELLOWS	2,500	3,500
RESIDENTS	1,000	1,000
ALLIED MEDICAL	500	500

Pre registration
deadline

March 15, 2012



REGISTER NOW!