

Ortho Balita



Official Newsletter of the Philippine Orthopaedic Association, Inc.

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QUEZON CITY

APRIL 2019

POA 69TH ANNUAL CONGRESS

The 69th POA annual convention is now just a memory. Let me thank all of you who participated in this meeting. We recorded the highest number of registrants at 1,099 (sponsors, exhibitors and accompanying person not included), a keynote speech that was very relevant to our practice, a business meeting with the best attendance ever with 653 fellows filling up the Isla 2&3 ballrooms establishing the first real chorum ever, simultaneous plenaries that were very well attended and a considerable income from sponsorships. There were some flaws definitely like the technical glitches, and some lack in coordination and the board of trustees has already identified the

problem which we hope to remedy for the 70th meeting. We hope to enforce for the 70th the submission of all lectures to the event organizers. Only then can we guarantee a seamless transition from one lecture to the next. Again, On behalf of the board of trustees, I thank you for making the POA @69, Uniting Subspecialties in Orthopaedics, a resounding success.

Let me share with you some representative pictures of our 3 days last Nov, 2018.

-Ces Grey



POA 69TH ANNUAL CONGRESS



ONE POA

The POA is moving forward to its 70th year and one of the questions asked of us is, "What have we become since then?"

The POA Board of Trustees embarked on a strategic planning activity last March 22 as we felt that it is time to go back to the drawing board, take a look at our Articles of Incorporation, revisit the Mission-Vision, recreate our core values and also see what might be needed in line with the changing times.

We are laying a 10-year plan so we can have a better understanding on where we would like to be in the next decade.

An Advisory Council was created to serve as our consultants to guide the Board in deciding on whatever issues we might encounter and ensure a better future for the Association.

Maybe we can fast track this and in 5 years, we might be able to see some progress on the ground work that we are laying.

We would like to bring you a better association, not just focused on the annual conventions but also one that looks at our other responsibilities in the various sectors of society where Orthopedics might play a role.

EDUCATION COUNCIL

Streamlining a syllabus for standard training and education across the region based on the Philippine model is being adapted in the ASEAN. The heterogeneity of our local programs makes it more challenging and some changes should start at the grassroots level. We will also standardize the application process to ensure that the candidates for the residency programs across the country are the best that they could be. We will also bring these concepts to the medical school level to better introduce orthopaedics.

SOCIO-CIVIC RESPONSIBILITY

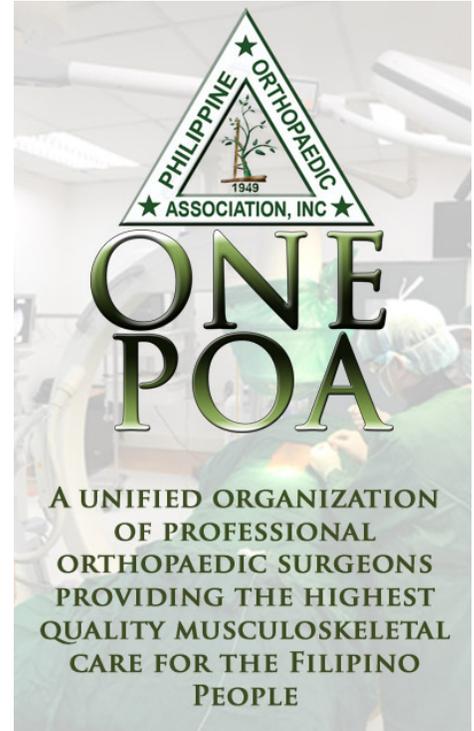
We should also expand in educating the other sectors of society thru collaboration with government or private agencies and further our Advocacies on (but not limited to)

1. Road safety,
2. Disaster preparedness,
3. occupational safety,
4. Sports Development Programs and
5. Osteoporosis.

ORTHOPAEDIC RESEARCH SOCIETY

Let's cultivate the desire in advancing the field of orthopaedics.

The creation of the society will further strengthen our continued support by encouraging fellows/residents doing research especially those who are doing



their work especially when it is beyond a requirement for promotion/graduation.

Eventually, all of these efforts will lead to a better archiving of research work that will be later on published in our very own peer reviewed journal of Orthopaedics that can be cited internationally.

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ONE POA

From Page 3

CLINICAL PRACTICE GUIDELINES

The DOH requires to list down common musculoskeletal disorders from the specialties. Let's ask the different subspecialty societies to spearhead this and distribute to the membership.

DISEASE REGISTRIES

We will capitalize on the efforts of PBO so we can collate data based on their e-logbook and be able to estimate the number of cases we have nationally. With these, we may be able to look on ways to improve our management of Orthopaedic cases.

CONSENSUS FOR MEDICAL DEVICES

In line with the cpg's and registries, we can also have consensus on the outcomes of using the implants available in the market.

EXTERNAL AFFAIRS COMMITTEE

Political action or lobbying may be in order.

to further the interests of the association in terms of solving the difficulties encountered in bringing donations/materials for education purposes (eg. AO trauma, SIGN).

A PLACE TO CALL OUR OWN

We have sold our home and transferred to a rented area in the Philippine College of Surgeons while waiting for a place we will call our own.

Right now, the prices of real property has more than tripled in the last 3 years and we have to start looking for our own space.

We will not be able to do everything in one year, but I'm hoping that laying this groundwork on the 10-year road map, we might have a continuity that the POA will follow in the future.

- Jerd Siatan



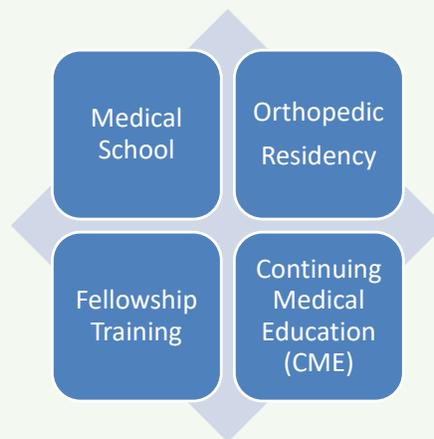
ORTHOPEDIC EDUCATION IN THE PHILIPPINES: State of the Art and a Proposal

RATIONALE

With the growing field and scope of Orthopaedics in the country today, there is an increasing need to coordinate and harmonize efforts in Orthopaedic education. This harmonization is fueled by both the ASEAN integration and requirements of the Professional Regulatory Commission to upgrade our standards..

STATE OF THE ART

Orthopedic Education in the Philippines can be divided into 4 tiers or levels: This includes 1) Graduate level (or medical school) education, 2) residency training, 3) post-residency fellowship training, and 4) continuing medical education (CME) for our Fellows.



Orthopedic education at the level of medical school is individualized among different institutes and medical schools. Curriculum is under the banner and supervision of the Association of Philippine Medical Colleges, but can vary widely among the different schools. At this level Basic Concepts of musculoskeletal medicine are taught, usually including Anatomy, Physiology, Pathology, and spread through different clinical areas such as Orthopedics, Rehabilitation and Physical Medicine, and Rheumatology. Orthopedics is usually incorporated with Surgery. Exposure

of medical students varies as well, from as little as 8-12 hours of lectures to a 2 week rotation. Due to this variety in exposure, there is a wide discrepancy in core knowledge among medical school graduates of different programs. This can lead to varying levels of competency in musculoskeletal diseases among general physicians, and a also entry-level competency for Orthopedic residents. Since Orthopedics is taught as a "minor" subject in Medicine, appreciation of the field and recruitment of future Orthopedic surgeons becomes a problem as well.

Orthopedic Residency training is a 4-5 year program. The PBO is tasked with standardizing training and accreditation of Orthopedic residency. The accreditation process evaluates the prospective and current ability of a program to sustain quality training by assessing adequacy of facilities, training staff, number and variety of cases for residents, and training processes. With the current mandated shift to Outcome-Based Education, more weight is being given to measurable parameters such as examination scores and case logs. There are currently 21 PBO-accredited training programs



ORTHOPEDIC EDUCATION

From Page 5

in the Philippines. Training and Evaluation of orthopedic residents is the primary responsibility of Training Programs. The PBO administers annual In-Training Examinations at four levels of training. Resident must pass the Qualifying process to be eligible for the Diplomate Examinations. The certification process is done through the Diplomate Examinations, which is a three-step process including Written, Oral, and Practical Exams, each of which must be passed. Authorship of a research paper which must be presented at a national forum is also a requirement.

Problems seen at the level of residency training include the heterogeneity of programs between public, private, and university-based programs. This leads to a discrepancy in the number and variety of cases seen and managed. Strategies to address this includes formation of linkages, satellites and external rotations where residents will have the opportunity to be exposed to and participate in the management of a wider variety of conditions. Inadequate didactic exposure is remedied by recommended attendance of specific post-graduate courses to address deficiencies. The PBO is also tasked with ensuring that the training processes remain aligned to standards set by the Philippine College of Surgeons, Professional Regulatory Commission, and the ASEAN. The PBO is the certifying and examining arm and thus cannot be involved in provision of direct education due to conflict of interest.

Post Residency Fellowship training is done either locally or abroad. These also vary widely in scope, duration, and supervision, ranging from informal mentorship with individuals to structured programs including certification processes. Locally available fellowship programs are available in UP-PGH (Hand, Tumor, Ilizarov, Arthroplasty), POC (Tumor, Arthroplasty), CHH (Hip and Knee, Spine), CMMMH (Trauma), UST (ISAKOS-Arthroscopy) and several informal mentoring programs (sports medicine, arthroplasty). All current fellowship programs are supervised on a per-institute level. Duration of training ranges from 3 months to 2 years. There is no POA/PBO supervising or certifying body, nor any certifying examinations for fellowship programs.

The POA is in charge of administering, monitoring and supervising CME of Orthopedic Fellows. Primary CME activities include the POA Annual Convention, and the Mid-Year convention, which is co-organized and co-sponsored with one of the regional chapters in rotation. There are other post-graduate courses and activities which are sponsored by the different subspecialty societies and/or institutions, these may or may not be done in



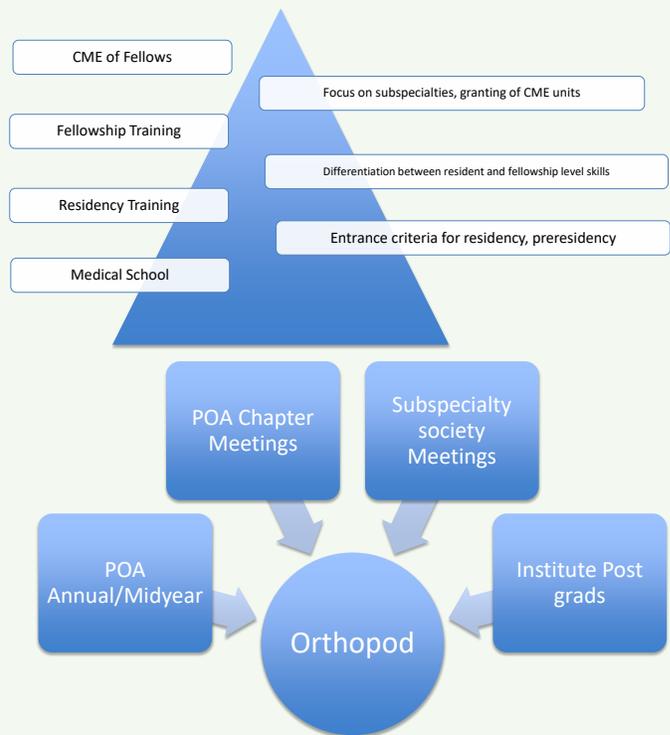
coordination with the POA. With the present re-imposition of the Continuing Medical Education Requirements (45 units/3 years) by the PRC, the POA has been accredited by the PRC as an accredited CME provider, which can then deputize or accredit post-graduate CME activities of its component Chapters and Subspecialty societies. Individual agencies, hospitals, universities, can and have also applied as CME providers.

There is no “vertical integration” from each step and no overall supervisory body. This lack of vertical integration can cause problems when medical graduates enter Orthopedic residency (standardized pre-requisite level of knowledge, skills, attitudes), or also in setting progression between resident and fellowship-level proficiencies. Aside from this, there is also a lack of “horizontal integration” in various levels. Different chapters, institutes, subspecialty societies, and pharmaceutical companies often conduct post-graduate or CME activities in the same area, leading to conflicts over scheduling, target audience, and resource allocation. There is a need to coordinate, standardize, and recognize the continuing orthopedic education activities of the different subspecialty societies, chapters, and institutes.

PROPOSAL

WE ARE PROPOSING the creation of a Orthopaedic Education Council/Committee. This Committee will be a permanent (non-adhoc) standing committee to respond proactively to the demands facing Orthopaedic education in the country.

This will include formulation of orthopaedic education guidelines and standards in the



Undergraduate (Medical School), Residency, Post-residency Fellowship, and Continuing Medical Education (CME) for Fellows. The Committee can serve as liaison and link education providers (eg. Subspecialty societies), with end-users (eg. Training programs/chapters). The committee will also ensure compliance with regulatory authorities, coordination and dissemination among stakeholder institutes, and provision of orthopedic education initiatives in the country. The council can assist the POA and PBO in the implementation of established guidelines.

We propose that the committee be composed of representatives from each segment: POA , PBO, Subspecialty societies, Academe. (preferably Orthopedic education specialists/experts). The committee members should be appointed by their respective mother societies to serve for a 3 year period with a maximum of 2 consecutive terms. The Committee will be under the aegis of the POA and the PBO, with logistic support from the POA.

-Jean Pierre F. Leung

Osteoporosis, Orthogeriatrics, and the FLS: Changing the Paradigm of Fragility Hip Fracture Care in the Philippines

With the increasing number of fragility fractures globally, Ortho-geriatrics has already been embraced in the field of Orthopedics worldwide. This concept aims to promote excellence in the multidisciplinary approach to acute/immediate fracture care in older patients, as well as the secondary prevention of fragility fractures due to osteoporosis.

As a member of the Regionalization Committee of the Fragility Fracture Network (FFN) Global, please allow me to share the FFN's challenge to improve the care of people afflicted with fragility fractures. Our call to action states that:

"By 2010, the global incidence of one of the most common and debilitating fragility fractures, hip fracture was estimated to be 2.7 million cases per year. Conservative projections suggest that this will increase to 4.5 million cases per year by 2050. While all countries will be impacted, in

absolute terms, Asia will bear the brunt of this growing burden of disease, with around half of hip fractures occurring in this region by the middle of the century."

"If our health and social care systems are to withstand this assault, a robust strategy must be devised, and an army of health professionals amassed to deliver it. This strategy must transform how we currently treat and rehabilitate people who have sustained fractures, in combination with preventing as many fragility fractures from occurring as possible."

In order to raise awareness, achieve policy change and ultimately improve the overall treatment outcomes of patients with fragility fractures due to osteoporosis in the Philippines, the Philippine Orthopedic Association has formed the Ortho-geriatric/Osteoporosis Working Group during the ONE POA strategic planning seminar last March 22, 2019. The working group aims



to promote Ortho-geriatrics and secondary fracture prevention thru the Fracture Liaison Service (FLS). By aligning our programs with the International Osteoporosis Foundation's "Capture the Fracture Program" and the FFN's "Call to Action," we can together combat the global "tsunami" of fragility hip fractures due to osteoporosis which will surely hit our country.

- Irewin Tabu

POA 70th Annual Congress: A sneak peek

The POA Annual Congress for this year 2019 will be held at the EDSA Shangri-La Hotel, Mandaluyong City, Philippines from 13 - 15 November. The format of the scientific lectures will be the same as last year enabling participants to choose which sessions they want to attend.

There is also a collaboration of the Paediatric Orthopaedic Society of the Philippines (POSP) and the Pediatric Orthopaedic Society of North America (POSNA) with yet another pediatric Course that will run from Nov. 14 & 15 at the Palawan Function Room. Didactics will be in the morning and workshops in the afternoon. The workshops are: Supracondylar Fracture Pinning, Ponseti Technique for Clubfoot & Flexible IM nailing for Diaphyseal Fractures of the Femur.

Day 1: Nov. 13

AM: Opening Ceremonies
PM: PShS, PHKS, PSS & ASAMI
Welcome Reception

Day 2: Nov. 14

AM: POFAS + POWCDLS & POSSM
PM: POA/PBO Business Meetings
Alumni Night

Day 3: Nov. 15

AM: PMTS, AHSP & PSoWOSI

PM: POTS

Congress Banquet

We are now accepting research papers for the Residents' Research Forum and abstracts for the Podium/Poster presentations. Pre-Registration is now open.

ONE POA: On the Road to Zero Complications Pearls & Tricks of the Trade

REGISTRATION RATES

	On/Before Sep 13	Sep 14 Onwards
Fellow	P3,500	P5,000
Non-Fellow	P4,500	P7,000
Resident/ Allied Medical	P2,000	P2,500
Accompanying Person	P2,500	P2,500

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POA 29TH MYC: Debugging the Bug

Discussions on Fracture-Related Infection

April 24-27, 2019

Vigan Convention Center

WEDNESDAY, APRIL 24, 2019

9:00 – 5:00 pm	Registration (Vigan Convention Center)
12:00 – 3:00 pm	POA Board Meeting
1:00 – 3:00 pm	PBO Board Meeting
4:00 – 5:30 pm	Opening Ceremonies (Vigan Convention Center)
5:30 p.m	Faculty Meeting
6:00 p.m	Fellowship Night (Baluarte)

DAY 2, APRIL 25, 2019

SESSION I: WHY SHOULD WE TALK ABOUT FRACTURES AND INFECTION ?

Moderator: Daniel V. Dungca

8:30 – 8:50 am	The Burden of Fracture-Related Infection (Dr. Jan Geurts)
8:50 – 9:10	Pathophysiology and Factors that Lead to MS Infections (Dr. Emily Tanchuling)
9:10 – 9:30	Diagnosing Infection in a Closed Wound (Dr. Nilo Paner)
9:30 – 9:50	Understanding Biofilms (Dr. Jan Geurts)
9:50 - 10:10	Working Coffee Break/ Case Discussion
10:10 – 10:30	Snack Symposium (Cathay Drug)

SESSION II: HOW SHOULD WE TAKE CARE OF OPEN FRACTURES ?

Moderator: Dr. Ivan John Concepcion

10:30 – 10:50	2018 Consensus Statements on Open Fractures (Dr. Kevin Tetsworth)
10:50 – 11:10	Gunshot Wounds and Infection (Dr. Domingo Chua)
11:10 – 11:30	Principles of Surgical Debridement (Dr. Jean Pierre Leung)
11:30 - 11:50	Soft Tissue Management and Wound Care Options (Dr. Nathaniel Orillaza, Jr.)
11:50 – 12:10	Soft Tissue Coverage for Open Fractures (Dr. Emmanuel Estrella)
12:10 – 12:30 pm	Case Discussion

12:30 – 1:00 pm	LUNCH SYMPOSIUM
1:30 pm	POA / PBO BUSINESS MEETING
7:00 pm	Alumni Night

DAY 3, APRIL 26, 2019

SESSION III: PREVENTION AND TREATMENT OF FRI

Moderator: Dr. Peter Paul P. Papio

8:00 – 8:20 am	Rationalizing Antibiotic Treatment for Adults (Dr. Rhoda Orallo)
8:20 – 8:40	Kids are not small adults! Antibiotics for Kids (Dr. Ma. Cristi Jamora)
8:40 – 9:00	NPWT and Fractures: When and How (Dr. Adisaputra Ramadhinara)
9:00 – 9:20	Vacuum-Assisted Closure with a Local Device (Dr. Kim Jingco)
9:20 – 9:40	Caring for Wound Dehiscence and Pin Tracts (Dr. Nilo Paner)
9:40 – 10:00	Working Coffee Break /Case Discussion
10:00 – 10:30	Snack Symposium (OII) (Dr. Ilustre Guloy, Jr.)

SESSION IV: THE INFECTED FRACTURE: WHAT DO WE DO NOW ?

Moderator: Dr. Jean Pierre Leung

10:30 – 10:50	Antibiotic Suppressive Therapy: When is it indicated? (Dr. Kevin Tetsworth)
10:50 – 11:10	Converting External to Internal Fixation: When and How? (Dr. Jerome Anthony Asuncion)
11:10 – 11:30	Options after Implant Removal (Dr. Kevin Tetsworth)
11:30 - 11:50	Antibiotic Nails: Local Experience (Dr. Gerto Quevedo)
11:50 – 12:10 pm	Infected Nonunion and Ilizarov: Indications and Strategies (Dr. Juanito Javier)
12:10 – 12:30 pm	Case Discussion
12:00 – 1:00 pm	PFIZER LUNCH SYMPOSIUM Lessons from Precision to Guide Decision: Balancing Risk and Benefits of NSAIDS (Dr. Nathaniel Orillaza, Jr.)
1:00 – 3:00 pm	FREE PAPER PRESENTATIONS
7:00 pm	CLOSING CEREMONIES /AWARDING

DAY 4, APRIL 27, 2019

8:00 – 12:00 pm	SUTURING AND WOUND CARE WORKSHOP
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POA NMC holds Induction; Bares Plans



March 9, 2019. - The POA North Mindanao Chapter held its Induction of officers at the Seda Hotel in Cagayan de Oro. POA Vice-President Dr. Paul Camiña led the

incoming officers in swearing their oath of office. The inductees were: Drs. Renan Abellera, President. Sharvyl Cantila, Vice President. Alvin Ray Yu, Secretary. Manuel Sison, Treasurer. Rey Acedillo, PRO. Paul Julius Medina, Representative for Iligan-Ozamis-Dipolog. Alfred Rubio, for Bukidnon. Ferdinand Amante, for Butuan-Surigao.

Plans were also announced for the Mindanao Summit and the 2020 Midyear Convention. The Mindanao Summit was originally intended for Orthopedic Surgeons in Mindanao to cement good relationships between the two chapters that resulted from the division of the POA Mindanao Chapter into North and South. The Summit for this year is scheduled for July 31 to August 2 and is open to all interested orthopods in Mindanao and nearby cities of Visayas. The preliminary programme is herewith attached.

The 30th POA Midyear Convention is planned for April 22 to 24, 2020 in the Limketkai Luxe Hotel in Cagayan de Oro. Please also find the attached preliminary program.

The last major undertaking of our chapter was 11 years ago, the 2008 POA Midyear Convention. We all recognize the challenges we face in organizing scientific meetings at this time of belt-tightening among our traditional pharmaceutical friends. But by being innovative and thinking out of the box, we believe that we will be able to do it. In the words of our beloved President Renan, "This project (Mindanao Summit) is a dry run for the bigger project next year (30th POA Midyear). It is like going to WAR. We have to practice and train. Our last war was the 2008 Midyear Convention. It was a howling success. We can do this again. With POSITIVITY."

30th POA Midyear Convention

Cagayan de Oro

PRELIMINARY PROGRAMME

"Minimally Invasive Fracture Surgery: Dead or Alive"

Day 1	[Morning]
8:00	Proximal humerus fractures
8:15	Distal humerus fractures
8:30-12	Live video surgery of MIPO of proximal humerus and distal humerus fracture

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A Joint Post-Graduate Program by POA North Mindanao Chapter

July 31-August 2, 2019

Mallberry Suites and Business Complex . Limketkai Center Complex

Cagayan De Oro City

SCIENTIFIC PROGRAM

Day 1 July 31: POA Evidence-Based Medicine Workshop

Day 2 August 1

SESSION I: SPINE

- 0845 Techniques and Advantage of Percutaneous Lateral Lumbar Discectomy (Dr. Jovito Lao)
- 0900 The Use and Benefits of Navigation in Spine Surgery (Dr. Christopher Balaba)
- 0915 Updates on the Management of POTT'S Disease (Dr. Ramona Reyes)
- 0930 A Holistic Approach in Perioperative Spinal Care for Surgeons and Allied Health Specialists (Dr. Jeremiah Morales)
- 0945 Open Forum
- 1000 Coffee Break

SESSION II: ADJUNCTS FOR THE PRACTICE OF ORTHOPAEDICS

- 1030 Interventional Musculoskeletal Ultrasound in Orthopaedics (Dr. Jim De Castro)
- 1045 Advancement of Orthobiologics in the Practice of Orthopaedics in the Philippines (Dr. Jim De Castro)
- 1100 Emerging Techniques in Pain Management (Dr. Maria Luisa Palabrica)
- 1115 Important and Recent Philhealth Updates for Orthopods (Dr. Jose Chan)
- 1130 Open Forum
- 1145 Lunch Symposium on Osteoporosis Management

SPECIAL SESSION: WOUND CARE WORKSHOP FOR NURSES/ALLIED

- 0100 Negative Pressure Wound Therapy and Ankle Brachial Index (Dr. Jay Asuncion)

SESSION III: THE LATEST IN THE ART OF ARTHROPLASTY

- 0315 The Use of Digital Templating for Hip Arthroplasty in the Age of Digital Radiography (Dr. Alvin Ray Yu)
- 0330 Direct Anterior Approach to Hip Replacement (Dr. Edward Lim)
- 0345 Management of Periprosthetic Infection: Has it changed for the past 5 Years? (Dr. Edward Lim)
- 0400 DVT Prophylaxis in Hip Replacement Surgeries: Pharmacologic and Medical
- 0415 Open Forum

Day 2 August 2

SESSION IV: MODERN HAND AND FOOT ORTHOPAEDICS

- 0800 Wide Awake Local Anesthesia No Tourniquet for General Orthopods (Dr. Nathaniel Orillaza, Jr.)
- 0820 Current Trends in the Management of Distal Radial Fractures (Dr. Peachy Handog)
- 0900 New Techniques in Hand Rehabilitation (Dr. Angela Gutoc)
- 0920 Percutaneous Tendon of Achilles Repair (Dr. Jovito Paz)
- 0940 Open Forum
- 0950 Coffee Break

SESSION V: TRAUMA FROM BEGINNING TO HEALING AND COPING FOR THE WORSE

- 1000 Management of Orthedic Ballistics Trauma: Bullets Bone and Flesh (Dr. Janmichaelben Miranda)
- 1015 Updates on damage Control Orthopaedics (DCO) (Dr. Miles Dela Rosa)
- 1030 The Future of Wound Care in the Philippines (Dr. Jay Asuncion)
- 1045 Open Forum
- 1100 Amputation: Surgeon's point of view (Dr. Neilson Palabrica)
- 1115 Amputation: Prosthetist's point of view (Peter Goldberg)
- 1130 Aging and Retirement Plans for Medical and Paramedical Practitioners (Dr. Sharvyl Cantila)
- 1145 Open Forum

Residents' Research Forum 2018

The POA Annual Residents' Research Forum was held last November 14 during the 69th POA Annual Congress held at the Palawan Room, EDSA Shangri-la Hotel, Mandaluyong City.

The paper presentations were judged by Drs. Gualberto Basco, Joel Baron and Venus Oliva Cloma-Rosales. There was one winner and three clinched for the second place. Below are the winning papers:

1st Place: Reliability of Radiographic Union Scale for Tibial Fractures (RUST) when used in determining Bone Healing in Femoral Fractures treated with Interlocked Intramedullary SIGN Nailing
Kris Raymund A. Francisco, MD; Lucille Detoyato, MD, FPOA
Western Visayas Medical Center

2nd Placers (3)

1. A 3-year Mixed Mode Analysis on

Major Lower Limb Amputation and Disarticulation Patients Vis-à-vis Patients' Quality of Life After Prosthesis Utilization
Coral Pink R. Bagares, MD; Kristia Jimmylou Akiatan-Rey, MD, FPOA
Department of Orthopaedics, Vicente Sotto Memorial Medical Center

2. Correlation of the 6 Anthropometric Parameters to the AP Scanogram of the Tibia in Determining the Ideal Tibial Intramedullary Nail Length
Ronald Alvin V. Lustre, MD; Jose Maria R. Coruna, MD, FPOA; Franklin D. Tumaneng, MD, FPOA
Department of Orthopaedics and Traumatology, Corazon Locsin Montelibano Memorial Regional Hospital

3. Use of Tranexamic Acid in the Reduction of Blood Loss and Need for Transfusion Among Patients Undergoing Hemiarthroplasty for Hip Fractures: A

retrospective cohort study

Tiffany Kaye Jose Kanapi, MD; Liberato Antonio C. Leagogo, MD, FPOA
Department of Orthopaedics, Makati Medical Center

The awarding commenced during the Congress Banquet on the 25th of November. During the announcement of winners, the right paper title for the winner was pronounced but unfortunately, the wrong author was called. The POA Research Committee would like to express its apologies for this unintended proceeding.

The POA Research Committee will eventually be under the Philippine Orthopedic Research Society (PORS) which is now being formed. This group will focus mainly on all the research-related activities of the Association. This undertaking will, if not all, eliminate such unintended and unprecedented errors.

POA NMC holds Induction... From Page 8

Day 1 [Morning Hand Topics]

1. Updates in the treatment of distal radius fractures
2. Tendon injuries
3. Treatment of metacarpal fractures
4. Different treatment of Pulp injuries

[Afternoon]

1:30–5:00 Cadaveric workshop on MIPO of proximal humerus and distal humerus

Day 1 [Afternoon Arthroplasty topics]

1. Periprosthetic fractures
2. Treatment options for Periprosthetic

infections

3. Outcomes of cementless and hybrid Total Hip Arthroplasty
4. Functional outcome between PCL substituting and PCL sacrificing Total Knee Arthroplasty

Day 2 [Morning]

8:00 Proximal femur and distal femur fractures

8:30–12 Live video surgery on MIPO of proximal femur and distal femur fracture

Day 2 [Morning Sports Medicine]

1. Outcome of Double Bundle and Single Bundle ACL Reconstruction
2. Arthroscopic Rotator Cuff Repair
3. Arthroscopic Bankart Repair

[Afternoon]

1:30 POA and PBO business meeting

3:00–5:00 Resident's research forum

Day 2 [Afternoon Foot and Ankle]

1. Hallux Valgus treatment options
2. Treatment options for Ankle osteoarthritis
3. Lisfranc injuries
4. Metatarsal fractures

Day 3 [Morning]

8:00 Tibial plateau and tibial plafond fractures

8:30–12 Live video surgery on MIPO of tibial plateau and tibial plafond fractures

Day 3 [Morning Spine]

1. Minimally invasive surgery for Disc Herniation
2. Spinal cord injuries
3. Cervical spine trauma
4. Lumbar spine trauma

Day 3 [Afternoon]

1:30–5:00 Cadaveric workshop on MIPO of distal femur and tibial plateau

-Manuel Z. Sison



The 5TH ASEAN MISST

The Art and Science of Spine Surgery worldwide has enormously evolved in the last 3 decades. It is continuously emerging worldwide at an unreachable pace. During the last two decades, the global trend in spine surgery is towards minimally invasive spine surgery (MISS). MISS techniques are however very difficult to adopt due to inaccessible training, need for specialized equipment, and a very steep learning curve.

Emerging surgical techniques and technologies in the field have widened the disparity between the have and the have-not countries. From this context, spine specialists from developing countries find it insurmountable to update themselves in the field so that they can provide their countrymen with the latest trend in spine surgical techniques. The plight of spine specialists from the ASEAN region in learning these techniques is long and arduous from the socio-economic standpoint.

The South East Asian countries have bonded together into a regional intergovernmental organization called the Association of Southeast Asian Nations (ASEAN) that promote economic, political, cultural, military, educational and medical cooperation. The ASEAN MISST is one of the solutions of these countries to help each other in being up to date in the latest of spine care concepts and technologies specifically minimally invasive spine surgery. More so, the ASEAN MISST comes to the Philippines with the participation of the North American Spine Society (NASS). This is the first time this meeting is setting foot on Philippine soil- a rare privilege for our country.

The joint 5th ASEAN MISST & NASS Spine Congress espouses the principle taken from the old Turkish proverb- "If the mountain will not come to Muhammad, then Muhammad must go to the mountain." If ASEAN spine specialists cannot travel outside to learn the latest in minimally invasive spine surgery then let us bring the education to where they are. In the same token, many global experts are surprised

The poster features the title "5th ASEAN MISST" at the top, with "5th" in a stylized font and "ASEAN" in blue and "MISST" in red. Below the title is the text "Association of South East Asian Nations Minimally Invasive Spine Surgical Techniques". The main event title "Manila 2019 PHILIPPINES Congress" is prominently displayed. The poster includes a photograph of a historical stone archway, a night view of a city skyline, and a 3D model of a vertebra with a surgical approach. It also lists the participating organizations: "with the participation of NASS NORTH AMERICAN SPINE SOCIETY". The event schedule is: "CADAVER WORKSHOP U.P. College of Medicine June 26 & 27, 2019" and "PLENARY CONFERENCE Manila Hotel June 28 & 29, 2019".

at the surgical innovations of specialists from developing countries- a reversal of roles where the masters learn from their students as well. Four (4) days of learning, 4 Continents aligning, 20 Countries engaging, 50 Global experts mentoring in the capital of 7,600 island country for the benefit of millions of patients

with spine ailments- This is what the joint 5th ASEAN MISST and NASS Spine Congress on June 26,27,28,29, 2019 is all about. Link now and Participate at <https://5thaseanmisst.org> or simply scan below.

- Pipo Bundoc



AOTrauma Philippines: Busy as Ever in 2019!

After a successful Basic Fracture Management Course held last November 2018, AOTrauma Philippines will be holding another Basic Course this May 1-3, 2019 at the Novotel Manila Hotel, in Cubao. The value of this Course is readily evidenced by the rapid filling up of all 80 slots offered, within the first week of opening. As the online registration was completed, participants from different parts of the country and from different training programs have been noted. Two regional faculty members will be joining us to augment the talented roster of local AO faculty. Professor Andrew Oppy from Melbourne, Australia, the current Education Officer of AOTrauma Australia, and Professor Sushrut Babhulkar, the Education Officer of AOTrauma India will be our guests and are eager to share their expertise during our Course.

AOTrauma Philippines will also partner off with the Philippine Orthopedic Trauma

Society, the Association of Hand Surgeons of the Philippines, the UP PGH Department of Orthopedics and the UP College of Medicine Department of Anatomy to conduct a special Seminar with Cadaveric Dissection on Upper Extremity Approaches. This will be held this 5-6 July at the UP-PGH, with Dr Nathaniel Orillaza as Chairman. International faculty joining this event will be Professor John T. Capo, Chief of Hand Surgery at Rutgers Barnabas Health in New Jersey, USA. This Seminar will have an entire day of didactics to be followed by a day of guided cadaveric dissection to enhance and augment the learning achieved. Limited slots will be opened very soon.

Do join us as we continue to offer our local orthopods opportune and relevant learning opportunities every year.

-Richie Diyco

Words can heal or hurt

Communication is one of the most basic skills needed in any profession. It can enhance or ruin relationships depending on the manner in how it is carried out. For our career, proper communication is needed in order to bring the patient toward a fuller understanding of their illness and our plans for treatment. Moreover, for our speciality which often requires surgery, good communication is a must when we discuss the informed consent with our patients. When done properly, the results of a procedure, no matter what they are, can be accepted by a well informed patient and family.

However, communication amongst colleagues and allied medical services has not been stressed enough. Side comments to oneself, colleagues or workmates could possibly be picked up by patients, their relatives and/or friends and end up in dire reactions. This has time and again resulted in adverse effects on the primary doctor or orthoped who had initially seen the patient. Intended or not, differing comments on previous treatment on patient have a potential negative effect. It should be kept in mind that we as fellows should always be conscious that what we say can affect anyone, positively or negatively. As an association with co fellows, we should be conscious to this fact. In addition, developing good communication with work mates (allied medical services), leads to improved coordination in patient treatment and makes the staff more relaxed when communicating with us or having us on their minds before they make any side comments. At the very least, when dealing with patients, colleagues or staff, communication should always be done professionally.

- Mikey Bengzon



POC: 75 Years in 2020

There's a growing excitement surrounding the Philippine Orthopedic Center this year. We are gearing up for the hospital's Diamond year on February 2020. We have come up with a weeklong event beginning with a Fun Run on February 2, 2020, culminating with a Scientific Convention and Grand Homecoming on February 7-8, 2020.

This event will serve to highlight the years of orthopedic service the hospital

has given to the community, to honor personnel involved in the delivery of such services, to promote camaraderie among the employees of the hospital, and to enrich our knowledge in the care of orthopedic cases.

The POC community is inviting you, our alumni, to join us as we celebrate this wondrous occasion. See you next year!

- Ameena Santos





Ortho Balita
Issue No. 39 Vol. 1

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PHKS in 2019: Going Strong



The PHKS hit the ground running in 2019. A slate of activities were planned and thought of so members can learn while having building camaraderie.

January 23, 2019 is a day to be remembered by 13 new PHKS members. This was the day of their induction. The event was hosted by Dr. Michael Muñoz.

The following were welcomed to the PHKS fold as the new PHKS members/inductees:

1. Bergonio, Rodolfo P.
2. Fernandez, Mark Angelo P.
3. Garcia, Joyce G.
4. Homena, Edwin Sabas Recto J.
5. Itchon, Rey Luther C.
6. Lim, Victor Allan M.
7. Miranda, Janmichaelben G.
8. Pallera, Julius G.
9. Teodosio, Yrelle John H.
10. Valera, Melvin V.
11. Yap, Kenneth Alexis M.
12. Yu, Alvin Ray L.
13. Yu, Gary Andrew M.

On the same day, the past presidents of the Philippine Hip & Knee Society were honored with their own plaques of distinction for their able steering of the society in the right direction.

- 1991-1994 – Dr. Ramon B. Gustilo
 1995-1996 – Dr. Napoleon M. Apolinario
 1997-1998 – Dr. Ellewellyn G. Pasion
 1999-2000 – Dr. Cirilo R. Tacata, Jr.

2001-2002 – Dr. Antonio Liberato C. Leagogo

2003-2004 – Dr. Albert U. Dy (deceased)

2005-2006 – Dr. Antonio N. Tanchuling, Jr.

2007-2008 – Dr. Peter B. Bernardo

2009-2010 – Dr. Paul Cesar N. San Pedro

2011-2012 – Dr. Gregorio Marcelo S. Azores

2013-2014 – Dr. Benigno A. Agbayani, Jr.

2015-2016 – Dr. Jose Antonio G. San Juan

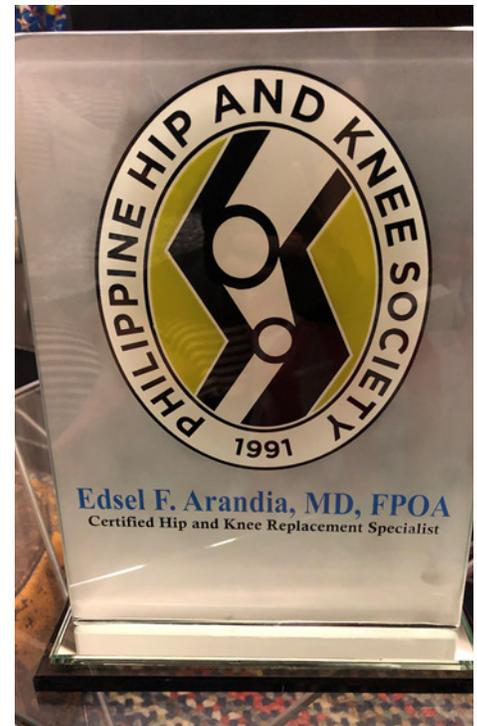
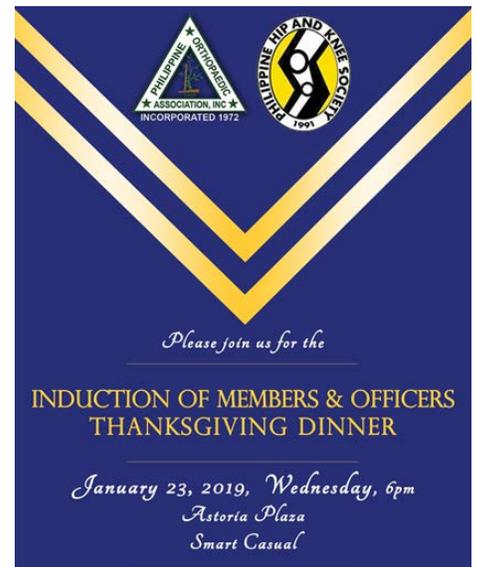
2017-2018 – Dr. Jose Fernando C. Syquia

The event was graced by no less than the POA Vice-President, Dr. Paul Ruel Camiña who led the induction of the new PHKS board members namely, Dr. Edsel F. Arandia, President, Dr. Marcelino T. Cadag, Vice-President, Dr. Nilo T. Paner, Secretary, Dr. Herminio R. Valenzuela, Treasurer, Dr. Joaquin C. Pandanan, PRO, Dr. Jose Fernando C. Syquia, Ex-Officio.

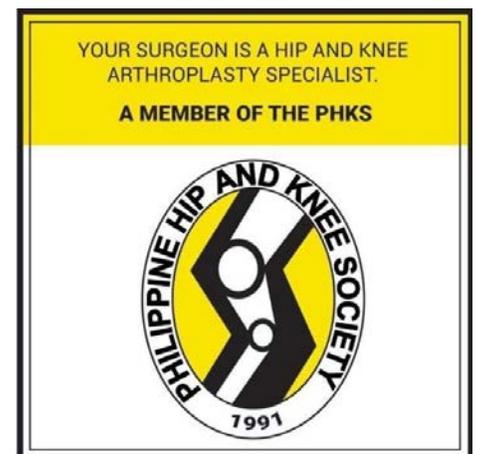
The inspirational talk for the new inductees was given by Dr. Ilustre Guloy, who spoke of the 5 people you will meet in your practice. It was a talk that inspired you to be a good and empathetic doctor.

One of our founding member and a pioneer in Orthopedics, Dr. Ramon Gustilo gave a warm, heart touching message to the members of the society.

To add excitement to the event, friends from the implant companies provided raffle prizes. This was won by 7 lucky PHKS members who went home with big smiles



PHKS Glass Plaque



PHKS Decal

PHKS in 2019...

From Page 12

on their faces. The winners and their corresponding prizes are as follows:

- | | |
|------------------------|-------------------------|
| Fitbit | Dr Ramon Gustilo |
| Samsung Tablet | Dr Herminio Valenzuela |
| TW Steel Watch | Dr Leo Anthony Franco |
| 5K Cash | Dr Christopher Manipon |
| 5K Cash | Dr Yrelle John Teodosio |
| BBQ Grill | Dr Joyce Garcia |
| Bluetooth Speaker | Dr Edwin Homena |
| Data Cable/Swiss Knife | Dr Ilustre Guloy |

It was a night that set the tone for the upcoming activities of the society.

The PHKS membership glass plaque as well as the door decal was also launched on this night and was made available to members who are in good standing. These plaques and decals add pride to the members of the society.

A general meeting followed to outline to the PHKS body the plans of the newly inducted officers.

The next activity of PHKS was a Round Table Discussion last February 21, 2019 held at Terraz Restaurant at the Zuellig Building corner Makati Avenue and Paseo de Roxas. Presentors of cases were Drs. Victor Allan Lim, Rodolfo Bergonio and Edwin Sabas Recto Homena. Residents from POC and PGH also took part by presenting notable cases. A lively discussion ensued amongst the attendees who added to their knowledge at the same time had an opportunity to break bread with colleagues and friends alike. Dr. Ellewelyn G. Pasion received his plaque of distinction for serving as PHKS President from 1997-1998.

Below are the upcoming activities of PHKS:

- Joint Registry Summit and Case Discussion in Cebu on May 24, 2019
- Postgraduate course "Principles in Total Joint Arthroplasty: Everything You Need to Know" on June 22, 2019 at Marco Polo
- Road show on July
- RTD in August
- Road show on October
- Pre-Annual Congress Prosthetic Joint Infection Workshop on November 12, 2019
- PHKS Research Symposium on October 2020



With the help and support of POA and PHKS members, it is my hope that the society will continue to surge on and move forward. We are 93 members strong!

- Edsel F. Arandia

POSP Participates in the 2019 POSNA-APOS Paediatric Orthopaedic Course

Members of the Pediatric Orthopaedic Society of the Philippines (POSP) went to Penang General Hospital in Malaysia last January 26 to 28, 2019 for the combined project of the Pediatric Orthopaedic Society of North America (POSNA) and the ASEAN Paediatric Orthopaedic Society (APOS). It was the first major project of the newly formed APOS. For the past 12 years, POSNA has been collaborating with the ASEAN Orthopaedic Association (AOA) to organize basic training courses on pediatric orthopedics every two years. The Philippine contingent made a strong showing, with nine POSP members, two POA fellows, and three residents from various institutions, with the aim of making the presence of Philippine Pediatric Orthopedics known in the ASEAN region.

The course involved two and half days of lectures and workshops on a broad range of pediatric orthopedic conditions, including hip conditions such as developmental dysplasia of the hip and slipped capital femoral epiphysis, common foot conditions such as clubfoot and vertical talus, limb lengthening and deformity correction, trauma, infections, cerebral palsy, and congenital tibial deformities like pseudoarthrosis and Blount's disease. Small group case discussions were also part of the course, which provided participants with a venue to interact and discuss cases directly with faculty and with each other. The workshops involved hands-on sessions on fracture fixation, SCFE treatment, proximal femoral osteotomy, pelvic osteotomy, hip spica application, and Ponseti casting under the supervision of the POSNA faculty.

The faculty was composed of world experts in various fields in pediatric orthopaedics who provided up-to-date knowledge on the various topics of the course. Among the distinguished POSNA faculty were Prof. Perry Schoenecker, who has vast experience in different types of pelvic osteotomy and acetabuloplasty, Prof. Kerr Graham from Melbourne, a world expert in cerebral palsy, Doctors Eric Gordon and Klane White, who have been actively involved in POSNA courses including the annual International Pediatric Orthopaedic Symposium (IPOS), Prof. Mathew Dobbs, who is currently in charge of International Clubfoot Congress, Prof. Saw Aik from Malaysia, Prof. Ken Kuo from Taiwan, Prof. Bobby Ng from Hong Kong, Dr. Scott Hoffinger from USA and our own past POA president, Dr. Julyn Aguilar, all of whom have vast experience in teaching and promoting pediatric orthopedics in developing countries.



Participants from the Philippines with POSNA faculty and APOS representatives (back, L-R) Dr. Mary Ruth Padua, Dr. Anika Agoncillo, Dr. Leslie Reyes, Dr. Carlo Emmanuel Sumpaico (POSP President), Dr. Chastity Amor Rejuso, Dr. Crescencio Gonzales, Dr. Nesti James Panopio, Dr. Candice Elaine Lim (POSP Secretary), Dr. Michael shaun Ritualo, Dr. Ana Cristina Decenteceo, Dr. Rey-an Niño Garcia (Front, L-R), Dr. Bobby Ng, Dr. Julyn Aguilar, Prof. Ucok Siregar (APOS President), Dr. Eric Gordon, Prof. Perry Schoenecker, Prof. Ken Kuo, Dr. Scott Hoffinger, Dr. Klane White, Prof. Saw Aik (APOS Secretary). Not in picture: Dr. Vicente Gomez, Dr. Giselle Gabriel and Dr. Anastasia Pranoto



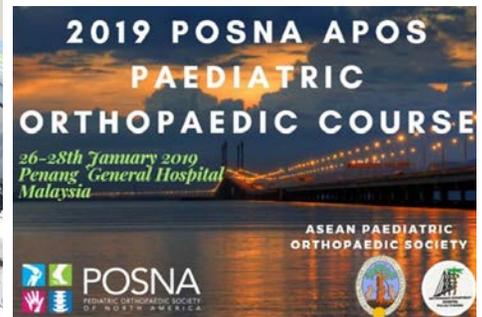
A similar course will be held during our 70th Annual POA Convention, to be spearheaded by the POA and POSP in collaboration with POSNA. POSP also highly encourages training institutions to start gathering their unusual and reportable pediatric orthopedic cases in preparation for the annual interesting case presentation contest, also to be held during the annual convention. More details will be provided for both events as the annual congress approaches.

*Rey-an Niño L. Garcia, MD, FPOA & Candice Elaine C. Lim, MD, FPOA
Fellows, Pediatric Orthopaedic Society of the Philippines*

-Candice Lim



POSNA-APOS Workshop Photos



APOA Sports Meeting

The Asia Pacific Orthopaedic Association (APOA) Sports Meeting 2019 was held in the beautiful city of Kuala Lumpur last April 3-6, 2019.

This meeting covered updates on the shoulder and knee, focusing on the latest in ligament and cartilage surgery and management. This meeting was unique because aside from informative lectures, it also featured cadaveric demonstrations, live surgeries and stimulating discussions on current practices. It fostered an environment of learning and an exchange of ideas and practical experiences on shoulder and knee diseases and surgeries.

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POSSM 2019

Philippine Orthopedic Society for Sports Medicine (POSSM) had a productive first quarter meeting last January 16, 2019 at the F! Hotel in BGC. Journals presented by St. Luke's Medical Center (SLMC), Makati Medical Center (MMC), and De La Salle University Medical Center (DLSUMC) discussed the following topics: Return to Sport after Acute Acromioclavicular Sabilization (Dr. Christian Julius P. Mendoza - SLMC), Arthroscopic Patellar Release for Chronic Patellar Tendinopathy (DR. Erica Chua- MMC), Shoulder Abductionin Transosseous-Equivalent Rotator Cuff Repair in Both Knotted and Knotless Techniques (Dr. Salvador M.m Delarna Jr. - DLSUMC)

The POSSM family is growing with a number of residents showing an interest in the field.

POSSM CALENDAR

- 1st QTR Meeting - Jan 16'19 - SLMC, MMC, DLSUMC
- AAOS - March 12-16'19, Las Vegas, USA
- APOA Sports Meeting - April 3-6'19, Kuala Lumpur, Malaysia
- 2nd QTR Meeting - April 16'19 - Guest speaker: TMC, PGH, JRRMMC
- ISAKOS Meeting - May 12-16'19, Cancun, Mexico
- EFORT - June 5-7'19, Lisbon, Portugal
- JOSKAS - June 13-15'19, Saporro, Japan
- Ho Chi Minh
- Arthroscopy Society - July 4-6'19 - Danang, Vietnam
- 3rd QTR Meeting - July

- 17'19- POC, UST, EAMC
- Annual POSSM Meeting - August 10-11'19
- Indonesia Hip & Knee Society - Aug 21-25'19, Yogyakarta, Indonesia
- ASSA/Malaysian Arthroscopy Society - Oct 17-19'19, Kuala Lumpur, Malaysia
- 4th QTR Meeting - Nov 13'19 - CHH (Cebu), VMCM Anual POA Meeting (POSSM) - Nov 14'19
- 2020: ASEAN Society for Sports Medicine & Arthroscopy (ASSA) - Manila, Philippines

- Rich Pasion



APOA Sports Meeting

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A good number of attendees were Philippine delegates comprised of consultants and residents. Some residents took the opportunity to present their papers and posters. Dr. Kristine Italia, a graduate from St. Luke's Medical Center, was one of the Top 10 awardees for best paper presentation. It was a fruitful week of learning, meeting some of the living legends of orthopedic sports surgery, and maintaining good ties with our colleagues in the Asia Pacific region.

- Rich Pasion

