

Ortho Balita



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POA 72nd Annual Convention: Sports Medicine from Head to Toe

As we celebrate our 72nd annual convention this year, the POA is honored to host the 41st Annual Meeting of the ASEAN Orthopedic Association, together with the 8th Meeting of the ASEAN Society for Sports and Arthroscopy and the 30th Annual Meeting of our own Philippine Orthopedic Society for Sports Medicine. From November 16-19, 2021, activities will be held completely on a virtual platform, in support of efforts to keep safe from the ongoing pandemic. Led by our President, Dr Peter Bernardo, the organizing committee has ensured that fellows and non-fellows will have access to the POA's ceremonies, commemorations, and celebrations, and will also be treated to three days of lectures, discussions and demonstrations emanating from speakers locally and from around the world. Our industry partners have likewise prepared virtual booths and presentations to highlight the latest technologies and products for our Fellows to enjoy.

Our first day will have the Philippine Board of Orthopedics meeting with all training programs in the morning, followed by opening ceremonies in the afternoon. Special messages of inspiration from Orthopedic Sports luminaries will be broadcasted, followed by recognition of new Diplomates and Fellows.

The second day will be a treat as this will be dedicated to sports topics featuring the ASSA, AOA and the POSSM. A distinguished array of world-recognized speakers will delve into Knee and Shoulder sports issues and hot topics which will keep our Fellows and guests glued to their screens. Interspersed will be interesting symposia and demonstrations throughout along with virtual booths all ready to cater to your needs and answer your questions.

Our third day will feature all other POA Subspecialties, whose experts will be talking about sports related issues that pertain to their specific subspecialties. Symposia will likewise be held along with our virtual booths remaining open. These lectures and activities will surely be worth your time and attention as we transition to the fourth day. Day 4 will have the regional ASSA and AOA again, together with the POSSM, to tackle remaining sports topics and issues. The day's afternoon will be the venue for significant turnovers of leadership from both local and regional organizations.

The entire program will also have special sessions for research-- the Residents' Research Forum, a separate Free Paper Session, and most importantly, a sports-themed Research Paper Contest with promised cash prizes in store. We will also have dedicated programs for allied sports personnel, such as coaches and physiotherapists that will run concurrently on the first and the fourth days. Our annual Business Meeting will be held on the first day, and online elections will commence using our established POA application.

It is our fervent hope that as we cope with the limitations and challenges of the current pandemic, your POA remains true to bringing its Fellows the latest and most comprehensive discussions revolving around the field of Orthopedic Sports Medicine. We look forward to being with you virtually on November 16-19, 2021.

- Dr. Frederic Joseph F. Diyco

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Greetings to all!

On behalf of the POA, I welcome you to the 72nd Annual POA Congress. This year's meeting is combined with 41st AOA, 8th ASSA, 30th POSSM. The theme "Sports Medicine from Head to Toe" is quite appropriate, being an Olympic year, and the fact that the country garnered its first Gold Medal, along with 2 silvers, and 1 bronze.

The organizing committee has planned a top-notch scientific program, encompassing all aspects of sports. Well-renowned speakers both internationally as well as local orthopods have been invited to talk on different topics on sports injuries, prevention treatment, and rehabilitation.

So, enjoy the congress, and hope that we will be able to see each other face to face in the future!

MABUHAY!!

PETER B. BERNARDO, MD, FPOA

President POA 2021



On behalf of the Philippine Orthopedic Association, I would like to welcome everyone to this year's 72nd Annual Convention, once again held via an online platform. The challenges posed by the continuing pandemic remain, but we once again rise above these to celebrate our 72nd annual meeting as we host the 41st meeting of the ASEAN Orthopedic Association, the 8th meeting of the ASEAN Society for Sports and Arthroscopy, and the 30th meeting of our own Philippine Orthopedic Society for Sports Medicine. The Organizing Committee with the help of ASSA Secretary-General Dr. Enrique Pasion has worked hard for a meaningful and relevant scientific program, with the theme "Sports Medicine from Head to Toe", featuring a myriad of speakers from all over the globe, in tandem with a rich collection of exhibits, demonstrations, surgeries—all in the hope of bringing you, our dear participants, a meaningful and worthwhile virtual learning experience.

Thank you for investing your time to be with us as we strive to continue learning and improving, while constantly praying for our continued good health.

FREDERIC JOSEPH F. DIYCO, MD, FPOA

Vice-President POA 2021 &

Overall Chairman, Organizing Committee



On behalf of the ASEAN Society for Sports Medicine and Arthroscopy (ASSA) and the Philippine Orthopaedic Association (POA), It is my pleasure to invite you to our Virtual Combined Meeting of the ASSA/POA/POSSM/AOA 2021 with the theme of "Sports Medicine from Head to Toe" on November 16-19, 2021. This is also an ISAKOS-Approved Meeting.

As the Scientific Chairman, I really made sure that I wanted to bring the world to Manila virtually. Despite the ongoing pandemic, learning should go on and with the use of technology, it is possible now to do so in the comforts of our homes. In this meeting, we will have distinguished faculty and speakers from all over the world to share their expertise, experiences, and advancement in the field of Sports Medicine and Arthroscopy. It is also the first time, that all other subspecialties will be talking about their own experiences on sports traumatology in correlation with their respective fields.

This will be a unique meeting which will involve more of discussions, debates, open forum, cadaveric demonstrations and live surgeries with the main goal of exchanging ideas and practical experiences. There was a concerted effort by the scientific committee to come up with a program that moves away from the tedium of lectures to more practical ways in managing our cases and patients.

You will gain practical information that will enhance your practice. Learn from experts that are practicing clinicians as well. As a delegate, come and meet directly the line-up of experts during every session. There will also be open forums at the end of the sessions to provide plenty of opportunities for all delegates to have direct access to our panel of experts.

We will also provide plenty of opportunity for our delegates to present their research and papers in our free paper sessions. In a bid to encourage young trainees and researchers to present on an Asia Pacific platform, top abstracts will receive free registration. More details will be shared as the planning progresses.

We also have a whole day workshop on "Sports Medicine Team Dynamics" which comprises of Orthopaedic surgeons, team physicians, team coaches and managers, physiotherapists, performance coaches/S&Cs, nutritionists, sports psychologist, and other allied groups.

Together with my Organising and Scientific committee, we would like to invite you again to join us at our Combined Meeting and it is our privilege to welcome you on the 16th-19th of November 2021.

Looking forward to seeing you all virtually!!

ENRIQUE LEONARDO C. PASION, MD, FPOA, FACS

Scientific Chairman

Secretary General, ASEAN Society for Sports Medicine and Arthroscopy (ASSA)

President, Philippine Orthopaedic Society for Sports Medicine (POSSM)



My dear orthopaedic brothers and sisters in the Philippines and ASEAN, greetings to you from Kuala Lumpur Malaysia.

As the world was dragged into the Covid- 19 Pandemic since early 2020, we have been forced to stop all physical meetings and conferences and bring them onto the virtual platforms. Over the months we have learned to cope well and perfected how we organize and conduct virtual meetings. I would like to congratulate Dr Peter Bernardo, President of Philippine Orthopaedic Association, for organizing the 72nd Annual Congress of the Philippine Orthopaedic Association in conjunction with the 41st ASEAN Orthopaedic Association, the 8th ASEAN Society for Sports Medicine and Arthroscopy and the 30th Philippine Orthopaedic Society for Sports Medicine Annual Meetings. I am confident the participations from both Philippine and the rest of ASEAN countries will be as good as the previous physical meetings if not better. Let us come together in the true spirit of ASEAN and make this meeting a success. Till we are able to meet again, may God bless us and keep us safe and well as we continue to fight the Covid-19 virus both in life and at work for our patients and countries. Thank You.

DR CHYE PING CHING, MD

President

ASEAN Orthopaedic Association



On behalf of the ASEAN Society for Sports Medicine and Arthroscopy (ASSA), I would like to welcome you to the 8th Annual meeting ASSA combine with the 41st ASEAN Orthopaedic Association, 72nd Annual Congress of the Philippine Orthopaedic Association and the 30th Philippine Orthopaedic Society for Sports Medicine Annual Meetings on November 16-19, 2021 in Manila. The theme for the meeting is “Sports Medicine from Head to Toe”.

As concerns increased on the uncertainties and the disruptions caused by the COVID-19 pandemic, the Organising Committee and Scientific Committee has decided to convene it in a virtual congress.

The ASSA is a regional organisation of orthopaedic sports surgeons and Sports Physician from the ASEAN regions. To date, the ASSA has 6 member countries that are actively involved in promoting ASSA Vision and missions.

The 8th ASSA Congress 2021 scientific program running on a virtual platform will be able to attract more world-renowned leaders to participate and exchange expertise and to launch brilliant new ideas together as well as an opportunity to the young and budding sports surgeons, physicians all participants to interact with experts from particularly from the ASEAN region.

Distinguished speakers from all over the world will share their expertise, experiences, and advancement in the field of Sports Medicine and Arthroscopy. It will present a unique chance to share and enhance knowledge on the latest international research and developments, to advance knowledge and to forge new friendships.

HISHAMUDIN MASDAR, MD

President

ASEAN Society for Sports Medicine and Arthroscopy



“And I tell you, you are Peter, and on this rock, I will build my church” – Jesus Christ



Two personalities actually come to mind when I hear the name of the current POA president Dr. Peter Bernardo. One is, St. Peter, the First Pope, on whose name

Our Lord Jesus Christ built His church. And the other being Bernardo Carpio, the Filipino folklore hero who, as the myth goes, prevented two mountainous rocks from colliding with each other so that the Philippine Island would not sink.

I may sound like a Greek philosopher here but really, what's in a name? Does the name define a man or is it the man who defines his name? With Dr. Peter, the question isn't really too hard to answer.

Dr. Peter Bernardo is no stranger to most orthopods. The name and the man is well known to the Orthopedic community. After graduating from UPCM, he had his orthopedic residency at UP PGH. He then pursued further training in Japan and after his fellowship in Hip and Knee Arthroplasty, he became an important figure in this newer generation of orthopedic surgeons that further professionalized their specialties and Dr. Bernardo himself, brought new knowledge in the field of Joint Reconstruction, Sports Medicine and even Limb Salvage Surgery. His many accolades, to name a few, include being the President of PHKS, POSSM and

ASEAN Arthroplasty Association. He is also at present, the Senior Vice President ASEAN Orthopedic Association.

Almost all of this you can Google. Social media may tell you the many accomplishments of the man but will not be able to describe who the person really is.

The Room where it Happens

I am privileged to have worked with Dr. Peter for the past 5 years as part of the POA BOT and even more as part of his EXECOM this year. And with this I got to know him better.

He has an impeccable work ethic. The only time I remember him not in a POA meeting was when I was the one absent. And although some might say that the time we have shared was mostly work, it is work where a man's or woman's character will surely be tested. It involves a lot of decision making, lots of disagreements and debates, differences of opinions, accords, disaccords, arguments and yes, emotions too. All of this towards one goal: the betterment of the POA and its members. And I have seen Dr. Peter's character tested several times and the way he responded, is for me, admirable. He never assumes he is the smartest in the room. He is very diplomatic. He may have a different idea from the other trustees, but he always listens. Always willing to compromise and in some instances even let his idea take a back seat, only to be proven right in the end. But when a decision clearly

needs to be made, he is not afraid to make the call.

He never interferes with your work but is always there to help when you ask for it. He never imposes but will give suggestions. And he critically analyzes everything and wants every base covered well ahead of time so no one will feel rushed while minimizing unexpected problems. He is a leader not a boss.

Another trait I admire with Dr Bernardo is that he is never embarrassed to ask the opinion of the elders when it comes to critical decision making. As a mentor once told me, only a wise man will seek the advice of a wiser man. A man who doesn't, is a proud man who thinks he can do everything himself, and Dr. Peter is not a proud man. He knows his strengths, but he also knows when to seek guidance. A trait that for me, is worth emulating.

He may not be the rock where POA was founded, but he is now the rock where POA stands. And he is willing to put himself between colliding rocks just to prevent POA from sinking in these trying times amidst this Global pandemic.

Dr Peter Bernardo maybe a rare occurrence wherein the man and the name defined each other.

- Dr. Melito Antonio P. Ramos
POA Treasurer

Looking Ahead 2022



As 2021 nears completion, the POA joins its fellows in the hope that the scourge of this pandemic will soon be over. 2022 will be a milestone year for many reasons, one of which will be our distinct honor to be chosen as host of the upcoming Asia Pacific Orthopedic Association Convention in November. 24 member countries will be participating in this event, and we hope to highlight our

country and its ability to host such a large meeting. Preparations have been underway to ensure a smooth and successful program.

With this in mind, the 73rd Annual POA Convention will be held by mid-June of next year. There will be no midyear meeting for 2022, giving way for our annual congress. The POA will remain in constant touch with all chapters for more details but rest assured that our congress will still push through, together with our required Business Meeting and election of officers for

the succeeding year. Next year's scientific committee has already begun lining up interesting and relevant topics that will appeal to all POA Fellows as a source of current and applicable information.

Let us all continue to pray and work together as united Filipino Orthopedic surgeons to help our country control and eradicate this infection.

- Dr. Frederic Joseph F. Diyco
POA Vice President



A Glimpse of the Next POA President

A man of FEW words is not an apt description he can claim
He writes a thousand MORE words than a picture in a frame
His gift of gab, vocabulary depth, and nostalgic charm
You'd say this guy must be a Casanova at his prime!

He exudes confidence, competence, and a little preeminence
Leading the POC and AO Trauma, to a new level of excellence
With his height, heft, and wit, he surely can intimidate
Communicate, moderate, explicate, there's nothing he can't shake!

Because of his fancy for classy and high quality,
"Fashion police" is a tag for him, absolutely!
Be it with cars, bling-bling, shoes, or anything in-between,
He is the man! He is my Lebran!

His work ethics and drive for excellence are phenomenal
He's a go-getter, not a slave-driver, a real role model

He can dominate, delegate, or even manipulate!
Regardless of what he does, the result always is badass!

His relationship with family and friends is envy-worthy
He treats his family as friends, and his friends as family
Sometimes a bully, but who's brother isn't really?
Just retaliate appropriately, and then run swiftly!

He will be the next prexy of POA, hopefully!
Expect the pageantry to be extraordinary
Support from everyone is expected, whole-hearted, and in toto
Because he's no other than, my man, Dr Richie DIYCO!

- Dr. David L. Alagar
POA Secretary



Prof. EG Pasion elected 1st VP of APOA



Prof. Ellewelyn G. Pasion added another feather on his cap when he was elected as 1st Vice- President of the Asia Pacific Orthopaedic Association [APOA] during the online election held last July 1-8, 2021. He garnered almost 70% from the electoral council votes. The others who were elected to the Executive Council were Dr Jamal Ashraf from India, former Secretary General of APOA, as 2nd Vice President, and Dr Christian Fang from Hongkong, as Chair of the finance committee. The APOA is the largest Orthopedic Association in the world with about 60,000 members from among 24 federation country members in the Asia Pacific region.

Apart from having been one of the founding members of the Asean Orthopaedic Association [AOA] in 1981, and still

currently the Secretary General since 2006, he has been a Past POA President [1987], PBO chairman [1992, and again in 1997], Founding member and Past Presidents of the PHKS, POSSM, POTS and Founding chairman of the POAFI. He was also the POA National delegate to SICOT from 1994-2014. He was a Past Professor and Chair of the UPCM/PGH Department of Orthopedics. These have been his track record as far as expertise in leadership, governance and his being a visionary.

As 1st Vice President, he will assume the presidency of the APOA during the 60th Foundation Anniversary Meeting in Manila this November 2022, either virtual or hybrid platform from incumbent president Prof. Shoichi Kokobun from Japan.

Also, the new federation members of the POA to APOA are Dr. Frederic Joseph F. Diyco, and Dr. Melito Antonio P. Ramos.

- Dr. Peter B. Bernardo

**73rd POA
Annual
Congress
June 16-18, 2022**

**60th APOA
Congress
November 24-
26, 2022**

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The ASEAN Orthopaedic Association (AOA) held a virtual Annual Council meeting on October 31, 2020. The official turnover of the AOA Presidency took place at this time. The AOA election was held online at an earlier date (June 1, 2020), during the week of the cancelled 40th AOA Congress in KL. However, it was agreed upon in the Council that President Zairin Noor (Indonesia) hold on to his office until October 31, 2020. The official turnover of the 2020-2021 AOA Presidency was held online on October 31, 2020. Zairin Noor turned over the Presidency to Dr. Chye Ping Ching (Malaysia)

The other officers inducted are the following:

Senior Vice President:

Dr. Peter B. Bernardo (Philippines)

Vice Presidents:

A/P Ketan Pande (Brunei)

Prof. Yin Sinath (Cambodia)

Dr. Edi Mustamsir (Indonesia)

Prof. Khin Mg Myint (Myanmar)

Prof. Denny Lie (Singapore)

Dr. Thainanit Chotanaphuti (Thailand)

A/P Nguyen Van Thach (Vietnam)

Re-elected Secretary General:

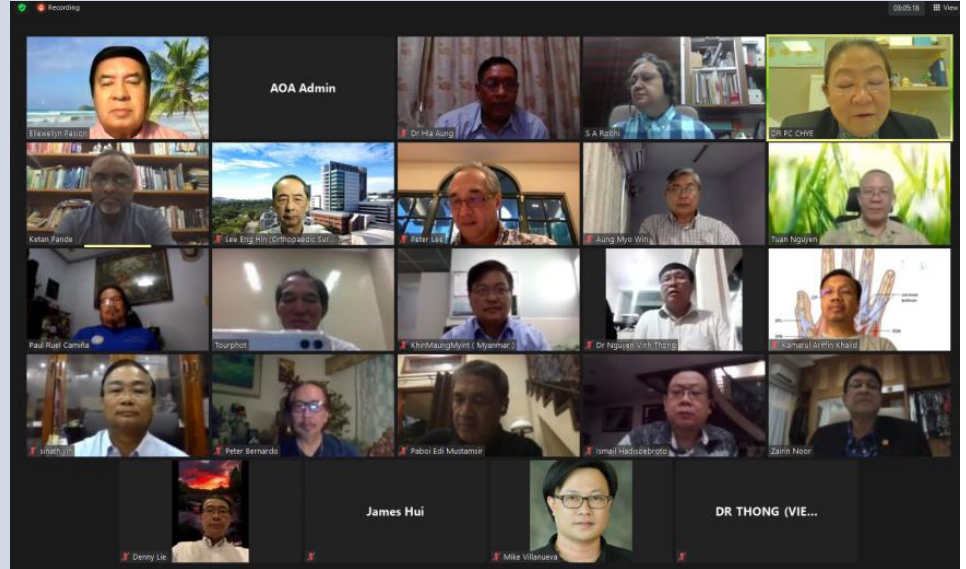
Prof. Ellewellyn G. Pasion

Immediate Past President /Ex Officio:

Prof. Zairin Noor (Indonesia)

Each National Orthopaedic Association is represented in the Council by two (2) of their national officers. The POA is represented by Dr. Frederic Joseph Diyco and Dr. David L. Alagar.

The 40th ASEAN Annual Congress which was hosted by the Malaysian Orthopedic Association (MOA), (celebrating her 50th Anniversary Foundation Meeting) was held online last June 22-26, 2021. This was supposed to have been held in June 2020 but was postponed for a year because of the Pandemic. It was a very successful Virtual Congress led by the MOA President Prof. Sharifah Roohi Syed Waseem Ahmad and the Organizing Committee. AOA President Dr. Chye Ping Ching delivered her



Presidential address during the opening ceremony.

As a result of the Pandemic, the regular whole year-round activities of the AOA was cancelled. These included both the Senior & Junior Traveling Fellowships, and the ASEAN / Australian & New Zealand Traveling Fellowships.

To continue the educational program of the AOA during the Pandemic, the AOA Executive Committee planned on holding regular webinars. The Education Committee chaired by Prof. Lee Eng Hin of Singapore formed an ad hoc committee composed of one (1) representative from each of the National Associations. Dr. Ann Kathleen Ganal-Antonio is the POA representative. It was decided that each National Orthopaedic Association will host an online webinar alternating at 2 months interval. The webinars will touch on Orthopaedic updates for the training residents/ registrars, Junior consultants, and senior AOA members. Lecturers and panelist will be invited to participate from both regional and international Orthopedic Specialists.

The Indonesian Orthopaedic Association (IOA) hosted the 1st online webinar. The webinars will touch on “Advanced

Orthopaedic Trauma: Case Discussion” held last Sept. 25, 2021 for the training residents/registrars and junior consultants. Lecturers and panlesists have been invited to participate from both regional and international orthopaedic specialists. Different topics in the different subspecialties are lined up to be hosted by the other National Associations every 2 months from hereon.

The 41st AOA Congress will be hosted by the POA during its 72nd POA Annual Congress in conjunction with the 8th ASEAN SOCIETY FOR SPORTS & ARTHROSCOPY (ASSA), & 30th POSSM annual Meeting. This will be a pure virtual meeting to be held from November 16-19, 2021.

On November 19, 2021, during the virtual closing ceremonies, Dr. Peter B. Bernardo will be inducted as the 41st AOA President succeeding the outgoing President Dr. Chye Ping Ching of Malaysia. There will also be a Turnover for the 42nd AOA Congress hosting from the Philippines to the next Congress Host, the Singapore Orthopaedic Association (SOA).

- *Prof. Ellewellyn G. Pasion, MD, FACS, FPOA, FPCS*
AOA Secretary General

The State of Local Sports During the Pandemic and the Road to the Tokyo 2020 Olympics

The coronavirus came in unexpectedly and affected the sporting community drastically. March 13, 2020 heralded the harshest of lockdowns as we initially struggled to grasp what level of destruction the coronavirus could bring. Everything that resembled organized sports, professional tournaments, collegiate leagues, recreational exercise, barangay level pickup games and even gyms and personal fitness were all shut down.

The sporting sector was initially identified as an essential but a non-priority field in relation to its potential to burden health care capacities and mitigate safety and public health. Those whose livelihood depended on sports were affected as well. Aside from the obvious professional athlete, student scholar athletes found their scholarships rescinded. National and international games and tournaments were canceled, and all our national athletes were sent home to their respective provinces. Those who worked in stadia, arena and the officiating field had to look for alternate livelihood sources. Sports facility rental sales were basically nil. Physiotherapy and rehab facilities initially took a hit as indoor face to face services were prohibited in the early stages of the lockdown.

For the orthopedic surgeon who specializes in sports medicine, we observed an almost 90% drop in the overall census for elective sports procedures as no one was allowed to participate in anything that resembled exercise. Around May 2020, our team of sports specialists drafted a working document called Filipino FiRST (Fitness and Recreation Sports Reintroduction Tool) with the aim of convincing the IATF to slowly reintroduce sports in the communities.

The tool conceptualized various scenarios, interaction potential and environment measures wherein a certain level of sports participation is allowed in relation to the existing community healthcare capacities.



We had initial talks amongst the various sports stakeholders like the Philippine Sports Commission, the Department of Health and the Games and Amusement Board. This eventually led to the formation of the Joint Administrative Order (JAO for Sports) which is still the recommending body for modification of existing guidelines on any matter related to sports participation. By June 2020 we managed to convince the IATF that sports participation is an essential tool for wellness and mental resiliency as outdoor sports and even swimming was allowed. By this time, the sports equipment

sales for these outdoor activities increased as we also saw a resurgence of runners and cyclists. Unfortunately, the local organized sports scene remained questionable and major international events like the Tokyo 2020 Olympics was rescheduled for the following year. Thus begins our journey for our 19 Olympians who managed to qualify for this historic and prestigious event. Our national athletes faced a quandary as qualifiers were postponed or canceled altogether.

The State of Local Sports...

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In addition, a lot of the LGU's were restrictive in allowing sports to resume in their locale. This coupled with local and international travel restrictions forced our athletes and coaches to revise their training strategies. One of the local policies we helped develop was to draft the guidelines for an environment wherein a sporting activity can be held. The "bubble" concept thus became the byword as our local athletes were finally allowed to train at the "Calambubble" Inspire Sports Academy in Laguna in preparation for their Olympic Qualifiers. Our other notable Olympians (like Hidilyn Diaz, Carlo Yulo, EJ Obiena) chose to train at their international training base for logistical purposes as well as having favorable community numbers for Covid. Our boxers lived sparred with some of their eventual Olympic opponents in Thailand. Some of them had to sacrifice by not seeing their families and hometowns for at least 6months and beyond. Our athletes faced

challenges including contracting the virus and missing out on home cooking as their nutritional and mental resiliencies were put to a test.

By July 2021, they were still on the edge as a simple 72- and 48-hour RT-PCR test can make or break their chances of participating in the biggest and most watched sporting event for the year.

Fortunately, all 19 of them managed to land in Tokyo covid free. A lot of hard work, determination, prayers and even luck was needed for our athletes to step onto the competition area day in day out as the daily covid tests added a layer of uncertainty to their fate. We were lucky that we did not encounter any major injuries and that all of them performed beyond their potential. As you all very well know, it was a historic participation for our country as we finally delivered on a coveted but elusive Olympic

Gold medal with an added bonus of a couple of Silvers and Bronze medal to boot. Beyond the medals, the event symbolized hope that eventually we can all hope for some semblance of normalcy. Our local sporting scene continues to be hit by the effects of covid but rest assured, we are continuously working to suggest modifications to the current guidelines and bring sports back to the community and recreational level at the appropriate time and in a timely and safe manner. As our nation continues to improve its vaccination numbers, who knows? Maybe 2022 is the year we can finally resume that pickup game or inter-hospital tournament that we know Orthopods treat with equal importance as if their life depended on it :)

- Dr. Randolph M. Molo
Medical Director- Philippine Sports Inst. –
Medical and Scientific Athlete Services (PSI-
MSAS), PSC &
Delegation Doctor for TEAM Philippines at
the 2020 Tokyo Olympics

APOA approves creation of Osteoporosis and Fragility Fracture Section

Recognizing the importance of strengthening and promoting competencies about treating fragility fractures, as well as the underlying conditions of osteoporosis and frailty, the Board of the Asia-Pacific Orthopaedic Association (APOA) approved the creation of the Osteoporosis and Fragility Fracture Section during the 21st APOA Congress held last July 2021. The Asia Pacific Osteoporosis and Fragility Fracture Society (APOFFS) will be the 11th and the newest section of the APOA. With the support and guidance of some APOA Council Members, the APOFFS Council Members has been formed, with Dato' Dr. Joon-Kiong Lee of Malaysia as the founding president. The founding officers and council members are comprised of representatives from the 13-member countries which includes the Philippines, Malaysia, India, Thailand, Singapore, Indonesia, Taiwan, Bangladesh, Pakistan, Australia, Nepal, Brunei-Darussalam, and Hong Kong.

The Philippine Orthopaedic Association (POA), a federation member country of the APOA, is in full support of this initiative. Futures projects of the POA- Orthogeriatric

and Osteoporosis Working Group will be aligned with the regional activities of the APOFFS.

Locally, the POA Orthogeriatric and Fragility Fracture Working Group, along with other organizations such as the Fragility Fracture Network Philippines, UP Manila National Institutes of Health- Advanced Studies and Research in Orthopedics (ASTRO), UP Manila NIH- Institute on Ageing, and the Osteoporosis Society of the Philippines Inc. (OSPFI) will also be supporting the newly approved project entitled "Multicenter Implementation of Orthogeriatrics and the Fracture Liaison Service for Elderly Hip Fractures: An Evidence-based Framework for a Sustainable Digital Health Registry." The 2-year pilot project aims to increase the number of Fracture Liaison Services (FLS), as well as promote Orthogeriatric competencies in the country, which will be supported by a Hip Fracture Registry. The project which is spearheaded by the University of the Philippines Manila – Department of Orthopedics, in partnership with the Department of Science and Technology, which will be funding the

project, aims to provide support to the initial 14 participating institutions in launching and improving their own FLS and Orthogeriatric Teams in their respective hospitals. The target start of the project will be in January 2022 and will run until January 2024.

The Philippine Orthopedic Association will also be supporting the updating of the Clinical Practice Guidelines about Osteoporosis which is being spearheaded by the Philippine Rheumatology Association. Initial meetings have already started regarding this CPG project about Osteoporosis.

As we rise from the Pandemic, hopefully all these regional and local activities will help improve the care of patients with fragility fractures in our country!

- Irewin A. Tabu MD, FPOA
Head, POA Orthogeriatric and Osteoporosis Working Group
Chief of Orthopedic Trauma Division, UP-
PGH Department of Orthopedics

POA Group Term Life Insurance Plan

This is the second year that POA has acquired a Group Term Life Insurance Plan under Insular Life, through the Gotuaco Del Rosario Insurance Brokers, Inc. Our renewal is for the period of 04/16/2021 to 04/15/2022 (365 days). We have insured a total of 726 lives, for a total of PhP247,624.75.

Our coverage for fellows (up to 65 years old) the Group Life, Accidental Death and Disablement (ADD), Total and Permanent Disability (TPD) is 100,000.00. The estimated annual premium per member is 354.00 per individual. The benefit riders like the AD&D and TPD are offered to members up to age 59. No evidence limit is up to age 65 years old, after which, the fellow is required to comply with the insurance requirements (completed declaration of health form) prior to being insured. This means that any individual whose age are 66 years old and up to 70 years old are required to undergo the medical examination. The terminal illness benefit is 50% of the benefit. Burial benefit is not included in this plan.

There are 37 fellows that are being followed up for the NEL compliance (No evidence limit). These include full medical examination and other required tests (per individual) If you are unsure of your status, please don't hesitate to contact the POA secretariat. We hope that this will be to the satisfaction of our Fellows. Let us continue to keep safe and stay healthy.

-Anne Kathleen Galan-Antonio

Keeping Up with Times

January 8, 2021	Friday	2000H	POA-SMC	Scoliosis
January 27, 2021	Wednesday	2000H	POSSM	First Quarterly Meeting
January 30, 2021	Saturday	0800H	CHH-PSS	Optimising Lumbosacral Instrumentation Using Computer Navigation: A webinar
February 10, 2021	Wednesday	2000H	PShS	First Quarterly Meeting
March 17, 2021	Wednesday	2000H	AHSP	AHSP First Quarter Meeting
March 19, 2021	Friday	2000H	PSS	PSS First Quarter Meeting
March 24, 2021	Wednesday	2000H	POSP	HOW BONES GROW RIGHT...AND WRONG
March 25, 2021	Thursday	2000H	PMTS	First Quarterly Meeting
March 26, 2021	Friday	2000H	POA-SMC	
March 30, 2021	Tuesday	2000H	POFAS	From Trauma to Nerve Injuries: A Foot and Ankle's Indispensable Tool
March 31, 2021	Wednesday	2000H	PHKS	First Quarterly Meeting
April 6, 2021	Tuesday	1900H	PSOWOSI	First Quarterly Meeting
April 21, 2021	Wednesday	2000H	AHSP	AHSP Webinar
April 23, 2021	Friday	1900H	POTS/AO Trauma	Update and Case discussions on Pelvic Trauma
May 12, 2021	Wednesday	2000H	POSSM	Second Quarter Meeting
May 15, 2021	Friday	2000H	POA-WVC	
May 28, 2021	Friday	2000H	PSS	Interesting Case Presentations
June 15, 2021	Tuesday	1800H	PSOWOSI	Second Quarterly Meeting
June 16, 2021	Wednesday	2000H	AHSP	AHSP Second Quarter Meeting
June 17, 2021	Thursday	1900H	POSP	Cerebral Palsy
July 6, 2021	Tuesday	2000H	POFAS	POFAS 2nd Quarterly Meeting
July 14, 2021	Wednesday	2000H	POSSM	Quarterly meeting
July 21, 2021	Wednesday	2000H	AHSP	AHSP Webinar
July 28, 2021	Wednesday	2000H	PHKS	
July 30, 2021	Friday	2000H	PSS	Interesting Case Presentations
August 4, 2020			PShS	
September 21, 2021	Tuesday	2000H	POFAS	POFAS 3rd Quarterly Meeting
October 20, 2021	Wednesday	2000H	AHSP	AHSP Third Quarter Meeting
October 13, 2021			POSSM	
October 22, 2021	Friday	2000H	PSS	Cancelled - International Paper Presentations
November 5, 2021		1900H	ASAMI	
November 9, 2021	Tuesday	2000H	POFAS	POFAS 4th Quarterly Meeting
November 12, 2021		1900H	ASAMI	

As the year comes to a close, we also bid farewell to the POA Residents' and Fellows' Interactive Discourse. The RFID 2021 was a spillover from last year's Residents and Orthopods Learning Encounters which held over 40 webinars hosted by the different subspecialty societies. This year's RFID has conducted 27 webinars (as of today), with 6 more running in October and November 2021. It is obvious that there is webinar fatigue thus this endeavour will be coming an end this year. Through the different RFID webinars, people have remained connected, through their common interests. We were able to generate some income as well, through the support of the different pharmaceutical companies, and for that we are grateful. All these would not have been successful if not for the efforts of the different subspecialty societies, spearheaded by their presidents.

This year, we also had the participation of the Chong Hua Hospital, Department of Orthopedics, Section of Spine Surgery. In January, they conducted an online workshop on 'Optimizing Lumbo-Sacral Instrumentation Using Computer Navigation', and was well supported by the residents and the fellows of the Philippine Spine Society. The chapters also held webinars, like the South Mindanao Chapter and the Western Visayas Chapter during the first half of the year. Another well-attended webinar, Updates on emergency

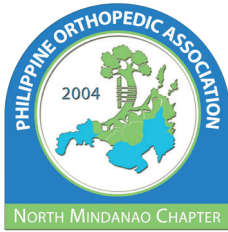
Management and Decision Making in Pelvic Trauma, was conducted by the POTS and AO Trauma. Aside from the differently orthopaedic topics, the PSOWOSI tackled a very important issue, mental health and how to cope during this pandemic time, generating a lot of discussion and processing after the webinar. We had a good run of different webinars from the following subspecialty societies: POSSM, PSS, PShS, AHSP, POSP, PMTS, POFAS, PHKS, PSOWOSI, POTS, and ASAMI. All the lectures were recorded and uploaded in the Philortho google drive, which may be viewed by requesting access to the files through the POA Secretariat.

This project has served our purpose well and we would like to thank each and every one of you who supported this activity. Continue learning and let us stay connected.

- Anne Kathleen Galan-Antonio



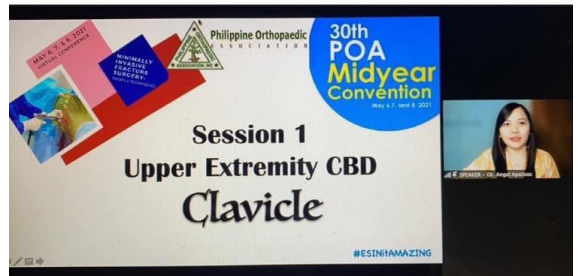
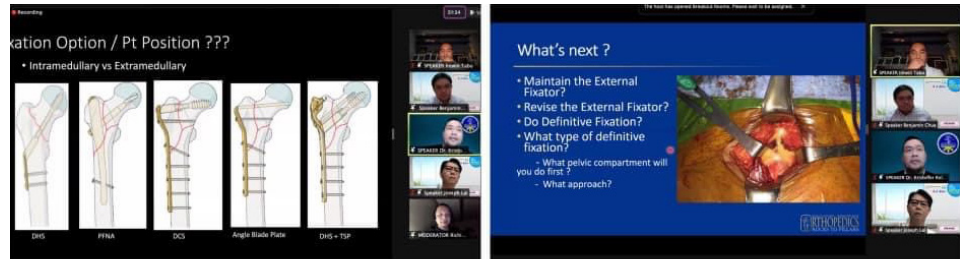
30th POA Midyear Convention: The First Digital and Online Midyear Convention



The POA Midyear convention is held every year on the month of April or May in different places around the country. Majority of the attendees are very excited to attend this kind of convention as it is a chance for them to explore the tourist destinations of the chosen host city. With much fun, attendees always plan to bring with them their families for extra days of vacation. It is an opportunity to catch up and foster camaraderie with friends and colleagues from different places.

But this year was totally different. Due to the pandemic, we were not able to have a face-to-face convention. As we face challenges to cope with such unforeseen situation, it did not hinder us to push through with a different approach. The POA Northern Mindanao Chapter still held a 3-day convention last May 6-8, 2021. It came up with the first ever digital and virtual midyear convention. For a not so techie, the digital and virtual styled convention was very convenient to use for the 996 registered participants. The interface was user-friendly and easy. It was spearheaded by the chapter president, Dr. Paul Julius Medina, and the midyear overall chairman, Dr. Jerome Anthony Asuncion.

This year's theme is "Minimally Invasive Fracture Surgery: Issues and Techniques." A digital and virtual platform was used to be able to attend the lectures and symposium. The virtual platform was created by the event organizer "Hakbang Pilipinas." To date, it was a better and accessible platform to which attendees were able to go to their desired virtual convention room either by just a few clicks on a map or with the help of the virtual concierge staff. The following areas were: 1. Main convention hall, 2. Drug and Implant company booths, and 3. Coffee lounge.



Since the start of the pandemic, it was the first time that our pharmaceutical and industry partners were able to join us in a major convention and, at the same time, interact with the fellows and participants using their virtual booths. The virtual booths were also a meeting place for a lot of fellows who have not seen each other for quite a long time. The success of this virtual exhibition was really a surprise to both the organizers and the sponsors. Some booths even reported higher number of visits compared when they were doing it face-to-face in the past.

For those who got tired of virtually roaming around the e-booths, there were also coffee lounges where friends and colleagues happily met and chatted with one another while waiting for the main lectures to start. It was a very fun way of fellowship with a couple of lounges still being active with fellows chit-chatting until the wee hours of the night after the main lectures.

The variety of lectures was great. Especially that the lectures and cases were delivered with lively interactions by esteemed and renowned orthopaedic surgeons from both

30th POA Midyear Convention...

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the Philippines and from other parts of the world such as Prof Frankie Leung from Hong Kong, Prof Theerachai Apivathakakul from Thailand, and Prof Rodrigo Pesantez from Colombia. The lectures were attended by a staggering number of participants with the highest number reaching to around 750 in a single session and with some heart-warming feedbacks from some participants. One participant even wrote in the chatbox “if this midyear is going to be a yardstick, with the very high bar it has set..., can probably use this as a benchmark for the annual convention.”

Different orthopaedic training institutions also showcased their knowledge and ability to perform minimally invasive fracture surgery through their residents. Among those who were very enthusiastic in sharing

their skills and knowledge were residents from Baguio General Hospital and Medical Center, Northern Mindanao Medical Center, Vicente Sotto Medical Center, Philippine General Hospital and Ilocos Training and Regional Medical Center.

Let's not forget, fun games with prizes. Amazingly, there were a lot of very competitive contestants who eagerly participated in the contests this year. The winners were:

Dr Maria Antonia Rosanna Peña of PGH for the “Lakwatsera” of Day 1 with a Garmin Forerunner 45 GPS Running Smart Watch

Dr Rey-an Niño Garcia from Cavite for the “Lakwatsero” of Day 2 with an AfterShokz XTrainerz Waterproof Bone Conduction Headphone

Dr Cesar Dimayuga of PGH for the “Lakwatsero” of Day 3 with a php10,000 gift certificate

Dr Ser Anthony Si of POC for the “Masksaya” contest with an ASUS Laptop complete with all peripheral accessories.

And the lucky winner for the One Million Pesos Raffle Draw is Jefferson Uy, a businessman, from Cagayan de Oro City.

Because of everyone's help on the success of our One Million Pesos Raffle for a cause - on June 9, 2021, the first beneficiary from our earnings undergoes his surgery at the Northern Mindanao Medical Center. And not only that!!! The patient will undergo a Minimally Invasive Fracture Surgery that will be performed and demonstrated by Dr Jerome Anthony Asuncion for the learning of the Orthopedic Residents of NMMC.

All in all, it was a feat for the fellows of the POA - North Mindanao Chapter for being able to deliver a successful Midyear after more than a decade of not being able to host one. And the chapter is very thankful for the POA Officers and Board Members for giving the chapter a chance to host it despite the cancellation of last year's midyear convention and for the participants for supporting the chapter's endeavour.

- Dr Alvin Ray Yu & Dr Paul Julius Medina



73rd POA Annual Congress: June 16-18, 2022

60th APOA Congress: November 24- 26, 2022



Featured Institution

Freedom is not free, Thank a Veteran

The Veterans Memorial Medical Center (VMMC) was established in 1955 by virtue of Public Law 865 by the US Congress. It is nestled in a sprawling 55-hectare property, donated by the Philippine government, in Diliman Quezon City. It is interesting to note that the present location of VMMC was originally intended to be the Executive Mansion or the Malacañang Palace on the original masterplan of Quezon City in 1939. VMMC is under the Department of National Defense and it is tasked to provide quality medical care and treatment to the World War II veterans, the recognized guerrillas, the Philippine Scouts, the Philippine Commonwealth Army and the US Armed Forces of the Far East (USAFPE), led by General Douglas McArthur. Today by virtue of various amendments, particularly Republic Act 6948, the VMMC also caters to the Armed Forces of the Philippines retirees and its dependents. Until recently it is now given permission to accept civilian patients.

Upon its opening, VMMC catered to all kinds of service-related disabilities, including orthopedic injuries. Dr. Catalino Jocson was appointed Chief of Orthopedic Section. A medical graduate from UP, he took his MS in Orthopedics at the University of Pennsylvania, USA. He was one of the pioneers of the Philippine Orthopedic Association and a founding member and Secretary General of the Western Pacific Orthopedic Association (WPOA). At one time during Dr. Jocson's term, the editorial office of the WPOA was located at Ward 6 in Veterans hospital, the present base location of the VMMC Department of Orthopedic Surgery. Some notable visiting staff back then were the following, Dr. Luis Martinez, Dr. Eusebio Garcia, Dr. Pedro Sembrano and Dr. Fermin De Leon. Upon his retirement in 1972, another highly capable orthopedic surgeon took over, Dr. Antonio B. Sison, a UST medicine graduate, trained at the National Orthopedic Hospital with fellowship in Birmingham, England. Around this time, the Philippine Board of Orthopedics (PBO) was established and Dr. Sison was instrumental in placing the

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Freedom is not free, Thank a Veteran

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VMMC Orthopedic Training Program under the regulation of the PBO, thus starting the formal accreditation of the program during those early years. Making VMMC one of the first few government hospitals with a formal training program in orthopedics together with POC, PGH and JRMMC. Accreditation was partial with yearly renewal due to some conditions not fulfilled by the Department. Some of the deficiencies were remedied by a tie up with the Philippine Orthopedic Center through the efforts of Dr. Sison. The beneficial relationship continues to this day. It is also noteworthy to mention that Dr. Mario Geronilla, another well respected orthopedic surgeon, was a very active visiting consultant staff during those years. Among the highlights during these early years were the performance of the first Unicondylar Knee Arthroplasty and the diagnostic use of the first working arthroscope in the country in the era when there were no MRI and laparoscopic monitors.

When Dr. Sison left VMMC in 1987, Dr Raul Grageda, the first graduate of the training program, assumed chairmanship of the section. It was under his stewardship that recent developments in the program happened, foremost of which is the development of the Diliman Orthopedic Linkage, a cooperative undertaking among three institutions namely, Veterans

Memorial Medical Center, AFP Medical Center and East Avenue Medical Center. Upon Dr. Grageda's retirement in 2009, Dr. Ruben Cardenas, another vital workforce in Veterans orthopedics, took the helm as Chairman. Under his able leadership, the section of orthopedics under the department of surgery has now finally become the Department of Orthopedic Surgery in June 2010. He retired last year 2020 and is succeeded by Dr. Eduardo San Gabriel, a tireless and talented orthopedic surgeon who vows to continue the good works of his predecessors and steer the department to safer grounds amidst all the challenges brought about by the pandemic.

Together with the orthopedic staff, composed of a competent line up of practitioners, each specialized in his own field of interest, the continuous additions and updates of facilities and structural improvements; All these will further complement the training of the residents and improve quality of treatment well deserved by our hundreds and hundreds of intended ortho patients year in and year out.

Currently the Department of Orthopedic Surgery of VMMC is a five-year training program and has continually produced orthopedic graduates, diplomates/fellows, specialist and subspecialists becoming assets in their respective communities and

beyond. Maintaining our PBO accreditation through ebbs and flows all throughout our journey.

After almost five decades since the inception of the VMMC orthopedic residents training program, rest assured that we will continue our thrust in producing safe and competent orthopedic surgeons to provide the best possible care to our living heroes. This is our commitment, to show our heartfelt gratitude and honoring those who served and fought for our freedom.

The Active Consultant staff:

Dr. Eduardo San Gabriel – Chairman
 Dr. Antonio Mario De Castro – Vice Chairman
 Dr. DeeJay Pacheco – Training Officer/ Arthroplasty
 Dr. Raymond Barba – Tumor
 Dr. Gerardo Sison – Spine
 Dr. Carmelo Braganza – Sports
 Dr. Nesti James Panopio – Pedia
 Dr. Vincent Marcus Abadilla – Trauma

Visiting Consultants:

Dr. Antonio Sison – spine
 Dr. Raul Grageda
 Dr. Francis Altarejos
 Dr. Paul Camina
 Dr. Benjamin Dizon
 Dr. David Bryan Montenegro
 Dr. Charles Villamin – Tumor
 Dra. Romina Mendoza-Torres – Hand
 Dr. Irving Lawrence Bernardo – Arthroplasty

Residents in Training:

Dr. Julius Dominado
 Dr. Christian Paolo Racadio
 Dr. Eduardo San Gabriel Jr.
 Dr. Gio Punsalan
 Dr. Parviz Dadgardoust
 Dr. Ralph Que
 Dr. Leinard Palpal-latoc

Department Secretaries:

Mrs. Vangie Parks
 Ms. Marie Lingad

Orthopedic Technician:

Mr. Dennis Manalaysay

- Dr. Antonio Mario L. De Castro, MD, MHA, FPOA

IN FOCUS: The Philippine Board of Orthopaedics, Inc. 2021



The year that was, to be understated, was eventful. You may wish to add your own adjective or even an adverb, that would depend on your perception. Despite being confined to our own personal spaces, either at home or in the clinic, we have been quite active, definitely as far apart from each other because of our unique quarantine status in our localities. I believe we have accomplished our mandates for the year. The Philippine Board of Orthopaedics, Inc. (PBO) serves as the only accreditation and examination arm for the Philippine Orthopaedic Association, Inc. (POA). We are the watchdogs of orthopaedic residency training in the country. As such, we monitor and set the standards of training and administer the annual In- Training, Qualifying, and Diplomate Examinations.

Eventually, we provide the country with competent, skilled, and ethical orthopaedic surgeons. Without accomplishing these mandates, the POA is deprived of enlarging as a family because it is through training and hurdling the diplomate examinations we gain young diplomates.

The first of two main equal tasks is the accreditation process. This year, our Vice Chairman sat as the Head of the Accreditation Committee. Dr. Reynaldo V. Lopez set the path for accreditation as early as January 2021. He provided the Board and the Training Program Directors, the Chairs and Training Officers, a rigorous but doable schedule of activities. It was a difficult task as all visits were virtual, covered all the programs, and had to be incorporated into the many different calendars of activities of the POA and other important organizations. He also laid down a well-thought set of guidelines on the content of what should be in the training programs' and residents' records and guidelines on how to conduct the virtual activities. E-Logbook entries still need improvement, particularly when there is a wide discordance among the training programs. It is hoped that E-logbook shall become a portfolio of the residents to communicate how they have accumulated their cases while in training. Having been written down, all these expectations gave



DR. JOSE MARIA
R. CORUÑA
Chairman



DR. REYNALDO
V. LOPEZ
Vice Chairman



DR. ISAGANI E.
GARIN
Secretary



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ADELWISA G.
BELEN
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DR. JAMES C.
PAGGAO
Trustee



DR. JULYN A.
AGUILAR
Trustee



DR. REMO-TITO
A. AGUILAR
Trustee



DR. RAPHAEL
ANGELO C.
JURILLA
Trustee



DR. LENDELL
JOHN Z.
GATCHALIAN
Trustee



DR. RICHARD V.
CONDOR
Trustee



DR. ALEXIS A.
GUTOC
Trustee



DR. WILLIAM T.
LAVADIA
Ex-Officio

everyone a paper trail of accountability, no ifs, and buts as to how to purport ourselves in accreditation activities. As announced in late 2020, all accreditation visits for 2021 would be formative assessments as there were no examinations conducted in 2020. The programs were aware from the very beginning that NO changes in status could be implemented. For the coming year, depending on the pandemic situation in the country, The PBO wishes to return to summative assessments. The task of accrediting is no easy one. We continued to request help from esteemed colleagues, and we continue to thank them for their efforts (hoping they continue to give of their time in the future). The list is long, and we only have our gratefulness to offer them.

The following is a list of the Associate Accreditors for 2021:

1. Dr. Francisco P. Altarejos
2. Dr. Gulaberto T. Basco
3. Dr. Arturo C. Cañete
4. Dr. Leo Daniel D. Caro
5. Dr. Emmanuel M. Dela Paz
6. Dr. Manolito M. Flavier
7. Dr. Jean Pierre F. Leung
8. Dr. Ricardo C. Liwag
9. Dr. Luisito R. Maaño
10. Dr. Frederick Patrick I. Nicomedez

11. Dr. Jose Fernando C. Syquia

Twenty-five institutions were visited this year:

1. Jose R. Reyes Memorial Medical Center
2. University Of Santo Tomas Hospital
3. Quirino Memorial Medical Center
4. Corazon L. Montelibano Memorial Regional Hospital
5. Western Visayas Medical Center
6. West Visayas State University Medical Center
7. Ilocos Training & Regional Medical Center (Itrmc)
8. Baguio General Hospita And Medical Center
9. Cagayan Valley Medical Center
10. Jose B. Lingad Memorial Regional Hospital
11. Chong Hua Hospital
12. Vicente Sotto Memorial Medical Center
13. East Avenue Medical Center
14. VLMC - Armed Forces of the Philippine Health Service Command
15. Veterans Memorial Medical Center
16. De La Salle University Medical Center
17. Makati Medical Center
18. The Medical City
19. St. Luke's Medical Center
20. Northern Mindanao Medical Center
21. Philippine Orthopedic Center

IN FOCUS

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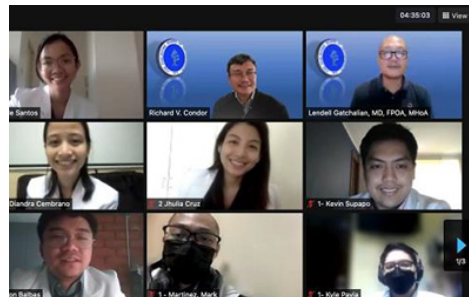
- 22. Philippine General Hospital
- 23. Southern Philippine Medical Center
- 24. Bicol Medical Center
- 25. Batangas Medical Center

Two new programs were visited for potential provisional status. This Board tried to accredit on a face-to-face basis, but there was no change in quarantine and travel restrictions. The two were virtually inspected, the new potential programs being Bicol Medical Center in Naga

City & Batangas Medical Center in Batangas City. Three more applicants in Region I, in Region VIII, and a private program have submitted queries. They will have to be scheduled for 2022.

The second of two equally important roles of The PBO is to conduct three types of examinations. The Examinations Committee for 2021 was headed by Dr. Remo-tito A. Aguilar, the tech guru for the PBO. As we all know, the Board had to scrap the July 2020 scheduled Diplomate Examination. The Board had envisioned an online testing-center or hospital-based examination for the latter part of 2020. While we were ready for such an endeavor, the Philippine Medical Association (PMA) and the Inter-Agency Task Force on Covid (IATF) came out with a memorandum we found very difficult to satisfy. Even if we had requested examinees and invigilators to go to their respective hospitals, this was considered “face to face,” therefore, a violation of quarantine restrictions. The Board had to think out of the box; thus, by November of 2020, we conducted a trial run of a simulated diplomate written (morning) and oral exam (afternoon). We had to satisfy our curiosity: was this online, home-based virtual exam (vExam) feasible at all with our connectivity issues? We also had to address security concerns – how do we prevent cheating? There were technical, administrative, and other inherent problems during the trial but nothing insurmountable.

By March of 2021, we pushed ahead with the Qualifying Examination (for the 2020 takers). Having succeeded with that and some adjustments, we went along with the Diplomate Written and Oral Examinations. We must note that Part 3 of the Diplomate



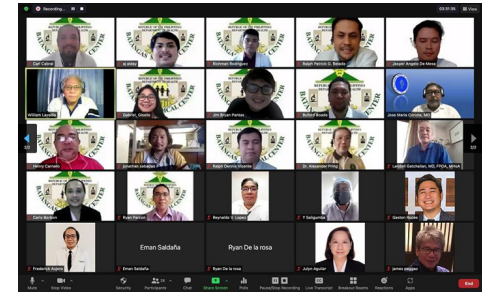
POC Accreditation



UP-PGH Accreditation



BICOL MEDICAL CENTER



BATANGAS MEDICAL CENTER



Board Meetings



Examination (practical) has long been dropped by the 2020 Board as problems with such a “one-time, big-time” pass or fail set up were encountered in the past. In its place, we encourage training program directors to conduct frequent assessments of their residents in various year levels and with various activities. This would offer a more realistic, fairer deal spread out during the entire training period for the diplomate candidate. No more “one-time, big-time” misdeal. This also is a statement of trust, that the PBO inherently trusts the training programs to give their honest assessments of their residents. Buoyed by the relative success of the 2 previous vExams, the Board this year completed the In-Training & Qualifying Examinations in September and the Diplomate Parts 1 & 2 in October. Those who passed this year’s Qualifying Examinations x/y shall be able to take the July 2022 Diplomate Examinations. We believe the vExam is going to be a useful

tool for future examinations. For this year alone, twenty-two new diplomates for 2020 will be formally introduced at the Opening Ceremonies of the POA Annual Convention, and another fifty-eight for 2021 likewise shall debut.

The Examination Committee acknowledges our fellows’ hard work as Associate Examiners. The Board is grateful for your precious time, we are aware we cannot thank you enough, but we hope you do not shy from future requests. The following AEs deserve our thanks.

1. Dr. David L. Alagar (2020 & 2021)
2. Dr. Angeli Charmeyn P. Apalisoc (2020)
3. Dr. Edsel F. Arandia (2020 & 2021)
4. Dr. Jose Joefrey F. Arbatin Jr. (2020)
5. Dr. Gualberto T. Basco (2021)
6. Dr. Justiniano B. Bai (2021)

IN FOCUS

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7. Dr. Marie Jeanne L. Bertol (2021)
8. Dr. David M. Cabatan (2020)
9. Dr. Arturo C. Cañete (2020)
10. Dr. Adrian B. Catbagan (2021)
11. Dr. Leo Daniel D. Caro (2020)
12. Dr. Emmanuel M. Dela Paz (2021)
13. Dr. Lucille P. Detoyato (2020)
14. Dr. Janis Ann F. Espino – De Vera (2020 & 2021)
15. Dr. Daniel V. Dungca (2020 & 2021)
16. Dr. Emmanuel P. Estrella (2020)
17. Dr. Anne Kathleen B. Ganal – Antonio (2020 & 2021)
18. Dr. Renier D. Gerochi Jr. (2020 & 2021)
19. Dr. Samuel Arsenio M. Grozman (2020 & 2021)
20. Dr. Ma. Lilia Monina P. Jose (2021)
21. Dr. Joseph Garvy L. Lai (2020)
22. Dr. Juan Alejandro V. Legaspi (2020)
23. Dr. Jean Pierre F. Leung (2020 & 2021)
24. Dr. Ricardo C. Liwag (2021)
25. Dr. Frederick Patrick I. Nicomedez (2021)
26. Dr. Nathaniel S. Orillaza Jr. (2020)
27. Dr. Neilson G. Palabrica (2021)
28. Dr. Jose Miguel G. Pagsaligan (2021)
29. Dr. Jovito Ramil B. Paz (2021)
30. Dr. Albert Jerome C. Quintos (2021)
31. Dr/ Kristoffer roland U. Roa
32. Dr. Richard S. Rotor (2021)
33. Dr. Jose Fernando C. Syquia (2020)
34. Dr. Reggie A. Torredes (2020 & 2021)
35. Dr. Irewin A. Tabu (2020)

much work remains, but hopefully, it will be a viable project.

We have our website! Because the Trustees multi-task, we simply cannot keep the page updated, but it is certainly there. We invite the Fellows of the POA, the training program directors, consultants, residents, even the general public to visit and check out the information. Everyone is welcome to point out errors or omissions. Do visit: https://www.pbo.net.ph/landing_page

We remained a working cohesive Board courtesy of the internet and social media despite the stress of not seeing each

other throughout the year. With instant communication being both boon and bane, we were able to stay in touch with each other. Alas, like all instant communication, one often received messages day and night, with no boundaries as to awake- asleep status. C'est la vie. Hopefully, the quarantine status improves. It has to.

Come 2022; The PBO turns 50 years old! It has been a long, fruitful journey, I believe. May we continue forward.

*Dr. Jose Maria R. Coruña
Chairman*



QE ORIENTATION 2021



QE APRIL 2020



ITE & QE ORIENTATION 2021



ORAL EXAM 2021

The Board has also worked on a new edition of the Greenbook. This 5th edition, over the past two years, has morphed into several versions already remains a work in progress before it is adopted as the new working tool for the PBO.

Another program of the Board, which is a work in progress, is to hopefully institutionalize the National Orthopaedic Residency Assistance Program (NORAP). As for many innovations, it may take a while for them to become acceptable to the residency training programs. Its goal is to provide a centralized national conduit for orthopaedic residency applicants. The training program will have a better chance of being recognized by potential quality applicants through this channel. For now,



DIPLOMATE WRITTEN EXAMS

Philippine Orthopedic Manpower Study 2020

Analysis of Regional and Provincial Level

Jean Pierre F. Leung, MD, FPOA, and Nathaniel Orillaza, MD, FPOA
Council for Orthopedic Education

(The following are highlights of the research study. For the full paper, pls. contact the authors – editor)

Acknowledgements:

Thank you to Mike Villanueva, Ex-Office Manager, POA for providing access to the POA database

Thank you to the POA and PBO Trustees, especially Mikey Bengzon for their support of the OEC and its efforts.

Thank you to DR. Leo Daniel Caro for always asking the questions for us.

This paper is dedicated to the memory of our department pioneer, Dr. Jose V. Silao, whose vision we live today.

Abstract:

The second Philippine Orthopedic Manpower Study (2020) looks at national, regional, and province level data on the numbers of POA-accredited orthopedic surgeons, compared to the respective population in each area. The national Orthopedic Surgeon Density for 2020 is at 0.71/100,000 population, increases slightly from 0.66 in 2015. The National Capital Region had the highest density at 2.69/100,000, versus a much lower 0.41 for the rest of the country. We identified 31 provinces (total population almost 20 million) with NO practicing POA accredited orthopedic surgeons. Comparing this to the orthopedic surgeon density of other countries, the Philippines has a problem with both low numbers (particularly outside NCR) and a maldistribution of its orthopedic surgeon manpower. Factors affecting these were identified (place of origin, lack of health infrastructure, lack of social infrastructure, location of training programs, peace and order situation, compensation, preference for subspecialization) and proposed solutions enumerated. Addressing the manpower

problem will require not just addressing the increased number of surgeons needed, but also addressing the relevant factors affecting maldistribution.

Introduction:

“The purpose of any graduate medical education program is to provide competent practitioners who will meet the needs of the country” (Dougherty)

In 2016 the Philippine Board of Orthopedics reviewed the Orthopedic Surgeon Density in the Philippines and concluded that compared to other countries in the region and worldwide, we had a low density of orthopedic surgeons (0.66/100,000 fellows/population). Most (40%) of POA fellows worked in the NCR area, with a much lower density in the areas outside the NCR. The study further attempted to correlate the distribution of the POA Fellows to the PBO Accredited training programs and found that half of PBO accredited training programs and 70% of residents trained within the NCR.

The initial study had limitations, however, in that:

- Analysis was done by the 6 POA Chapters and not by specific region/province
- Although residency training program location was cited, further analysis of factors affecting choice of location of practice were not studied.

Objectives:

Determining the current (2019) number and distribution of Orthopedic surgeons in the country is crucial in answering the following questions:

1. How many and where are our POA Fellows practicing in the Philippines?
2. What is the Orthopedic Surgeon Density in the various regions/provinces/ and cities of the country?
3. Do we have enough orthopedic surgeons in the country, compared

to other countries around the globe?

4. What factors affect the distribution of Orthopedic Surgeons in the country?

Answering these will allow us to focus on how best to optimize the number and distribution of orthopedic surgeons in the country and serve the orthopedic manpower needs of the Filipino people.

Results:

I. Number and Distribution of POA Fellows (2019)

(Please refer to Appendix Table 1 for Tabulated form)

As of 2019, there are 758 POA Fellows. Of these, 6 practicing outside the country were excluded, leaving 752 POA Fellows in the Philippines. Of these, 367 (48.8%) are in the National Capital Region, while 385 (51.2%) practice outside the NCR.

Twenty-nine provinces out of 81 nationwide (36%) have NO practicing POA Fellows, although this may not include fellows who cross provincial borders to work. Considering the population of these provinces, almost 20 million Filipinos have no POA Fellow in their province.

Table 2. Provinces with NO POA Fellows and their Population

	Province	Popn
1	Apayao	123,022
2	Ifugao	209,204
3	Mt. Province	156,545
4	Batanes	17,743
5	Quirino	196,267
6	Aurora	225,093
7	Rizal	3,148,709
8	Marinduque	239,673
9	Oriental Mindoro	890,667
10	Camarines Norte	615,248
11	Catanduanes	270,721
12	Masbate	928,770
13	Antique	606,811

Philippine Orthopedic Manpower Study 2020...

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14	Guimaras	183,226
15	Siquijor	99,636
16	Biliran	177,927
17	Eastern Samar	495,812
18	Samar	814,370
19	Southern Leyte	439,607
20	Zamboanga Sipugay	670,819
21	Camiguin	91,700
22	Davao Occidental	334,754
23	Sarangani	576,448
24	Agusan del Sur	728,591
25	Dinagat Islands	130,037
26	Surigao del Sur	15,306
27	Basilan	3,780,989
28	Lanao del Sur	1,124,875
29	Maguindanao	1,290,882
30	Sulu	894,638
31	Tawi-Tawi	409,464
TOTAL		19,887,554

II. POA Fellow Density per Region

(Refer to Figure 1)

Number of orthopedic surgeons per 100,000 is the unit of measurement used worldwide in describing the “density” of orthopods in a given area. The nationwide density for the Philippines as of 2019 is 0.71 (752/107,288,150).

The National Capital Region has the highest density of POA Fellows with a density of 2.69 (367/13,633,497). The density of orthopedic surgeons nationwide outside NCR is much lower at 0.41 (385/93,654,653) for all other regions combined.

For the different regions this ranges from a low of 0.07 for ARMM to 1.12 for the CAR.

Discussion:

(Refer to Figure 2)

Figure 2 is a composite graph showing the relative orthopedic surgeon density of the Philippines to that of other ASEAN and selected countries around the world. Worldwide, Malawi, in Africa, has been noted to have the lowest density of orthopedic surgeons at 0.07/100,000. The Philippines ARMM region has a similar density of orthopedic surgeons, which

identifies it a one of the regions with the least number of orthopedic surgeons per population as well. Contributory to this is the poor peace and order situation in the region and the level of poverty.

The Philippines, marked by the red bars, has an orthopedic surgeon density of 0.71, increased slightly from 0.66 in 2016. We have seen a gradual increase in the number of diplomates and fellows in the past few years who have entered the orthopedic workforce. The number, however, remains low, compared to our neighboring countries and specially compared with 1st world countries.

The orange bars show the present density of POA fellows in the National Capital Region (NCR) (2.69), on the right and the rest of the country outside NCR on the left (0.41). This shows the disparity and maldistribution of orthopedic surgeons in our country.

Quite clearly, the study shows that our country has a problem not just with an inadequate number of properly trained orthopedic surgeons, but also a maldistribution in their place of practice.

Addressing this problem, therefore, will need to address both the quantity and distribution of orthopedic surgeons.

With both the low numbers and maldistribution of orthopedic surgeons nationwide, there is an inability to provide timely adequate orthopedic care to the population. Patients in unserved or underserved areas are forced to travel great distances to avail of this care, or in some cases no proper treatment is done at all.

Strategies to Address Number of Orthopedic Surgeons

The seemingly obvious solution to the low numbers of orthopedic surgeons nationwide would be to increase the production of practicing orthopedic surgeons, by either increasing the number of accredited training programs, or increasing the number of training programs.

Orthopedic surgery is a field, like other

surgical specialties, which requires residents to not just pass the required examinations but complete a minimum number of cases to reach competency. Increasing numbers of residents may dilute the exposure of residents in these programs.

In recent years, there has been some commentary on the passing scores of the Philippine Board of Orthopedics being too low, with many trainees failing to complete the required process to complete certification. Arbitrarily lowering passing scores, however, would risk lowering the standards for orthopedic surgery in the country.

Another proposal was to adopt an “amnesty” program for the 200-300 noncertified orthopedic surgeons already practicing. This would not actually increase the number of practicing orthopedic surgeons as most of these “non-fellows” are already in practice and in the workforce, thus simply accrediting them would not increase the number in the workforce, just their recognition as “Fellows”. Again, this decision should be carried out with caution, ensuring that the standards of practice for orthopedic surgeons is maintained. Any amnesty proposal would also be just a one-step activity and not a long-term solution to the problem.

Factors affecting location of choice of practice:

1. Place of origin
2. Health Care Infrastructure
3. Social Infrastructure
4. Working with other orthopedic surgeons
5. Compensation
6. Peace and Order
7. Orthopedic Training Urban/Specialty based

Long term Solutions to the manpower problem should address factors affecting both the number and distribution of our orthopedic surgeons. There are a number of solutions which are within reach of the POA/PBO, given adequate support from the government and DOH.

1. Prioritize establishing training

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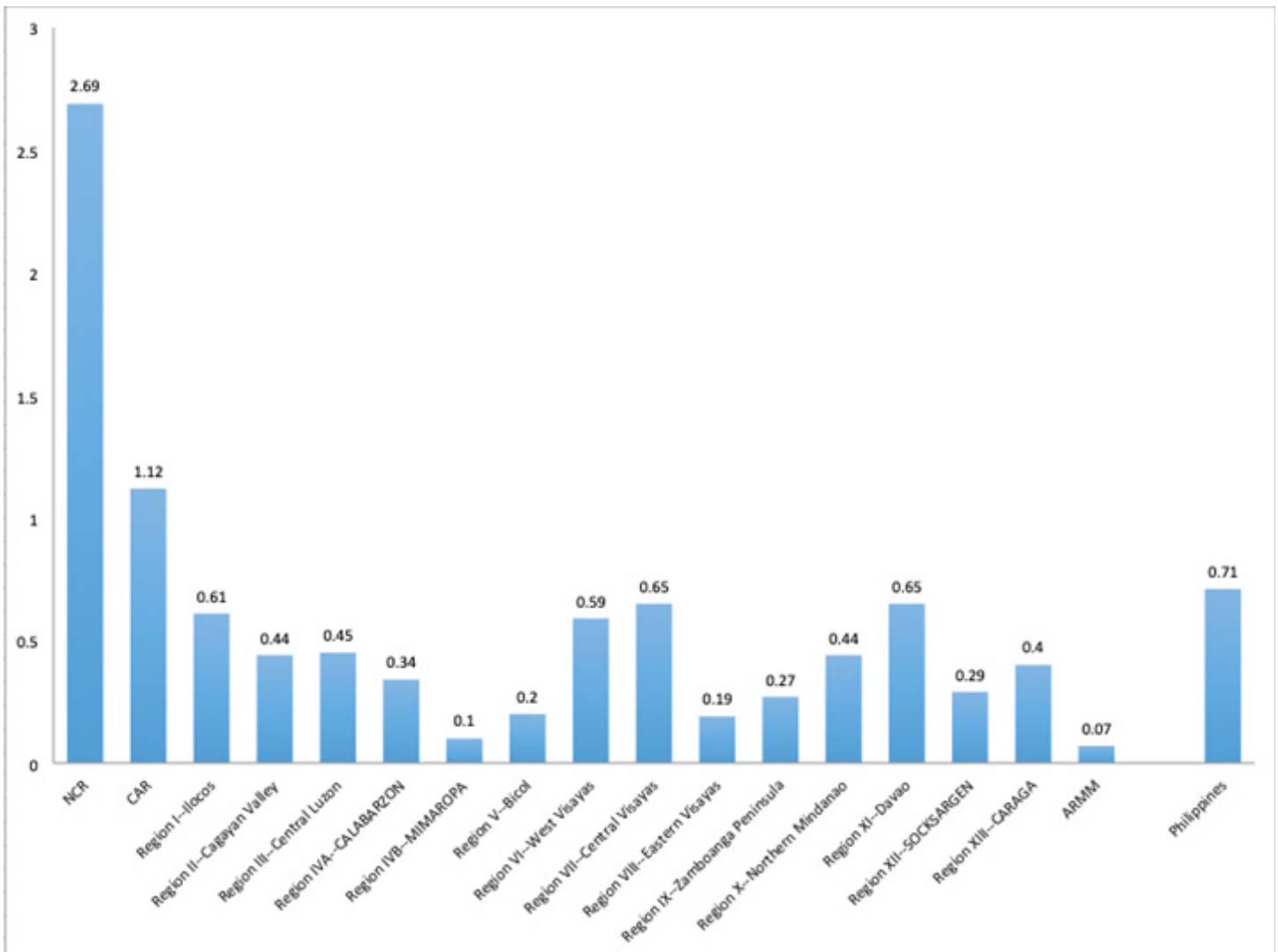


Figure 1: Orthopedic Surgeon Density per 100,000 population per Region and Over-all Density

programs in areas with lower orthopedic surgeon density (outside NCR). Programs outside the NCR can cater to medical schools outside NCR and hopefully graduates from these regions will opt to stay in their own regions. In order to do this, base hospitals with the minimum necessary qualifications to start a training program, as contained in the PBO Greenbook. Initiatives for this have already been started by the DOH and the leadership of the Philippine Orthopedic Center.

- Adoption of the DOH of the "Return of Service" program, which will require new orthopedic surgeon graduates to serve in identified underserved areas for a period of time. The DOH,

however, must ensure that the hospital infrastructure, peace and order, and compensation concerns of these young doctors must be addressed. If adopted there are an estimated 25-30 graduates annually from government programs who can be fielded to underserved areas.

- The Philippine Board of Orthopedics can realign its curriculum to producing general orthopedic surgeons who can practice independently in the province, and not just prepare these graduates for fellowship and subspecialty training.
- The PBO can mandate increased representation from regional (outside NCR) applicants, requiring programs to prioritize or reserve slots for

applicants who intend to practice in their respective home regions. DOH can also mandate this for government accredited orthopedic residency training programs.

Limitations:

Limitations of Data Source:

- Information is based on POA Directory on base of Fellow, it does not take into account Fellows practicing in areas distant to their home base of practice (cross province),
- It may not take into account POA Fellows who are currently retired/not practicing

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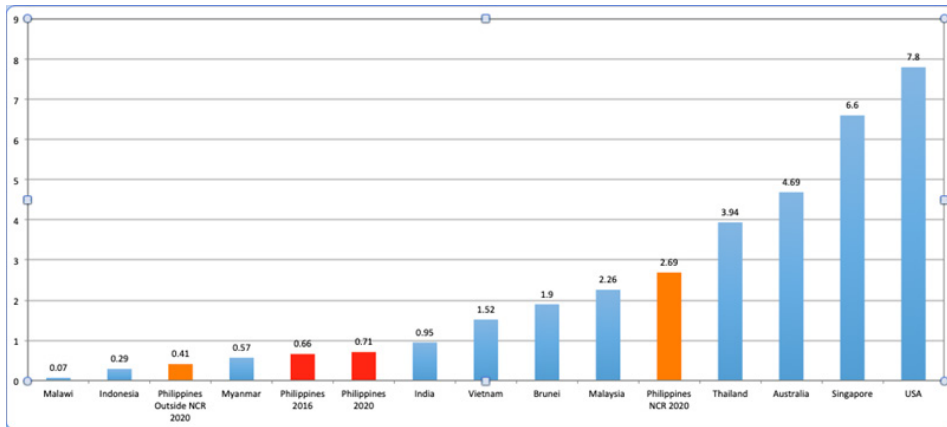


Figure 2: Comparative Density of Orthopedic Surgeons in Philippines, 2016 vs. 2020; NCR vs. outside NCR

- Data does not take into account non-Fellow Orthopods/Doctors practicing orthopedics, although the POA does represent the clear majority of the certified orthopedic surgeons practicing in the country
- Data does not account for patient migration to other areas for treatment
- Census data is based on 2015 POPCCN Census and data for 2019 are projections only
- this study did not review the distribution of orthopedic subspecialties

Conclusion:

The current survey shows that the Philippines had an orthopedic surgeon to population ration of 0.71/100,000. This is low compared to other countries. While the Orthopedic Surgeon density is relatively higher in the NCR region at 2.69/100,000, the number for the whole country excluding the NCR drops down to 0.41/100,000. More eye catching is the finding that 31 of our provinces have not a single orthopedic surgeon.

Efforts to address the deficiency of orthopedic surgeon manpower in the country therefore, should address both the number and distribution of our orthopedic surgeons in the country. Factors affecting these were enumerated and strategies for addressing them put forth.

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Table 1. Number and Distribution of POA Fellows (2019)

Source: POA Fellows Directory

DISTRIBUTION OF RESIDENTS, DIPLOMATES AND FELLOWS IN THE PHILIPPINES (2019)

REGION	LOCATION	FELLOWS	
XIV I	NCR	367	
	ILOCOS REGION		
	ILOCOS NORTE	2	
	ILOCOS SUR	6	
	LA UNION	6	
XV	PANGASINAN	18	
	TOTAL	32	
	CAR		
	ABRA	2	
	APAYAO	0	
II	BENGUET	0	
	IFUGAO	0	
	KALINGA	1	
	MT. PROVINCE	0	
	BAGUIO CITY	17	
	TOTAL	20	
	CAGAYAN VALLEY	BATANES	0

I	CAGAYAN	6
	ISABELA	6
	NUEVA VIZCAYA	4
	QUIRINO	0
	TOTAL	16
III	CENTRAL LUZON	
	AURORA	0
	BATAAN	2
	BULACAN	17
	NUEVA ECIJA	5
	PAMPANGA	15
	TARLAC	4
	ZAMBALES	3
	OLONGAPO CITY	3
	ANGELES CITY	6
	TOTAL	55
IVA	SOUTHERN TAGALOG/CALABARZON	
	BATANGAS	12
	CAVITE	23
	LAGUNA	15
	QUEZON	1
	RIZAL	0
	LUCENA	3
TOTAL	54	
IVB	SOUTHWESTERN TAGALOG/MIMAROPA	
	MARINDUQUE	0
	OCCIDENTAL MINDORO	1
	ORIENTAL MINDORO	0
	PALAWAN	1
	ROMBLON	1
TOTAL	3	
V	BICOL REGION	
	ALBAY	6
	CAMARINES NORTE	0
	CAMARINES SUR	5
	CATANDUANES	0
	MASBATE	0
	SORSOGON	1
	TOTAL	12
VI	WESTERN VISAYAS	
	AKLAN	3
	ANTIQUE	0
	CAPIZ	5
	GUIMARAS	0
	ILOILO	13
	NEGROS OCCIDENTAL	3
	BACOLOD CITY	12
	ILOILO CITY	6
	TOTAL	42
VII	CENTRAL VISAYAS	
	BOHOL	1
	CEBU	3
	NEGROS ORIENTAL	2
	SIOUJIOR	0
	CEBU CITY	45
	LAPU-LAPU CITY	0
MANDAUE CITY	0	
TOTAL	51	
VIII	EASTERN VISAYAS	
	BILIRAN	0
	EASTERN SAMAR	0
	LEYTE	3
	NORTHERN SAMAR	1
	SAMAR	0
SOUTHERN LEYTE	0	

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	TACLOBAN	5					AGUSAN DEL SUR	0
	TOTAL	9	XI	DAVAO REGION			DINAGAT ISLANDS	0
				COMPOSTELA VALLEY			SURIGAO DEL NORTE	3
IX	ZAMBOANGA PENINSULA			DAVAO DEL NORTE	1		SURIGAO DEL SUR	0
	ZAMBOANGA DEL NORTE	3		DAVAO DEL SUR	2		BUTUAN CITY	7
	ZAMBOANGA DEL SUR	3		DAVAO OCCIDENTAL	0		TOTAL	11
	ZAMBOANGA SIBUGAY	0		DAVAO ORIENTAL	1			
	ZAMBOANGA CITY	4		DAVAO CITY	30	XVI	BANGSAMORO ARM	
	ISABELA CITY	0		TOTAL	34		BASILAN	0
	TOTAL	10					LANAO DEL SUR	0
			XII	SOCCKSARGEN			MAGUINDANAO	0
X	NORTH MINDANAO			COTABATO	1		SULU	0
	BUKIDNON	3		SARANGANI	0		TAWI-TAWI	0
	CAMIGUIN	0		SOUTH COTABATO	4		COTABATO CITY	3
	LANAO DEL NORTE	0		SULTAN KUDARAT	1		TOTAL	3
	MISAMIS OCCIDENTAL	1		GENERAL SANTOS CITY	1			
	MISAMIS ORIENTAL	0		TOTAL	11		PRACTICING ABROAD	6
	CAGAYAN DE ORO CITY	13						
	ILIGAN CITY	5	XIII	CARAGA REGION				
	TOTAL	22		AGUSAN DEL NORTE	1		TOTAL	758

Congress aims for stiffer penalties for fake COVID-19 test results

Incidents of fake COVID-19 test results being presented by travelers in border checkpoints are often reported in the news lately. According to the DOH, fake RT-PCR result ranges from PHP1,000 to PHP2,000, cheaper than the prescribed rate of PHP3,500 to PHP5,000.

Not oftentimes reported in the news, but this scheme of presenting fake RT-PCR test results also occur in hospitals, usually by out-patients undergoing ambulatory surgeries. Most patients do this illegal act with the aim of saving expense, others to make sure that their scheduled surgeries will proceed as they will not undergo actual swab testing – not realizing that this act can endanger their lives and of the healthcare team.

Under the current laws, individuals who present fake RT-PCR tests are charged with violation of R.A. 11332 or the Mandatory

Reporting of Notifiable Diseases and Health Events of Public Health Concern Act, where the penalty prescribed is fine in the amount of PHP20,000 to PHP50,000, or imprisonment of one month to six months, or both.

On the other hand, the violator can also be charged with Falsification of Public Document punished under the Revised Penal Code. The penalty prescribed under this law is imprisonment of two years and four months to six years, and a fine of not more than PHP5,000.

Knowing the highly contagious nature of the COVID-19 virus, and the risk it poses to public health and safety, separate bills aiming to amend R.A. 11332 and the Revised Penal Code, respectively, are pending in both Houses of Congress. In the House of Representatives, Valenzuela Representative Wes Gatchalian filed House

Bill No. 8643 which will amend R.A. 11332, imposing stiffer penalties for individuals found deliberately lying or falsifying their COVID-19 test result. The House Bill will increase the penalty of imprisonment from six years and one day to twelve years-term period, and fine of PHP1,000,000. The Bill also punishes all types of fake COVID-19 test results — whether reverse transcription polymerase chain reaction (RT-PCR) swab, rapid antigen, or antigen, or saliva test results.

In the upper house, Senate Bill No. 2315 was introduced by Senator Richard Gordon, which will increase the penalties for falsification of medical certificates in times of national health emergencies, including but not limited to COVID-19 test results and vaccination cards. In the explanatory portion of the Bill, Sen. Gordon explained that the proliferation of fake COVID-19 tests undermines the government's efforts

to address the on-going pandemic, and it is deemed necessary to increase the penalty in the falsification of medical certificates in times of National Health Emergency such as the on-going COVID-19 pandemic.

- Atty. Rodmel L. Bautista



Recognizing POA Pioneers

The History of the POA began with events following World War 2 to address civilian casualties. Dr. Francisco Roman, who was a young Colonel who headed the Philippine Civilian Affairs Unit or PCAU, assembled doctors who contributed to the evolution of Philippine Orthopedics. Dr. Jose V. de los Santos, was assigned as PCAU Medical Director in 1945 and the first known orthopedist in the country who had international training in the USA and Germany even before the war. Dr. De los Santos was joined by Dr. Ambrosio Tangco, who is credited for conceiving a specialty society in 1949. First known as the Philippine Society for Orthopedics and Traumatology in 1949, the society was renamed Philippine Orthopedic Association in 1952 with Dr. JV de los Santos as the first POA President. Numerous pioneers in the 1950-1960s contributed to the birth of Philippine Orthopedics among them were Drs. Augusto Besa, Luis Martinez, Benjamin Tamesis, Basilio Valdez, Rodolfo Gonzales, Buenaventura Canto, Jr, Francisco Aguilar and Deogracias Tablan.

On February 29, 1972, on the initiative of Dr. Rodolfo Dimayuga, the Philippine Board of Orthopedics was created and registered in the Securities and Exchange Commission. What began with 3 training institutions (National Orthopedic Hospital/ Philippine Orthopedic Center, Philippine General Hospital and Veterans Memorial Medical Center), grew to 22 PBO accredited training programs by 2020.

Many fellows can be credited to the development of Philippine Orthopedics. The Association is grateful to the pioneers for having contributed and set the path for the POA. Among those who influenced the emergence of orthopedics in the 1970s are Drs. Teresita Altre, Antonio Sison and Ellewellyn Pasion who each were involved with NOH, VMMC and PGH, respectively. The society is fortunate still to have these three pioneers present today, who all obliged to an Orthobalita interview.



Dr. Ellewellyn G. Pasion (1987)

PROF. ELLEWELLYN G. PASION

Year Inducted: 1978 (First PGH Orthopedic Trainee)

PBO Institution: Philippine General Hospital

Med School: University of the Philippines

Subspecialty Societies: PHKS; POTS; POSSM

POA President: 1987

PBO Chairman: 1992 & 1997

The UP-PGH Dept of Orthopedics seceded from the Dept. Of Surgery, and became an independent Department on June 22, 1971, as approved by the Board of Regents of the University of the Philippines. We are celebrating our 50th anniversary this year. The 1st Chairman was the late Dr. Jose V. Silao. The pioneer Consultants were Drs. Manuel T. Rivera, Dr. Rafael S. Recto and Richard Ow-Abayang. The pioneer residents were Drs. Ellewellyn G. Pasion (the 1st Chief resident, and 1st graduate of the Training program), Antonio M. Montalban, Emil Cadayona, and Arturo Quiazon. Being the 2nd Orthopaedic Training program to be recognized in the country, after the National Orthopaedic Center, the task of starting it was a real challenge to everyone. Having 4 consultants who are highly specialized in the field of Orthopaedics, we the residents, really bent on becoming successful orthopaedic surgeons, were guided accordingly as to how we should go about in terms of Training, Service, and Research. Of course, the Department must go through the many "pains of birth" as you may call it. But we were able to succeed ...slowly but surely, and fast forwarded to what we are now!

Being the 1st Chief resident & 1st graduate of the training program, I was really determined to become a successful orthopaedic surgeon. I worked hard and after my residency, through the recommendation of Dr. Rafael Recto, I was accepted as an orthopaedic registrar at the Nuffield Orthopaedic Centre, University of Oxford. My good credentials and performance at the hospital, got me awarded the Lord Nuffield Scholarship and the supernumerary Girdlestone Scholarship in Oxford. My mentor at the Nuffield Orthopaedic was the late Prof. Robert B. Duthie, the author of the Textbook of Orthopaedics (one of the textbooks being used then by Orthopaedic trainees worldwide). He has been one of the Pillars during my training years.

During my residency training, I owe it all to my mentors, Drs. Silao, Recto and Rivera. I thanked them for guiding me through my early years of orthopaedic training. During my post residency years in Oxford, I learned even more of Orthopaedics, the best of the knowledge and skills from my Oxford consultants namely Prof. Robert Duthie, Mr. John Goodfellow (who introduced the Oxford Knee in Arthroplasty, & former Editor of JBJS (British Ed), Mr. Edgar Somerville (Pediatric Orthopaedics), & Prof. John Kenwright (Trauma & Limb lengthening, and who succeeded Prof. Duthie as the Nuffield Professor of Orthopaedics). To these Orthopaedic Icons I owe everything I learned in Orthopaedics. I chose to return to the Philippines and the UP-PGH Department of Orthopaedics after 3 years.

At PGH, our first Dept. Chairman was Dr. Jose V. Silao. Although it was through the efforts of Dr. Ambrosio Tangco, (who was formerly the Section Chief of Orthopaedics, when it was still under Dept. Of Surgery), then a member of the UP Board of Regents, who was instrumental in its creation as a department.

Dr. Jose Silao, the first Chairman was the visionary and trailblazer who started everything of what is to become the first accredited University-based

Recognizing POA Pioneers

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training program in Orthopaedics in the Philippines. The succeeding Chairmen who followed Dr. Silao, continued the challenging task of further improving the standard of practice of Orthopaedics in terms of Training of the residents, Service to the Filipino Orthopaedic patients and orthopaedic Research.

During my term as Professor & Chair of the Dept. (1998-2003), I foresaw the development of the subspecialties. During my first year as Chair, I created the different specialty services (on top of the 5 big sections namely, Trauma, Adult, Pediatric, Spine, & Hand). These services are namely: the Arthroplasty, Sports / Arthroscopy, Tumor/ Oncology, Ilizarov/ Limb Lengthening, Microvascular/ re-implantation, services. To start the services, I added new consultancy positions and offered these to our resident graduates who have finished their Fellowships in their respective subspecialties. This further strengthened our faculty staff and Training program in the subspecialties, more for the benefit of our residents.

I have always inculcated in the minds of our residents the need to do high quality RESEARCH that would end up in peer reviewed journals, and presentation in both oral and posters in regional & international congresses.

I likewise emphasized the importance of LEADERSHIP in their field of endeavour. I preached that "Don't be contented in just being a name in the list BUT aim to be in the top of the list". I said that "to be a good leader, you must have been a good follower as well" and a leader must be a "visionary". I encouraged people to be actively involved in both the local, regional, and even international Orthopaedic societies & associations. I am now happy to see many of our Orthopaedic colleagues actively involved in regional & international specialty societies. This gives a good reflection of the POA in the eyes of the rest of the Orthopaedic world.

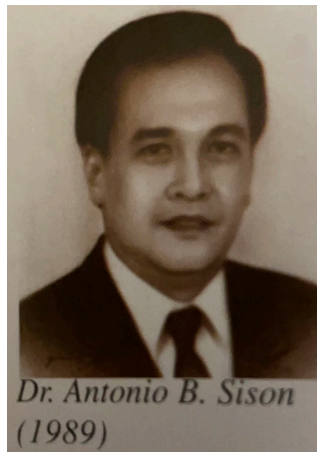
The POA & PBO must always strive to elect the dedicated leaders who will continue to pursue the vision of the Founders, that is ALWAYS to elevate to the highest level of

standards, the practice of Orthopaedics and be at par with or EVEN better than the rest of the Orthopaedic world! The most important thing is that EVERYBODY must work with utmost dedication and in close cooperation & harmony all for the greater glory of the Association!

I can always look back to many fond memories of my being an officer of both POA (1981-1988, President in 1987) and PBO (1988-1997, and recycled to be Chairman in 1992 & 1997). I could never forget the camaraderie and closeness in our relationships, both in joy and occasional sadness, ...the likes of Tess Altre, Tony Sison, and the late Jess Duenas, Teddy Castro, and Tony Montalban in the POA.

In the PBO, we have very memorable years of togetherness with Tess Altre, the late Ramon Celso, Vidi Lim, Henry Chua, the late Andy Borromeo, & James Paggao.

We were all working with unselfish dedication, and respect for one another. We valued the "Cs of life... Commitment, Cooperation, Collaboration, Camaraderie & Challenge!! The rest we leave to history!!



DR. ANTONIO B. SISON

Year Inducted: 1976

PBO Institution: National Orthopedic Hospital/Philippine Orthopedic Center

Med School: UST

Subspecialty Societies: PSS (founding President); PHKS

POA President 1989

Orthopaedics in the 1970s and my career development

My career development was a roller coaster ride that involved 3 institutions. It was

filled with dreams, excitement, challenges, frustrations and success.

Early in the 1970s, as a specialty hospital, the NOH was overflowing with patients and as a service-oriented government institution, the surgical staff was always busy at work. During that time, Orthopaedics was rapidly developing into a major surgical specialty. The PBO was established in 1972 to improve training and raise the level of competency. My rotation to the US Naval Hospital, in Subic, and my Colombo Plan UK Fellowship in Birmingham, England opened my eyes for our need to catch up with the advances in Orthopaedics.

I was convinced that the NOH can be transformed into a premier center for education and training for orthopaedic care. It had the edge as a specialty hospital and the staff were highly skilled surgeons, although they lacked the motivation to be academic and research oriented. I was a young, active and reform-minded consultant then, but destiny would end my unforgettable sojourn at the NOH.

In 1975, I transferred to VMMC as the Chief of Orthopaedics after Dr. Catalino Jocson retired. But I overlooked the fact that I inherited a staff without any certified fellow or diplomate. It took me time to rebuild the section and restore the confidence it once enjoyed. The opening of the residency training program in 1980 was a huge morale boosting success for Orthopaedics. Many years later, VMMC added a Department of Orthopaedics.

In 1983, I joined the staff of the UST-FMS and USTH. Sadly, I discovered that Orthopaedics was a neglected section of the Department of Surgery and the specialty was integrated into the general surgery residency training curriculum. I fought hard and against all odds for pride and recognition and finally, the Orthopaedic Section was granted semi independence when the orthopaedic residency program was established in 1990. Orthopaedics continued to flourish to become a leading

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surgical specialty and our ultimate goal was realized in 2006 when the USTH created the Department of Orthopaedics.

Actually, I had no role model in my career development, but Dr. Jose M. Pujalte impressed me the most as a multitasking person. He was a proficient leader, organizer, administrator, writer, teacher, and orthopaedic surgeon.

Remembering the Orthopaedic Leaders NOH

As background, Dr. Jose V. de los Santos trained in Orthopaedic Surgery in John Hopkins Hospital in Baltimore, Maryland and did further orthopaedic research studies at the University of Chicago and at Dresden, Germany. Back to the Philippines, he was assigned as Chief of the UP Infirmary in 1935. After the liberation of Manila in World War II, he worked closely with a few young surgeons who dedicated themselves to the practice of orthopaedics like Drs. Besa, Canto, Tamesis, Aguilar, Inocentes and Tablan, among others who became the first consultants of the NOH. His previous positions, post war are; designated Chief Orthopaedic Surgeon of PICAUI in 1945, later renamed Mandaluyong Emergency Hospital Forerunner of NOH, appointed 1st director of NOH 1947, and elected 1st president of Philippine Society of Trauma and Orthopaedics in 1949, renamed POA later.

Dr. Jose V. de los Santos, a consultant emeritus, never stopped visiting the NOH. In the late 1960s until the early 1970s, he used to attend the weekly conference regularly and still performed arteriography as part of his research work on bone tumors. I always listened to his words of wisdom.

VMMC

I do not know Dr. Catalino Jocson personally. I learned that he was US trained and holder of Master of Orthopaedic Surgery Degree. He was the POA officer who played an active role in the formation of the Western Pacific Orthopaedic Association (WPOA) in 1962 and was the honorary secretary general and treasurer. He was the first section Chief of Orthopaedics when

VMMC opened in 1955 until he retired in 1972.

USTH

A bit of information, at the University of Santo Tomas Hospital, the history of Orthopaedics is associated with the beginning of Surgery in the Philippines. Two charter members of the Philippine College of Surgeons (PCS) founded in 1936, namely Gen. Basilio J. Valdez and Dr. Rodolfo P. Gonzales, practiced orthopaedics and were surgical staff members of the old university hospital. After World War 2, a few others who were committed to the practice of Orthopaedics, like Drs. Gisbert, Martinez and Juico, became members of the Department of Surgery.

I believe my humble contribution to the development of Philippine Orthopaedics is the establishment of the Residency Training Program (RTP) and the eventual creation of a Department of Orthopaedics at the VMMC and also at the USTH.

As to the future of POA and PBO - Leaders and officers come and go, but an organization that is an institution like the POA or the PBO will continue to grow bigger and stronger in time. The POA convened a constitutional convention more than 10 years ago and made major changes and revised its constitution to make it more relevant to the changing world. The PBO likewise should do the same and revisit its constitution on its 50th anniversary in 2022.

During my fellowship in Birmingham, England in 1972-1973, I met Dr. JM Pujalte twice, who was on a short hospital visit in London. The first time, he visited me at the Accident Hospital and I toured him around the hospital complex, including the world-famous Burns Unit. The second time, we visited the world-renowned Sir John Charnley at the Centre for Hip Surgery in Wigan, Wrightington and attended his Total Hip Arthroplasty course. Dr. Pujalte was my big boss at the NOH, but he was my big brother and friend in England.



*Dr. Teresita L. Altre
(1986)*

DR. TERESITA L. ALTRE

Year Inducted: 1976 (First Female Orthopedist in the Philippines)
PBO Institution: National Orthopedic Hospital/Philippine Orthopedic Center
Med School: UST
Subspecialty Societies: POSP; PSoWOSI
POA President: 1986
PBO Chairwoman:

The Unfolding of Orthopaedics in NOH in the 70s at the National Orthopaedic Hospital

I did set foot at the National Orthopaedic Hospital in Banawe as a UST medical intern since December 1964 was part of my surgery rotation for one month. Assigned to the then Blue service (now Brown), attended all their daily activities but also rotated after two weeks to the outpatient services for five days each.

There were already special clinics in Poliomyelitis, Clubfoot, Cerebral Palsy, Arthritis, and Neurology. These clinics were held in either the Adult or Children's Orthopedic clinics. Seven months after, I was back as an adjunct resident - the hospital was still completing its set up from the one-storey building within the confines of the National Mental Hospital to the 700-bed building in Banawe, Quezon City.

The consultants were the pioneering orthopods that we read in History of POA, who on their own went to either the United States, UK, Australia, Canada, and brought home their expertise. Not to mention there were already the second-generation

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Recognizing POA Pioneers

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consultants who trained Orthopaedics in Mandaluyong but were sent abroad for either Orthopedic Rehabilitation, Hand and Peripheral Nerve Injuries, Orthopedic Orthotics and Prosthesis to complement the growing NOH which already housed a wing for Rehabilitation and two floors for the Paraplegics, and the PASAF which manufactured the braces and prosthesis.

The American bases played a role namely the Clark Air Force and the Subic Naval bases when they served as short stint rotation for our interested residents and consultants. Their medical staff used to come to NOH to either see our cases, especially our Musculoskeletal Infections, to include Pott's disease, which they rarely had. I'm sure they never saw two patients in traction in one bed nor two to three Pott's disease Paediatric patients occupying a single bed and sometimes, crib. So, there were exchanges of rotations, and ideas. They also donated books and Journals to our library and some surgical instruments. Dr Sergio Pineda, the head of PASAF and a consultant at the Children's Orthopaedics went for a while in Subic to observe further their Orthotics and Orthopaedic braces. But he brought home not only advancements in Orthotics but how to do the Pelvic Osteotomies for DDH, especially the Salter's innominate osteotomy.

The NOH came to the forefront in 1970 with the bombing of Plaza Miranda. Nonoy Zuñiga who was in that rally to offer entertainment suffered blast injuries in his lower extremity and needed amputation. His first prosthesis was made in our PASAF, Senator Jovito Salonga had blasting injuries of the hand. He was treated by Dr. Eugenio Inocentes, our pioneering Hand and Peripheral Nerve surgeon, who already made innovations in hand surgery in the late 60s and the 70's. He was also the hand surgeon of the then first lady, when she sustained multiple bolo wounds in her upper extremities in an assassination attempt, months after the declaration of Martial Law.

The declaration of Martial law in 1972 was challenging in terms of health care delivery. The budget for the ministry of health was cut to a minimum. Most affected

for us were the availability of Xray plates and Medicines. At that time, x-rays and medicines in government hospitals were supposed to be given free. With scarcity of implants the residents made our own bone plates from Kuntcher nails. Research papers were written on these innovations.

Martial law did not stop the development in Orthopedic education. With the formal incorporation of the Philippine Orthopaedic Association in 1972, there were already monthly presentation of cases as POA meetings rotated in the different hospitals. POA annually had what we now have as the Annual conventions but with Instructional Course lectures every other year, with Foreign Speakers invited. This marked the beginning of international relationship with Hongkong, for Spine Surgery and the neighboring countries. Upon Dr. Antonio Acosta's invitation, Prof, Arthur Yau, John Leong, Louie Hsu, and even Professor Hodgson, came over even just for friendly visits.

Through Dr. Jose M. Pujalte, Prof. Katsuya Nobuhara," the Shoulder man From Japan"was also a frequent guest . He started to take our young consultants for Fellowship in his Shoulder clinic in his hospital. They were all awarded to be Honorary Fellows of the POA.

In 1973, the Third Congress of the Western Pacific Association (now the Asia Pacific Orthopedic Association) was held in the Philippines. The first international meeting held in April of 1973 augmented the development of Philippine Orthopaedics, new ideas, new techniques, new friends.

In the mid-70s, Dr. Jose R. Locsin was assigned by the Department of Health as Assistant Medical Director of NOH. Coming from Germany prior to his assignment, he introduced the AO techniques, the AO compression plate, and did the first Total Hip replacement at NOH. He was able to acquire and update our Surgical instruments, screw drivers the bone holding clamps became the "favorites".

With the plan to develop and strengthen the subspecialties, in the late 70s consultants were sent through the Colombo Plan to the

United Kingdom , Hongkong , Japan and other parts of Europe. To mention a few, the following were sent abroad, Drs. Jesus Duenas was sent to Japan for Microvascular surgery, Tiong Sam Lim was sent to Hongkong for Spine, Dr. Teodoro Castro for Spine in Scotland and Hongkong, Dr. Vedasto Lim to London, UK for Maxillofacial Injuries, Dr. Antonio Sison to Birmingham for Trauma, Dr. Rolando Agustin for Trauma, Dr. Floro Makalinaw for Burns treatment. and yours truly for Paediatric Orthopaedics in London and Liverpool. When we came back, we were ready to unfold the subspecialties.

Difficulties and Challenges - Amongst the real Difficulties encountered at that time were due to frequent Power failure and unreliable water supply. Deep well pump of the hospital couldn't supply the hospital's needs for 24 hours. Xray plates and antibiotics specific for the organisms cultured were not available in the hospital.

Challenges? There were so many challenges that turned into opportunities

- Neglected fracture dislocations of the elbow
- Neglected open fractures
- Hilots consulted before Orthopaedic Surgeons
- Congenital deformities interpreted as "good luck to the family"
- Image intensifiers, Lead aprons were not available yet.
- Our Close reductions, angiograms were checked with x rays

These are more of the problems of the ASEAN countries. Dr. Jose M. Pujalte in 1979 gathered the leaders of the ASEAN region to talk about the unique similarities we had, and how to solve them. In 1981, the ASEAN ORTHOPAEDIC ASSOCIATION was born.

What was going on in your mind - I was worried if patients would come to me as a female Orthopaedic Surgeon. That was a CHALLENGE. My decision to come back after a year of rotating internship in Bethesda, Maryland, proved that my uncertainties were wrong.

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Recognizing POA Pioneers

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Who created an impact during and after your residency? - I cannot discount the role that my mentors shared during my Orthopaedic residency but due credit, I give to Dr. Enrique Mangalindan, Dr. Sergio G. Pineda and Dr. Benjamin V. Tamesis. I have to thank all these mentors who molded me for what I am now. All of the consultants at the Children's Orthopaedics who unselfishly imparted the "Tricks of the Trade" Every single day in my practice, I owe them.

Dr. Jose V. de los Santos- First Medical Director of National Orthopaedic hospital, First President of the Philippine Orthopaedic Association, known for his interest in training and imparting his knowledge to the future Orthopods. He started training a handful of physicians, nurses by preceptorship, and later established training program in Orthopaedics until a formal one was approved by Congress in 1956.

I witnessed his eagerness to teach and do research with us, residents. He was in his 70s then- would attend our morning conferences, and shared his knowledge, his readings on rare Orthopedic cases. He even offered his Journals to be read in his office and conducted research on Bone Tumors, 'Outright ablation in Malignant

bone tumors vs. adjuvant chemo or radiation before and after amputation.

I was lucky to do a research paper with him wherein we did Aortograms pre and post containment procedure in Legg Calve Perthe's disease. He still did surgeries in his 90s we just had to be fast catching the bleeders. I visited him in his office at the de los Santos Medical Center to ask for a message for the Golden Anniversary of POC. He was still reading his books- He shook my hand and said, Dra. I am 101 years old. He passed on at 102.

Dreams achieved for POA Globalization and Subspecialties. This is now the trend. However, sub specialization has a tendency to focus on a particular region or age of the patient.

Food for thought:

Despite subspecialization, we should not forget our basics of a complete history and a complete Physical examination knowing the anatomy, blood and nerve supply so as not to miss the diagnosis. The complaint that is brought to the attention of the subspecialist may just be a manifestation



Dra. Altres with Dr. Jose V. Delos Santos at 101 years old

of other system or organ affectations which may be missed. A working diagnosis should be made before requesting for the more expensive workups which at the end may not really be needed-

For the PBO: Let us make our graduates general Orthopods first before subspecialists

Memorable Moments:

At the NOH, there are lot of stories that have gone down to generations- true stories or sometimes myths, repeatedly relayed on Alumni nights- stories that when we hear, we feel a sense we belong to NOH.



POSP 2021

The Pediatric Orthopaedic Society of the Philippines planned for a series of educational events that focused on going back to basics in 2020, which kicked off with its first quarterly meeting of the year on February 20, 2020. This was held in Makati Medical Center and focused on Osteogenesis Imperfecta, tackling the basic principles of OI, its medical and surgical management, and tips and pearls for more complex cases. The panel of lecturers was composed of POSP's Dr. Carlo Emmanuel Sumpaico and Dr. Juanito Javier and pediatric geneticist Dr. Melanie Alcausin. This was attended by more than 60 specialists and orthopedic residents.



1st Quarterly Meeting, 2020 (MMC)

As the pandemic hit, POSP, like all other groups, had to pivot and shift gears. As part of the POA's series of online webinars for 2020 called Residents and Orthopods Lockdown Encounters (ROLE), POSP

presented three sessions: "Pediatric Orthopedics in the Office Setting" with Dr. Vicente Gomez in August, "Femoral Shaft Fractures in Children" with Drs.

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PMTS Annual Report 2021

With the COVID-19 pandemic still ongoing, the Philippine

Musculoskeletal Tumor Society (PMTS) and its members continued their mission of providing bone and soft tissue tumor care through 2021. Even with the suspension of elective services due to rising COVID-19 cases, PMTS members were still able to offer their expertise and urgent surgery for sarcoma patients throughout the year.

Drs. Jasson Louie R. Arcinue and Abigail R. Tud were inducted as new members in a PMTS Business meeting in February 2021.

In March 2021, the 1st regional RTD of the society was held and hosted by Dr. Rex Peñaranda and the SPMC team of Davao. Previous RTDs of the society were all held in Metro Manila due to proximity of institutions. With the advent of Zoom, a

decision was made by the PMTS executive committee in 2020 to have hospitals outside of NCR host the RTDs virtually and the resulting SPMC online RTD was a resounding success.

This achievement was followed by the 2nd quarter RTD hosted by Dr. Ivan Concepcion and JBLMRH Pampanga in June 2021. Entitled “Tumors around the Shoulder”, cases from JBLMRH, POC, PGH, TMC, UST, V. Luna, EAMC, SLMC, CHH – Cebu, and SPMC – Davao were presented and discussed with plenty audience participation through the night.

In July 2021, the PMTS in cooperation with the Surgical Oncology Society of the Philippines (SOSP) participated in the monthly virtual MDTB sponsored by the Philippine Cancer Society (PCS). Drs. Cesar Dimayuga & Judith Akol were panelists in the event along with other specialists in medical oncology, hema-oncology,

radiation oncology, radiology, pathology, and palliative medicine to discuss cases in a multi-disciplinary setting.

Continuing with the theme of multi-disciplinary care, the 1st PMTS Basic Sarcoma Course was held on September 23-24, 2021 in a 2-day live online webinar sponsored by Zuellig Pharma. Sarcoma teams from PGH, POC, TMC, Chong Hua, and SPMC discussed the common bone and soft tissue sarcomas focusing on the multidisciplinary approach to diagnosis and treatment.

The event was very well received with over 1000 attendees over the 2 days of the course. The society will respond to the generous feedback given and the 2022 PMTS Basic Sarcoma Course is something the Philippine orthopedic and oncology communities should look forward to.

- Dr. Czar Louie L. Gaston
PMTS President

POSP 2021

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Nesti James Panopio and Angel Apalisoc in September, and “The Limping Child” with Dr. Rey-an Niño Garcia in November. All three webinars focused on common conditions encountered by general orthopedic surgeons and residents and how to approach these.

In line with the theme of 2020’s POA Annual Convention, “The New Normal: An Orthopaedic Challenge”, POSP’s symposium was presented by Drs. Julyn Aguilar and Jessie James Exaltation, who shared their experiences

with Pediatric Orthopedic Training in the pandemic and private orthopedic practice in the time of Covid, respectively.

In 2021, POSP aims to continue with education of our trainees and our non-pediatric orthopedic colleagues by holding more webinars and lectures tackling topics

that are more commonly encountered and how to approach these conditions. Other projects geared towards developing guidelines and researches for pediatric orthopedic conditions are also in the pipeline for the future.

- Elaine Candice Lim

POA IN PARTNERSHIP WITH POSP AND Mylan
PRESENT
RESIDENTS AND ORTHOPODS LOCKDOWN ENCOUNTERS
PEDIATRIC ORTHOPEDECS IN THE OFFICE SETTING
SPEAKER
VICENTE PATRICIO R. GOMEZ, MD, FPOA, FPCS, POSP
PHILIPPINE ORTHOPAEDIC INSTITUTE
PHILIPPINE CHILDREN'S MEDICAL CENTER
POHNA
13 AUGUST 2020, 7-9PM
REGISTRATION LINK
HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/
WN_1S_NPAQ8T0S4XCVYTP2HXK

POA IN PARTNERSHIP WITH POSP AND TAISHO
PRESENT
RESIDENTS AND ORTHOPODS LOCKDOWN ENCOUNTERS
FEMORAL SHAFT FRACTURES IN CHILDREN
SPEAKER
NESTI PANOPIO, MD, FPOA
SPEAKER
ANGEL CHARNEIN DELA PIERRE APALISOC, MD, FPOA
26 SEPTEMBER 2020, 7PM
REGISTRATION LINK
HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/
TZELD0GDP3J1HNZ997H4NZT1J2W6Y7ZRFZ

POA IN PARTNERSHIP WITH POSP AND ilife
PRESENT
RESIDENTS AND ORTHOPODS LOCKDOWN ENCOUNTERS
ONLINE INTERACTIVE LEARNING ACTIVITY
SPEAKER
REY-AN NIÑO L. GARCIA, MD, FPOA
THE LIMPING CHILD
19 NOVEMBER 2020, 8 PM
ZOOM MEETING LINK REGISTRATION:
MEETING ID: 840 8038 6460
PASSCODE: 824111



AHSP Participates In 4-Country Seminar

Last September 4, 2021, the Association of Hand Surgeons of the Philippines (AHSP) participated in the “Joint Seminar Across Four Asian Nations”. The virtual meeting was organized by Dr. Jin Bo Tang of China, a hand surgeon who is one of the foremost authorities on flexor tendon surgery. Hand surgeons from China, Malaysia, Singapore and the Philippines attended the event with topics ranging from fractures, infections, flap coverage, brachial plexus injury, replantation, arthritis, fingertip injury, compression neuropathies and WALANT surgeries were discussed.

Speakers from the AHSP and their respective topics were the following :

Dr. Precious Grace Handog - Current Trends in the Management of Distal Radius Fractures

Dr. Raymar Sibonga - WALANT for Radial Shaft Fracture Fixation

Dr. Tristram Montales - Functional Free Muscle Transfer for Brachial Plexus Injuries

Dr. John Hubert Pua - Post-Traumatic Arthritis of the Wrist

With the success of the seminar, the first of its kind in Asia, plans to hold it on a regular

Joint Seminars Across Four Asian Nations

7:30-11:30 pm, Saturday
September 4, 2021

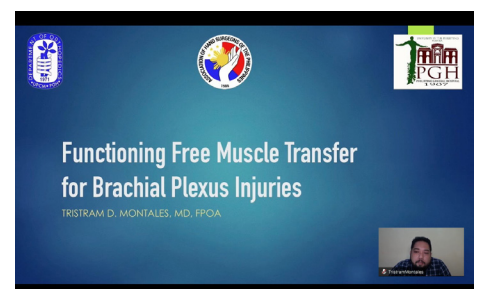
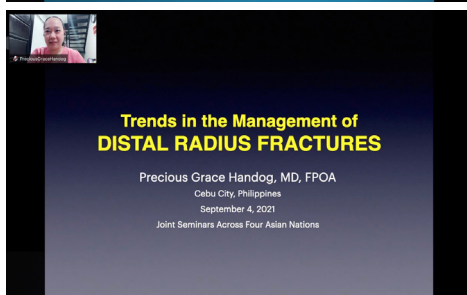
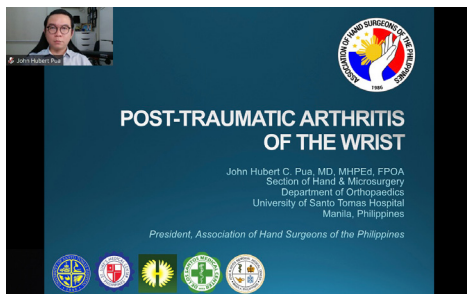
Agenda

Time	Presentation	Speaker
19:30-19:32	Short Welcome	
Session 1: The Chinese-speaking hand surgeons		
19:33-19:42	Invited presentation: Hand surgery in Chile and preferred techniques	Sebastian Von Unger
19:43-19:50	Changes in methods in repairing fingertip in our unit over 15 years and why	Jing Chen
19:51-20:00	Difficult finger replantation and how we deal with them	Chao Chen
20:01-20:06	Use of the venous flaps and its transfer in a wide-awake setting	SG Xing
20:07-20:10	A possible way of rehabilitation for most hand trauma patients	Jin Bo Tang
20:11-20:16	Wide-awake surgical settings in Nantong and use in extensor tendons etc.	Jin Bo Tang
20:17-20:30	Discussion	
Session 2: Malaysia		
20:31-20:40	SPECTR - Supraretinacular endoscopic carpal tunnel release	Teh Kok Kheng
20:41-20:50	Computer assisted surgical planning and patient specific surgical guides	Ranjit Singh Gill
20:51-21:00	Radial tunnel syndrome masquerading as tennis elbow – How I differentiate the two	Sharifah Roohi
21:01-21:10	WALANT and lignocaine toxicity	Shalimar Abdullah
21:11-21:20	Wide-awake proximal nerve decompression surgery	Amir Adham Ahmad
21:21-21:30	Discussion	
Session 3: Singapore		
21:31-21:43	Hand infection, the rationale approach to dealing with it	Duncan McGrouther
21:44-21:57	Dorsal fracture dislocation of the PIPJ, challenges and solutions	Sandeep Sebastin
21:58-22:10	Painful 1 st CM CJ, what are the current solutions	Lim Beng Ha
22:11-22:20	Beyond wrist arthroscopy: new updates	Andrew Chin
22:20-22:30	Discussion	
Session 4: Philippines		
22:31-22:42	Current trends in the management of distal radius fractures	Precious Grace Handog
22:43-22:54	WALANT for radial shaft fracture fixation	Raymar Sibonga
22:55-23:06	Functional free muscle transfer for brachial plexus injuries	Tristram Montales
23:07-23:18	Post-traumatic arthritis of the wrist	John Hubert Pua
23:19-23:30	Discussion	

• Technically supported by KingSung Medical •

basis are underway, as well as to include more Asian countries in the future.

- John Hubert C. Pua, MD, MHPEd, FPOA
AHSP President





PHKS 2021 Virtual Postgraduate Course

The Philippine Hip and Knee Society is proud to have successfully held this year's postgraduate course focusing on the knee using a virtual platform held last September 25, 2021 from 8am-5pm. Lectures were also available on-demand from September 25, 2021, 6pm until October 31, 2021 at 11:59pm.

The full and jampacked programme consisted of a stellar line up of speakers here and abroad.

The foreign speakers who graciously lent their expertise and knowledge are the following

1. Pruk Chaiyakit (Thailand)
2. Pang Hee Nee (Singapore)
3. Ngai Nung Lo (Singapore)
4. Christopher Mow (USA)
5. Joan Leal Blanquet (Spain)
6. Chih-Chien Hu (Taiwan)
7. Philip Van Overschelde (Belgium)
8. Serge Perrot (France)

Philippine speakers and moderators consisted of the following –

1. Edsel Arandia
2. Peter Bernardo
3. Marcelino Cadag
4. Jesse James Exaltacion
5. Ilustre Guloy
6. Raldy Herrera
7. Liberato Leagogo
8. Mike Muñoz
9. Nilo Paner
10. Jose Antonio San Juan
11. Jose Fernando Syquia
12. Andrew Tabberrah
13. Antonio Tanchuling, Jr
14. Herminio Valenzuela
15. Edward Wang
16. Jose Antonio Salud

The virtual exhibit hall consisted of the following sponsors --

1. Sinawal Medical Supplies
2. United Orthopedic
3. Microport/ Pacific Surgical
4. Zimmer Biomet/ Ossium
5. Orthopaedic International, Inc.



PHKS 2021 Virtual Postgraduate Course poster



PHKS 2021 Virtual Postgraduate Course Registration page/ Landing page



PHKS 2021 Virtual Postgraduate Course Lobby



PHKS 2021 Virtual Postgraduate Exhibit Hall



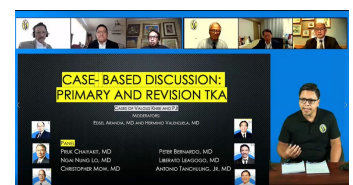
PHKS 2021 Virtual Postgraduate Course – Speakers: Dr. Jose Fernando Syquia, Dr. Jose Antonio San Juan, Dr. Jesse James Exaltacion; Moderator: Dr. Marcelino Cadag



PHKS 2021 Virtual Postgraduate Course – Speakers: Dr. Pruk Chaiyakit, Prof Lo Ngai Nung, Dr. Marcelino Cadag; Moderator: Dr. Herminio Valenzuela, Jr.



PHKS 2021 Virtual Postgraduate Course – Speakers: Dr. Pang Hee Nee, Prof Chris Mow; Moderator: Dr. Jose Fernando Syquia



PHKS 2021 Virtual Postgraduate Course Case-Based Discussion – Speakers: Dr. Pruk Chaiyakit, Prof Lo Ngai Nung; Prof Chris Mow; Dr. Peter Bernardo; Dr. Liberato Leagogo; Dr. Antonio Tanchuling; Facilitator: Dr. Edsel Arandia

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PHKS 2021 Virtual Postgraduate Course Case-Based Discussion – Speakers: Dr. Pruk Chaiyakit, Prof Lo Ngai Nung; Prof Chris Mow; Dr. Peter Bernardo; Dr. Liberato Leagogo; Dr. Antonio Tanchuling; Facilitator: Dr. Herminio Valenzuela, Jr.



PHKS 2021 Virtual Postgraduate Course – Speaker: Prof Lo Ngai Nung; Moderator: Dr. Edsel Arandia



PHKS 2021 Virtual Postgraduate Course – Speakers: Dr. Ilustre Guloy, Jr, Dr. Andrew Tabberrah; Moderators: Dr. Michael Muñoz and Dr. Edsel Arandia



PHKS 2021 Virtual Postgraduate Course – Speaker: Dr. Philip Van Overschelde; Moderator: Dr. Jose Fernando Syquia



PHKS 2021 Virtual Postgraduate Course – Speaker: Prof. Chih-Chien Hu; Moderator: Dr. Herminio Valenzuela Jr.



PHKS 2021 Virtual Postgraduate Course – Speaker: Dr. Joan Leal Blanquet; Moderator: Dr. Michael Muñoz

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PHILIPPINE HIP AND KNEE SOCIETY
VIRTUAL POSTGRADUATE COURSE 2021
KNEE'd to KNOW:
 THE BASICS, THE UPDATES AND THE SYSTEMS
 September 25, 2021
 9:00-3:00PM
www.phksvirtual2021.com

8:00-8:10	Welcome Remarks	JOSE FERNANDO SYQUIA
8:10-8:30	Anatomy and Biomechanics for TKA surgeons	NGAI NUNG LO (Singapore)
8:30-8:50	MIS Approches to TKA: Is it Any Better?	JESSE JAMES EXALTACION
8:50-9:10	Patient Optimization for Knee Arthroplasty: Issues to Address	MARCELINO CADAG
9:10-9:20	Q&A	
9:20-9:40	Management of Severe Varus Knee	PRUK CHAIYAKIT (Thailand)
9:40-10:00	Management of Severe Valgus Knee	NGAI NUNG LO (Singapore)
10:00-10:20	Correction of Fixed Flexion Deformity	MARCELINO CADAG
10:20-10:30	Q&A	HERMINIO VALENZUELA
10:30-10:50	Out Patient TKA: Fast Forward to the Future	PANG HEE NEE (Singapore)
10:50-11:10	New Technologies in TKR	CHRISTOPHER MOW (US)
11:10-11:20	Q&A	JOSE FERNANDO SYQUIA
11:20-12:00	Case- Based Panel Discussion – Surgical Management of Knee Arthritis	EXPERT PANELISTS NGAI NUNG LO CHRISTOPHER MOW PRUK CHAIYAKIT PETER BERNARDO ANTONIO TANCHULING LIBERATO LEAGOGO
	Presentors: EDESEL ARANDIA and HERMINIO VALENZUELA	
12:00-12:30	Lunch Symposium (Menarim) The Art and Science of Acute Pain Management Post-Operative Pain	Speaker – PROF SERGE PERROT (France) Reactors – EDWARD H.M. WANG – JOSE ANTONIO SALUD
12:30-13:00	Break/Lunch	
13:00-13:20	Measured Resection vs Gap Balancing: Don't We All Balance the Gaps?	ILLUSTRE GULOY
13:20-13:40	CR, PS: What level of constraint should you choose?	ANDREW TABBERRAH
13:40-13:50	Q&A	RALDY HERRERA
SESSION – SURGICAL DEMONSTRATION OF TOTAL KNEE ARTHROPLASTY SYSTEMS		
13:50-14:10	NEXGEN Total Knee System (Zimmer Biomet/Ossium)	PROF NGAI NUNG LO (Singapore)
14:10-14:20	Q&A	EDESEL ARANDIA
14:20-14:40	U2 Knee Using "AIO" Cutting Jig (Sinawal/United Orthopedic Corp)	JOAN LEAL BLANQUET (Spain)
14:40-14:50	Q&A	MIKE MUÑOZ
14:50-15:10	Revision TKA using U2 PSA System (Sinawal/United Orthopedic Corp)	PROF CHIH-CHHEN HU (Taiwan)
15:10-15:20	Q&A	HERMINIO VALENZUELA
15:20-15:40	Medial Pivot System (Pacific Surgical/Microport)	PHILIP VAN OVERSCHELDE (Belgium)
15:40-15:50	Q&A	JOSE SYQUIA
15:50-16:10	AXIS Knee (Orthopaedic International, Inc)	ILLUSTRE GULOY
16:10-16:20	Q&A	RALDY HERRERA
16:20-16:40	Wound Closure Techniques/ERAS	JOSE ANTONIO SAN JUAN
16:40-16:50	Q&A	NILO PANER
1700	Adjourn	



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6. Ethicon J&J
7. German Quality Pharma Inc.
8. Menarini
9. Getz Pharma
10. Cathay Drug Company Inc
11. Metro Drug
12. BFMC
13. LeFort Medical Training Corp
14. Viatris
15. Sanofi
16. Ti-Tech Medical Trading
17. Total Ortho Medical Supplies Solution, Inc.
18. PPD Clinic



PHKS 2021 Virtual Postgraduate Raffle Prizes

To add buzz to the event, a generous line up of prizes for the raffle was added. The raffle is designed to encourage members to interact with the sponsors.

Two types of raffles were done – The Daily Random Raffle and the Major Raffle Draw. Add to it the rebate for the registration fee for the first 10 registrants and to highlight the PHKS’ 30th year, the 30th registrant registration fee is waived.

The PHKS Board 2021-2022 have endeavored to deliver a virtual postgraduate course that is interesting and educational just as how a face to face event would bring. It is our hope that we have delivered an educational and fun course.

Below are activities in the pipeline, as initiated by the PHKS Board, are equally interesting, fun and aim to add to our collective knowledge on arthroplasty.

- PHKS Masterclass series
- Research Forum
- Asean Arthroplasty Meeting
- PHKS Induction of New Members 2022

Keep safe!

- Edsel F. Arandia, MD
PHKS Ex-Officio

Daily Random Raffle Draw Winners

- September 18 – John Rey Go (CHH) – Fascia Gun Massager (Viatriis – 9th visitor)
- September 19 – Simon Tiu (St Lukes QC) – UVC Sterilization Lamp (Cathay – 5th visitor)
- September 21 – Emmanuel Mata (TMC) Bluetooth Speaker LED Alarm Clock (LeFort – 3rd visitor)
- September 22 – Rey Dela Rosa (NKT) UV Box (OI – 2nd visitor)
- September 23 – Byron Gafud Allosacc cup cooler and warmer (Sanofi) – 6th visitor
- September 24 – Juan Gabriel De Leon (QMMC) Xiaomi Huohou Wine Opener Gift Set (Getz – 8th visitor)
- September 26 – Jose Mari Dychioco – UV Box (MetroDrug – 7th visitor)
- September 27 – Jose Carlos Estil, Jr – Xiaomi Xiaoda UVC Sterilization Lamp (BFMC – 5th visitor)
- September 28 – Francisco Roura – Momax Q Pad Wireless Charger (Germany Pharma – 8th visitor)
- September 29 – Christopher Manlapan – MarsWorker Cordless Impact Driller (Pacific Surgical – 2nd visitor)
- September 30 – Fitzderick Zarate – Bluetooth Speaker LED Alarm Clock (Sinawal – 5th visitor)
- October 1 – Jose Carlos Estil, Jr – Momax Q Pad Wireless Charger (United – 1st visitor)

Daily Random Raffle Draw criteria and winners

SEPTEMBER 20TH Major raffle draw (OPENING DRAW)

- Drawn from pool of attendees
- (from September 18; 12am to September 20; 8pm)
- ✓ 2 HyalOne injections
 - Rubio, Donnel Alex – 1 HyalOne injection
 - Guloy, Ilustre – 1 HyalOne injection

SEPTEMBER 25TH Major raffle draw (END OF MEETING DRAW)

- Drawn from pool of attendees
- (from September 18; 12am to September 25; 6pm)
- ✓ 1 Ipad 8th Gen 128MB Space Gray
- ✓ WINNER – Mark Allan Lopez

October 2nd Major raffle draw (CLOSING DRAW)

- Drawn from pool of attendees
- (from September 25; 6:01pm to October 2; 5pm)
- ✓ 2 HyalOne Injections
 - Jason Romualdo – 1 HyalOne injection
 - Rolando Ochoa – 1 HyalOne injection



PHKS 2021 Virtual Postgraduate Course – Speaker: Dr. Ilustre Guloy Jr; Moderator: Dr. Marcelino Cadag



PHKS 2021 Virtual Postgraduate Course – Speaker: Dr. Jose Antonio San Juan; Moderator: Dr. Nilo Paner

Lucky 30th registrant free registration

Gonzalo Gabriel Lavarias III



POA NL 2021

With the same group of officers of NLPOA the First Quarterly Meeting was held on

March 13, 2021 via zoom with Interesting Orthopedic Cases presented by Dr. Miles De la Rosa and Dr. Edsel Arandia and a Primer of COVID 19 Vaccines by Dr. Aileen Espina, which was followed by induction of 5 new members of the NLPOA.

On March 22, 2021, another webinar with the group was done with Dr. Leo Daniel Caro on Updates and Approach to Osteoporosis Management in the New Normal.

For the 2nd Quarterly Meeting on May 22, 2021, the Scientific Program centered on Pain Management with Dr. Elton Ong on Holistic Approach to Management of Neuropathic pain and Dr. Daniel Dungca on Multi Modal Approach to Chronic Pain Management. A case presentation of Neglected Segmental Femoral Fracture secondary to COVID 19 Delay was given by Dr. Edelyn Azurin.

For the 3rd Quarterly Meeting. On

September 4, 2021, all speakers were our colleagues from Baguio City. Dr. Justiniano Bai who shared their experiences on WALANT Procedures, Dr. Rodel Banggiacan on Pelvic Ring Fractures and Dr. Jeanne Pierre Leung on Avoiding Complications of Fractures around the Knee. For the next Quarterly Meetings, colleagues from other training institutions were encouraged to share their best practices to the group.

For the 4th Quarterly Meeting, the NLPOA is scheduled for another Scientific Meeting and election of new sets of officers for year 2022.

The establishment of 2 ORTHOPEDIC Surgery Training Institutions in North Luzon brings to a total number of 4 training Institutions, with 2 more provinces in the process of applying for accreditation. This should bolster the capacity to handle more Orthopedic cases in the Cordilleras, Regions 1, 2 and 3. At present the training institution are Baguio General Hospital headed by Dr. Jasper Martinez, Ilocos Training and Regional Medical Center under Dr. Maxie Escaño, Jose B. Lingad Memorial Hospital under Dr. Ivan Concepcion, and Cagayan Valley Medical Center under Dr. Noni Abogado.

Under the dedicated leadership of Dr. Daniel Dungca, the Department Heads and Consultants affiliated with the above-mentioned training institutions have formed a group called CORE or Council of Orthopaedic Education. The objective of the group is to train the consultants, train and assist the Orthopaedic Residents. Joint activities of Training Hospitals thru scheduled zoom meetings are done such as Lectures, Pre and post op conferences, Morbidity and Mortality Conferences, mock examinations as well as oral examinations. All these trainings aim to develop a well-rounded, competent and skilled young Orthopods at par with the other training institutions, and maybe, encourage other doctors to train and practice in North Luzon.

Another program which was started a few year ago and still on-going is the nationwide program for correction of Clubfoot, the Miracle Feet.

This is under the program of PNGOC in conjunction with the above-mentioned Training Orthopaedic Institutions as well as other hospitals in Northern Luzon.

Dr Erwin V. Guzman
President, POANL

Thirty @30



POA-SOUTH LUZON CHAPTER 30th Founding Anniversary Celebration

Save the Date
30 October 2021



It's been thirty long years since our founders established the PHILIPPINE ORTHOPAEDIC ASSOCIATION - SOUTH LUZON CHAPTER (POASL) through the leadership of RODOLFO T. NITOLLAMA MD, FPOA. Their primary goal was to establish camaraderie between practicing orthopedic surgeons in the region. From less than 10 orthopedic surgeons, the



From Rocks to Pillars: UP-PGH Orthopedics celebrates its 50th Golden Anniversary

The UP-Philippine General Hospital (UP-PGH) Department of Orthopedics has proven to be resilient as it celebrates its 50th Golden Anniversary despite the adversities of the past year.

The department has undoubtedly been affected by the pandemic with the UP-PGH being converted into a COVID-19 referral hospital since March 2020. There were

several obstacles that were encountered the past year: mandatory rotations in the COVID-19 wards, a diminished number of surgical cases, and an overall restructuring of the modes of teaching. In response to all these, the department had to quickly adapt in pursuit of orthopedic training, service and research. A reorganization of its staff was implemented to accommodate for possible outbreaks. Likewise, the department

formed partnerships with institutions to bolster the number of surgical cases for residents' and fellows' training. Innovations were made in teaching methods that included asynchronous courses, lectures and cadaveric in-house training and simulations – all of which were aimed to augment the education of its trainees.

It was also during the past year that the department mourned the loss of two of its distinguished pillars - Dr. Antonio M. Montalban and Dr. Napoleon M. Apolinario. Both have served as previous chairs of the UP-PGH Department of Orthopedics and were also former UP-PGH Hospital Directors, on top of being “institutions” in Philippine Orthopedics.

Even in the face of grave challenges, the UP-PGH Department of Orthopedics commemorated its 50th Anniversary with the theme “Rocks to Pillars.” On December 19, 2020, an Anniversary Kickoff Celebration gathered its alumni from different regions of the world to jumpstart the festivities ahead.

Every year, the department observes its tradition of welcoming our newest roster of orthopedic trainees. In the time of the pandemic, this tradition was given a twist. A Virtual Welcome/Dunking Party was held instead. A bottle of celebratory wine

Thirty @30

members have now grown to more than a hundred and still growing.

To commemorate this milestone, the POASL celebrated its 30th anniversary on October 30, 2021 through an online get-together. Past presidents of the chapter were invited to give short narratives during their term of office. Commemorative items including a limited edition jacket were delivered to each member's residence to make the event more personalized. And to formalize this momentous affair, the new and improved POASL emblem was unveiled to its members. Preparations for this occasion took multiple online meetings with the headship of ERNESTO TENORIO JR. MD, FPOA and its officers.

The chapter was legally approved by the Securities and Exchange Commission on



April 26, 2021 as POA – SOUTH LUZON CHAPTER. INC.

We aspire that more colleagues will join us in the coming years. We also hope that existing members will not get tired of giving their unending support. More power to POASL!

Dr. Roberto Gabriel L. Lopez

From Rocks to Pillars...

From Page 33



was sent to all the alumni all over the world! The new trainees were feted and old friendships were celebrated. A special anniversary project was likewise launched - Project G.O.L.D. (Give One's Labor for a Day). Alumni were enjoined to donate their professional earnings for a day of their own choosing. It was able to successfully raise more than Php 3M earmarked to support departmental activities in service, training, and research.

This year, we continued the Legacy Lecture Series, a set of lectures given by a consultant to highlight his or her field of interest, passion and expertise. This monthly webinar series has been enthusiastically attended by resident trainees all over the country, colleagues in Orthopaedics and even from other specialties, allied medical professions and medical students.

Having been founded 50 years ago on June 22, 1971, the department commemorated its Foundation Week from June 20-26, 2021 with a series of activities. This started off with the PGH flag ceremony hosted by the Department of Orthopedics. In cooperation with the UP College of Medicine and with the support of its Dean, Dr. Charlotte Chiong, an Ortho Quiz Show for clerks and interns was conducted to engage medical students, and to provide an avenue that would enhance their knowledge of orthopedics. It was also during this week that the Special Orthopedic Edition of the Acta Medica Philippina Journal was put out. At the end of the week, an online event dedicated to The History of the Department and a Tribute to its Mentors was held. The department traced its roots and gave recognition to those who helped

the department become what it is today. Covid-19 did not stop the annual Orthopaedic Review of Core Knowledge or better known as OrthoRoCKs. This year's OrthoRoCKs 8 was conducted remotely and had a total of 1,275 attendees coming from 6 out of 7 continents worldwide. This Golden Anniversary Edition of the OrthoRoCKs presented 50 glorious lectures to celebrate 50 years of the department. Three types of lectures - Basic, Advanced and Allied - encompassed the breadth and depth of Orthopedics. In addition to these, OrthoRoCKs GOLD Lectures were showcased. These were talks delivered by renowned and pioneering Filipino Orthopaedic surgeons.

With 50 years of trailblazing achievements, the UP-PGH Department of Orthopedics continues to uphold its standards in excellence, resilience, and innovation. Pending face to face issues caused by the pandemic, a big celebration in the future is forthcoming. PGH Ortho, Too Strong!

- Drs. Giorgio D Delgado & Paula Veronica SJ Reyes

Ortho Lasalyano: "How We Row Our Boat"

De La Salle University Medical Center, the largest tertiary hospital in Southern Luzon, is committed to providing quality, holistic, compassionate, and patient-centered medical care and services. It holds distinction as the first hospital in the Philippines to have been awarded an ISO certification for its quality management program.

The Department of Orthopaedics of The De La Salle University Medical Center has been in existence since 1996, offering safe orthopaedic surgical care that is at par with the best and most prominent hospitals in the country. Our department is composed of 15 active consultants, who at the same time, are faculty in the De La Salle Medical Health Sciences - College of Medicine, together with 10 residents in training. Our

residency training is the only accredited training program in Southern Luzon.



and ankle arthroscopy), musculoskeletal tumor, pediatric deformity correction, spine surgery (minimally invasive and endoscopic), hand and microvascular surgery, as well as ankle and foot surgery. We also have a specialized area for advanced

We provide orthopaedic care for trauma, joint replacement (hip, knee and shoulder), sports medicine (shoulder, hip, knee

Ortho Lasalyano: “How We Row Our Boat”

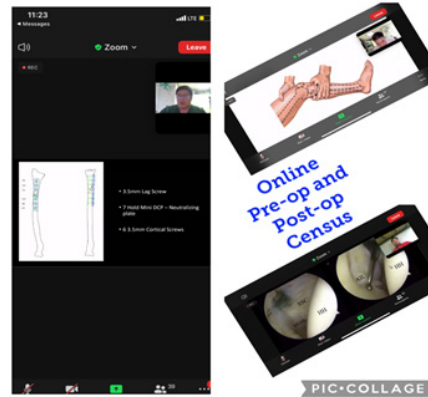
orthopaedic wound care, and in addition, we also offer day surgery including WALANT procedure. Soon there will be osteoarthritis and osteoporosis clinic.

We handle cases from simple orthopaedic injuries and deformities, to more complicated ones. We cater more to orthopaedic trauma cases most of the time, including fragility fractures. However, due to the global distress brought by the pandemic, our institution has been in need of adaptive changes not only in caring for our patients, but also in taking care of our medical staff as frontliners, and in educating and training our students and residents.



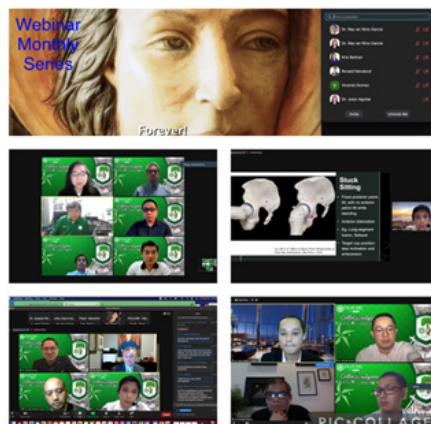
To expound more, to avoid the risk of getting infected by COVID-19, infectious safety protocols were more strictly implemented. New measures to protect both frontliners and patients have proven difficult from the beginning until the present. Such challenges include low mobility of logistics, the immediate need for both frontliners' and patients' adaptation and the losses of the hospital, which include manpower and more. These have all consequently lessened the number of patients and have lowered the spirit of all the hospital's stakeholders.

However, in the orthopedic context of DLSUMC, challenges faced by the department have included handling emergency traumatic cases, having to deal with urgent elderly hip fractures, as well as dreadful orthopedic tumors. Other obstacles would also be how instruments and implants were hard to obtain at first due to limited availability, including the



RT-PCR test and its delayed result, and having to learn to operate on patients with PPE, because although the attire was difficult to work with, it was needed to be adapted with for safety purposes. Similarly, other hurdles would also include how orthopedic residents and students would lack the opportunity to learn about more diverse cases due to low number of patients, dealing with the need to be vaccinated, and the difficulty of functioning mentally because of the loss or infection of certain colleagues, medical staff, and even residents due to the virus.

Aside from performing limited surgeries for emergency cases and elective procedures, the provision of day surgery and WALANT procedure, as well as advanced wound care, have served advantageous for the team to continue their service in the midst of the strict safety protocol in the operating room. At present, the department continues educating the residents, interns and clerks through blended learning (face to face and virtual). Likewise, the department's 25th anniversary is currently being celebrated successfully through monthly



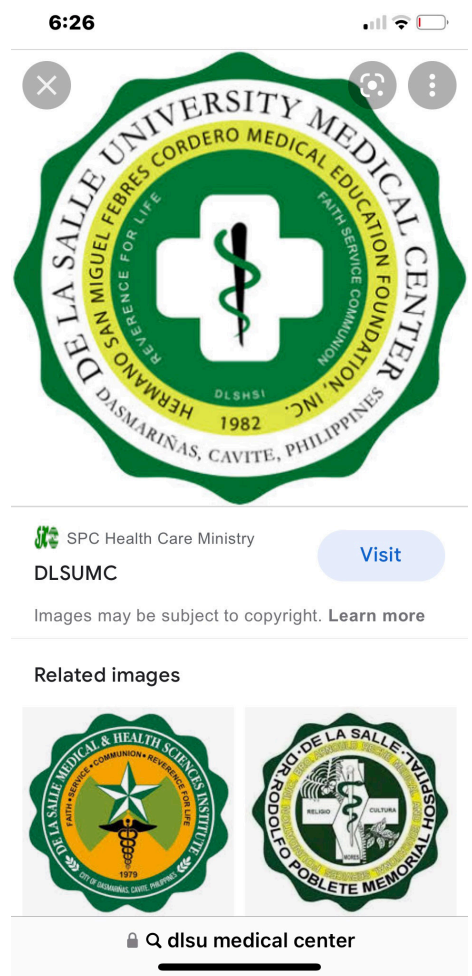
webinar lecture series, which is a whole year celebration, showcasing La Sallians' produce and the sharing of knowledge to the whole orthopaedic community from April up to December 2021.

Despite all the challenges, adaptation, dedication and teamwork have helped the orthopedic department to persevere for the good of all the patients that seek their care, in order to stay strong for their calling to serve humanity. This is how we row our boat to brave the tides of the time.

Together in the Lasallian faith, this too shall pass...

ANIMO LA SALLE!

- Michael DR Muñoz



Obituaries

Dr. Antonio C. Acosta Jr.

Boss Teddy



Dr. Antonio C. Acosta Jr. was a dedicated and highly respected orthopaedic surgeon from the National Orthopaedic Hospital (NOH). He was a true professional and treated his colleagues

in high regard. As a trainer, he was a disciplinarian and as a mentor, he would gladly share his knowledge and surgical skills. Residents may or may not like him, but his style of teaching was very effective.

Dr. Acosta was a Colombo Plan UK Scholar at the University of London in 1964-1965 and his fellowship in Thoracic Surgery added to his proficiency as a spine surgeon at the time when Hong Kong technique of transthoracic approach for spine surgery was popularized. He headed the Spinal Surgery Unit of NOH with quality performance.

In the development of Philippine Orthopaedics, Dr. Acosta has made significant contributions. He was a member of the first set of officers for the Philippine Board of Orthopaedics (PBO) when it was established in 1972. He eventually became Chairman of PBO and President of Philippine Orthopaedic Association (POA). He also founded the short-lived Philippine Association of Spine Surgery (PASS). He extended his professional ties internationally and became President of the Spine Section of the Asia Pacific Orthopaedic Association (APOA). His close friendship with the world acclaimed spine surgeon from Hong Kong, Prof. Arthur C.M.C. Yau brought honors not only to himself, but to the NOH and POA as well.

Later in his career, Dr. Acosta continued to practice orthopaedics and as Chief of the Spine Surgery at the Capitol Medical Center, until he retired. We are all proud of his achievements.

-Dr. Antonio B. Sison

Living through a decade under the tutelage of a single mentor, spending six days out of seven with him, occasionally plodding through twelve-hour workdays, allowed for a blurring of some boundaries. Director, President, ninong, confidante; he was always my boss, "Boss Teddy" as he was fondly called, although I know of his many other colorful names. He was head of POC's Trauma 1 Team, the Pink Service, which bred a unique kind of Orthopod, armed with multi-subspecialty surgical skills and uniquely hardened by the exposure to the Pink head of service.

We called it tough love.

It was tough being in Pink. Boss Teddy had unique interests, unique needs, and unique pursuits. From a weekend day trip to the mountains of Baguio, just so we could pray at the Manaog Church then have lunch at Rosebowl; to an afternoon jaunt to Clark Airbase, to buy a specific special candle for November 1; or a quick getaway for Chinese food in Tagaytay; time spent in common company resulted in learnings way beyond the usual subject matter. Residents feared rotating in Pink, equating it to a gestapo-like leadership, ensuring lost holidays and bidding farewell to special personal occasions. It was really a matter of perspective; I would tell our boys and girls—and making the most out of a challenging situation usually resulted in many fond memories and deeply ingrained lessons not limited to Orthopedics.

He was a fountain of knowledge and experience. Having spent so much time in additional training in Scotland, the UK and in Hongkong, Boss Teddy armed himself primarily in Spine Surgery and Joint Replacement, but with the wealth of material he immersed himself in, no Trauma case was alien to him, and as many will attest, other subspecialty cases wouldn't pose a challenge either.

His work ethic was admirable. Having held many national positions including President of the Philippine Orthopedic Association in 1985 and eventually as Medical Center Chief of the Philippine Orthopedic Center from 2008 to 2010, his habit was to arrive by 6:30am, after already

completing rounds on his patients. He would always reiterate that as a surgeon, you need to be the first to know how your patient's night went, to properly face each new day. He was quick to react, quick to manage and quick to judge—and many have incurred his ire; but he was also very quick to forgive and forget. Pink boys and girls would derive personal satisfaction when Boss Teddy would remember a misstep, or a misjudgment, but quick to translate this opportunity as an efficient way to learn.



I will forever remember the lessons--not in the usual forms as he was never fond of giving lectures, didactics or talks—the teaching occurred at bedside, in the corridors, over lunch or dinner and most of all, in the Operating Room. This was his domain, his platform, his stage. Standing opposite him, assisting properly, anticipating each move and need was like watching a movie, or drama, unfolding. The exposure, the approach, the buildup to finding the pathology be it a bad fracture, a denuded joint, a desiccated disc or a deformed spine would serve to slowly develop momentum, involving each assistant in the myriad of small decisions being made as we went forward, gems of information, pearls from experience uttered and pointed out, correcting the defect, adjusting the construct then applying the implant, all contributing to the successful outcome as its climax. Then, as a fitting denouement, the mood lightens, the funny anecdotes resume, the chiding and joking come as the surgery ends. A drama indeed, in just another form. This was Teodoro Castro at his best and it was a gift to behold.

We kept in touch. After he retired, I made it a point to visit for quick kumustahans. Many a time I would drive to him to get his opinion when I'm in a fix or a bind, not always Orthopedic in nature. The Orthopedic wisdom and life lessons were invaluable. His birthdays were annual reunions amongst closest mentees and colleagues, who all loved and respected the

Dr Napoleon M. Apolinario: A Life of Long, Devoted, and Illustrious Service to the Filipinos

Doc Apo or Doc Nap, as he was fondly called, loved truly and deeply the Filipinos. His long and illustrious career and service to UP Manila, PGH, UP College of Medicine signified this love.



After graduating from the UPCM in 1967, he took his Surgical Residency in PGH. He then started a promising medical career in Bukidnon. He was requested by then Dr Jose Silao, to come back to PGH in 1973 as consultant and training officer of the newly formed department of Orthopedics. He went to Hennepin County Medical Center [1976] under Prof. Ramon B. Gustilo and was the first Filipino "Gustilo fellow".

He later became the Department Chairman in 1987-91. He was an exemplary teacher, astute administrator, a dexterous orthopedic surgeon, and a role model and mentor to his residents, staff and colleagues. He was a major part of the growth, and development of PGH orthopedics, evolution and expansion of its programs and services. He was conferred as Honorary Fellow of the Philippine Orthopedic Association in 1998.

After his stint as department chairman, he became Associate Dean of the UP

Boss Teddy...

From Page 36

man, imperfect as he was, but to whom we owed so much. Ironically, for a decade, I spent more time with him than I did with my own family, which is why he really did blur lines, as my boss and my mentor---his family became mine, and my family became his. Tough love as we said, Boss Teddy was more than that, he was my orthopedic dad. I will forever miss him. Pambihira, Salamat Boss!

- Frederic Joseph F. Diyco

College of Medicine, then PGH Director in 1998-2000, then Vice-Chancellor for Administration of UP Manila.

As PGH Director, he had a personal approach to work and governance, implementing people-oriented programs and projects, such as Hospice Care, Bantay Antayan unit, Silahis ng Kalusugan School for Chronically Ill children, and Luntiang Paraiso for Children with disabilities, Tri-city Project, Child Protection unit, and Cancer Institute initiatives such as the children center and Multidisciplinary Boards.

His tenure saw great progress in heart surgery, cardiac catheterization, and organ transplant services of PGH. The Orthopedic Spine Unit Bldg stands tall as part of his and his predecessor's efforts to put up more specialty services and clinics.

As Vice Chancellor for Administration, he had a vital role in the expansion of UP Manila in graduate programs, infrastructure, and facilities development.

He loved the Filipino language and used it often during meetings and conferences, with his signature greeting "Mabuhay ka", becoming his trademark expression of endearment.

- from the tribute of UP Manila, edited by Dr. Peter B. Bernardo

Rest in Peace

Dr. Anthony M. Toquilar, MD, FPOA

Sept. 26, 1969 - Jan 21, 2021, Yr. Inducted: 2003, PBO Training Institution: DLSUMC, Chapter: SLC

Dr. Jose Redentor C. Bucu, MD, FPOA

Aug. 11, 1950 - April 2021, Yr. Inducted: 1982 PBO Training Institution: POC, Chapter: NLC

Dr. Antonio A. Pobre, MD, FPOA

Apr. 8, 1952 - Sept. 20, 2021, Yr. Inducted: 1985, PBO Training Institution: POC, Chapter: NCR

Dr. Emmanuel Katada, MD, DPBO

March 10, 1959 - November 12, 2021 Training Institution: POC

POA/PBO Transfers to New Office at POC

The POA moved to a new office at the Philippine Orthopedic Center [POC].

From the Tektite office, the association moved to the Philippine College of Surgeons building near SM North EDSA in August 2017. The rental/lease contract was for 5 years and was to expire in August 2021. From an initial rent of 28.5K, it has increased markedly by 25% [annual increase of 10-15%] to almost 50K per month on the last year.

After much deliberation, the board decided to transfer, and fortunately, there was an available office space at the POC. After corresponding with Dr Brix Pujalte, and Dr Paul San Pedro, POC Director and Deputy Director respectively, the POA could transfer and pay a minimal rental fee. A memorandum of agreement [MOA] was drafted and signed, and the transfer was completed by the end of July 2021. Although smaller than the previous office, it was sufficient enough for our needs.

At the same time, the association is still looking for a permanent residence for the organization. We have been scouting for several properties which the association could acquire in the future.

- Dr. Peter B. Bernardo

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Frederic Joseph F. Diyco

Secretariat Staff: Eden Ladrica

Layout Artist: Mike Villanueva

Dr Antonio M. Montalban: A Giant and Pillar in Health Education, Research, and Orthopedic Patient Care



*-from the Tribute of UP Manila,
edited by Dr Peter B. Bernardo*

For the orthopedic community, Dr. Montalban is one of its giants, a pillar in health care, and a model teacher and mentor in the classroom, clinics, and in life. His greatest and most cherished contributions and legacies in health are those fulfilled during his long and distinguished years of service at the PGH and at the national level.

After his graduation at the UPCM in 1968, residency at the PGH Department of Orthopedics, and fellowship in Pediatric Orthopedics at the Nuffield Hospital in

Oxford, UK, he organized the pediatric orthopedic service of the department and took on other roles and tasks. He later became the Department Chair in 1991-94, at the same time as PGH Asst Director for Health Operations, and later its Medical Director in 1994- 97.

He served the POA as President in 1984, and in the regional level as one of the co-founders of the ASEAN Orthopedic Association [AOA- 1982] that began his wider journey and experiences as an orthopedic surgeon and leader. His great passion for learning and service led him to obtain relevant graduate degrees such as MHA, Master of Health Professions Education, and MPH. He advocated lifelong education for his residents and students, helping them to acquire scholarships and grants, in their pursuit of fellowships and further studies.

Dr Montalban, encouraged, valued, and supported research, by being the long time editor of the Philippine Journal of Orthopedics [PJO], initiating the Annual Research Forum, both in the orthopedics department and at the PGH hospital.

As PGH Director, he envisioned better emergency care for patients by setting up the Department of Emergency Medicine, along with its residency program, and making sure it will flourish not only at PGH but in the rest of the country. This paved the way for the practice of emergency medicine in government hospitals. He founded the Philippine Society of Emergency Care Physicians, that attracted many specialists nationwide and put its own scientific journal, the onle emergency journal in the country.

He endeared himself to the rank and file employees at PGH, making himself available and approachable anytime he was needed. He created the PGH Medical Foundation Inc. and implemented the Magna Carta for Health Workers and the PGH Bayanihan Multipurpose Cooperative.

He spent his free time giving free clinics to the Malate Parish every week with his residents. He treasured his roots and his homeland in Butuan, coming back for visits and medical missions.

*In your hands, O Lord,
we humbly entrust our brothers.
In this life you embraced them with your tender love;
deliver them now from every evil
and bid them eternal rest.*

*The old order has passed away:
welcome them into paradise,
where there will be no sorrow, no weeping or pain,
but fullness of peace and joy
with your Son and the Holy Spirit
forever and ever.*

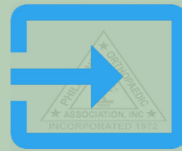
Amen.



PHILIPPINE ORTHOPAEDIC ASSOCIATION, INC NATIONAL ELECTRONIC ELECTIONS VIA THE **Philortho App**

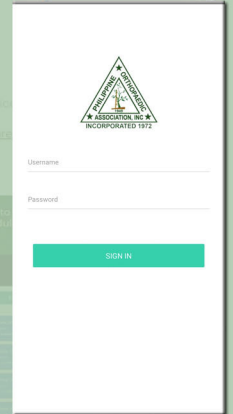


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NOV
17
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8 AM

NOV
18
ENDS @
6 PM

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- 1** LOGIN YOUR USERNAME AND PASSWORD
- 2** WELCOME
- 3** CLICK VOTES IN MENU
- 4** PLEASE SELECT 11 CANDIDATES
- 5** PLEASE SELECT 3 CANDIDATES
- 6** PLEASE SELECT 3 CANDIDATES

CLICK POA IN TAB LOCATED AT THE TOP OF THE SCREEN. THEN CHOOSE YOUR CANDIDATES. IF YOU'RE DONE CHOOSING YOUR CANDIDATES THEN SUBMIT VOTES.

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CLICK PBO IN TAB THEN CHOOSE YOUR CANDIDATES. IF YOU'RE DONE CHOOSING YOUR CANDIDATES THEN SUBMIT VOTES.