



HANDS-ON

BIANNUAL NEWSLETTER
ASIAN PACIFIC FEDERATION OF SOCIETIES
FOR SURGERY OF THE HAND



Editor's Message

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POSITIVE & PROGRESSIVE

We're excited to welcome the return of HANDS ON, the biannual official APFSSH newsletter, with a new look and a new editorial team dedicated to providing you with updates on the hand surgery landscape and societies around the Asia Pacific region!

In this issue, our APFSSH Council President-Elect Dr Fuminori Kenaya and Treasurer Dr Hyun Sik Gong describe how the APFSSH has evolved in the past year. Our regional hand surgeons share their experiences in the travelling fellowship reports, and we gathered up the regional hand society activities and updates.

We hope you enjoy the issue, and we would love to hear from you and receive news to share with our APFSSH hand surgery community!

> Editorial Team Dawn Chia Gaston Roces Melanie Amarasooriaya Monusha Mohan

One Step Forward 2024

Fuminori Kanaya, President-Elect APFSSH

The COVID-19 pandemic is heading towards convergence, and daily life is gradually returning to normal. While preventive measures and vaccines have been effective to some extent, it is mainly believed that natural immunity and the decreased pathogenicity of COVID-19 have played a larger role. This situation has made us realize that we must not forget the ongoing threat of infectious diseases, even in the 21st century.

The APFSSH continues to make progress. Financially, it is in good health thanks to the steady collection of membership fees, as well as surplus funds from academic conferences and a donation from Dr. Sabapathy (Immediate Past President) and so on. Under the leadership of Mr. Berger (President), the Education Committee has launched programs such as the APFSSH Traveling Fellowship and Visiting Professorship, which increase interaction among member countries and are expected to raise the level of hand surgery. Thanks to the efforts of past presidents, there are now 13 member countries. Currently, the Nepal Hand Surgery Society and the Emirates Hand Surgery Society are applying for membership, and Dr. Nguyen Trung Hieu and Dr. Do Phouc Hung from Vietnam are applying as associate members.

The Journal of Hand Surgery - Asia Pacific (impact factor 0.5) has a sufficient number of submitted papers, but improving the quality of these papers is a challenge moving forward. COVID-19 still remains a global issue, and conflicts in Ukraine and the Gaza region show no sign of resolution. Despite such conditions, the APFSSH continues to make steady progress as the center of hand surgery in Asia.



"New APFSSH
programs aim to
increase member
interactions and
raise the level of
hand surgery in the
Asia Pacific"

Treasurer Report

Hyun Sik Gong, Treasurer APFSSH

My warm greetings to all members of the APFSSH. I became treasurer of the APFSSH on June 2023 and this year has been my second year to serve for the executive committee (exco) team. As I look back as a new member of the team, I deeply appreciate the support and guidance of my fellow exco leaders and members of the APFSSH.

Thanks to the efforts of the previous exco team, the financial aspects of the APFSSH has been settled successfully. My role as the new treasurer was to take a next step for more proactive management of our funds and to recruit more partners that can sponsor our activities. Under the new leadership of our President Dr. Berger and the exco team, we launched a financial committee of the APFSSH. Drs. Alphonsus Chong, Toshiyasu Nakamura, Jihyeung Kim, and I joined the committee members. This committee aimed to provide short and long-term financial oversight, distribution of funds for diverse programs, and more fund-raising.

First, we have made the existing funds work harder for us, as suggested by Dr. Chong. We have moved some extra money to saving accounts with a higher interest rate.

Second, we have worked hard to invite more partner companies to join us for advertisements at our Journal, Newsletter, and Homepage. In addition to the faithful old partner Johnson and Johnson, new partners such as DOF Korea (nerve allograft), Jeil Medical (plating system), and Medartis (plating system) have joined us to support our activity. We have also received advertisements from specialized hospitals for hand and musculoskeletal surgery in South Korea: Yeson Hospital, Seoul Daejeong Hospital, and Pyeong-Chon Seoul Now Hospital. We all appreciate their good will to help us do our work for education and out-reach.



Third, we received very generous donations from Drs. Raja Sabapathy and Goo Hyun Baek (Past-Presidents), to whom we are so much grateful. Thanks to their donations, we have started our fellowship program, for which Dr. Wendy Teo was the first recipient.

APFSSH EXCO meeting held in November 2nd, 2024 in Cha Bio-complex, Korea

We have also started the professorship program. The aim of the visiting professorship is to assist with the funding for a member society to invite a senior surgeon to attend their scientific meeting and to visit and teach in 1-2 other institutions around the conference. The Korean Society for Surgery of the Hand (KSSH) applied for this program and Dr. Anthony Berger was chosen for the first visiting professor at the KSSH meeting, which was held in November 2nd, 2024. I encourage member nations to apply for this visiting professorship program for next year.



EXCOs having lunch with KSSH senior members (Pf Duke Whan Chung, Goo Hyun Baek, and Soo Hong Han)

Fourth, I would like to thank our 13 existing member societies for having sent their yearly subscription fees devotedly. This year, we have accepted new member societies, Nepal Hand Surgery Society (NHSS) and Emirates Hand Surgery Society (EHSS), and a few individual members from Vietnam.

Last but not least, I would like to thank again our secretariat Ms. Bened Thong, who has greatly helped all the business of the APFSSH. She has dealt with important financial administrative functions such as preparing the financial statements and tax returns, in addition to preparing agendas and summarizing the minutes of our meetings. I was so much moved with admiration at her meticulous and precise work as an experienced administrator. Ms. Thong can be reached at admin@apfssh.net, which is the single point of contact for APFSSH matters.



Now I feel relieved that my 2nd year as treasure has passed smoothly and our financial system has become a little firmer with more partners joining us to support our activities. Please feel free to contact us for any suggestions for our activities or sponsorship.

The 2025 is the year of the wood snake for some Asian countries. Snakes are said to represent introspection, intuition, wisdom, elegance, adaptability, transformation, and a compassionate heart. These characteristics include an analytical and thoughtful approach, a deep admiration for expertise, and a taste for high-quality and exquisite things (craftmanship), all of which I think are the qualities we need to treat our patients. I wish you all the best in 2025, in which you enjoy a profound inner world and realize what you want like a wood snake.

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IFSSH News

David Warwick Secretary-General, IFSSH Daniel Nagle President, IFSSH

The IFSSH has had a productive year in 2024, with more to come in 2025!



IFSSH- IFSHT Triennial Congress, 24th-28th March 2025: Washington, D.C.

The congress preparation continues at pace. The surgeons' programme has 9 Pre-courses, 26 Symposia, 21 Instructional Course Lectures, and 70 paper sessions to be delivered by experts from over 50 countries. The Opening Ceremony will honor the 2025 IFSSH Pioneers and be followed by a reception. The social events schedule is outstanding, including a Game Night at SPIN and culminating with the Gala dinner in the National Portrait Gallery) during which you can gaze upon the portraits of the American Presidents, enjoy a great dinner and dance your way into the evening. The venue is close to the key sights in Washington, DC - such as the Lincoln Memorial, the White House, and the Smithsonian Museums (all of which have free admission).

Please remember that if you are a young international surgeon, aged 35 or under, who currently practices in a low income or low-middle income country and is sponsored by a qualified international surgeon you may be eligible for <u>FREE registration</u> to the 2025 IFSSH-IFSHT Triennial Congress.

For those registrants who may need a visa to enter the US, please ensure you apply for this immediately - the process can be time-consuming.

Please register as soon as possible to ensure you gain a place at this event - it won't disappoint. When registering also book your accommodation and social events and join us for a wonderful week.

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IFSSH News

David Warwick Secretary-General, IFSSH Daniel Nagle President, IFSSH







IFSSH Patron of Hand Surgery program

The IFSSH Executive Committee has recognized the need for additional funding to support and expand the Federation's purpose: to support hand surgery education around the world. The IFSSH Patron of Hand Surgery program has been established to promote and facilitate donations to the IFSSH. We invite you to visit the IFSSH Patron of Hand Surgery website (also accessible through the QR code below) for more information and hopefully to donate.



IFSSH-IFSHT Triennial Congress, 23rd-27th October 2028: Singapore

While we hope you will join the festivities in Washington DC, we also hope you will mark your calendars for the <u>17th IFSSH Congress</u> to be hosted by the Singapore Society for Hand Surgery, 23rd-27th October 2028, in amazing Singapore! This will be a fantastic opportunity to meet in the Asian-Pacific region and share our passion for hand surgery.

See you all in Washington, please consider donating to the Patron Program and start thinking about Singapore!

Best Wishes, David Warwick, Secretary General IFSSH Daniel Nagle, President IFSSH

THS AP Article In Focus Praveen Bhardwaj

SCAPULAR ELEVATION SIGN – A NEW SIGN IN EVALUATION OF THORACIC OUTLET SYNDROME

Panu H. NORDBACK, Sandeep J. SEBASTIN, Zachary Z. YONG, Ellen Y. LEE, and Aymeric Y. T. LIM

THE JOURNAL OF HAND SURGERY (ASIAN-PACIFIC VOLUME)

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'Complimentary access to full text of this article has been provided by the World Scientific Publishing Co. (Singapore) and requires registration at the journal website. Registration is free.'

Thoracic outlet syndrome (TOS), especially the disputed neurogenic type, remains a diagnostic challenge. Various provocative tests have been described for clinical diagnosis but none of them is very sensitive, though, combining tests enhances the sensitivity of the diagnosis. The described tests are however a series of multistep manoeuvres which are often difficult to memorise and are described in various text with subtle variations over the years. The clinical diagnosis is nevertheless very important in TOS because the diagnostic modalities like MRI scan and Nerve conduction studies are also not diagnostic. The 'Scapula Elevation Sign' describe by authors in this article is a very easy to perform and interpret. The test has a sensible physiological basis which basically reveals the scapula dyskinesis existing in these cases. The test is performed by simply asking the patient to stand in a relaxed natural position and the examiner examines the patient for behind. Examiner places the thumb on the inferior angle of the scapula on the either side and the comparison of the level of the scapula on either side is done. The test is considered positive if scapula is elevated on the affected side (Fig. 1).

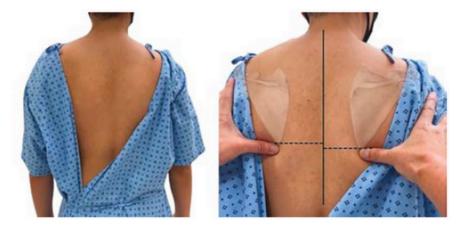


Fig. 1. Scapular elevation sign is assessed with the patient standing in front of the examiner with hands in a relaxed natural position. The inferior angle of both scapulae is palpated using thumbs. The test is considered positive if scapular elevation of the affected side is noted.

Though the number of cases in the study is less, the authors elegantly compare the SES test with the various known provocative test for TOS and found that the SES test to substantially more sensitive than any other test with it being positive in 90% of the patients and only in 4% of normal cohort (Table-1). Equally important, the test had good correlation with symptom resolution and became negative in most of the patients after successful non-operative or operative treatment, making it a good prognostic evaluation test. Authors' however, caution that since the known tests of TOS have a low false positive rate, the SES could be used in conjunction with other clinical test and this would help in improving the diagnostic accuracy.

Given its simple and reliable nature, SES test is truly a good addition to our routine clinical assessment of neurogenic TOS and also to assess response to treatment.

Table 4. Sensitivity and Specificity of SES

	Normal cohort	At presentation (TOS)	Combined (normal + TOS)	After non-surgical treatment (TOS)	After surgery (TOS)
Total number of subjects/patients	53	20 ³	73	18	9
Subjects/Patients with symptoms ²	0	20	20	12	1
Subjects/Patients with no symptoms	53	0	53	6	8
SES positive	2	18	20	12	2
SES negative	51	2	53	6	7
True positive (TP)	0	18	18	11	1
True negative (TN)	51	0	51	5	7
alse positive (FP)	2	0	2	1	1
alse negative (FN)	0	2	2	1	0
Accuracy [(TP + TN)/(TP + TN + FP + FN)]	51/53 (96%)	18/20 (90%)	69/73 (95%)	16/18 (89%)	8/9 (89%)
Sensitivity [TP/(TP + FN)]	0/51 (0%)	18/20 (90%)	18/69 (90%)	11/12 (92%)	7/7 (100%)
Specificity [TN/(TN + FP)]	51/53 96%)	0/0 (0%)	51/53 (96%)	5/6 (83%)	7/8 (88%)
Positive predictive value [TP/(TP + FP)]	0/2 (0%)	18/18 (100%)	18/20 (90%)	11/12 (92%)	1/2 (50%)
Negative predictive value [TN/(TN + FN)]	51/51 (100%)	0/2 (0%)	51/53 (96%)	5/6 (83%)	7/7 (100%)

At presentation.

² Persistent/improved.

³ Two patients were lost to follow-up.

Diversity and Inclusion in Hand Surgery; An Asia Pacific Perspective

Melanie Amarasooriya, Sri Lanka

Diversity, equity, and inclusion (DEI) have garnered significant attention within the medical field, including hand surgery, particularly over the past decade. Despite this positive trend, hand surgeons—both orthopaedic and plastic—remain underrepresented among women and other minority groups. It is encouraging that almost all hand surgery academic meetings now include dedicated sessions to discuss and promote DEI. However, it is equally important to address the factors that continue to affect women and minority groups, particularly under the unique circumstances of the Asia-Pacific region.

Challenges in the Asia-Pacific Region

The Asia-Pacific region encompasses a socioeconomically and culturally diverse population, ranging from developed countries like Australia and Singapore to developing nations such as Cambodia and Myanmar. Consequently, data, research findings, and recommendations from developed countries may not adequately address the challenges faced in this region.

Gender Disparity in Medical Specialties

Women constitute more than 50% of medical undergraduates globally, including in the Asia-Pacific. This trend is also evident in developing countries like Sri Lanka, where the percentage of female medical students rose from 43% in 1993 to 63% in 2020. A linear trend analysis predicts that female medical students in Sri Lanka will comprise 68% of the cohort by 2025 and 72% by 2030. However, this significant representation does not translate to surgical specialties like hand surgery or related fields such as orthopaedic and plastic surgery training.

Systemic and Societal Barriers for Women

Currently, Sri Lanka has only one hand surgeon in active service within its state health and university sectors, while two Sri Lankan-trained female plastic surgeons practice full-time overseas. Similarly, Nepal has only one hand surgeon. In contrast, countries like Singapore, Hong Kong, and Australia show better representation of women and minorities in hand surgery. For instance, Singapore has 22 female hand surgeons out of 63 total. However, data from many other countries in the region remain scarce. This disparity underscores that more developed countries within the Asia-Pacific region exhibit better gender representation in hand surgery.

The underrepresentation of minorities, including women, appears to be influenced by socioeconomic and systemic factors. Based on my experience in Sri Lanka, a significant challenge is the overwhelming workload and the limited number of surgeons in general. For example, approximately 100 orthopaedic surgeons serve a population of 20 million in public sector hospitals. Trainees in feeder specialties, such as orthopaedic and plastic surgery, often face substantial service commitments in addition to their training obligations. Furthermore, societal expectations of women to manage family responsibilities make it nearly impossible for many to thrive in such demanding roles. Issues like gender discrimination and workplace bullying are less frequently discussed, as they are overshadowed by systemic challenges affecting all healthcare workers.

few The women minority individuals who succeed in these fields often represent a self-selected group with exceptional resilience, having navigated these challenges knowingly or unknowingly. Despite these barriers, female doctors in Sri are highly respected patients. Notably, Sri Lanka elected its first female prime minister 60 years before the United States, followed later by a female president. Similar trends are observed in India. Nepal, Bangladesh, and Pakistan, where women in leadership roles are culturally accepted. However, the discrepancy between the number of women entering medicine and their representation in surgical specialties stem from the may demanding commitments service associated with these Additionally, misconceptions about the physical demands of surgical jobs, partially rooted in truths like smaller body habitus and hand grip strength among Asian women, as as the unavailability ergonomic tools, may further deter women.



INSTRUMENT AVAILABILITY- FIXING A SCAPHOID FRACTURE WITH A 1 MM K WIRE BEFORE CANNULATED SCREW FIXATION USING A LARGE DRILL- OFTEN THE ONLY ONE AVAILABLE FOR THE HOSPITAL

Opportunities for Change and Improvement

To address these challenges, introducing local role models who reflect the socioeconomic and cultural contexts of their communities could inspire significant change. For example, younger medical graduates in Sri Lanka and India may be more motivated by relatable figures from their own cultures than by westernized representations of success. Importantly, meaningful change must originate internally rather than being imposed externally.

Enhancing the visibility of women and minorities in education and research is a major step toward improving inclusivity. Integrating women into the main academic programs rather than relegating them to diversity forums should be prioritized. It is high time we move away from "diversity-promoting" events and focus on actively including minority groups in central events.

Brain drain remains a significant issue in underdeveloped countries. Providing better facilities and infrastructure to retain professionals is essential. Trained surgeons leaving their home countries is a common problem, but offering financial incentives and enabling part-time work could encourage more women to pursue surgical specialties. Promoting a culture that supports flexible work schedules and education is crucial.



FORUM ON GENDER DIVERSITY SUPPORTED BY INDUSTRY PARTNERS, AT THE 13TH APFSSH CONFERENCE IN SINGAPORE, 2023.



THE DIVERSITY SYMPOSIUM AT THE ASIA PACIFIC ORTHOPAEDIC ASSOCIATION ACADEMIC SESSIONS 2024, DUBAI, UAE

Building an Inclusive Future in Surgery

A multipronged approach is needed to dismantle the barriers to diversity. Enhancing mentorship networks, creating targeted scholarships, and providing resources for students can strengthen the diversity pipeline. Regular audits to assess and address biases in selection processes should also be implemented. Normalizing conversations about DEI within surgical education and practice is essential for fostering an inclusive culture. These steps will enable hand surgery to better reflect the communities it serves, leading to more equitable care and fostering innovation and excellence.

Lessons from Hong Kong are particularly valuable. Of its approximately 100 hand surgeons, 16 are women, and five out of eight council members of its hand surgery society are female. This trend sets an important precedent. Looking ahead, we should strive for an era where diversity forums are no longer necessary, as minority groups will naturally be an integral part of the main discourse in hand surgery.

Wendy Teo, Singapore

I am grateful for having had the opportunity to travel for 2 weeks to Taiwan from 4 to 16 Nov 2024 for a travelling fellowship funded by the Asia Pacific Federation of Societies for Surgery of the Hand, which was an immensely rewarding and highly educational experience. For the first week, I had the privilege of shadowing Prof Wang Jun-Pan and Prof Huang Yi Chao in Taipei Veterans General Hospital, as well as Prof Shih Jui Tien at the Armed Forces Taoyuan General Hospital (Taipei- Taoyuan Area). For the second week, I travelled down to Taichung to attend the IRCAD Advanced Wrist Arthroscopy Cadaveric Course before returning to Taipei to attend the 9th Asia Pacific Wrist Association (APWA) Annual Congress.

During the first week, I was able to attend clinics as well as scrub up in operating theatres in both hospitals. This experience gave me invaluable insight not merely into the clinical practice of hand surgery in a different country, but also the administrative and cultural differences in clinical encounters. For example, a half-day clinic (either morning or afternoon) in Taiwan can easily consist of 80-100 patients seen only by a consultant along

with a resident. It was also interesting to note that patients can book themselves into these clinics without any referral letter from gatekeepers such as a general or emergency clinician, so long as the patient feels that they would benefit from being seen by a hand surgery specialist. In addition, hand occupational therapists are not as easily available as in Singapore, and that in most of the consults, rehabilitation exercises had to be covered by the consultant or resident in an already hectic clinic. This insight definitely made me value the close relationships that hand surgeons have in Singapore with occupational therapists and to not take these multidisciplinary collaborations for granted. Being able to scrub up and assist in surgeries gave me the opportunity to watch the procedures up close and I gained much appreciated surgical tips and tricks, particularly in wrist arthroscopy.



Wendy Teo, Singapore

Attending both outpatient clinics and participating in operations highlighted the importance of juggling both clinical judgment as well as surgical technique in allowing surgeons to achieving the most optimal outcomes for patients.

For the second week, I travelled to Taichung for 2 days to attend the IRCAD wrist arthroscopy pre-conference cadaveric course. The course was held by leading experts in wrist arthroscopy and consisted of didactic seminars as well as hands-on exposure with fresh cadavers each day. By the end of the course, I was better able to refine my understanding of wrist anatomy, gain insight on the current views on pathophysiology of wrist conditions as well as listen to different views from various experts on the validity of wrist arthroscopic techniques in our ever-changing field. I then travelled back to Taipei to attend the APWA congress where I attended talks on the latest IRCAD Wrist Arthroscopy Course developments and techniques in the field of wrist arthroscopy; made new friends and interacted with experts from different parts of the world. I hope that these new connections will pave the way for future collaborations and possibly enable me to embark on subsequent formal fellowship(s).

9th APWA Congress in Taipei

In conclusion, my two-week fellowship has enabled me to achieve my goals of broadening my wealth of knowledge, enhancing my technical skills and strengthening my understanding of the multifaceted nature of patient care. At the end of my fellowship, I feel more confident in my abilities to treat my patients well, and I find myself being more committed to advancing my skills in this field. The insights gained during this fellowship will undoubtedly shape my approach to future cases, and I am eager to continue learning and refining my expertise in the years to come.







Mithun Pai, India

First week in London

1. Gill Smith @ Great Armond street hospital

Congenital hand and paediatrics clinic

Topics discussed- Arthrogryposis, radial club hand, thumb duplication, nerve entrapment in the scar, symbrachydactyly

Ward rounds in Magpie ward

Visited the hospital theatres and physiotherapy department (Nikki) @ Great Armond street hospital

Discussed our technique of ulna cuff osteotomy in radial club hand which is published in JHS(European)

2. Bran Sivakumar @ Great Armond street hospital

Hand clinic

Topics discussed- Arthrogryposis, tendon transfer for thumb opposition, toe transfer for symbrachydactyly, radial club hand, Syndactyly

Discussed our technique of toe phalanx transfer for type 3 B thumb Hypoplasia

3. Alistair Hunter @ University college Hospital, London

Attended post graduate discussion on - Distal radial fracture, CRPS, Mid carpal instability, needle aponeurotomy in Dupuytren's contracture, cubital tunnel syndrome

Visted the hospital theatre and physiotherapy department at UCLC

Observed the following procedures

- 1. Trigger finger release under WALANT
- 2. Curettage & DBX PUTTY (demineralised matrix) for enchondroma of middle phalanx
- 3. Total CMC replacement for CMC arthritis
- 4. Open carpal tunnel release under WALANT
- 5. PIP arthrodesis for delayed presentation of PIP fracture dislocation

Discussed our thoughts on screw placement in scaphoid fracture and finite element analysis and cadaveric study

4. Maxim Horwitz @ Chelsea and Westminster hospital, London

Attended post graduate discussion on – Infection in carpal tunnel syndrome, CRPS, Extensor tendon injury with composite tissue loss, distal radius fractures Discussed our congenital hand registry – HASTHA

Congenital Hand and wrist clinic

Discussed 1. Symbrachydactyly

- 1. Syndactyly
- 2. Complex thumb duplication
- 3. Madelung deformity (Vickers ligament)
- 4. Thumb hypoplasia
- 5. Treatment options for Kienbock s disease

Mithun Pai, India







With Gill Smith @ Great Armond street hospital, London

With Bran Sivakumar @ Great Armond street hospital, London



With Alistair Hunter @ University college Hospital, London





With Maxim Horwitz @ Chelsea and Westminster hospital, London

Mithun Pai, India

2nd week in Swansea

Andy Babbington @ Singleton hospital

Surgeries observed -1. Open carpal tunnel release under WALANT

- 2. Total CMC replacement for CMC arthritis TOUCH
- 3. Total wrist arthroplasty for wrist arthritis MOTEC

Peripheral nerve clinic @ Morriston Hospital under Dean Boyce Cases discussed-

- 1. Post traumatic brachial plexus injuries
- 2. Parsonage turner syndrome
- 3. Cerebral palsy
- 4. Post radiation brachial plexus neuritis
- 5. Radial nerve palsy secondary to Holstein Lewis fracture
- 6.Spinal accessory nerve palsy

Discussion on congenital hand by Dean Boyce

- 1. Syndactyly-incision & modification
- 2. Complex polydactyly On top plasty

Observed procedures:

- 1. Syndactyly separation without graft
- 2. Contracture release and tendon transfers for cerebral palsy
- 3. Hyper selective neurectomy for cerebral palsy
- 4. Ultrasound guided BOTOX injection for cerebral palsy



With Andy Babbington @ Singleton hospital, Swansea

With Dean Boyce at Morriston Hospital , Swansea



Mithun Pai, India

Hand surgery clinic @ Day care surgery unit, Singleton under Hywel Dafydd Discussion on

- 1. PIP joint arthroplasty
- 2. Upper limb ultrasound office procedure

Observed procedures

- 1. Triggering finger secondary to metacarpal osteophytes
- 2. CMC joint arthroplasty -TOUCH
- 3. PIP JOINT arthroplasty- SILICON STYKER
- 4. Flexor tendon reconstruction -stage 1 -universal tendon spacer Arex (silicon)
- 5. DIPJ arthrodesis using Keri Fuse intramedullary implant

3rd week in Glasgow

Brachial plexus clinic with Tim hems @ Queen Elizabeth university hospital, Glasgow

Brachial plexus follow ups and discussion on various treatment regime.

Discussed our paper on nerve banking and middle trunk fascicle technique

Musculoskeletal USG with Grzegorz Sianos @ Queen Elizabeth university hospital, Glasgow

Office USG procedures / steroid injections for CTS , dequervain tenosynovitis , TFCC , wrist arthritis , Trigger finger

Day care procedures with Matthew Torrington@ Gartnavel General hospital, Glasgow

Observed 1) Distal radius plating 2) UCL reconstruction using palmaris longus and slievelock suture anchors 3) intramedullary screw for phalangeal fracture Discussed on paper on no graft technique for malunited distal radius

Wrist clinic with Mathew Brown @ St John's hospital, Livingston

Observed wrist arthritis, Kienbocks disease, SLAC wrist, SNAC wrist, Scaphoid

Discussed our paper on SIGN technique for scaphoid non-union with outcomes Elbow list with Paul Jerkins at Royal infirmary hospital, Glasgow Observed procedures

- 1. Total elbow arthroplasty Stryker Latitude
- 2. Elbow arthrolysis

Discussed our technique of elbow arthrolysis through the medial approach with post op protocol and outcomes

BSSH Fellowship Report Activity report

Mithun Pai, India



With Hywel Dafydd at Day care surgery unit, Singleton



At Royal college of physicians and surgeons of Glasgow



Poster presentation at BSSH Autumn meeting at Glasgow

With Anil Bhat Secretary ISSH from India at BSSH Autum meeting at Glasgow

Mithun Pai, India

Attended BSSH Autumn meeting at Glasgow

Presented poster on Anatomical landmarks to define a safe zone for percutaneous K-wire fixation of acute peri lunate dislocations with a diamond configuration: a cadaveric correlation.

I thank Dr . Tony Berger From APFSSH and Dr. SRS sir, Dr. Santhosh Rath sir, and Prof. Anil Bhat sir from ISSH for giving me this opportunity. I am grateful for their continuous support and encouragement throughout this journey. Also, I would like to thank Dr. Dean Boyce and the entire team from BBSH for taking care of us for 3 weeks in the United Kingdom. Their guidance and support throughout our stay in the United Kingdom was invaluable, and I am grateful for their dedication to ensuring our well-being. Their expertise and knowledge greatly enhanced our learning experience, and I am truly fortunate to have had the opportunity to learn from such esteemed professionals.

BSSH International Travelling Fellowship (7th – 24th November)



BSSH International Travelling Fellowship (Left to Right)
Megan O'Connor (South Africa)
David Graham (Australia)
Mithun Pai (India)
Claudio Rodriguez (Uruguay)
Yuwarat Monteerarat (Thailand)

Yuwarat Monteerarat, Thailand

Program Overview:

The fellowship program spanned from November 8th to November 24th, including medical units in London, Swansea, and Glasgow, and ending in the British Society for Surgery of the Hand (BSSH) Meeting in Glasgow from November 23rdto November 24th.

Diversity of Participants:

The program brought together a diverse group of fellows from Thailand, India, Australia, Uruguay, and South Africa, encouraging a rich exchange of perspectives and insights.

Itinerary:

- · Arrive in UK 7th November 2023
- Visit London units 8th 10th November (Great Ormond Street, University College London and Chelsea and Westminster Hospitals)
- · 11/12th November weekend in London
- · 12th November travel to Swansea
- · Visit Swansea unit 13th 15th November (Morriston Hospital)
- · 16th November travel to Glasgow
- Visit Glasgow units 17th, 20th and 21st November (Glasgow Royal Infirmary, West Glasgow Ambulatory Care Hospital)
- Attendance at BSSH Autumn Scientific Meeting, Glasgow 23rd 24th
 November



With Mr. Branavan Sivakumar at Great Ormond Street Hospital



Attending the BSSH meeting

Yuwarat Monteerarat, Thailand





With Mr. Alistair Hunter at University College London





With Mr. Dean Boyce, President of the BSSH, at Morriston Hospital

Yuwarat Monteerarat, Thailand

Summary and Reflection

The participation into the healthcare systems of London, Swansea, and Glasgow provided a unique opportunity towitness diverse approaches to patient care, surgical techniques, and medical innovations. Comparisons between thehealthcare system in Thailand and those in the UK revealed both similarities and distinctive features, contributing to a nuanced understanding of effective healthcare delivery.

Health Care System in the UK:

The UK's commitment to universal access and comprehensive services has left a lasting impression. The seamlesslyintegrated approach, coordinating primary care, specialized clinics, and hospitals, stands as a model worth considering for potential improvements in the Thai healthcare system.

Relationship between Patient and Doctor:

The patient-doctor relationship in the UK, characterized by open communication and shared decision- making, stood out as a model for fostering trust and patient engagement. Observing this approach prompted reflection on how suchpractices could be implemented or adapted in Thailand to enhance the overall patient experience.

Teamwork in Clinic (Surgeon, Hand Therapy, OT):

The collaborative environment among healthcare professionals in the UK, notably surgeons, hand therapists, and occupational therapists, served as a benchmark for holistic patient care. This collaborative model contrasts with someaspects of the more compartmentalized approach only seen in Thai healthcare settings, prompting considerations for enhancing interdisciplinary collaboration.

OR Briefing Systems:

Participating in operating room briefings underscored the importance of clear communication and meticulous planning. The structured pre-surgical discussions ensured that each team member was aligned on the procedure, contributing to a smooth and efficient surgical workflow.

Yuwarat Monteerarat, Thailand

Ambulatory Clinic:

The ambulatory clinic setting showcased the agility of the healthcare system. Witnessing the prompt and focused care provided in this setting reinforced the idea that many procedures can be efficiently conducted on an outpatient basis, enhancing patient convenience.

Operating Room - New Technology and Surgical Techniques:

Exploring cutting-edge technologies in the operating room, such as advancements in CMC, PIP, and wrist replacements, was enlightening. Reflecting on the varied surgical techniques witnessed, particularly in cases likesyndactyly and denervation, highlighted the intricate skill set of the surgeons. The integration of these innovations and surgical skills not only improves surgical precision but also contributes to better patient outcomes and postoperative recovery.

Conclusion

In conclusion, I express my sincere gratitude to the APFSSH and the BSSH for affording me this incomparable opportunity. The experiences gained and connections forged during this fellowship will undoubtedly have a lastingimpact on my professional journey. I am eager to contribute to the society by sharing the knowledge acquired and implementing best practices in my role.



Attending the BSSH Society Social Dinner

Member Society News- Indonesia

INDONESIAN ASSOCIATION FOR HAND, UPPER LIMB, AND RECONSTRUCTIVE MICROSURGERY (INASHUM)
Bramantya Karna, President, INASHUM

The Indonesian Association for Hand, Upper limb, and Reconstructive Microsurgery (INASHUM) Biennial Meeting was held in conjunction with 4th ASEAN Hand Society Meeting from July 24th-27th, 2024 in Bandung, West Java. The theme for this year meeting was "Local Problem, Local Solutions" which highlight the obstacles that surgeons working in limited-resource hospitals faced on a daily basis and possible ways to overcome such limitations without jeopardizing patient care. This event also received support from APFSSH.

A total of 12 international and 41 national speakers took part in the event. Most notably, Prof. Nicole Schroeder from USA as the ASSH visiting professor, Prof. Katsuyasu Fukasawa from Japan and a pre-recorded presentation by dr. Ahlam Arnaout from France. Our event also invited a number of ASEAN speakers namely, dr. Alphonsus Chong and dr. Celestial Wong from Singapore, dr. Amir Adham Ahmad from Malaysia, dr. Wuttipong Siriwittayakorn and dr. Woraphon Jaroenporn from Thailand, dr. Tin Tun Aung from Myanmar, dr. Le Thi Lan Anh from Vietnam, dr. Saturnino Baptista de Sousa Saldanha Soares from Timor Leste, and dr. Nathaniel Orillaza from the Philippines.

Aside from instructional lectures and plenary sessions, we also held 4 workshops which garnered a lot of participants. The two cadaveric workshops include basic elbow arthroscopy and elbow approaches for fracture management as well as management of wrist and hand fractures, including MIPO of distal radius fracture. A Microsurgery Master Class Workshop led by Prof. Katsuyasu Fukasawa from Japan and dr. Heri Suroto from Indonesia, teaches the basic principles of microsurgery and vascular anastomosis in animal model. General practitioners who registered for the event had a handson experience with the basic orthopaedic bread and butter of splinting and casting workshop.





Member Society News- Indonesia

INDONESIAN ASSOCIATION FOR HAND, UPPER LIMB, AND RECONSTRUCTIVE MICROSURGERY (INASHUM)
Bramantya Karna, President, INASHUM

In line with the ASEAN Hand Society Meeting, we held special lecture sessions allocated for our distinguished ASEAN guest lecturers from countries such as Singapore, Thailand, Vietnam, Malaysia, Philippines and Timor Leste. And in alignment with the meeting theme, we also held special session entitled "Hand Surgery in Centers with Limited Resources", where the speakers shared experiences in managing upper limb problems in remote and rural areas, as well as places with budget constraints.



We also organized an impromptu coffee meeting which was attended by the participating ASEAN hand surgeons delegates, discussing future programs especially amongst the ASEAN countries and most importantly the upcoming hand meeting in Philippines.



Member Society News- Indonesia

INDONESIAN ASSOCIATION FOR HAND, UPPER LIMB, AND RECONSTRUCTIVE MICROSURGERY (INASHUM)
Bramantya Karna, President, INASHUM

All in all, it was a successful event, and we owe a debt of gratitude to those who helped made this possible, namely the Organizing Committee, our parent organization (IOA), our sponsors, the event organizer and most importantly all the participants, with which the event would not have been possible without your presence and support. We hope that this year meeting provides a platform for ideas exchange, information update and future collaborations which we can further foster at the next hand meetings.



EXECUTIVE BODY INUSHAM

PRESIDENT BRAMANTYA KARNA
VICE PRESIDENT ORYZA SATRIA
SECRETARY SETI ADJI
TREASURE DEDHIE PRASATIA

KOREAN SOCIETY FOR SURGERY OF THE HAND (KSSH) Jun-Ku Lee, General-Secretary

On December 1, 2023, the Korean Society for Surgery of the Hand (KSSH) ushered in its new executive leadership, marking the beginning of the 31st Executive Board. The new leadership team includes President Seong Eon Kim (Pohang Raon Hospital), Chairman Soo-Hong Han (Cha University School of Medicine), and Secretary General Jun-Ku Lee (National Health Insurance Ilsan Hospital), alongside a board of 66 directors. This transition highlights the society's commitment to continued growth and innovation in the field of hand surgery.

However, the early days of this executive board have been marked by significant challenges due to the ongoing medical crisis. Following the Ministry of Health and Welfare's announcement in February 2024 to increase the number of medical students, a large portion of our residents have been absent from their positions. Many residents have resigned, and some have left their current roles. Nevertheless, KSSH remains committed to supporting these young surgeons and guiding them through this difficult time. The resilience of our members, who continue to uphold the high standards of hand surgery in Korea despite working without the usual support of residents, is a testament to their dedication to the field.

In spite of these difficulties, the KSSH, together with the Korean Society for Reconstructive Microsurgery (KSRM) and the Korean Society for Surgery of the Peripheral Nerve (KSSPN), successfully hosted a joint Spring Symposium on May 25, 2024. This event took place at the HICO (Hwabaek International Convention Center) in Gyeongju, a historic city that was once the capital of the Silla Dynasty and remains a popular tourist destination. The symposium brought together experts in microsurgery, hand surgery, and peripheral nerve surgery, providing a valuable platform for knowledge exchange and discussion (Figure 1, Spring symposium).

KOREAN SOCIETY FOR SURGERY OF THE HAND (KSSH) Jun-Ku Lee, General-Secretary



Figure 1. Spring Combined Symposium for Hand Surgery, Microsurgery, and Peripheral Nerve Surgery Societies

Despite the medical crisis showing no signs of resolution, KSSH has proceeded with its largest annual event, the 2024 KSSH Autumn Congress, which was held on November 2, 2024, at the Cha Bio Complex in Bundang Pangyo. Unlike previous congresses, this year's event has taken on an international dimension, as it featured 16 distinguished speakers from nine countries outside of Korea. This unique opportunity for knowledge exchange and fostering international relationships was made possible by the APFSSH Executive Committee (Exco) meeting, which took place during the congress (Figure 2).



Figure 2. Annual Congress of the KSSH

KOREAN SOCIETY FOR SURGERY OF THE HAND (KSSH) Jun-Ku Lee, General-Secretary

Thanks to this meeting, the former APFSSH President, Dr. Raja Sabapathy, the current President, Dr. Anthony Berger, the next President, Dr. Fuminori Kanaya, and the current Secretary-General, Dr. Alphonsus Chong, were in attendance. In addition to their roles in the meeting, these esteemed individuals also presented valuable insights during the congress. Notably, Dr. Anthony Berger, the current APFSSH President, delivered a special lecture as the first recipient of the APFSSH Visiting Professorship Award (Figure 3). The title of the talk was "The sensation of touch and the real function of the hand", which was an eye-opening and insightful lecture. Also, Dr. Kanaya shared his excellent experience with a talk entitled "Mobilization of the radioulnar synostosis-recent advances" and Dr. Sabapathy with a talk on "Management of Volkmann ischemic contracture". In addition, Dr. Alphonsus Chong, General Secretary of the APFSSH, and other EXCO members including Drs. Emmanuel Estrella, Clara Wong, Yuwarat Monteeranrat, and Pankaj Ahire shared their experiences on diverse topics.



Figure 3. Dr. Berger gave a talk on the touch and the true function of the hand at the KSSH annual congress as the first APFSSH Visiting Professorship Lecturer

KOREAN SOCIETY FOR SURGERY OF THE HAND (KSSH) Jun-Ku Lee, General-Secretary

Other notable speakers included Dr. Kaoru Tada, the International Committee Chairman from JSSH, Dr. David Chuang and Dr. Yu-Te Lin from Taiwan, and Dr. Peter Rhee from the Mayo Clinic, along with Dr. Eugene Park from Shriners Hospital in the U.S. These renowned experts contributed to an extraordinary program of knowledge sharing. The KSSH aimed to push boundaries and advance the field of hand surgery through this international collaboration, which is why the theme for this year's congress was aptly titled "Pushing the Boundaries."

Additionally, in response to the ongoing crisis affecting medical residents, KSSH prepared a special training lecture the day after the Autumn Congress, on November 3, 2024, at the Yu Gwangsa Hall in Korea University. This training session focused on providing practical, clinically relevant knowledge to help those facing challenges in their daily practice. The society, in its role as a mentor and guide, aims to be a supportive companion to these young surgeons, reinforcing KSSH's commitment to education and professional development.

As the current executive board approaches the end of its term, we will be transitioning to the next leadership team for 2025. Our hope is that the ongoing medical crisis will eventually be resolved, leading to a better healthcare environment for all. With that in mind, we conclude this year's KSSH news update, looking forward to a brighter future for the Korean medical community.

EXECUTIVE BODY KSSH

PRESIDENT SEONG EON KIM
CHAIRMAN SOO-HONG HAN
SECRETARY JUN-KU LEE

Member Society News- Thailand

THAI SOCIETY FOR SURGERY OF THE HAND Vanasiri Kuptniratsaikul, Member

The Thai Society for Surgery of the Hand (ThaiSSH) has had an exciting and eventful year, marked by significant progress in both academic and clinical aspects of hand surgery. This year's activities have strengthened our community, fostered collaboration, and enhanced the expertise of hand surgery professionals. Here's a look back at the highlights from 2024 and a glimpse into what lies ahead.

In March 2024, ThaiSSH successfully hosted its 39th Annual Hand Meeting, themed "Practical Points in Hand Surgery." The event, held from March 21-22, brought together experts from across the field to discuss practical solutions to common challenges in hand surgery. Attendees benefited from interactive sessions focused on real-world applications, ensuring they left with actionable insights to improve their surgical practices. The conference was a resounding success, fostering rich discussions and the exchange of ideas.



Member Society News- Thailand

THAI SOCIETY FOR SURGERY OF THE HAND Vanasiri Kuptniratsaikul, Member

Following the annual meeting, May 2024 saw the much-anticipated Hand Review. This annual review is designed to prepare residents for their upcoming board examinations, with attending staff from every training center in Thailand providing comprehensive reviews and guidance. It served as a crucial learning experience for aspiring hand surgeons, reinforcing the importance of strong mentorship and collaboration among training centers.

Another key milestone for ThaiSSH in 2024 was the inaugural Hand Fellow Examination, which took place in June. This landmark event was a step forward in establishing high standards of excellence for hand fellows. By setting a benchmark for fellowship certification, the examination ensures that the next generation of hand surgeons are well-equipped to provide top-tier care.

In August, ThaiSSH held its Regional Hand Meeting in Rayong province. Themed "From Academic to Regional," this event focused on translating academic knowledge into regional practices. The meeting served as a platform for local surgeons to engage with new research and practical advancements, bridging the gap between academic theory and community-based care. It was a successful event that highlighted the importance of regional involvement in the hand surgery community.

Most recently, ThaiSSH participated of Hand Session in the Royal College of Orthopaedic Surgeons of Thailand's annual meeting in October 2024. The session, themed "Breakthrough to Excellence," featured esteemed guest speaker Prof. Edward Ted Mah from Australia. His insights and expertise provided valuable perspectives on achieving excellence in hand surgery practices, helping to elevate the standards of care within the community. The event was a great success and further strengthened ties within the hand surgery field.

Looking ahead, we are excited about the first-ever combined meeting of the International Bone Research Association (IBRA) and ThaiSSH, scheduled for March 19-21, 2025. Themed "Upgrade to the Next Level," this prestigious event will take place at the Berkeley Hotel Pratunam, Bangkok, Thailand and promises to be an influential gathering of top professionals in hand surgery and bone research.

Member Society News- Thailand

THAI SOCIETY FOR SURGERY OF THE HAND Vanasiri Kuptniratsaikul, Member



As we reflect on the achievements of 2024, we look forward to continuing our journey toward excellence. ThaiSSH remains committed to fostering education, collaboration, and innovation in the field of hand surgery, and we encourage all members to stay engaged in the many upcoming opportunities to connect and learn.

EXECUTIVE BODY THAISSH

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PRESIDENT-ELECT SURUT JIANMONGKOL (PRESIDENT-ELECT)

VICE PRESIDEN NATTAWUT SASTRAVAHA SECRETARY POBE LUANGJARMEKORN

TREASURE TORPON VATHANA

MEMBER. VANASIRI KUPTNIRATSAIKUL

Member Society News- Hong Kong

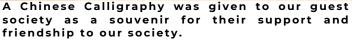
HONG KONG SOCIETY FOR SURGERY OF THE HAND Lee Syn Yuk Michelle, Honorary Sectretary

The 36th HKSSH Annual Congress was held successfully on 23-24 Mar 2024 at the University of Hong Kong. The theme of the congress was Occupational and Recreational Hand Disorders. We were honoured to have Swiss Society for Hand Surgery (SSHS) as our guest society. We had more than 150 attendances from local and overseas surgeons, therapists, and nurses. We enjoyed an inspiring talk from Dr Ivan Tami, the President of SSHS, on the history of hand surgery in Switzerland. On top of enlightening talks from local and overseas surgeons, nonetheless, the 1.5-days programme was enriched by sharing from neurosurgeons, therapists and an elite rugby player of Hong Kong.

Immediately following the Annual Congress was a half-day cadaveric workshop on Hand and Wrist Arthroscopy and Reconstruction on Sunday afternoon. Participants were able to have hands-on experience on arthroscopy on various small hand joints, as well as reconstructing soft tissues and fixing fractures with different approaches.

In accordance with the Memorandum and Articles of Associations of HKSSH, the Annual General Meeting was held on 23 Mar 2024 at the University of Hong Kong. The new council was elected







EXECUTIVE BODY HKSSH

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Member Society News- Hong Kong

HONG KONG SOCIETY FOR SURGERY OF THE HAND Lee Syn Yuk Michelle, Honorary Sectretary

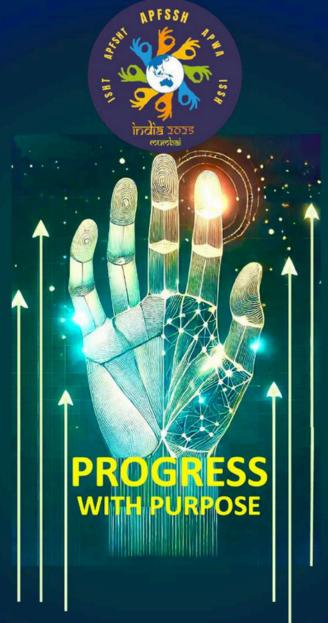






2025 Congress of APFSSH - APFSHT - APWA

10th - 13th September 2025 The Westin Mumbai Powai Lake



Register at: www.apfssh2025.com admin@apfssh2025.com



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Upcoming Events











The 68th

Annual Meeting of the Japanese Society for Surgery of the Hand

Well-being and Hand Surgery



Dates
April 10 (Thu)-11 (Fri), 2025

Congress President

Yoji Mikami, MD., PhD.

(Director Department of Orthopaedic Surreny, Yokohama Rosai Hospital

Venue

PACIFICO YOKOHAMA NORTH











2025 TSSH Annual Meeting

2025. 5/3-4

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林口長庚紀念醫院研究大樓

2025 AHSS

Annual Scientific Meeting

Wednesday 30 April - Saturday 03 May 2025
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International Guest Presenter Andrea Atzei - Italy

Upcoming Events



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