



2018 ISSLS Clinical Travelling Fellowship

The International Society
for the Study of
the Lumbar Spine



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Acknowledgement

- First of all, I would like to express my gratitude to Seoul Chuk Hospital for funding the ISSLS Clinical Travelling Fellowship
- Thanks Dr Ashish Diwan for inviting me to visit his group at the University of New South Wales
- Thanks ISSLS for providing me Travelling Fellowship Grant
- Thanks Dr Yong Hai from China for supporting me to study

- From Beijing (China) to Sydney (Australia)

➤ 2nd July, 2018 to 5th August 2018

- I followed Dr. Ashish Diwan study in

- St George Public Hospital
- St George Private Hospital
- Biomechanical Lab



Weekly Schedule

	AM	PM
Monday	07:00 – Trauma meeting/Combined Neuro-Ortho Meeting Week 1-3 Outpatient Clinic Week 4 – OR (Public)	Week 1-3 Outpatient Clinic Week 4 – OR (Public)
Tuesday	OR (Private)	OR (Private)
Wednesday	Week 3-4 Outpatient Clinic Week 1 – OR (Private)	Week 2- Outpatient Clinic Week 3-4 – Spinal Injections Week 1 OR (Private)
Thursday	07:30 am – Grand Rounds Outpatient Clinic	01:30 pm Onwards Research Meeting and Lab Time
Friday	Biomechanical Lab	Biomechanical Lab

- Before I went to Australia, Dr Diwan had made a schedule following my requirement.
- I plan to use these four weeks to learn more about lateral lumbar fusion surgeries.

Clinical Part

- **Outpatient Clinic:**
 - Monday and Wednesday
 - 20-30 Patients
 - Lumbar degenerative disease, cervical myelopathy, spine deformity
 - Epidural steroid injection and facet injection (Wednesday afternoon)
- **Surgery:**
 - Microdiscectomy
 - Transforaminal lumbar interbody fusion
 - Lateral lumbar interbody fusion (**More interested to me**)
 - Anterior cervical decompression
 - Cervical disc displacement



My daily activities included going on ward rounds, attending clinic and observing surgeries. During these activities I was able to discuss diagnosis, treatment and different approaches to disease management. This helped me to clarify some details about certain lumbar degenerative conditions and also to make useful comparisons between management techniques applied in China and in Australia. I've also learned some useful clinical "pearls" that the consultants have gathered during their long careers. This process was facilitated by the fact everybody discussed freely with me and encouraged me to share my opinion.

Clinic Part

- **Study:**

- Orthopaedics and neurological department: Monday and Thursday morning grand round (7:30am~)
- Spine Service: Case discussion (last Monday each month, 7:00~)
- Statistical course
 - Network meta-analysis (**Submitted to European Spine Journal**)
 - Meta-analysis



- **Local symposia:**

- Sydney Spinal Symposium 2018 --- oral presentation



Spine Service
Department of Orthopaedic Surgery
St George Hospital Campus
University of New South Wales

Every Monday and Thursday morning I attended the grand round of orthopaedics and neurological department. Every Thursday afternoon I attended the research meeting of Spine Service team. I followed the research team to do some clinical and biomechanical research. After surgeries, I attended the statistical course and finished one network meta-analysis which had submitted to the European Spine Journal. I was invited to present at Sydney spinal symposium and discussed with some surgeons, physiotherapist, laboratorian.

Research

- St George Hospital: Wednesday (12:00-13:00)
- Spine Service:
 - (1) Thursday afternoon research meeting (1:30pm ~)
 - (2) I attended three collaboration studies
 - Prof. Morgan Giers, Oregon State University, Russia: Multicenter testing of a predictive calculator of the likelihood of herniation recurrence after microdiscectomy: A retrospective analysis. I measured the radiological data.
 - Prof. Paul Hodges, the University of Queensland, Australia: molecular changes in lumbar multifidus muscle following microdiscectomy for lumbar disc herniation
 - Dr. Harold Fogel, Harvard Medical University, USA: I designed an **online survey** “Variations in Primary Discectomy and Revision Surgery for Lumbar Disc Herniations: An Online Survey of Neuro- and Spine Surgeons in Australia, New Zealand, and the US”.
 - ☐ If you are Spine Surgeon or Neurosurgeon **And** working in Australia, New Zealand or USA, please help me scan the QR code and finish online survey. Thank you!
 - UNSW to develop new techniques



Life

- Dinner with spine surgeons and neurosurgeons
- Dinner with spine service group
- Sydney
 - Harbor bridge
 - Opera house
 - Bondi beach
 - Darling harbor



As the travelling fellows lived and travelled together for the duration of the fellowship, close friendships were formed, even between neurosurgeons and orthopaedic surgeons! This has allowed the fellows to develop personal and professional networks that will be valuable for the future. The involvement of regional spinal network groups in the discussions was an excellent source of education and benefitted all involved.

Travelling fellowship

- Gain
 - Knowledge
 - Skill: LLIF
 - New technique: Navigation, nucleus arthroplasty replaces
 - Research: from clinical problem
 - Collaboration
 - Team work
- Future
 - For me continue studying
 - What can I do?
 - What I do not yet?
 - What do I want to do?



Thank You! ありがとう！

- Spine Service, UNSW (Australia)

Uphar Chamoli, PhD

Wentian Li, MD

Kyle A Sheldrick, MD

Vivk Ramakrishna, MD

Ji Tu, MD

- Thanks Prof. Ashish Diwan from Australia and Prof. Yong Hai from China for helping.



北京朝阳医院
BEIJING CHAO-YANG HOSPITAL

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