

Program for workshop

- 0900 Welcome, housekeeping and course objectives
- 0915 Assessment on prior knowledge based on online resources
- 0945 Summary lecture on the online hand fracture curriculum*
- 1015 Tea
- 1030 Introducing TriLock Technology and Medartis Hand Kit

Hands on Workshop

10 stations (2 doctors and 1 nurse each station) Cadaver specimen will have simulated fractures and will require exposure and dissection prior to open reduction and internal fixations.

- 1045 Transverse Metacarpal Fracture with TriLock 2.0 mm Plate
- 1130 Oblique Metacarpal Fracture with TriLock 2.0 mm Lag screw and neutralization plate
- 1215 Proximal Phalangeal Fracture with TriLock 1.5mm "T" Plate
- 1300 Lunch
- 1400 Bony Mallet Finger treated with Hook Plate 1.2mm
- 1430 Suzuki frame application PIPJ fracture dislocation
- 1500 Interactive case discussions on hand fractures
- 1545 Coffee
- 1600 Distal Radius Fracture & Medartis Distal Radius Kit
- 1620 Distal Radius Fracture - Adaptive Volar Plate 2.5mm
- 1650 Distal radius Fracture Plating with Babyfoot Plate 2.5mm
- 1720 Course feedback and presentation of certificates

7th Khoo Teck Puat Hospital Hand Fracture Fixation Cadaveric Workshop



Date : 22nd April 2017 (Saturday)

Venue : Experimental Lab, Tower B, Level B1 @ Khoo Teck Puat Hospital (KTPH)

Station : 10 stations (2 doctors and 1 nurse each station)

Personality of hand fractures

- osteology of hand,
- principles of management of hand fractures,
- evaluation of fractures
 - clinical and investigations (xrays, views, CT scan, bone scan, ultrasound, MRI, arthroscopy)
- Classification of common hand fractures
- Goals of management

Managing complications

- Infections, stiffness, malunion, non union, implant failure and tendon rupture
- Diagnosing, prevention and treatment,
- Tenolysis and arthrolysis
- Post operative therapy

Biology of Fracture Healing

- Types of bone
- Histology of bone and healing
- Pathology of fracture and the healing model
- Magnetic fields effects
- Requirements for healing
 - ⇒ stability in fracture healing,
 - ⇒ primary and secondary healing
 - ⇒ regulation of bone healing
 - local and systemic, vascular, biochemical and hormones, anatomical and vascular factor

Basic lag screw – principles and techniques

- Anatomy and Function of the screw
- the screw design
- indication of the lag screw,
- biomechanics of the lag screw
- planning the procedure, approach, instrumentation
- minimal requirements for lagging, pitfalls and recovery

The Dynamic Compression Plate (DCP)

- Anatomy and function of the plate
- Plate design
- Indications for plates
- Biomechanics of the DCP
- Types of plating in fractures
- Planning the procedure
 - ⇒ approach
 - ⇒ instruments
 - ⇒ choice of plates
 - ⇒ pitfalls and complications

Rehabilitation following hand fractures

- Principles of rehabilitation,
- Effects of early mobilisation on healing
- Resting splints
- Special dynamic splints
- Active mobilization in fractures
- Controlling swelling
- Evaluating outcomes in fractures

Complex intra articular fractures around PIPJ

- Principles of ligamentotaxis
- Dynamic external fixator principles
- The Suzuki frame
 - ⇒ indications
 - ⇒ the design
 - ⇒ the techniques
 - ⇒ complications
 - ⇒ alternative management

At the end of the course, you should be able to:

- Understand and explain the anatomy and biology of the bone and its responses to injury
- Assess and classify hand fractures and explain the principles of managing them
- Able to describe the principle and practice of lag screw, the dynamic compression plate and neutralization plate
- Able to expose and reduce simulated fractures of the phalanges, metacarpus and distal radius in the cadaveric specimens and internally fix them based on the principles taught in the workshop.
- Able to describe and rationalize the principles of rehabilitation following hand fractures.

This workshop will be conducted based on the flipped classroom concept. All lectures are available on line and participants are expected to read and watch all videos as per the modules on hand and wrist fractures. During the workshop hand on skill will be performed by the participants with immediate feedback and practice.

Online resource: www.handsurgeryedu.com and got to: Hand & Wrist Fracture fixation workshop
Participant will need to register for free before they can access the resources. They also need their **smart device with access to the internet.**

Registration Fee – S\$50 (inclusive of GST)

Mode of payment options : *CHEQUE / CASH / BANK TRANSFER

Please made cheque payable to Alexandra Health Pte Ltd

Bank transfer details :

Name of Beneficiary :	ALEXANDRA HEALTH PTE LTD
Name of Beneficiary's Bank :	DBS BANK
Bank Address :	DBS BANK
	12 MARINA BOULEVARD
	DBS ASIA CENTRAL
	MARINA BAY FINANCIAL CENTRE TOWER 3
	SINGAPORE 018982
Account of Bank :	003-927343-6
Swift Code :	DBSSSGSG
Bank Code :	7171
Branch Code :	003
Company Registration No. :	200717564H
GST Registration No. :	M90370246G