Day 1, 31 May ’19, Friday

1300 REGISTRATION

1315 Welcome, housekeeping and course objectives

1320 Assessment on prior knowledge based on online resources

1330 Biology of Fracture Healing

1345 Personality of Hand Fractures

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

1400 Basic Lag Screw Principles

1415 The Dynamic Compression Plate (DCP)

1430 Rehabilitation following Hand Fractures

1445 Complex Intraarticular Fractures

1500 TEA BREAK

1515 Scaphoid Fractures and the Headless Compression Screw (HCS)

1530 Other techniques of fracture fixations and general conservative treatment of hand fractures

1545 Managing Complications

1600 Interactive Case Presentation

1630 Feedback
Day 2, 1 June ’19, Saturday

PRACTICALS

0900-0915   Health and Safety
0915-0945   Introduction to the instruments and Implants
0945-1015   Exposures in hand fractures treatment
1015-1045   Long Oblique Metacarpal Fracture with Lag screw and Neutralization Plate
1045 - 1100  TEA BREAK
1100-1130   Short Oblique Metacarpal Fracture with Trilock 2.0 plate
1130-1200   Boxer’s Fracture with T plate
12:00-1230  Proximal phalanx Base fracture with T plate
1230-1300  LUNCH
1300-13:30  Distal Phalanx Transverse Fracture Lateral Plating
1330-1400  Proximal Phalanx Transverse Fracture with IM Nailing
1400-1430   Suzuki Frame Application PIPJ Fracture Dislocation
1430-1500   Scaphoid waist Fracture with HCS Fixation
1500-1545   Distal Radius Fracture
            (Medartis DR kit, Adaptive Volar Plate, Baby Foot Plate)
1545-1600   TEA BREAK
1600-1615   DRUJ K Wiring
1615 - 1645  Interactive Case discussions
1645 – 1700 Feedback and Presentation of Certificates

Course Learning Outcomes

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 online 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 get 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 make cheque payable to
Alexandra Health Pte Ltd Bank transfer details:

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