



13<sup>TH</sup> APFSSH, 9<sup>TH</sup> APFSHT  
& 8<sup>TH</sup> APWA CONGRESS  
**DIVERSE & INCLUSIVE**

31<sup>st</sup> May - 3<sup>rd</sup> June 2023 • Singapore



# Final Report

Dr Mark Puhaindran  
13th APFSSH Chair

The 13<sup>th</sup> APFSSH Congress was held in conjunction with the 9<sup>th</sup> APFSHT and 8<sup>th</sup> APWA meetings between 31 May to 3 June 2023 at the Singapore Expo, Singapore.

This was the first APFSSH Congress since the onset of the Covid pandemic, which also caused national lockdowns that led to the abrupt conclusion of the 12<sup>th</sup> APFSSH Congress in Melbourne, Australia in 2020. We faced numerous challenges preparing for this meeting due to the uncertainties as to whether Covid restrictions would be lifted, with some participating members still unable to travel at the time of the congress due to national travel restrictions that were still in place. Despite this, we were fortunate that we were still able to proceed with this meeting in the planned physical format.







The theme for the meeting was **“Diverse and Inclusive”**, which was evident throughout from the opening ceremony and performance, and reflects the character of the host country, Singapore. A total of 840 participants attended the conference, representing 33 countries, with 378 abstracts presented, and 171 speakers.



The Pioneer Lecture was delivered by Professor Fu Chan Wei, while Professor Robert Pho delivered the Tajima Lecture. Professor Tunku Sara gave the Presidential Lecture. In addition to these plenary lectures, the Scientific Programme was well received, with the Meet the Masters and Morning Rounds Sessions fully subscribed. There were also sessions on “Women in Orthopaedics”, “Harnessing the Power of Social Media in Hand Surgery”, and discussions on “What is Happening in My Part of the World” For the first time, a Nurses Symposium was held as part of this Congress.





The Congress Dinner was held in the beautiful setting of the Flower Dome of Gardens by the Bay. The musical performances literally got the participants on their feet, making it a night to remember.





We owe a deep debt of gratitude to many who helped to contribute to the success of this meeting – all the participants, the APFSSH and IFSSH Executive Committees, our sponsors, the Event Organiser, ICS (International Conference Services), and our Organising Committee.

We look forward to next APFSSH Congress in Chennai, India in 2025, as well as to hosting the IFSSH Congress in Singapore in 2028.







IFSSH has kindly offered a US\$20,000 grant to subsidize the registration fees of 25 residents, therapists and surgeons mostly from developing nations.

Here is the list of applicants.

Mohd Azam Abdul Halim	Malaysia
Md Sohaib Akhtar	India
Dina Aprilya	Indonesia
Jane Marie Astorga	Philippines
Most Nurunnahar Begum	Bangladesh
Consleovy Correos	Philippines
Emiliana Guerra	Australia
Pankaj Gupta	India
Yeon Wook Kim	South Korea
Amit Limbu	Nepal
Tomoki Matsuo	Japan
Sayantani Misra	India
Angelino Mari Wilfried Molano	Philippines
Sybill Sue Moser-De Mesa	Philippines
Jie Hui Nah	Singapore
Zhi Yang Ng	United Kingdom
Jaymee Oclarit	Philippines
Taufiqur Rakhim	Indonesia
Melissa Mae Sanchez	Philippines
Benedictus Anindita Satmoko	Indonesia
Shilu Shrestha	Nepal
Yin Ying Tan	Malaysia
Thiyagarajan Thiagarajan Singaram	India
Aviva Wolff	United States
Rafael Iñigo Yutangco	Philippines



Name: Mohd Azam Bin Abdul Halim  
Institution: Institut Latihan Kementerian  
Kesihatan Malaysia, Sungai Buloh, Selangor  
Country: Malaysia



*I am writing to express my deepest gratitude for the generous grant that I have received from IFSSH to attend this congress. Being selected as a recipient of this grant has not only filled me with immense joy but has also provided me with the resources necessary to pursue my goals and make a positive impact in my field and career as Occupational Therapist. Congratulations and thank you to the host for their effort to make this grant possible for me. I learned a lot during the congress with all the knowledgeable clinical sharing from experts by Doctors and Therapists. Moreover, this grant has opened doors to invaluable networking and collaboration opportunities in the field of hand rehabilitation. I am honored and privileged to have been chosen as a recipient. Thank you once again for your unwavering support.*







Name: Dr. Amit Limbu

Institution: BP Koirala Institute of Health Sciences

Country: Nepal

*The words won't be enough to express my gratitude on how thankful I am for giving me an opportunity to get engaged in one of the best academic feist. It is almost impossible for surgeons like me from developing nation like Nepal to invest almost all income to attend such events. Learning from the masters, meeting with people from different culture and countries and attending workshops has been a wonderful and blissful experience. I strongly felt, hailing from a developing nation and resource constraint environment, that one must atleast be highly aware of the progress, developments and researches happening all over the world, albeit you are far from reach of such facilities. And that was all made possible by this wonderful grant. The meeting allowed me to compare my current practice like what I might be doing wrong or differently and knowing what the best people were achieving with what they were doing. This encouraged me to adopt good evidence-based practices to serve better to my community. Again, I can't stress more on how thankful I am and how much is it still required by surgeons from developing nations to continue their endeavor to gain knowledge and providing the best to their people.*

*(PS: the food was amazing)*





Name: Jane Marie C. Astorga, MD

Institution: Jose R. Reyes Memorial Medical Center

Country: Philippines



*As a trainee who is just beginning understand the world of orthopedics, I am truly very grateful to have been given an opportunity to participate in this international conference. To be able to present my study is also a huge privilege. Hand Surgery has always fascinated me and this conference was a delight to participate in. I have met a lot of wonderful people who are trailblazers in their chosen field and it has inspired me to become a better surgeon. Through the grant from the IFSSH, this experience has changed the way I approach my surgeries and the way I treat my patients. This is an experience that I will remember for a lifetime and I have the utmost gratitude to the IFSSH for the assistance. As a trainee, this had a great impact on me. It made me realize that opportunities will come and there will be people who will help me along the way, like the IFSSH. I hope to participate in more conferences in the future.*





Name: Zhi Yang Ng  
Institution: Oxford Deanery  
Country: United Kingdom



*I was able to connect with new colleagues from Malaysia, Thailand and Hong Kong, sharing thoughts and ideas on various issues. This included discussions about the type of flap to use for extremity degloving injuries, based on their patient population and healthcare systems, referral patterns to Hand Therapy, as well as the training paths in Hand Surgery in their countries.*

*I also met and reconnected with ex-colleagues from the USA and Singapore. We are now in discussions about a possible collaboration based on my virtual microsurgery training concept that I have trialed successfully in the UK since 2021.*

*Finally, I have been exposed to a fundamentally different concept in reconstructive hand surgery (see pic) compared to what I have been taught in the West. This was reiterated by a special Meet-the-Masters session where I had the chance to speak with none other than Prof Fu Chan Wei himself.*

*Overall, it was a great experience and I was most pleased to have two abstracts presented as ePosters. Thank you very much once again for the opportunity to attend this wonderful meeting.*



Name: Benedictus Anindita Satmoko  
Institution: Airlangga University  
Country: Indonesia

*It was my honor to be accepted as a grant applicant.*

*First of all, I would like to say many thanks to you for allowing me to join the conference by a grant. It was absolutely a great experience for me to attend this meeting. I could meet many seniors and experienced hand surgeons from many countries, particularly the one who come from China that he presented a case of brachial plexus treated by transthoracic nerve transfer. What I did really appreciate from this event was that I could present my senior's case, that would be an unforgettable moment in my life. For the venue and event, that was astonishing opening ceremony with attractive visualization of the screen. The venue was a vast hall with undoubtedly gleaming. Indeed, I did really enjoy visiting Singapore and attending this conference.*







Name: Md Sohaib Akhta

Institution: Neotia Getwel Multispeciality Hospital

Country: India

*I am writing this letter to express my deepest gratitude for the generous financial grant you provided me to attend the APFSSH 23. Your support has made it possible for me to participate in this important event, and I am incredibly thankful for this opportunity.*

*Conferences like these play a crucial role in expanding knowledge, fostering professional growth, and connecting with like-minded individuals in the field. Thanks to your grant, I will be able to learn from experts, exchange ideas, and gain insights that will undoubtedly benefit my career.*

*Your belief in my potential means a great deal to me, and I am committed to making the most out of this experience. I promise to utilize the knowledge and skills gained from this conference to contribute positively to my work and the community.*

*Once again, thank you from the bottom of my heart for your invaluable support. Your generosity will have a lasting impact on my professional development, and I am truly grateful for your kindness.*



Name: Jia Hui Nah

Institution: Yong Loo Lin School of Medicine

Country: Singapore

*Receiving the IFSSH grant provided me with an exceptional opportunity to participate in APFSSH 2023, which turned out to be an unforgettable experience. The 3.5 days provided me ample opportunity to immerse myself in a world of new cutting-edge ideas. Thought-provoking “expert face-offs”, case presentations of rare surgeries, and new surgical techniques, ignited a sense of curiosity in me whilst other speakers expanded my understanding of fundamental surgical concepts. The conference also brought invaluable networking opportunities as it brought together experts and younger residents alike. It was an enlightening and inspiring experience to feel the palpable passion and knowledge that the experts had in their fields while connecting with younger, like-minded physicians embarking on similar journeys.*

*As I reflect on this experience, I am grateful for the gracious support I have received from the IFSSH grant and my seniors alike. It was not just about the knowledge gained, but also the personal development and newfound confidence that I took away from the event. I am determined to apply the lessons I have learned through the conference to advance both my career and passion, to ultimately strive for better care for my future patients. I eagerly look forward to attending many more conferences in the future, each presenting new opportunities for growth and learning.*





Name: Sayantani Misra

Institution: Nippon medical school, Tokyo, Japan

D.N.B. Orthopedic Surgery, India

Country: India

*Attending the APFSSH in Singapore this year has been an experience of a lifetime, and I am immensely grateful to the International Federation of Societies for Surgery of the Hand (IFSSH) for their generous grant that made it all possible. The opportunity to be part of this prestigious conference, supported by IFSSH Grants, has enriched my professional life in countless ways.*

*One of the highlights of the conference was the chance to present my paper on "Intercostal Nerve Transfer in Management of Biceps and Triceps Co-contraction in Brachial Plexus Birth Palsy". This research, which I conducted during my paediatric hand surgery fellowship in Tokyo with the guidance of Dr. Takehiko Takagi, is very close to my heart. Sharing my findings and insights with the esteemed audience at the APFSSH was an honour, and the constructive feedback received has further motivated me to pursue excellence in my field.*

*Beyond the academic aspect, the conference provided an invaluable platform for networking and collaboration. Meeting experienced and senior hand surgeons from India and across the globe would have been difficult without this opportunity. I was particularly thrilled to meet Dr. Chris Dy (Figure. 2), whose "upper hand podcast" has been a significant source of inspiration and motivations during my daily commutes. Our interaction has left a lasting impact on my professional aspirations, and I will cherish this encounter forever.*





*Furthermore, I had the privilege of connecting with esteemed surgeons like Dr. Sabapathy, Dr. A Bhatt, and the Indian fellows from Ogori Daiichi Hospital, where I am scheduled to pursue my final hand surgery fellowship next year. The insights and knowledge they shared about my upcoming fellowship were immensely valuable, and I feel better prepared to embark on this next phase of my surgical journey.*



*The interactions extended beyond borders, as I made new friends from Indonesia, Malaysia, and Australia. Connecting with them on social media has allowed me to stay updated with their work and share knowledge in a virtual global community. I hope to meet them again in the future, fostering a sense of camaraderie that transcends geographical boundaries.*

*Among the various inspiring encounters, meeting Dr. Heri Suroto from Indonesia left a lasting impression on me. His clinical research and dedication to his patients have motivated me to strive for excellence in my clinical practice and explore research avenues that can positively impact the lives of my community.*

*In conclusion, my overall experience at the APFSSH conference has been nothing short of transformative. I extend my heartfelt gratitude to IFSSH for their generous grant, which made it possible for me to participate in this enriching event. The exposure to cutting-edge research, networking with experienced surgeons, and connecting with inspiring professionals have all contributed to my growth as a hand surgeon. I am confident that the knowledge and inspiration gained from this conference will not only benefit my patients but also enhance the level of care and expertise I provide to my community.*





Name: Melissa Mae R. Sanchez

Institution: Jose R. Reyes Memorial Medical Center

Country: Philippines



*I would like to take this opportunity to thank the organization for your generosity which allowed me to participate in this event. I was able to learn a lot from the speakers, especially rehabilitation protocols and currents of practice in hand surgery.*



Name: Emiliana Guerra  
Institution: Monash University  
Country: Australia



*I had an incredible four days at this years combined Asia Pacific Federation of Societies for Surgery of the Hand/Asia Pacific Federation of Societies of Hand Therapy Congress held in Singapore.*

*With the support of IFSSH, I presented my honours research project which investigated telehealth-based goniometry to measure digit range of motion. It was a fantastic experience sharing my research with experts in the field at well organised and prestigious event. I received encouraging feedback from Delegates, and my paper was awarded the Best Therapist Free Paper.*

*Networking in-person with hand therapists and hand surgeons from around the world was certainly a highlight of this years Congress. I have built friendships and connections with likeminded individuals that will last a lifetime. Additionally, a comprehensive scientific programme meant that the learning opportunities were endless at this years Congress. I have returned home full of new knowledge and techniques which I look forward to implementing in my practice and sharing with my colleagues to improve our quality of care provided to the community.*

*Thank you IFSSH for the support to attend and present at this years Congress.*





Name: Dina Aprilya

Institution: Indonesian Association for Hand, Upperlimb, Microsurgery

Country: Indonesia

*I sincerely thank the committee for this wonderful opportunity to attend APFSSH 2023. I met a lot of big names in hand surgery as well as learned about hand surgery updates around the world.*

*All of these great experiences were made possible for me (with limited funding) by the IFSSH Grant. Once again, many thanks!*





Name: Most Nurunnahar Begum

Institution: Sheikh Hasina National Institute of Burn and Plastic Surgery, Dhaka, Bangladesh

Country: Bangladesh

*I am Dr Most Nurunnahar Begum, currently working as assistant professor of plastic surgery in Sheikh Hasina National Institute of Burn and Plastic Surgery, Dhaka, Bangladesh. I am interested in Hand Surgery love to work in congenital hand, electric hand burn, post burn reconstruction and in rehabilitation for electric burn amputee. I always tried to attend Hand Surgery Conferences and workshop in home and abroad organized by BDSSH, BSSH, IFSSH and APFSSH. This gives me an opportunity to learn recent advances in hand surgery, meeting experts from other parts of world and upgrade myself as a competent hand surgeon.*



Fig: With Mr. Jonathan Hobby and Prof. S Raja Sabapathy

*I was eagerly waiting to attend APFSSH 2023 in Singapore. My 3 original articles on congenital hand and electric hand burn were accepted for presentation in the conference. But as a young plastic surgeon from LMIC country, it was very difficult to bear all the expenses to make it possible. Registration fee was also very high, but it was made possible by the kind subsidies provided by IFSSH grant. I am so grateful to IFSSH for making it possible for me to attend the conference.*





Fig: Presenting my talk on congenital hand



Fig: Interactive Session with Prof. S Raja Sabapathy

*Attending this conference gives me the opportunity to upgrade my knowledge, experience, attitude towards patients and skill for betterment of my patients. In my country we are overburdened by burn. So, cases we usually managed are acute burn including devastating electric burn, post burn soft tissue defect, post burn scar contracture, post electric burn deformity with nerve and tendon loss, trauma, and congenital hand. Every session was amazing and so interactive, I have learned a lot and it was also very important for future collaboration and development of friendship.*

*I want to do research and always try to adopt new concept. I want to be a competent hand surgeon. I am grateful to IFSSH for giving me the opportunity to become a part of the conference and hope IFSSH will continue to provide this opportunity for hand surgeons for future conferences.*

*All the best!*