

## IFSSH Educational Sponsorship Grant

### Western China hand surgery seminars and workshops 16-20 June, 2024

Due to China's geographical size, the economic development in some western regions is unequal, especially in the western mountainous areas. There are significant differences in economy and culture in these areas compared to the coastal areas. This has resulted in disparities in the management of diseases among hand surgeons of the eastern and western regions. The surgeons in these western areas often have greatly delayed access to updated and advanced knowledge of hand surgery. Therefore, the purpose of our project is to enable surgeons in China's western regions to more easily update their knowledge and technology in hand surgery.

This year we spent five days (16-20 June) carrying out educational seminars and workshops in two selected cities in the western region: Lanzhou (Gansu province) and Zhengzhou (Henan province).

The faculty of this project are from the eastern regions of China, including Drs. Jin Bo Tang, Jing Chen, Qing Zhong Chen and Shu Guo Xing from The Affiliated Hospital of Nantong University, Nantong, Jiangsu, and Dr. Xiao Ju Zhen from Xian Fengcheng Hospital of Xian City. The project leaders were Drs. Jing Chen and Qian Qian Yang, and Zhen coordinated the hosts of these hospitals.

The IFSSH provided financial sponsorship to cover the transportation to these hospitals for this project.



*Figure 1. Promotional poster of the program*

Approximately 150 hand surgeons and trauma orthopedic surgeons attended the courses in the two cities, gaining knowledge and learning about updated technologies to better help the patients in the local areas.

Each of these seminars was held inside the host hospital, with live demonstrations,

patient consultations and question and answer sessions. The host hospitals each have 10-20 attending hand surgeons and regularly treat large numbers of patients in their hand surgery units. Many topics were discussed, including tendon repair, tenolysis, secondary tendon reconstructions, tendon transfers, secondary bony non-union, joint release, and neurolysis, atypical nerve compressions in the upper extremities, and relative motion splinting. Workshops were focused on tendon repair techniques, splint making and rehabilitation methods after flexor and extensor tendon repairs.

The participating surgeons greatly benefited from this education format.

### **The first city (Lanzhou)**

The seminar was hosted by Peace Hospital of Lanzhou. About 80 surgeons attended this course.



*Figure 2. Dr. Tang shared his experience and updated concept for flexor tendon repair.*



*Figure 3. A. Dr. Tang demonstrated the method of flexor tendons repair on a tube, provided a detailed explanation of the surgical technique, and answered questions raised by everyone. B. Dr. Chen demonstrated the splint making and rehabilitation methods after flexor and extensor tendon repairs.*



*Figure 4. There was ample time for discussion after every course - surgeons raised a lot of good questions that the faculty answered one by one.*

### **The second city (Zhengzhou)**

The seminar was hosted by Renji Hospital of Zhengzhou. About 70 surgeons attended this course.





*Figure 5. Dr. Zheng shared her experience in microsurgical lymphatic surgery for the treatment of secondary lymphedema and alzheimer disease.*



*Figure 6. The host welcomed the project and shared their complicated cases they encountered in clinic. Faculty provided many suggestions and guidance.*



*Figure 7. The faculty and local surgeons engaged in lively discussions.*





*Figure 8. A group photo was taken after the course. The host hope that the next seminar will select Renji Hospital again!*

### **In summary**

The educational seminars and workshops in the two cities were quite successful, with the local surgeons providing feedback that they had learned updated knowledge and gained increase skills. The participants hoped that such courses will be held more frequently.

We want to continue with this program by running the project in 2-3 different cities each year.

We, and the participants, thank the IFSSH for granting funding towards the project.

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