



KOA NEWS

OFFICIAL NEWSLETTER OF KERALA ORTHOPAEDIC ASSOCIATION

www.keralaortho.org

SEPT. 2015

DEAR FRIENDS & COLLEAGUES



Orthopedics is fast advancing to the extent that it is impossible to be a master in every subspecialty. Naturally after post graduation young orthopedic surgeons opt for fellowship in subspecialty and prefer to be known as a specialist in that field. This had led to formation of subspecialty organization who conducts separate workshops and meetings because they feel general orthopedic surgeons may not be

able to imbibe the spirit of new developments and their presence may dilute the discussions. As a person who became interested in a subspecialty from the beginning of my carrier, I always support this concept and consider it inevitable. I feel everybody must be broad minded enough to refer cases which do not belongs to their subspecialty, to your friend next door. This will brighten the future of orthopedic practice in our state.

At the same time, as President of Kerala Orthopedic association I appeals to my fellow orthopedic surgeons not to forget the parent organization. Be a part of it, take interest in its activities and strengthen it. It is a platform for discussing our problems and for finding solutions. Remember unity is strength. Dates of IOACON 2016 is coming nearer. This is the time to show our strength and solidarity to orthopedic surgeons all over India. I appeal every member of Kerala Orthopedic Association to rise to the occasion so as to make that conference a great success.

Jai Hind, Jai KOA

Dr.Dominic K Puthoor

Greetings from KOA. We have crossed half way of the academic year. Lot of COES on various subjects are taking place almost every weekend. Members have the option of attending meetings of their field of interest.



A number of activities demonstrating our social commitment also took place during this period. In connection with National Bone and Joint day we have done lot of free surgeries. Thanks to all for this great work.

Still we are far behind in the membership of IOA. Only by increasing our membership, we can make our presence felt in a more effective way at national level. Also encourage your friends and colleagues to become active members of KOA. Let us all work together to elevate the Kerala Orthopedic Association to greater heights

With regards

Dr. Tajan. P.J.

Hon. Secretary, KOA

KOA JOURNAL

Dear friends,

Kerala Journal of Orthopaedics invites Original articles, Review articles, Case reports for its forthcoming issues. Guidelines for submission of articles and policies of the journal are available at <http://kjoonline.org>. Kindly send in your articles and your views on the journal to drmadanm@gmail.com or keralaortho@gmail.com The online edition of the journal is available online at The site follows an Open Access policy, wherein no registration is needed to read or download <http://kjoonline.org>. the articles.

Dr. Madan Mohan., Editor KJO

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President's Theme

National “ continue learning-to serve the society better”& State..” Aware of your scientific background and be proud of it”

KOA ELECTIONS 2015-16

Nominations are invited from the members of KOA, for the posts that are given below, in the executive committee of Kerala Orthopaedic Association.

- | | |
|-----------------------------|--|
| 1. President Elect | 1 post,-term 1 year. |
| 2. Vice- President | 1 post,- term 1 year |
| 3. Hon Secretary | 1 post 3 years |
| 4. Hon. Treasurer | 1 post 3 years |
| 5. Joint Secretaries | 2 posts-term 1 year (One each from South & North zone) |
| 6. Editor | 1 post Term 2 years |

ELIGIBILITY

- All candidates should be KOA and IOA Life Member
- President Elect should be more than 45yrs, 10 years KOA membership, 2 years executive committee membership
- Vice- President should be more than 40yrs, 5years KOA membership, 2 years executive committee membership
- Members of previous executive committees, who do not have 50% attendance will not be eligible.
- One member can propose/second only one candidate during the election process including the AGM for vacant posts, if any.
- All nominations should be forwarded by the respective district club President/ Secretary
- No member shall hold the same post in the executive for more than 3 consecutive years.

ELECTION SCHEDULE

Last date for receipt of nomination papers by election officer.	31 October 2015
Last date of informing the candidate	15 November 2015
Last date for withdrawal	25 November 2015
Last date for sending the sample ballot papers to contestants	3 December 2015
Last date for receipt of approved ballot paper	15 December 2015
Last date for dispatch of ballot papers	25 December 2015
Last date for request for duplicate ballot paper(email)	5th January 2016
Last date of receipt of ballot paper	18th January 2016
Counting of Ballot Papers will be held on Friday , 22 January 2016 (CME day of KOACON2016) at 9:30AM	
Nomination forms can be downloaded from the official web site of KOA www.keralaortho.org	

Duly filled nomination forms with necessary enclosures may be sent to the election officer in the address given below, preferably by registered Post- Acknowledgement Due so as to reach him at the latest by 31st October 2015.

Dr. Babu Joseph

Election Officer-KOA Elections 2015-16
30/744, Chittoor Road, Iyyattil Lane, Kochi – 682011
Tel: 0484 2369293, Mob: 9847165295, Email: drbabu.joseph8@gmail.com

President's Theme

IOA-OEP KOCHI REPORT



The IOA –OEP was conducted on 7th June 2015 at Hotel Taj Gateway at Kochi, 59 delegates attended the programme & 9 lectures delivered by Local, regional and National faculty (Dr Sudhir Kapoor, President elect of IOA) participated in the programme . The IAO- OEP was Inaugurated by KOA President, Dr Dominic Puthur,



TCMC allotted 3 credit hours for the programme. There was good interaction between faculty and delegates. Dr Vinod Padmanabhan was the organizing secretary.

INSIGHT 2015

Insight 2015, the 7th annual CME on Bone Tumors organized by Bone Cancer Foundation was conducted on 21 June 2015, Sunday at Hotel Residency Tower, Trivandrum. The meeting was inaugurated by Dr Dominc Puthoor, The President of KOA. The illustrious list of faculty included Dr Ajay Puri, Dr Manish Agarwal, Dr Dominic Puthoor, Dr Benjamin Joseph, Dr Bhavin Jhankaria and also other nationally acclaimed experts from the fields of Orthopaedics, Radiology Pathology and Oncology. There was also an ORP session led by these experts. The interactive sessions where delegates could respond to questions using voting pads was the first of its kind and was well appreciated. The CME was organized by Dr K C Gopalakrishnan (Patron) Dr Subin Sugath (Chairman) and Dr Anoop S Pillai(Secretary).

CAPE KOA

The 18th CAPE-KOA CME & bioskill training programme was held on 5th July 2015 at IMA Kochi, on Fracture Neck of Femur. Dr Govardhan, Dr Rajaram, Dr Sabin Viswanath, Dr Bipin Theruvil Dr Alex Jacob, Dr Jiss Joseph & Dr Sujit Jose were the faculty. The Next CAPE KOA CME on 1st Nov. at IMA Kochi, Topic: Pelvic Fracture Course.



CTIC- 2015, CALICUT



The thirteenth Calicut Ortho Course was held from 10-12 July at Government Medical College, Kozhikode. The program included lectures and case presentations from eminent faculty from all over India. Dr. P.V. Narayanan, Principal of Calicut Medical College, inaugurated the event. The inaugural function was presided over by Dr. Kumaran Chettiar, President of Calicut Ortho Course 2015. More than 350 delegates attended for the program. Over three days, more than 10 long cases and 20 short cases were discussed. Most participants gave the feedback that the program matched their level of expectations. The organizing president was Dr. Kumaran

Chettiyar and the secretary was Dr. Subramanian.

President's Theme

PUSHPAGIRI ORTHOCON -2015

The inaugural PUSHPAGIRI orthocon CME on proximal humerus fracture treatment was conducted on 2nd august 2015 under aegis of KOA and MKOC. The key note speakers were Dr. Ramakant Agrawal from Delhi and Dr. Shivashankar from Sholapur. Dr. P.S. John was the organizing chairman, Dr. Shibu Varghese Organizing Secretary and Dr. Samson's treasure.



PROF. P.S. JOHN WAS HONOURED

Annual conference of Association Of Orthopaedic Surgeons of South Indian States (OASISCON) 2015 was held at Hotel Kodai International, Kodaikkanal on 21, 22 & 23 August 2015. One of the senior Orthopaedic Surgeons of the state from Kottayam, Prof. P.S. John was Honoured taking into account his contributions to orthopaedics in the state, during the inaugural function of OASISCON 2015

PALAKKAD DEFORMITY COURSE. 2015

Which was jointly organized by Thankam Institute of Orthopaedic Super Specialty, Traumatology & Ilizarov, Palakkad Ortho Club, Kerala Orthopaedic Association & OASIS was held on 25 to 27th Sep 2015 at IMA Hall Palakkad. It was an intensive 3 day training course on the principles of deformity correction through Multimedia Presentations, Work Labs, workshops and Clinical Discussion, All fixation methods like plates, nails, Ilizarov, LRS and Orthom SUV were discussed. Faculty included Dr. Mangal Parihar, Dr. Vasudevan. P.N. & Dr. Cherian Kovoov. The course was inaugurated by Dr. Tajan P.J., Hon. Secretary of KOA



President's Theme

National "continue learning-to serve the society better" & State.. "Aware of your scientific background and be proud of it"

KOA SILVER JUBILEE ORATION AWARD 2016

Applications are invited from the life Members of Kerala Orthopaedic Association, who have more than five years of membership, for SILVER JUBILEE ORATION AWARD 2016. Oration will be for a duration of 30 minutes, to be delivered on the first day of the annual conference (KOACON2016). Kindly send the material for oration (preferably full text rather than the abstract) with the full bio-data of the presenter to the President of KOA in the following address so as to reach him at the latest by 30th Nov. 2015.

Dr. Dominic K Puthoor

Hil View Anenue, Amala Nagar , Thrissur - 680 555

Tel: 0487- 2308310, Mob: 9447708310

Email: dkputhur@gmail.com

REPORT OF IT SECRETARY, KOA

Dear member,

This is to inform that our website "www.keralaortho.org" has been completely revamped with addition of new pages and facilities. There is an events bar on the right side of each page with information on coming academic events in the orthopaedic fraternity of Kerala. The registration forms for each event may be downloaded directly from our website.

I request every one to register on the website to make use of opinion polls facility that is soon to be launched.

I welcome suggestions on improvement on the website, which may be directly entered on to the "contact us" page of website



Regards

Dr Arunlal K P

IT Secretary

KOA TRAVELING FELLOWSHIPS 2015-16

Applications are invited from life members of KOA, for the under mentioned Travelling Fellowship Programmes of KOA

1. K.O.A. fellowships 2 Nos (Rs.5,000/- Each)
2. Dr.Vargheese Mathai Fellowship 1 No (Rs. 2,500/-)
3. Basic Research Fellowship 1 No. (Rs.10,000/-)

Applicants should be below the age of 40 years as on 31-12-2015. However in case there are no eligible applicants below the age of 40yrs, age limit may be relaxed. Application form can be downloaded from the official web site of KOA www.keralaortho.org Criteria for the selection is given in detail in the website. Duly filled application forms may be send to the Chairman, Traveling Fellowship Committee in the address given below, so as to reach him at the latest by 5th Nov. 2015

Address for Communication:

Dr. Jacob P.J

Chairman, Travelling Fellowship Committee of KOA

Pulikkottil House , Myelipadam, Thrissur City PO, Thrissur – 680020

Mob: 9447380941 , email: jacobpj100@yahoo.co.in

President's Theme

BONE AND JOINT DAY CELEBRATIONS

The Bone & Joint Day celebration 2015 was conducted in the COS area with variety of programmes conducted by the members of the Cochin Orthopaedic Society.

Sree Sudheendra hospital celebrated bone and joint day on 3rd August co-ordinated by Dr Vinod Padmanabhan under the aegis of the Cochin orthopaedic Society & Kerala Orthopaedic Association. The KOA president Dr Dominic K Puthoor inaugurated the programme and COS secretary Dr John T John gave the felicitations. Free Vitamin D Density Test, Free BMD test etc., conducted for the public.

Dr Vinod Padmanabhan launched 90 Free joint surgery Programme in connection with the Bone & Joint Day 2015 and due to the 90th Birthday of Sri: Sudeendra Deertha Swamiji.



The Lakeshore hospital celebrated the Bone & Joint Day 2015 with Free foot & Ankle camp from 4th – 8th Aug 2015. Dr Rajesh Simon & Dr. Dennis P Jose co-ordinated the programme.



Dr Alex Jacob of Ernakulam Medical Centre delivered a public awareness talk in Manorama TV in connection with the Bone & Joint Day 2015.

Palakkad Athani Hospital conducted a day of free outpatient consultation to all patients who came to the Hospital on 4th August 2015. This was announced in advance and therefore we had about 170 outpatients in Orthopaedics on that day. Did a free Surgery for a patient Biju with fracture non union of forearm as well as tibia who had been injured about an year ago. His forearm nonunion had been operated by plating and bone grafting free of charge.

Palakkad Ortho club is continuing Vykalyamukthi project and last one year finished 28 Free deformity correction Surgeries

President's Theme

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BONE AND JOINT DAY CELEBRATIONS

As part of the Bone and Joint Day Activities, the Trivandrum Orthopaedic Society had SIX different events/activities.

- i. A Group Walk was undertaken with the slogan "Walk for Healthy Bones" on Sunday the 2nd August from Trivandrum Museum Junction to Palayam Martyr Square, which was flagged off by the State Transport Commissioner, R Sreelekha IPS.
- ii. A Bone Health Awareness Camp was conducted on the 4th August at the KGMOA Hall, General Hospital Junction, Trivandrum where BMD assessment was done free, along with serum uric acid assessment.
- iii. An Interschool Quiz was arranged for school children of standards 9th to 12th, on 4th August, at the School of the Good Shepherd, Trivandrum. 56 students participated in the quiz, the preliminary selection test of which had 80% emphasis on health. The finals of the quiz had four teams, with 7 rounds of which one was a round on medical conditions. Each round of the finals was interspersed with educative snippets on bone health and ROAD SAFETY AWARENESS, thus spreading information to the children on osteoporosis and peak bone mass, importance of sunshine and Vit D, and also of physical activity, the importance of healthy eating and avoidance of junk foods/colas, the significance of helmets, the concept of golden hour and polytrauma, and also the importance of traffic rules.
- iv. The Society "adopted" a destitute home in terms of committing to cater to its medical needs on a regular basis rather than conducting one off camps.
- v. The society has planted 100 tree saplings across hospitals in Trivandrum under the "Green Hospitals, Clean Hospitals" drive.
- vi. The Society has formulated "10 point Suggestion on Road Safety for the Public" based on the 10 most commonly seen lapses which lead to mortal or more serious morbidity in RTA victims, and also a "5 point Suggestion at policy level" for the Govt. to consider.

One surgery has been reported free as part of the event from the Club: 42 year old male patient with a previous THR underwent a revision THR fully free, including prosthesis, at SUT Hospital Pattom, performed by Prof. K.C Gopalakrishnan.

FORTHCOMING EVENTS

11th Oct 2015	Adv. CME of KOA	Perinthalmanna	Dr Faizal Kareem
9th- 11th Oct 2015	TOPIC, TVM	Trivandrum	Dr Shanavas EK
24 & 25th Oct 2015	AIMS Fracture Course	Kochi	Dr.Chandrababu KK
1st Nov. 2015	CAPE-KOACME	Kochi	Dr AA John.
9th - 14th Dec. 2015	IOACON-2015	Jaipur	Dr. RC Meena
22nd-24th Jan 2016	KOACON-2016	Thrissur	Dr Sreenath K.R
11 – 13th March 2016	IMSON	Kochi	Dr.Subin Sugath

President's Theme



ORGANISED BY THRISSUR ORTHOPAEDIC SOCIETY

Pre Conference workshops-----21st January 2016 (Thursday)

1. Cadaveric workshop on Pedicle Screw Fixation—Amala Medical College—Convener-Dr.Scott Chacko
2. Cadaveric workshop on Knee Arthroscopy-Govt.Medical College,Thrissur—Convener-Dr.C.V.Krshnakumar

Reg.Charges for workshops

Delegate Rs.3500.00

Post Graduates Rs.2500.00

CME on PAEDIATRIC TRAUMA---22nd January 2016

Conference on 23rd and 24th January 2016

Introducing –Prof. VENUGOPAL Medal for the Best Consultant Paper

TARIFF RATES

Dates	Member	Accompanying Person	NonMember	PG	Banquet	Incidental Charges
1-2-2015 to 30-11-2015	₹ 3000	₹ 1800	₹ 4200	₹ 1800	1000	300
1-12-2015 to 15-01-2016	₹ 3500	₹ 2100	₹ 4900	₹ 2100	1000	300
Spot&after 15-01-2016	₹ 5000	₹ 3000	₹ 7000	₹ 3000	1500	300

Residential Package (Limited Numbers) Rs. 13000.00

Includes stay at Lulu Garden Hotel, Thrissur for 3 days & 2 nights from 22.1.16 on a twin sharing basis, Conference registration including dinner on 22.1.16 and Banquet on 23.1.16

Last Dates for Sending your Abstracts 30 11 2015

Organising Chairman
Dr.Rammohan K.P
9846027880

Treasurer
Dr. Simon Mathew
9447923556

Organising Secretary
Dr.Sreenath K.R.
9447002841

Scientific Committee
Dr.P.J.Jacob
9447380941

All communications may be addressed to

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Visit our Website: www.koacon2016.com

Registration forms and abstract submission forms can be downloaded from website