

APAO International Fellowship Program (IFP) Report

It was a great honour to be selected for the APAO IFP, which allowed me to complete a 4-month vitreo-retinal fellowship at the University of Hong Kong and the affiliated Grantham Hospital, an unforgettable experience, not only a chance to return to my birth country, but an exciting opportunity to further my clinical knowledge and surgical skills under the supervision of my knowledgeable and personable mentors; A/Profs Nicholas Fung and Angie Fong.



(Last OT session with A/Prof Nicholas Fung and residents Dr Cynthia Chan and Dr Rachel Cheung)



(In OT with A/Prof Angie Fong and resident Dr Stephanie Wu)

There are usually 3 retina clinic sessions per week with a good mix of medical retina, surgical retina and uveitis cases. It was very encouraging to see government and charity programs that allow patients to continue anti-VEGF treatment when they would otherwise be unable to due to financial constraints.



(Ophthalmology clinic following a teaching session with A/Prof Nicholas Fung and Residents)

The remainder of the week is usually 6-7 operating theatre sessions with a mix of vitreo-retinal and cataract surgeries. The operating theatres are equipped with state-of-the-art technologies including 3D heads up microscope and intraoperative OCT, facilitating excellent surgical care to the patients. It was fantastic to learn from different VR surgeons and their respective approaches including the esteemed paediatric VR surgeon Professor Wai-Ching Lam, who was a visiting consultant for 2 weeks during my fellowship. His generosity in sharing his wisdom and insight was a truly invaluable learning experience in the management of paediatric retinal cases. I was also given numerous opportunities to supervise trainees in cataract surgeries, a greatly rewarding educational experience that not only helped the residents but allowed me to further refine my own surgical skills.



(Supervising cataract surgery with resident Dr Rachel Cheung)

The retina unit also has exceptional academic output, giving me opportunities to participate in various research projects including the use of brolucizumab in recalcitrant neovascular AMD as well as IOL centration in combined phacoemulsification and vitrectomy. These have all been submitted for presentation to APAO Congress in Bali next year.



(Farewell dinner with my mentors / supervisors + residents)

The staff and patients have all made me feel very welcomed during my fellowship in Hong Kong. The friendly and collegial environment fostered at Grantham Hospital has allowed me to forge life-long friendships during my stay. I am extremely grateful to the APAO IFP for supporting this overseas fellowship, allowing me to broaden my horizon and enhance my skills as a comprehensive ophthalmologist. I would greatly encourage other young ophthalmologists to pursue these opportunities during their career.



(After work hiking at High West Mountain)



(Dragon Boat Racing with the Hong Kong Ophthalmology Society Team)



(Farewell dinner with the residents on my last day)