



THE SOUTH AFRICAN SOCIETY FOR SURGERY OF THE HAND  
DIE SUID-AFRIKAANSE VERENIGING VIR HANDCHIRURGIE

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**ANNUAL REFRESHER COURSE 2019**  
**22-24 FEBRUARY 2019**  
**IRENE COUNTRY LODGE**  
**PRETORIA**

**SCIENTIFIC PROGRAM**

**FRIDAY 22 FEBRUARY 2019**

1230 Delegate Registration

**Pre-congress meeting and anatomical workshop and Instructional course**

1300 – 1500 Dual-mobility 1st CMC arthroplasty presentation and Cadaver session Dr G Chick

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1500 -1515 **Break**

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1515 – 1715 Capflex arthroplasty presentation and Cadaver session Dr D Herren

**SATURDAY 23 FEBRUARY 2019**

0700-0740 Delegate Registration

0740-0750 Welcome and Announcements

Grant Biddulph

**SESSION 1 CHAIR : Ajmal Ikram, Martin Wells**

0750 – 0810 Latest advances in Rheumatoid treatment

Nimmisha Govind

0810 – 0820 Discussion

0820 - 0840 Rheumatoid hand deformities: pathophysiology and treatment

Gregoire Chick

0840 - 0845 Discussion

0845 - 0905 Update on rheumatoid surgery of the hand

Daniel Herren

0905 - 0910 Discussion

0910 - 0925 Splinting in Rheumatoid arthritis

Cindy Munro

0925 - 0930 Discussion

0930 - 0950 Reconstruction of Extensor tendon ruptures in RA

Daniel Herren

0950 -1000 Discussion

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1000 -1040 **TEA**

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**SESSION 2      CHAIR : Michael Carides, Ian Koller**

1040 - 1055	Rheumatoid arthritis of the Thumb	Nikki van der Walt
1055 - 1100	Discussion	
1100 - 1115	Rheumatoid arthritis of the MCPJ's	Prof Le Roux
1115 - 1120	Discussion	
1120 - 1135	Rheumatoid of the PIPJ's	Antoine Rocher
1135 - 1140	Discussion	
1140 - 1200	Partial and total wrist fusion in Rheumatoid wrist	Daniel Herren
1200 - 1205	Discussion	
1205 - 1300	Panel discussion and case presentation	Andrew Barrow, Daniel Herren, Gregoire Chick

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**1300 -1400      LUNCH**

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**SESSION 3      CHAIR : Phillip Webster, Duncan McGuire**

1400 - 1430	Diagnosis of Gout. Does Urate level predict progression of tophi and joint disease?	Kavita Makan
1430 - 1435	Discussion	
1435 - 1450	Differential diagnosis of Gout, making a decision	Ian Koller
1450 - 1455	Discussion	
1455 - 1510	Surgical solutions for Tophi. When to cut and what can the patient expect?	Erich Mennen
1510 - 1515	Discussion	
1515 - 1535	How to inject minimally painful local anaesthesia in WALANT (Wide Awake Local Anaesthesia No Tourniquet) to perform most hand surgery safely	Donald Lalonde
1515 - 1520	Discussion	

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**1520-1600      TEA**

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**SESSION 4      CHAIR : Theo Le Roux, Susan van Deventer**

1600 - 1620	Chondrocalcinosis of the wrist	Gregoire Chick
1620 - 1625	Discussion	
1625 - 1640	Biopsies in the inflamed joint. Is it worthwhile?	Adrian Smit
1640 - 1645	Discussion	
1645 - 1700	Uncommon inflammatory arthritis of the hand: SLE, Scleroderma, Reiters and Psoriasis	Phillip Webster
1700 - 1705	Discussion	
1705 - 1725	Early protected movement after awake finger fracture repair, relative motion splinting for hand pain and extensor lag, boutonniere, and other new concepts in hand surgery and therapy	Donald Lalonde
1725 - 1730	Discussion	
18h30	Social Dinner	

## SUNDAY 24 FEBRUARY 2019

0730-0800 Delegate Registration

### **SESSION 5 CHAIR : Nikki van der Walt, Wikus De Jager**

0800 - 0820	Treatment of the DIP joint Osteoarthritis	Michael Carides
0820 - 0825	Discussion	
0825 - 0845	Treatment of PIP osteoarthritis (Arthroplasty vs Fusion)	Daniel Herren
0845 - 0850	Discussion	
0850 - 0905	Post-op rehabilitation in PIPJ arthroplasty	Claudine du Plessis
0905 - 0910	Discussion	
0910 - 0930	STT osteoarthritis	Gregoire Chick
0930 - 0935	Discussion	
0935 - 0950	MCP joints: are they a problem?	Susan Van Deventer
0950 - 0955	Discussion	
0955 - 1015	Better results in tendon surgery with awake patients	Donald Lalonde
1015 - 1020	Discussion	

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1020-1050 **TEA**

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### **SESSION 6 CHAIR : Grant Biddulph, Roger Nicholson**

1050 - 1105	Osteoarthritis of the wrist, what limited fusions are available	Duncan McGuire
1105 - 1110	Discussion	
1110 - 1130	Outcome measurements in hand surgery focused on OA	Daniel Herren
1130 - 1135	Discussion	
1135 - 1150	Wrist Arthrodesis vs Arthroplasty. What is the gold standard?	Mike Solomons
1150 - 1155	Discussion	
1155 - 1205	DRUJ arthritis	Tim Pikor
1205 - 1210	Discussion	

### **SESSION 7 CHAIR : Mike Solomons, Erich Mennen**

1210 - 1250	1 <sup>st</sup> CMC OA treatment options: 1. Trapeziectomy 2. Tendon reconstruction 3. Tightrope 4. Arthroplasty	Prof Ulrich Mennen Wikus de Jager Martin Wells Ajmal Ikram
1250 - 1300	<b>CLOSURE</b>	
<b>1300 - 1400</b>	<b>Followed by light lunch before departure</b>	Grant Biddulph