

OUTREACH VISIT TO MARIANO MARCOS MEMORIAL HOSPITAL (MMMH) - ILOCOS NORTE, PHILIPPINES

With most of the SGH Department of Orthopaedic Surgery overseas outreach programmes having been curtailed due to COVID restrictions, we were raring to go when presented with the opportunity to visit Mariano Marcos Memorial Hospital & Medical Center (MMMH&MC), the biggest hospital in the Ilocos Norte province in the Philippines. It is a tertiary level government hospital with a bed capacity of about 700 and also caters to patients from the neighbouring provinces - Ilocos Sur, Cagayan, Abra, Kalinga and Apayao.



We gathered a team of Adult Reconstruction and Foot and Ankle surgeons, product specialists, trainee doctors as well as volunteers and set off for our visit from the 25th to 28th of May 2023.

We were honoured to be warmly received by the Governor of Ilocos Norte, Matthew Marcos Manotoc, as well as the Mayor of Batac City, Albert Chua and Mayor of Paoay City, Jessie E Galano. We were introduced to the MMMH&MC Chief, Dr. Ma. Lourdes K. Oatza, who briefed us on the surgeries we planned to perform together with the MMMH&MC Orthopaedic Surgery team.

We had a fruitful pre-operative discussion with the aim of fostering knowledge exchange and enhancing the surgical capabilities of the local medical community. The focus was not just on performing intricate surgeries but also emphasizing comprehensive pre-operative and post-operative care.

Different Cases

A spectrum of complex cases were lined up for us, ranging from challenging hip reconstructions to intricate knee procedures and chronic foot deformities:

- A patient with neglected dysplastic hip resulting in advanced osteoarthritis
- A patient with an arthritic knee complicated by bone loss
- A rigid flat foot with severe deformity
- A chronic neglected Achilles tendon rupture



Together with the MMMH&MC team, we performed reconstructive, function-restoring surgeries and shared mutual tips and considerations in performing such challenging cases. With the benefit of our cohesive effort and meticulous planning, the patients recovered well with good results, bringing relief to their years of grappling with debilitating conditions.

▼ **A/Prof Darren Tay, Dr Nicholas Yeo, Dr Toh Rui Xiang**



A rigid flat foot with severe deformity - Pre Surgery



Post Surgery



We concluded the trip with some time exploring the beautiful attractions of Ilocos Norte, in particular the Paoay Sand Dunes and Malacañang of the North, as well as enjoying many of the local delicacies made better by the fellowship and time spent together with the MMMH&MC team and local leaders.



Beyond surgical interventions, the team engaged in educational initiatives, conducting workshops and seminars to empower local healthcare practitioners with the latest advancements in orthopaedic surgery. This holistic approach aims to leave a sustainable impact on the region's healthcare landscape.