

# THE HONG KONG COLLEGE OF ORTHOPAEDIC SURGEONS

## List of Accredited Training Activities for Trainees

<b>A) Local Training Programs with Core Training Point</b>	<b>Core Training Point</b>
1. Saturday Inter-hospital Meeting	2
2. HKCOS Clinical Tutorials for Higher Trainees	2
3. HKCOS Specialty Day	4

<b>B) Local Training Programs with Regular Training Point</b>	<b>Regular Training Point</b>
1. Advanced Trauma Life Support Course	10
2. RCSEd & CSHK Basic Surgical Skill Course	8
3. AO Courses	8
4. Asian Association for Dynamic Osteosynthesis Annual Workshop or Meeting	8
5. Combined Meetings of KWC	2
6. Combined Meetings of PWH & AHNH	1
7. Combined Meetings of TKOH & UCH	2
8. CUHK-AADO Comprehensive Bioskill Course on Fracture Fixation	8
9. CUHK-Microsurgery Basic Course	10
10. HKCOS Annual Rehabilitation Symposium	8
11. HKCOS Basic Orthopaedic Bioskill Workshop	5
12. HKCOS Scientific Workshops or Meetings	5
13. HKOA Annual Congress	15
14. HKOA Scientific Workshops or Meetings	5
15. HKSSH Annual Congress	8
16. HKSSH Workshops or Meetings	5

17. Hong Kong Association of Sports Medicine & Sports Sciences Annual Workshop or Meeting	5
18. Hong Kong International Orthopaedic Forum	8
19. Lectures by visiting professors of a university, hospital, HKOA or HKCOS	1* (per 1 hour lecture)
20. Preparatory Course for HKCOS Exit Examination	10

*\*If the lecture is part of a symposium / congress / workshop / forum which has been accorded Training point(s) as a whole, then there will be no additional Training point(s).*

<b>C) Overseas Training Programs with Regular Training Point</b>	<b>Regular Training Point</b>
1. American Academy of Orthopaedic Surgeons (AAOS)	15
2. Chinese Orthopaedic Association (COA)	15
3. British Orthopaedic Association (BOA)	8
4. Canadian Orthopaedic Association (COA)	8
5. Australian Orthopaedic Association (AOA)	8
6. Japanese Orthopaedic Association (JOA)	8
7. Asian Pacific Orthopaedic Association (APOA) – Main Congress	8
8. Asian Pacific Orthopaedic Association (WPOA) – Sectional Meeting	8
9. ASEAN Orthopaedic Association Meeting (AOA)	8
10. American Orthopaedic Association Meeting (AOA)	8
11. SICOT	8
12. Chinese Speaking Orthopaedic Society (CSOS) Scientific Congress	8
13. IFSSH and Asian Pacific Federation of Societies for Surgery of the Hand	8
14. International Federation of Sports Medicine & Asian Federation of Sports Medicine	8
15. HKCOS Clinical Tutorials at Beijing JST Hospital	8