

SPOT HALL OF FAME



**Winner of the
Best Contours
HEAD & NECK
SUB-SITE**

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Please give us a brief introduction about yourself.

I am Harroun Wong, a third year radiation oncology trainee from the Philippine General Hospital. At the moment, I am still undecided as to which field in radiation oncology I want to pursue in the future. Some subsites I am currently interested in are the CNS, Head and Neck, and GI/GU. I am also keen on learning more advanced radiation therapy techniques and conducting not only clinical research but also health economic analyses applied to the field of radiation therapy.

Why did you decide to register for the SPOT Contouring Workshop 2021?

I found out about the SPOT Contouring Workshop through my consultants. They wanted us trainees to register so that we can learn more about the most recent contouring guidelines straight from the experts themselves

Share with us what was most satisfying/meaningful to you about your participation in the pre-course contouring exercise.

I like how the cases were prepared and organized with the perspective of a participant in mind. We were provided with the list of contouring guidelines/materials so we were able to do more hands-on work with the contouring instead of searching for the most appropriate guideline.

Describe any painful experiences you have had (if any) in the course of this exercise, and how you overcame them.

One of the most challenging parts of the contouring exercise for me was adjusting to the contouring software. It was a new interface so there was a steep learning curve especially in terms of optimizing the workflow. During my first few attempts, I think I completed a whole case only to lose everything since I didn't know how to save the contours properly. The video tutorials were very basic and did not cover more advanced techniques that we use in our institution. Also, there was a noticeable lag when contouring, i.e. there was a few seconds of delay before the lines would appear.

"When faced with new contouring challenges, it is important to always build on your past contouring experiences and be guided by the right evidence."

What did you think your chances were of winning the contouring competition, and how did you feel when your name was announced during the prize-winners ceremony?

I honestly didn't expect to win since I struggled to finish all the contouring exercises and submit them on time. When my name was announced, I was really surprised and ecstatic. I felt very grateful to our institution's consultants for teaching us the basic contouring principles, and honing our skills to apply in more complex cases such as those used in the contest. . I guess it was also my lucky day!

What advice would you give to participants of future SPOT courses to increase their chances of winning the competition?

I think going through all the materials and understanding the case first will help with the contouring process. When faced with new contouring challenges, it is important to always build on your past contouring experiences and be guided by the right evidence.



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