

# Report - EFORT Travelling Fellowship

Denmark  
16 – 22 May 2010

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## **EFORT Spring Travelling Fellowship Report Denmark, 16 – 22 May 2010**

Czech Society for Orthopaedics and Traumatology certified my attendance in EFORT Spring Travelling Fellowship during its autumn meeting on 22 September 2009. After this recommendation I participated in this event, which was organised this year in Denmark by Danish Orthopaedic Society (DOS).

I travelled to Denmark after EFORT Central Office in Zürich administratively approved my Fellowship programme admission.

The Fellowship programme started on Saturday 16 May 2010 with a welcome dinner in Hotel Scandic Plaza in the city Aarhus, located in northern part of Danish Kingdom. Thirteen fellows (young orthopaedic surgeons) selected from European countries by their national associations were involved in this event. Ass. Prof. Per Kjaersgaard-Andersen, MD., PhD, as the president of the Danish Orthopaedic Society and Camilla Ryge, MD., PhD, who took part in Travelling Fellowship in Austria 2008, personally welcomed us. We started to establish friendly relationship and acquired new professional and personal experiences from the beginning.

The scientific programme started at department of orthopaedics in Aarhus University Hospital on Monday 17 May 2010. After the welcome speech, there were presented us lectures concerned spine surgery and experimental implant fixation research. After that, we walked around the orthopaedic department and research laboratory, which cooperate with each other mainly in the area of biomechanics, implants integration, tissue engineering and nanotechnologies. There is number of "PhD" students and medical students involved in the research too. I was personally interested in the idea of tantalum usage as new osteoinductive material for the implant surface.

Next agenda session followed with presentation of first experience with osteointegrated prosthesis after the transfemoral amputation, lectures about cervical spine fractures and decollement. Luxation ankle fractures classification by Lauge – Hansen, which is now 68 years old, is still being used in traumatology. The final presentations were about deep venous thrombosis, its prevention and about devastating lower limb and hand injuries. We finished our first day in Ass. Prof. Kjaersgaard-Andersen's house in Hinnerup with a kind and delicious dinner.

The second day of the fellowship continued in Vejle hospital, Ass. Prof. Kjaersgaard-Andersen's home work place. We were presented live video total knee and hip surgery. We overviewed the hospital that specialises in joint replacement and traumatology. The Joint Care Fast Track programme which is focused to reduce the hospitalisation period after joint replacement was very interesting. Prof. Søren Overgaard, the head of Danish Arthroplasty Register, introduced us this register. The register contains almost 20 years follow-up with majority of the cementless implants. Then we traveled to the city Odense. After the dinner we finished the day

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with Power Point Presentations concerning our countries, departments and research of each fellow.

We spend the third day in Odense University Hospital specialised in hand and forefoot surgery. We interlocked re-implantation problems presented in real and very well documented severe hand injuries. Tune Ipsen, MD., presented us his first experience with the first carpometacarpal joint replacement. We finished the professional agenda with foot deformities and its treatment with some osteotomies. We went sightseeing to the city of Odense and to H.CH. Andersen's house in the afternoon.

Next day we continued in Herlev University Hospital specialised in sport traumatology, knee ligaments reconstructions and shoulder arthroplasty. We were presented few years' results and experiences with complications treatment of all areas mentioned above. I was interested the most in shoulder resurfacing, replacement and reverse shoulder prosthesis. We came to Copenhagen in the afternoon. Then we went sightseeing in the city and took part in a nice boat tour in the Copenhagen canals.

The last day of fellowship – on Friday 21 May 2010 we came to great Copenhagen University Hospital Rigshospitalet. Prof. Benny Dahl shared with us his experiences with spine surgery. Then we were showed interesting presentation about war injuries and their treatment of Danish soldiers from Afghanistan. In the afternoon we were presented organisational structure of Pediatric orthopaedics in Denmark. Three level examinations in each child's hip which is the standard in Czech Republic is not used in Denmark. They examine and treat only "suspicious" hips. There is high rate of Ganz periacetabular osteotomies performed in age between 20 and 30 (up to 100 operations per surgeon per year). Then we took walk around hospital. The Emergency and heliport (see picture under the report) is very good organised. We finished the fellowship programme in farewell dinner at Restaurant Famo with colleagues from the hospital.

The last day we could enjoy the beauties of Copenhagen. We saw City Hall, central place, Tivoli park and for a moment Copenhagen carnival before the departure.

From the presented information is clear that there is a tendency to the treatment centralisation and specialisation in the orthopaedics in northern countries. The hospital and laboratory equipment is of very high level. There is very good cooperation between general practitioners, orthopaedic surgeons and physiotherapists.

The whole event was very well organised and had a high level of professionalism. I was provided with plenty of knowledge and experience with possibility to see the work of colleagues from other departments. I made friend with fellows from other countries, we compared the education system in each country and discussed some professional cases.

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I would like to express my great gratitude to Orthopaedics department in Pelhrimov and Czech Society for Orthopaedics and Traumatology for allowing me to attend this fellowship.

I would also like to address my gratitude to Ass. Prof. Per Kjaersgaard-Andersen, MD., PhD, and Camilla Ryge, MD., PhD, who were with us for the whole week. I also would like to thank Ms. Jane Leonhardt from Vejle Hospital for the organisation and administration.

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