



Report about the Travelling Fellowship Norway: Bergen, Trondheim, Oslo -May 11-16 2009

From May 11 till 16 I was given the opportunity to take part in the EFORT-Travelling Fellowship in Norway. Together with 17 other colleagues from 15 different countries I could visit orthopedic university hospitals and specialised centers for orthopaedic surgery.

The trip began at the Haukeland Hospital in Bergen, the University Hospital of the second largest city of Norway. We had an extremely warm welcome by the complete board of the Norwegian orthopaedic society, especially by Dr. Hebe Kvernmo, who was accompanying us for the whole fellowship.

At the clinic of head Prof. Ove Furnes the widely known Norwegian Arthroplasty Register was founded in 1987, which was the main topic of the first day. Due to the vast amount of cases together with an extremely high follow-up-compliance there exists an immense data base to evaluate the outcome of the procedures. We were given detailed lectures about recent studies dealing with arthroplasty of all major joints. Besides further presentations about radius fractures, sarcomas and biomechanics, we were able to get an insight to the daily clinical work at Haukeland on the next day.

The second station was St. Olav Hospital in Trondheim, our most northern destination and as well part of the biggest university for science and technology in Norway.

There is being built a complete new university hospital at the moment, containing up-to-date facilities, for example a totally digitalised patient record. The clinical head of the department Prof. Vigeik Jessen gave us insight to the challenge of realising this huge project parallel to the running clinical business. The scientific core of our stay was the Custom Made Hip-Prosthesis (UniqueR), which was invented in Trondheim. We were informed about many aspects of biomechanics, indications, planning and operative technique of the prosthesis and we also could discuss the 13-years outcome among the colleagues. Concluding the considerations, Prof. Arild Aamodt demonstrated us the operative technique of the UniqueR-prosthesis in a very interesting live operation. We all were very pleased by the hospitality of Dr. Ketil Holen, who invited all fellows to a perfect evening at his home.

The last step of the fellowship took place in Oslo. After the welcome-speech of the head Dr. Trine Sand Kaastad and Dr. Per Reidar Hoiness at the Rikshospitalet, we were given very interesting presentations about recent surgical treatment concepts for deformities of the spine and extremities. The second part consisted of hand surgical problems of children with congenital deformities as well as microsurgical techniques in reconstructive surgery. At night Dr. Kaastad was an extremely generous host in a beautiful atmosphere over the yacht-harbour of Oslo.

The well-known orthopedic surgeon Prof. Lars Engebretsen lead us through the last day of our stay, at the renowned olympic base Olympiatoppen. The focus was put on arthroscopic topics about cartilage-therapy, ligament-surgery and basic science. We were impressed by the intensity and quality of the research in this field. Also Prof. Engebretsen was hosting us at his home with excellent food and kindness.

Over all there remain many positive impressions from the journey. Through useful discussions with our hosts and scientific considerations among the fellows, we could gain

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new ideas for the personal daily routine. As a big advantage we also considered the opportunity to travel together with international colleagues. So we got to know different mentalities and work principles.

As outstanding we will keep in mind the warm hospitality of the Norwegian colleagues and hosts. Special thanks are referred to the organisers of the fellowship, Dr. Torgeir Vestad and Christin Solstad for the smoothly organisational structure of the whole fellowship and many memorable moments apart from medicine.

Dr. Christian Wimmer

Klinikum Rosenheim
Orthopädie und Sportorthopädie
Pettenkofenstr. 10
D-83022 Rosenheim