



EFORT Travelling Fellowship Norway 10-17 May 2009

The Norwegian Orthopedic Association arranged this year its first EFORT Travelling Fellowship ever. The board of our association and the local faculties in Bergen, Trondheim and Oslo hosted 18 fellows from 14 European countries, as well as one candidate from Brazil. We all meet at Bergen on Sunday evening May 10th to a welcome reception and dinner at the hotel where we stayed.

The program of the EFORT Travelling Fellowship started at Haukeland University Hospital on Monday morning, where our local hosts, Prof. Ove Furnes and Dr. Knut Fjeldsgaard who is the editor of our member bulletin, presented our Norwegian Arthroplasty Registry, its historical basis, as well as how registry based research may be used to improve clinical outcome. In the evening, after a guided tour of Bergen, we were all invited to dinner at Bellevue restaurant by the Haukeland University Hospital. On Tuesday morning the fellows meet to the x-ray meeting followed by a tour of Haukeland University Hospital, and were later given lectures on sarcoma treatment, followed by lectures on basic science with regarding fixation of distal radial fractures and the properties of cement, which rounded off our stay in Bergen.

On Tuesday evening we arrived Trondheim after a 1-hour flight, and had a dinner with the local faculty Prof. Arild Aamodt and Prof. and Vice-president of the Norwegian Orthopaedic Association, Ketil Holen. On Wednesday morning the lecturers started at the new St Olav Hospital, where the locally developed uncemented custom stem, Unique®, was presented on a theoretical basis as well as through live surgery in the hospital's new twin theatre-information technology suite. The evening ended, after a guided tour of Trondheim, at Vice President Holen's house who hosted the group for dinner. On Thursday postgraduate students presented several interesting papers, which in many ways demonstrated the centre of excellence in basic science based research, which St Olav Hospital has become over the years.

In the afternoon we had a 1-hour flight to Oslo to our last two days of the fellowship. The same evening we had a tour and a dinner at the new Oslo Opera House. Head of clinic, Dr. Trine Kaastad and Dr. Per Høiness, who also is the Webmaster of our association, arranged the schedule on Friday. The topics presented represented all aspects of services at this highly specialized hospital, which also hosts the replantation service of Norway. The same evening we had another guided tour, before dinner at the home of Dr. Kaastad.

The host of the schedule on Saturday was Prof. Lars Engebretsen, who is head of Science and Research at both Orthopedic Centre at Ullevål University Hospital, as well as for the International Olympic Committee. The venue was held at

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Olympiatoppen, which is training ground and treatment centre for many of Norway's elite sportsmen. In the morning there were given presentations on the effect of NSAIDs on both fracture and tendon bone healing, treatment of the poly-ligament injured knee, as well as benefits of pre-exercise program and warm-up in the reduction of sport related injuries. In the afternoon, updates on hip, shoulder elbow and wrist arthroscopy were presented before we left for a sociable evening at Prof. Engebretsen's house, which also concluded the Fellowship.

The board traveled together with the fellows from Bergen to Trondheim and Oslo. It was most pleasurable to meet such a well-educated and enthusiastic group of fellows. The great hospitality of well prepared local faculties at the University Hospitals of Haukeland, St Olav, Rikshospitalet and Ullevål is also appreciated. Needless to say, the fellowship was not only a clinical and scientific exchange, but as much a cultural exchange. The Norwegian Orthopedic Association will definitely arrange EFORT Traveling Fellowships in the future were we allowed.

Sincerely,

Hebe Désirée Kvernmo

President