

Report - EFORT Travelling Fellowship

Switzerland
17 – 24 October 2010

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EFORT Fall Travelling Fellowship: Switzerland, 17 – 24 October 2010

Croatian Orthopaedic Society – CrOS of Croatian Medical Association (CMA) approved my participation in EFORT Fall Travelling Fellowship. After this recommendation, I participated in this event, which was organised this year in Switzerland by Swiss Society of Orthopaedic Surgery and Traumatology (SGOT-SSOT).

After my Fellowship Programme Admission was administratively approved by EFORT Central Office, I travelled to Switzerland on 17 October 2010.

As my flight from Zagreb to Zurich was in the morning, I had time during the afternoon to do some sightseeing around Zurich. After a walk along one of the most beautiful shopping streets in Europe, Bahnhofstrasse, and Paradeplatz, biggest money-handling center in Switzerland, I visited some other attractions of Zurich and then proceed to the Seefeld Hotel in Zurich, where our meeting point was.

The Fellowship programme started on Sunday, 17 Oct. 2010 with a welcome dinner in the Restaurant Latino near the Seefeld hotel. It was attended by eighteen fellows selected by their national associations (from Austria, Belgium, Bulgaria, Croatia, Denmark, Estonia, France, Greece, Ireland, Italy, Malta, Sudan, Ukraine and United Kingdom). Dr. Lorenz Böhler from Inselspital Bern Orthopaedic Clinic, the local organiser from SGOT-SSOT, personally welcomed us. During the dinner, the fellows exchanged the knowledge and practical experience they had gained in the orthopaedic residency programmes in their respective countries.

The Fellowship programme proper started at the Balgrist University Hospital Zurich (Uniklinik Balgrist) early in the morning on Monday, 18 Oct. 2010. After the welcome speech and a morning surgery report, the fellows were divided into a group for surgery or for outpatient clinic according to their choice. We also had a guided tour through the clinic and labs. In the evening, we had a cocktail Tram Tour of Zurich and dinner at the Restaurant Uni-Turm. The dinner was followed by a visit to one of the clubs in Zurich, the first in the series of such visits to follow throughout our stay in Switzerland, which was the main feature of our group. The leader of these „clubbings“ was a fellow from Italy, Marco Baronetti, to whom we are all deeply grateful for making our stay in Switzerland unique and unforgettable.

The next day, after a transfer by bus, we continued our Travelling Fellowship in the cantonal hospital at St. Gallen (Kantonsspital St. Gallen - KSSG). After the welcome speech by Professor Markus Kuster, we were divided into small groups in four operating rooms where we could see arthroscopic ankle fusion, navigated total knee arthroplasty, two knee arthroscopies with ACL reconstruction, PIP arthrodesis with MTP I arthroplasty–revision and hip arthroscopy with neck shaving. After the morning surgeries, we had lunch in the Netts restaurant in the company with Prof. Kuster and Dr. Erhardt. In the afternoon, we had lectures at same hospital about the design of TKA and navigated TKA, periprosthetic fractures, Taylor spatial frame and the work of biomechanical laboratory in this hospital. At the end of lectures, we had a city tour during which we visited beautiful Abbey Library, a UNESCO World Heritage Site since 1983. In the evening we had wonderful dinner at

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Wirtschaft zur Alten Post, where we were joined by Professor Kuster, Dr. Külling and Dr. Schirm.

On Wednesday, 20 Oct. 2010, we continued our journey to Davos, where we first visited the hospital (Spital Davos). After the welcome speech of Dr. Richard Glaab and Dr. Paavo Rillmann, we had tour around the hospital and presentation of wintersport trauma and the REGA Swiss Helicopter rescue system. The visit to the hospital ended with a lunch, after which we proceeded to the AO Foundation. In the evening we had dinner at the hotel, followed by a fireside discussion with presentations of fellows (each had to prepare a seven minutes' presentation about their background and scientific interests) and, of course, by a night in one of Davos clubs.

Due to road closures across the Alps, the next day we continued our journey to Bern on the highway. On our way to Bern, we stopped in beautiful city of Luzern, where we first went sightseeing and then had lunch. After lunch, we continued our trip to Meiringen, where we visited Aare Gorge (Aareschlucht), which is situated between Meiringen and Innertkirchen in the valley of Hasli. The gorge is 1.4 kilometres long and up to 180 metres deep. The walk through the gorge is a very special way to experience nature. After visiting this beautiful canyon, in the afternoon we continued our journey to Bern. Upon arrival in Bern, under the leadership of Dr. Lorenz Büchler, we had a tour of the Inselspital Bern Orthopaedic Clinic. The day ended with a dinner party with Orthopaedic Department, attended by nearly 200 people, with live music and a DJ. Naturally, this evening also ended with some of us clubbing in Bern.

On Friday, 22 Oct. 2010, in the morning we had live open surgery of the femoroacetabular impingement - FAI (mixed pincer and cam lesion) performed by Professor Klaus-Arno Siebenrock from Clinic for Orthopaedic Surgery of the Inselspital Bern. After the surgery, we had a tour of the Institute for Evaluating Research in Orthopaedic Surgery (IEFO) and the Institute for Surgical Technology and Biomechanics (ISTB) in Bern. This was followed by lunch in the hospital. In the afternoon, various speakers held a series of lectures on various topics (diagnose and treatment of FAI, calcaneal fractures, shoulder arthroplasty, spinal surgery in osteoporotic bone, dysplastic hip, conservative treatment of malleolar fractures, acetabular fractures and spinal tumor surgery). After the lectures, we continued our journey to Geneva, where we had dinner. And this day also ended with clubbing in the great club at the Geneva Kempinski Hotel.

On Saturday morning, we visited Geneva University Hospital. After the welcome speech that Professor Pierre Hoffmeyer made on behalf of the Orthopaedic and Traumatology Department, various speakers held a series of lectures on various topics (disaster medicine – mission Haiti, the Geneva hip arthroplasty registry, hip arthroplasty – which approach, navigated TKA – yes or no, neuromuscular disorders, Achilles tendinopathy, ankle ORIF, osteo-articular infections in children – Kingella Kingae, prevention of orthopaedic infections). After the lectures, we had lunch and then spent the afternoon in the Spa. The day was ended with dinner and closing remarks.

It was a wonderful seven days' stay in Switzerland. At every turn we were greeted by hospitality and this is what I will never forget. All our hosts did their best to make our stay maximally enjoyable, and succeeded in making it unforgettable.

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I am grateful for this opportunity offered to me and greet all the colleagues who were in Switzerland on EFORT Fall Travelling Fellowship with me, hoping that we will meet again sometime and continue to socialize, and, of course, visit clubs.

Finally, I would like to heartily thank to the EFORT, SGOT-SSOT, Corinne Füglistner and everyone who welcomed us into their hospitals. In the end, my special thanks go to Dr. Lorenz Büchler who worked diligently to facilitate and enhance our stay in Switzerland.

Yours sincerely,

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