

# EFORT Congress: 1 – 4 June 2011, Copenhagen

## Sharing European orthopaedic science and turning it into education



Ass. Prof. Per Kjærsgaard-Andersen

The 12th EFORT Congress in Copenhagen this year, which also marks the 20th anniversary of the organisation, offers unique opportunities to effectively obtain updates regarding any specialty or sub-specialty involving Orthopaedics and Traumatology. Informed by the knowledge and experience from over 30 European countries, a feature of this year's "concert of expertise" is its benefiting further from focusing on the particular contributions of the Nordic countries. These will cover burning issues like rapid rehabilitation, quality control in joint replacements, and the initial steps towards an even broader, inter-disciplinary approach in working with patients.

"It would be easy to praise the obvious attractions of Copenhagen and promote them as grounds for attending the congress. But however impressive they may be, in fact they are merely the outer wrapper on a body of content that will be far more important and also – we hope – attractive to any European Orthopaedist or Traumatologist," Assistant Prof. Per Kjærsgaard-Andersen assures us. He is head of the Hip & Knee Replacement Department at Vejle Hospital at the South Danish University, as well as Chairman of the Local Organising Committee of the 12th EFORT Congress taking place on 1-4 June in Denmark's capital. **"Our two keywords are science and education."** We present the most up-to-date knowledge in the whole range of specialties and sub-specialties of orthopaedics and traumatology. We do this strictly on the basis of actual evidence, and furthermore in a wide variety of educational formats that serve to provide skills which can be applied directly by any specialist attending." To put it briefly: "You will come home from this event with a greater knowledge of how to treat your patients."

That is no hollow prediction, since disseminating updated knowledge has historically counted among the greatest achievements of EFORT. At the Copenhagen meeting, the European Federation of National Associations of Orthopaedics and Traumatology will celebrate its 20th anniversary. Its emergence

as one of the world's most important Orthopaedic Federations is not unrelated to the 2006 decision to hold one congress annually, instead of biennially as previously was the custom. "Meeting only once every two years could not meet the needs for continuous and consistent education and training, especially given all the advances in one of the fastest growing specialties in medicine today," Per Kjærsgaard-Andersen explains. "As a young doctor, I had to fly to the annual AAOS-meetings in the US to get my update. Now we have a more diverse and – in my opinion – a more interesting event on our own continent, already attracting many colleagues from overseas."

This attraction comes from two factors: One is the cultural variety of Europe's many nations that encompass a plurality of healthcare systems and orthopaedic developments adjusted to their needs. The other is the user-oriented way in which EFORT has designed its educational formats and in which it continues to design new ones. At the Copenhagen Congress, attendants can look forward to the following:

- The CRC (Comprehensive Review Course) will outline, in one day, all the important topics on orthopaedics and will review the entire curriculum demanded for the EBOT-exam. This has been "a huge success in past years and an important first step toward a common standard of knowledge that is to be expected from every orthopaedist across Europe."
- The 22 IC (Instructional Courses) provide very practical updates in new diagnostic and operating techniques for a large spectrum of procedures. Generalists are taught by top specialists here. One otherwise often neglected topic is "the battered child." Per Kjærsgaard-Andersen: "Frequently, orthopaedic surgeons are on the front line when such children are presented at the emergency rooms. In this IC we teach what to look for in order to recognize abuse and maltreatment and suggest necessary steps for ending such abuse."
- In 4 ExMEx (Experts Meet Experts) seminars, pioneering experts in their field update other specialists in the latest improvements and newest technologies.
- In 30 symposia, discussions on the different approaches across Europe to various areas of specialty, including a search for common ground or even a consensus standard.
- 5 Difficult Case Presentations by invited colleagues, followed by discussions with the audience under the guidance of a moderating expert – a very vivid, sought-

after format.

Three other formats, presented in Copenhagen for the first time, will be:

- 1) The Speaker Coaching Workshop, designed for those who want to make the most of every speaking opportunity;
- 2) The EU Political Symposium on "Musculoskeletal conditions and active aging in the EU", one of the most crucial topics for the financial survival of most European healthcare systems;
- 3) The "nurse's day," which, as Per Kjærsgaard-Andersen explains, "opens the road to a not only interdisciplinary, but inter-professional approach to the work on patients. We offer not only a full day's programme on science-based nursing, but also invite nurses to come one day earlier to visit Copenhagen hospitals in an organized way."

Which leads to the specific contribution of the Nordic Countries to the European "concert of expertise" in Copenhagen that will involve two of the three plenary sessions. "The oldest nationwide registry is that of joint replacements in Sweden, followed by those in Norway and Denmark, which have been combined meanwhile to get data from larger samples. In the plenary session

on the use of registries we will show how such documentation can help to improve the efficiency and sustainability of a certain treatment," Per Kjærsgaard-Andersen notes. "Our second hot topic is fast-track treatment and rehabilitation in orthopaedic surgery, a field where Denmark is leading the world. This is not about pushing patients out of bed, but of getting them on their feet again as quickly as possible through short but intensive rehabilitation. We have proven this not only to provide a considerably better quality of life, especially for elder patients following surgery, but also to rid us of our former problem of year-long waiting lists for joint replacements. To date, we have no waiting lists whatsoever for joint replacements in the whole of Denmark. This could save lots of resources in the healthcare system."

One last attraction, not to be neglected: The tight cooperation with industry, without which most of the recent advances in Orthopaedics and Traumatology would not have been possible. Per Kjærsgaard-Andersen: "The congress will pause for 1½ hours at lunch time, giving the industry a chance to show what is new and – just as essential – whether it is evidence-based or not."

info Per Kjærsgaard-Andersen:  
Chair Local Organising Committee  
12th EFORT Congress Copenhagen

\* Should you not visit the congress in Copenhagen order here: [www.efort.org/education/efortcongress2011](http://www.efort.org/education/efortcongress2011)

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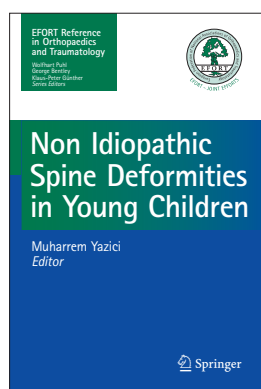
## Get the latest news on the EFORT Publications

### Non idiopathic spine deformities in young children

Non idiopathic early onset scoliosis represents a true challenge to the physician due to the significance of the ongoing growth of spine, the risk of curve progression, and the risk of pulmonary insufficiency. A comprehensive review of the growth mechanisms of spine in infancy forms the basis of the book.

Editor: Muharrem Yazici

Available on 24 July 2011 for EUR 45,00 (incl. VAT, excl. packing & shipping)

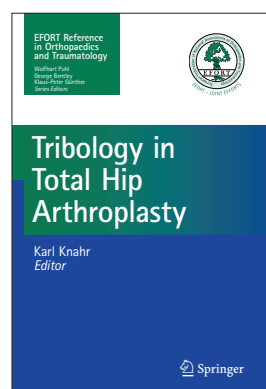


### Tribology in total hip arthroplasty

During the 2010 EFORT Congress in Madrid, many interesting topics relating to tribology in total hip arthroplasty were discussed during a special day devoted entirely to the subject. So successful was the day, and such was the broad interest in the discussions, that EFORT decided that publications of all the presentations would be warmly welcomed by fellow professionals who were unable to attend. This book is the result.

Editor: Karl Knahr

Available on 24 July 2011 for EUR 60,00 (incl. VAT, excl. packing & shipping)

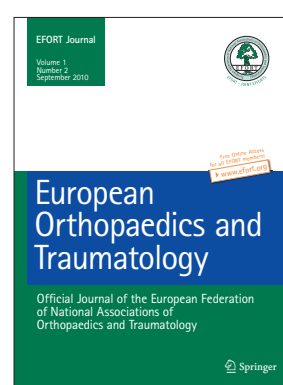


### EFORT Journal – EOTR

European Orthopaedics and Traumatology – Official Journal of EFORT

Editor-in-Chief: Wolfhart Puhl

New edition now available! Please visit the Springer booth at the EFORT Congress in Copenhagen to get your free copy.



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Next EFORT Congress

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11.11.–12.11.2011 / Basel, Switzerland  
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28.03.–30.03.2012 / Vienna, Austria  
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16.03.–17.03.2012 / Barcelona, Spain  
Trauma ExMEx Forum Barcelona 2012 – Periprosthetic Fractures

For more information on all EFORT training programmes, please visit our website on: [www.efort.org/training](http://www.efort.org/training)

### The European Innovation Partnership on Active and Healthy Ageing

According to EU estimates, by 2060, the 65+ age group will have grown by nearly 90%, and 80+ group even by 180%. For every person over 65 there will be just 2 people of working age, against 4 today. At the same time, public health-care spending will continue to rise from around 7% of GDP today, to a projected 11% of GDP by 2060. Keeping the elderly healthy is therefore crucial in addressing these major challenges. The European Innovation Partnership (EIP) seeks to address such societal challenges through innovation and technology. The first EIP pilot project was launched on 26 November 2010, on "active and healthy ageing". The aim of this Partnership is to increase the average healthy lifespan of Europeans by 2 years, by 2020. In achieving this target, the partnership will pursue three desired outcomes: a better and healthier life for older persons (patients, consumers) with active ageing and independent living; sustainability and efficiency of social and health care systems; enhanced competitiveness of European industry

through new markets and business expansion.

The European Commission published an online public consultation seeking the views of all interested stakeholders on various aspects of this pilot partnership, and released on 8 April a report which summarises the results of the consultation. The Commission received 524 answers, which shows the importance of the subject and interest it spurred. EFORT was one of the respondents to the consultation. In the report, the Commission presents a few pertinent examples of existing and future initiatives. One of them is the EFORT example on registers for hip and knee arthroplasty. This is very positive, as it clearly shows that the Commission recognises the value of national registers in improving the quality of care of patients with hip or knee joint replacement.

In summary of the report, most respondents called the European Innovation Partnership to focus on four main issues:

- **Joining up efforts** by encouraging cooperation based on a shared vision and common targets, fostering synergies and avoiding overlaps, to achieve results that respond better to citizens' needs;

- **Bridging the gaps between public and private actions and instruments** by addressing the lack of support on innovation to considerably reduce the time-to-market of research and innovation breakthroughs;
- **Facilitating scaling up of results** by reducing complexity, overcoming fragmentation and enabling different approaches to converge;
- **Improving the framework conditions** by removing bottlenecks and anticipating common regulatory and other needs for all stages of the innovation chain to achieve critical mass.

The European Commission has now appointed the Steering Group which will analyse the different ideas submitted, assess their political feasibility and propose the priorities for the Partnership. In particular, it will adopt recommendations for the strategic implementation plan of the pilot project, in the Summer 2011. EFORT will meet with the relevant EU officials to further discuss EFORT's good practice in promoting national registers for hip and knee arthroplasty and to ensure that EFORT is involved in the future activities of the Innovation Partnership, and is considered as a trusted partner in the debate on active and healthy ageing.