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Name: Stefanos D Koutsostathis

Country of residence: Greece

Country of visiting fellowship: Greece

Date of visiting fellowship: September 10 2013 – March 09 2014

Report about EFORT FOUNDATION visiting fellowship

Starting this report, I wish to thank EFORT FOUNDATION and MEDACTA for giving me the opportunity to attend this long term visiting fellowship in KAT Hospital Athens Center. I also wish to thank Dr MACHERAS personally, not only for accepting me, but also for taking personal care of all the details regarding my stay, ensuring a high quality educational program and a trouble free stay.

The general impression from this visiting fellowship is excellent: KAT Center is the largest Orthopedic Center in Greece and the Department Dr Macheras is on charge of, is a reference center for Joint Reconstruction, Primary and Revision. Dr Macheras himself, is a reputable surgeon dealing with a large volume of cases.

During my stay I worked as Dr Macheras' first or only assistant, in the total of the operations he performed. I had the opportunity to get a full education in Minimal Invasive Hip Replacement with the AMIS technique, Minimal Invasive Knee Replacement and Knee Arthroscopy as well, which included:

- Theoretical education of the selected surgical exposure with special focus on the anterior hip anatomy
- Teaching, in theory and practice, of tips and tricks and specific surgical steps of the procedures



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- Patient examination preoperatively under supervision
- Teaching and performing of total hip arthroplasty templating
- Scrubbing and assisting in all hip replacement operations performed with the AMIS technique, and the majority of the rest replacement and knee arthroscopy cases
- Participation in the Department's conferences and clinic rounds
- Presentation of cases and participation in the Departments scientific work, with accepted submission in peer reviewed National and International Journals (Acta Orthopædica Traumatologica Hellenica, Diabetic foot and ankle, Hip International)
- Hands – on practice in selected cases under Dr Macheras supervision
- Post – operative patient follow up and estimation of the result or discussion of specific adverse results or complications
- Participation in the Department's social events and travelling abroad assisting Dr Macheras in Academic events

I believe that this visiting fellowship has offered me a great educational opportunity, both in theoretical and practical fields. It was an intensive training program, dealing with the whole process of setting the appropriate operative indication, performing the surgery under the state of the art rules and following up the patient after the operation. I very much appreciated the hospitality and co – operation with the Center's nursing and medical staff. Finally, I believe that the training I had is sufficient enough to allow me



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include the techniques and skills I was taught in my medical practice, thus improving my medical services.

Once again, I congratulate EFORT FOUNDATION and Dr Macheras for undertaking the difficult task of continuous medical education

With respect,

Stefanos D Koutsostathis, MD (Orth), PhD