

EFORT Spring
Travelling
Fellowship

Sweden
19 – 24 May, 2014

www.efort.org

Travelling Fellowship Summary Report

Sweden, 19-24 May 2014

I've been extremely fortunate to attend EFORT Travelling Fellowship, which was held in Sweden from 19-24 May.

I was very delighted to be selected by Serbian Orthopaedic Trauma Association and to have the opportunity to represent my country and national orthopaedic association.

Travelling from Belgrade to the Arlanda airport in Stockholm took about two and half hours. Upon arrival at the Scandic hotel, I received an envelope with all instructions for the fellowship, the ticket for all kind of transportation in the region of Stockholm and the train ticket for the trip from Stockholm to Gothenburg.

This was my first visit to the Nordic region...In the sunny day and temperature of about 25°C, I really enjoyed the first contact with Stockholm... it is certainly "the Venice of the North".



EFORT Spring
Travelling
Fellowship

Sweden
19 – 24 May, 2014

www.efort.org

Day 1(Monday) Stockholm

After breakfast, I met other fellows at 8.15 at the hotel lobby. There were 14 fellows with representatives from Norway, UK, The Netherlands, Switzerland, Poland, Slovakia, Lithuania, Malta, Spain, Portugal, Turkey, Slovenia, Macedonia and Serbia. Our contact person was our colleague from Sweden, Marie Leksell. All together we went to the Karolinska University Hospital –Huddinge (the second one is Solna), where we received very warm welcome by prof. Li Felländer –Tsai, the president of Swedish Orthopaedic Association and the head of the Department of Clinical Science, Intervention and Technology at the Karolinska Institute.

We all introduced briefly ourselves and then started the presentation of Karolinska Institute. I heard data about the past, presence and the future of Karolinska Institute. Some data are really breathtaking... the introduction of first computer in 1961, sedimentation rate, gamma knife, pacemaker were founded in the Karolinska Institute, more than 15000 people are employed at the Institute, the Alfred Nobel Preis...

Then we were divided into two groups. One group were taken by prof. Tsai to the sightseeing of the Hospital Huddinge and another to the Center for Advanced Medical Simulation and Training (CAMST), where we had the opportunity to try diverse simulation in the field of general and orthopaedic surgery.

After the hospital tour we had a lunch in the hospital restaurant, there were plenty of delicious food. I met so called "fika"... it is the part of Swedish tradition and it means having a break, most often a coffee break with some biscuit or cookies. Swedes consider having coffee an important part of the tradition.

Time after lunch was scheduled for lectures- sports injuries (held by prof. Christer Rolf) and genetics and scoliosis (held by assoc prof. Paul Gerdhem).

After the lectures we went back to the hotel. After short break we spent a lovely evening at the Kvarnen Restaurant enjoying some exquisite specialties of Swedish cuisine.

Day 2 (Tuesday) Stockholm

We were taken at 8.00 to the Trauma Center Karolinska. This day was dedicated to the fellow's presentations and the lectures about high energy trauma (which was very interesting for me due to the fact that I work at the most important trauma clinic in my country) and about tumors.

EFORT Spring
Travelling
Fellowship

Sweden
19 – 24 May, 2014

www.efort.org

Assoc prof. Jansson introduced trauma service in the region of Stockholm. After very lively discussion, we were taken to the hospital tour. I saw state of the art organization and facilities of modern trauma center, hope I will some of them introduce in my country.

After lunch, dr Tzagkozis delivered the lecture about sarcomas of the soft tissues and bone. There were two fellows who are especially interesting in tumor pathology; hence the discussion was very instructive.

After short coffee brake we started with fellows presentations. It was amazing to see and hear facts about countries, fellows and their research...the Netherlands, Malta, Slovakia, Norway, UK, Poland, Slovenia...

After pleasant walk along the river, the day ended with the dinner at the ship restaurant "Mälardrottningen".

I had the great opportunity to meet Prof. Dr. Karl-Göran Thorngren, the former president of EFORT and the chairman of EFORT foundation, who presented a history of EFORT. With prof. Tsai and prof Thorngren , fine dining level, great wines and friendly conversation , I had an unforgettable evening.

Back to the hotel... At first it was hard to get used that the darkness fall just around 11 pm...but it was also the part of this great event.



EFORT Spring
Travelling
Fellowship

Sweden
19 – 24 May, 2014

www.efort.org

Day 3 (Wednesday) Gothenburg

Lobby meeting at 7.30 and then together with Maria to the central station in Stockholm. We went towards Gothenburg by train, enjoying the fascinating environment. Some of fellows used this three hours long journey for sleeping.

At 11.00 we reached our final destination- central station in Gothenburg, where we took some lunches to go. We transferred directly to the Sahlgrenska University Hospital, which is one of six teaching hospitals with medical education in Sweden.

At the hospital we were met by dr Alicia Bojan, who gave us briefly very usefull information about the Sahlgrenska Hospital (e.g using radiostereometry in prediction of aseptic loosening in hip and knee arthroplasties, which was introduced in the 1970s).

Then came the introduction of Swedish fracture registry by dr Möller. It is one of the almost 100 register that currently exist in Sweden, which becomes the prerequisite for good research.

After interesting lecture and case presentations of distal femur fractures, we continued with fellows presentation... Serbia, Lithuania, Turkey...

Then we went to the Hotel Scandic Opalen, which was located in the center of city...After a short break we dined in Hard Rock Café....After the dinner we went to one cosy café.



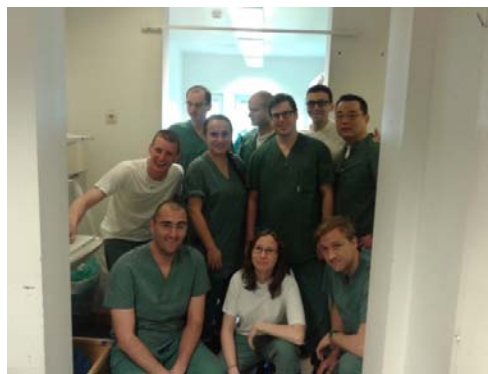
EFORT Spring
Travelling
Fellowship

Sweden
19 – 24 May, 2014

www.efort.org

Day 4(Thursday), Gothenburg

This day was dedicated to live surgery... We went into the theater complex, when we had the opportunity to observe diverse surgical procedures (hip and knee arthroplasty, shoulder revision arthroplasty, hip fracture, open reduction of traumatic hip dislocation...).



Then we transferred to the Mölndal hospital. After lunch in hospital restaurant, we attended a great lecture about importance of sagittal balance, held by prof. Rune Hedlund, one of the most famous spine surgeons in Sweden. This lecture was followed by lecture about use of stemcells in disc degeneration (prof. Helena Brisby), potentially new paradigm in spine pathology.

At this day we finished with fellows presentations ... Portugal, Spain, Switzerland, Macedonia.

After lectures, with two vans we transferred to the Källö-Knipla, in the Northern archipelago of Gothenburg. Dr Camilla Bergh from Sahlgrenska Hospital joined us for dinner and she explained the importance of islands for people who live in Gothenburg.

After a short walk to the beach, in the beautiful sunny evening we went to the restaurant where we tasted some famous Swedish delicious fish dishes.

Day 5 (Friday), Gothenburg

This day is dedicated to the all-day symposium "Future perspectives on total joint replacement", organised by Regional Orthopaedic Resident Education.

After cordial welcome, director of resident training Ola Rolfson introduced schedule and the very teachable lectures had been started. In friendly atmosphere, we had lunch together with Swedish orthopaedic residents, exchanged our experiences.

EFORT Spring
Travelling
Fellowship

Sweden
19 – 24 May, 2014

www.efort.org

After symposium we went to the central station where we said goodbye to Marie Leksell and thanks to her for the excellent organization and great attitude during this fellowship.

We went in the evening again to the Hard Rock Café ,where we had optional dinner and enjoyed the great music and atmosphere of the Friday evening in Gothenburg. Some final photos and goodbye for the last day...We became very good friends, which was one of my main expectation. We have plans to gather again next year at the EFORT Congress 2015 which will be held from 17-20 May in Prague. Back to the hotel.

Day 6 (Saturday), Gothenburg

I spent the whole day strolling around the town. Flight to the Belgrade was at 20.30 and I reached Belgrade Airport at 23.00. Again at home and I can not wait to share my impressions with my family.I will certainly once come again with my family to Sweden to refresh memory of the great time I spent in this lovely country. I have learned a lot during this week and I sincerely recommend travelling fellowship to other residents in Serbia.

At the end of this report I would like to say that it was the great pleasure and honor to be the part of such great event. Thank you to EFORT and the great hospitality provided by Swedish Orthopaedic Association.

I would like to thank prof.dr Marko Bumbasirevic, president of Serbian Orthopaedic Trauma Association, who recommend me for this fellowship.

Slavisa Zagorac, MD , MSc, Serbia

Belgrade, 26.05.14

Clinic of Orthopaedic Surgery and Traumatology

Clinical Center of Serbia, Belgrade

Visegradaska 26

11000 Belgrade , Serbia