

## **Mark Patterson Travelling Fellowship 2015** (supported by BJJ and EFORT)

The Mark Patterson Travelling Fellowship 2015 commenced on the 18th May 2015 and concluded with the 16th EFORT annual congress on the 29th May. The three fellows selected for this years fellowship were Sujith Konan from University College London, George Grammatopoulos from Oxford and James Barnes from Bristol. We all had different backgrounds and aspirations but shared common interest in hip preservation surgery and pelvic osteotomy. This fellowship gave us all an excellent opportunity to meet and build strong working relationship in years to come. Furthermore, we learned lots from our European colleagues and created a network with prestigious surgeons across the 3 centres we visited; Paris, Dresden and Bern.



We were informed of our successful applications in January 2015, giving us ample time to schedule our work commitments well in advance. The EFORT Administration & Project Coordinator, Sanni Hiltunen was responsible for all arrangements for our 2-week fellowship, and kept us posted of all developments.

## Paris

The Fellowship started in the hospital Antoine Beclere hosted by Professor Thierry Begue. We joined the French Orthopaedic team for their trauma meeting in the morning and then followed the Professor to the operating rooms and clinics. Our trip in Paris gave us the opportunity to learn from Professor Begue and in particular his expertise in trauma. We had the opportunity to discuss complex patients and share our opinions in a specialist clinic as well as witness membrane induced osteosynthesis surgery first hand. Professor Begue made every attempt to ensure the trip was educational, despite the strikes taking place in his hospital, for which we are most grateful.

In the evenings we had the chance to meet all the members of the team and discuss several aspects of life in France whilst appreciating local cuisine, red wine and the sights of Paris. The midnight cycle towards the lights of Eiffel tower will stay forever in our memory, reminding us of the student life we left behind years ago!



## Dresden

From Paris we travelled to Dresden in the Eastern part of Germany where we were hosted by Professor Gunther and his team. A fantastic clinical and social schedule was awaiting us. We participated in peri-acetabular osteotomies, anterior approach hip arthroplasties and open arthrotomies of the hip. Being so involved with the cases allowed us to discuss the indications, techniques and experience that Dresden had with these techniques and we certainly feel that we left with some good advice and tips that we will all use in our practise. We had the opportunity to discuss the results of both past and ongoing research at a departmental conference arranged by

the Professor with both presentations from us and the local surgeon's. James presented work on the long term outcome of Salter osteotomies on acetabular morphology, George presented his work on cup orientation in hip arthroplasty and Sujith on how functional outcome can be measured in joint arthroplasty. Professor Gunther had arranged the schedule in such way so that the Fellow's talk alternated with the talks of host surgeons' on concordant themes so that interesting discussions would follow. It was hence an excellent opportunity to swap ideas, discuss cases and formulate theories behind different treatment concepts.



The city of Dresden is very picturesque and thankfully with the weather on our side we were treated to several outdoor activities by the host including a guided tour of the city, hiking, cycling, a steam boat trip and of course the traditional saxonion Switzerland dinner wash-down with a variety of local and not so local beverages. Professor Gunther was also kind enough to host us at his house where we met the whole team and discussed the education and training system of our German colleagues. Furthermore, on the Friday evening, we were invited to a modern ballet opening show at the Dresden Opera. The show was unique and one that we will remember for ever. Prof Gunthers' punctuality and attention to detail both at work and leisure will never be forgotten.

### **Bern**

From Dresden we went to Bern, in order to witness what it was like at the birthplace of the peri-acetabular osteotomy and the unit where Professor Reinholt Ganz first described the Bernese periacetabular osteotomy. We had the opportunity to meet Prof Seibenrock the current head. Although we could not spend time with him in due to his busy commitments at the EFORT

conference, we had followed the team and we were able to discuss theories and beliefs behind the initial success of the peri-acetabular osteotomy and their ongoing research into the refining of the technique and the new 3D modelling software being developed to help pre-operative planning. We also had the chance to visit a Swiss based implant company where we were shown the manufacturing of the unique non-modular titanium backed cementless acetabular component and got a greater appreciation for the methods, machining and hard work that goes into making the implants we use day to day.

After some fierce clinical discussions and an entrecote or two in town it was time for the fellows to depart to Prague for the 16th Annual EFORT Congress. This gave us a chance to meet our host once again as well as the teams that put such hard work into organising everything. Sujith and George presented some of their work at the conference before enjoying refreshments at the BJJ reception. At the reception, we met the organising committee of the Fellowship and expressed our gratitude.

Overall this fellowship was an excellent opportunity for us and we would urge other young surgeon's, specifically those with complex or unusual practices, to apply and take advantage of opportunities such as this. We all found it incredibly enlightening to meet and develop links with our European colleagues and to get to grips with the methods and type of work with which they do. Furthermore, we learned how they organised their practices and departments. We feel more enlightened about training and clinical practices in the centres we visited. We realise how despite being so close to us, the practices in each of these countries were so unique. Although Trainees across all European countries face the similar difficulties and challenges, the Orthopaedic training seems so diverse and we sincerely hope EFORT in the future standardises training across Europe.

This fellowship was also a great opportunity for 3 young surgeon's with common interests to meet and have time to discuss life, orthopaedics and acetabular version! We aim to maintain our friendship and strengthen it in the future with collaborating in both the clinical and research fields.