

# REPORT

## Autumn Travelling Fellowship

Poland, September 2016

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**Submitted to:** Efort

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### **Introduction:**

It was a great chance for me to be selected by the “Hellenic Association of Orthopaedic Surgery and Traumatology” for the Travelling Fellowship regarding the hospitals in Poland. The fellowship took place from 4 to 10 September in two major Orthopaedic Centers in Poland, Otwock and Poznan, where I attended their clinical activity and a number of educational lectures, but also actively participated in the scheduled surgeries on a daily basis. Moreover I had the opportunity to meet in persons with renowned orthopaedic surgeons, as well as to meet a lot of colleagues from all over Europe with whom we exchanged ideas and experiences.

### **Detailed description of the fellowship:**

On Sunday morning I landed at the international airport of Warsaw and from there by train to Otwock. Until the evening there was time to rest and relax in the hotel’s pool and spa. In the evening the first scheduled dinner took place in the hotel restaurant, as well as the first meeting with the fellows.

On Monday morning we were transferred to “Department of Orthopaedics, Paediatric Orthopaedics and Traumatology, Centre of Postgraduate Medical Education in Warsaw”. There we met with Prof. Dr. Jarosław Czubak. We attended the morning presentation of clinical cases and then participated in the visits to patients. After that we moved to the operating rooms. The day’s schedule included three periacetabular osteotomies and an Dega osteotomy combined with proximal femoral osteotomy on a pediatric patient. During the afternoon break we had lunch at the hospital restaurant. Then following the afternoon schedule we went back to the operating

# REPORT

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room for a total hip replacement as well as another periacetabular osteotomy. Later in the afternoon we moved back to the hotel to rest and attend the planned dinner with all the fellows.



*During a periacetabular osteotomy with Prof. Dr. Jarosław Czubak*

On Tuesday morning we were transferred for the second time in the hospital of Otwock. There, after the established cases presentation and the visit to the clinic, we attended educational lectures regarding acetabular osteotomies, developmental dysplasia of the hip, and treatment of leg length discrepancy. Thereafter we went to operating rooms where I had the opportunity to participate as an assistant in a periacetabular osteotomy. We attended another combined Dega osteotomy with subtrochanteric osteotomy on a pediatric patient, but also a femoral and tibial malunion with Ilizarov method. At noon we had lunch at the hospital restaurant, while in the afternoon there was free time to visit the old city of Warsaw and have dinner in a traditional restaurant with all fellows.

# REPORT

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*After the lectures at the orthopaedic clinic of Otwock.*

On the next day we were transferred with a minibus in the city of Poznan where in our hotel we were warmly welcomed by professors Dr. Leszek Romanowski, and Dr. Jacek Kruczyński. Lunch at the hotel restaurant followed and then educational lectures in the hotel congress hall on reconstruction and periprosthetic fractures. In the afternoon of the same day we were invited by Professor Dr. Leszek Romanowski at a reception in the garden of his house, where we tried many traditional Polish dishes as well as different wines and drinks from his personal collection, while having fun time with members of his clinic in a very warm and welcoming environment.

# REPORT

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*Fun in the garden of Dr. Leszek Romanowski's residence.*

On Thursday morning we went to the Poznan University Hospital “Dega University Hospital” where we initially attended the morning presentation of cases. Then we moved to the surgery room, where the daily schedule included arthroscopic elbow symphysiolysis, arthroscopic rotator cuff tear repair, anterior cruciate ligament reconstruction, and a total knee arthroplasty. We had lunch in the hospital and attended educational presentations on the hip and knee biomechanics and spine as well. That evening we were invited to dinner at a traditional Polish tavern with all members of the clinic.

On Friday morning we visited again Poznan University Hospital. The day schedule consisted exclusively of educational lectures with only break the one for lunch. The subject of the lectures was wide, including topics such as developmental dysplasia of hip, periacetabular osteotomies, scoliosis, leg length discrepancy, and finally skeletal maturity. In the evening we had our last formal dinner in the Old Market Square.

# REPORT

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*Formal dinner in Poznan's Old Market Square.*

On Saturday morning we were transferred for the last time in Dega University Hospital. The program there initially included educational lectures on revision hip and knee arthroplasty, as well as cases presentations of surgical treatment to spine diseases. Early in the afternoon, all the fellow scholars had to be transferred by train to the international airport of Warsaw, in order to catch our flights back.

### **Conclusion:**

I would like to thank you for the honor to attend the Fall Travelling Fellowship in Poland, as well as all our hosts for their truly wonderful hospitality. Finally, I recommend this particular fellowship to young colleagues, because it is a unique experience, offering new knowledge and motivation for education.