

# REPORT

## Autumn Travelling Fellowship

Poland, September 2016

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**Submitted to:**

**Reported by:** Sini Hanhisuanto

**Introduction:** I'm a final year residence from Oulu University Hospital, Finland.

**Detailed description of the fellowship**

I arrived quite early to Chopin airport, Warsaw and travelled to the first hotel, Z-Hotel Business and Spa in Otwock. The hotel was nice, located by the river Spyder, with good jogging routes around. I got settled and after that, went for a run to get to the surroundings. The running route by the river was nice. Unfortunately, we didn't get any information about the first dinner together at the hotel, but luckily our group was active and social and arranged the time by ourselves.



**Pic 1. From the run by the River Spyder**

The first morning at the Department of Orthopaedics, Pediatric Orthopaedics and Traumatology in Otwock started with presentations about the patients to be operated during the course. We took part in rounds at the wards and after that it was time for O.R time! There were 2 operating rooms, and we got to switch between the O.R:s as we pleased. We saw a few periacetabular osteotomies, Dega osteotomies and joint arthroplasties in the first day. I also got to scrub in for 2 operations, one Dega osteotomy and one periacetabular osteotomy. We also had lectures by Dr. Jaroslaw Czubak.

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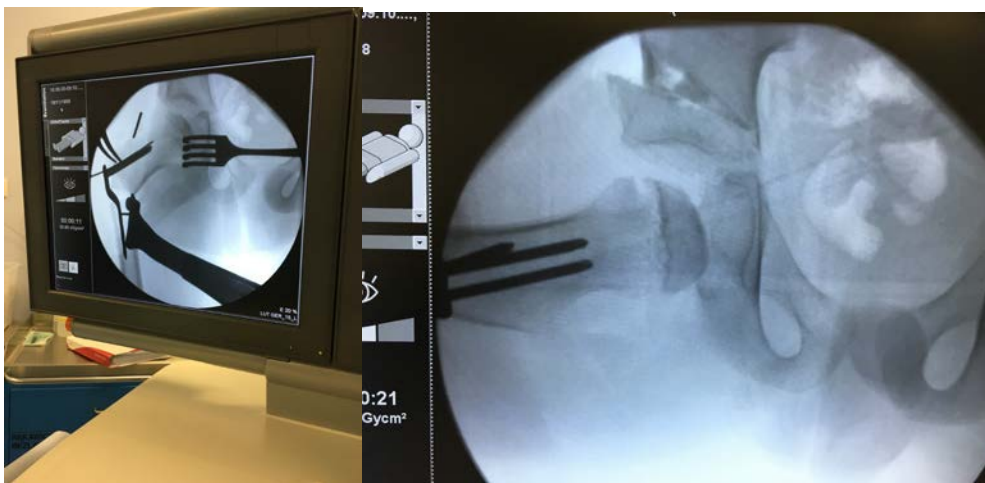
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**Pic.2. Me scrubbing in (left) and during the operation (right).**



**Pic. 3 The osteotomies in fluoroscopy**



**Pic. 4 Me and Dr. Hättich from Germany assisting Prof. Czubak in PAO**

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On the second day in Otwock, we also participated in the X-ray and patient introduction meeting and the rounds. After that, the time was again divided to lectures and O.R time. We saw some arthroplasties, introduction of the Ilizarov Frame for leg length discrepancy corrections and the TSF frame. Also had lectures about these subjects.



Pic 5. Dr Hättich from Germany, me and Dr. Kase from Estonia finding out the secrets of the hip joint arthroplasty.



Pic 6. Our group and prof. Czubak on a break.

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The it was time to say goodbye to Otwock and travel to Poznan.



**Pic. 7.** Us posing in front of the statue of Prof. Ireneusz Wierzejewski, the founder of the hospital.

On our last evening in Otwock, we decided to see the city of Warsaw, had a nice dinner of pirogis and soup (the Polish really love their soups!), and maybe enjoyed a glass of champagne☺.



**Pic. 8.** The ladies of this fellowship.

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On Wednesday a minibus transfer had been arranged from Otwock to Poznan. We arrived in the afternoon and were welcomed warmly at the hotel. After lunch (and some soup!) we had lectures by Dr. Kaczmarczyk and Dr. Kruczynski about knee arthroplasties and periprosthetic fractures.

On the first night in Poznan, we were invited to a garden party at Prof. Romanowski's garden. It was great to meet all and spend some time in the beautiful garden.



Pic 9. Dinner at Prof. Romanowski

On Thursday we again shared our time between O.R and the lectures at the Ortopedyczno-Rehabilitacyjny Szpital Kliniczny im. Wiktora Degi. The lectures were about revision arthroplasties, biomechanics, and we also had two lectures about spine, the biomechanics and infections of the spine. In the O.R:s we saw for example shoulder arthroscopy and cuff reparation and the ACL reconstruction.

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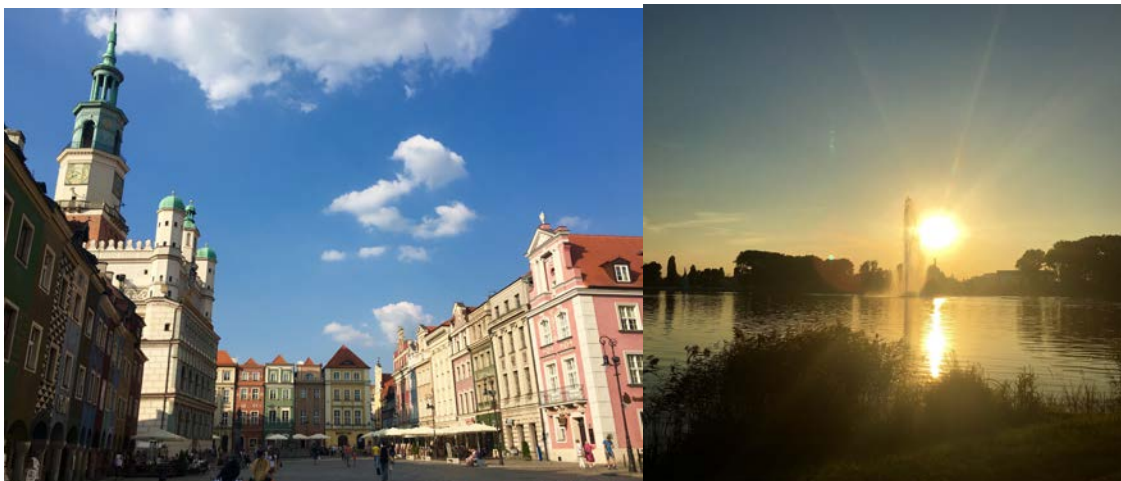
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**Pic 10. The audience at the ACL reconstruction**

After the day at the hospital, I went for a run in Poznan too, ran around the Malta lake and the Old Town of Poznan, beautiful!



**Pic. 11. The Old Town Square Poznan, and the Malta Lake.**

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On Friday we had a long day (☺) of lectures, concerning wide aspects of pediatric orthopedics, the growth, leg length discrepancy and growth control surgery and the pediatric spine. The speakers had prepared great lectures!

On the final evening we had a nice dinner with the professors and doctors. Also some Poznan nightlife was introduced to us by Dr. Marta Wisniewska (1<sup>st</sup> year orthopedic resident, who also babysitted us during the course...) and Dr. Lucasz Labaj.

On Saturday morning the lectures still started at 7.30 am, and again the speakers presented us some interesting cases, before the final remarks and farewells.



Pic 12. Me and Prof. Romanowski in front of the hospital



13. Time to go home!

See you next year in Finland☺