



Reported by: Dr Murgier Jérôme (France)

Introduction: I've been invited by the French orthopedic society to participate to a travelling fellowship in Poland in September. I hadn't really heard about that before but the scientific program looked very interesting to me and I had never been to Poland so I decided to go with lot of motivation. Another important point was that it would give me the opportunity to speak about orthopedic topics with other fellows from all around Europe which is something always interesting.

Detailed description of the fellowship:

The fellowship started the 4th of September. After a long trip from Toulouse to Warzaw I landed at Chopin Airport and took a taxi to go to our Hotel in Otwock. It is a small city quite far from Warsaw included in a forest area. The hotel was very modern and close to the Hospital. I met the other fellows during the dinner, everybody was tired but we had good interactions.

On Monday the 5th we went to the Hospital called the "SAMODZIELNY PUBLICZNY SZPITAL KLINICZNY". It is an old hospital divided in several buildings inside the forest. We went to the orthopaedic one at 7h30 am for the meeting. Pf Czubak welcomed us with his team and showed different orthopaedic cases (particularly dysplastic hips). He is a famous surgeon in Poland very specialized on the surgical treatment of hip dysplasia. He performs many peri acetabular osteotomy (PAO) (He has learnt it from dr Ganz himself) with good results according to him. We had an interesting discussion about his indications depending of the age of the patient and the pain. He said that the better range of motion you have before the operation the better result you will get after. I was particularly interested by this procedure because we don't perform it in my department (we prefer shelf arthroplasty or a prosthesis). We had the opportunity to go to the theatre and assist Dr Czubak to three PAO which was very surprising and interesting; He performed it very quickly (45 minutes) and safely with a MIS procedure



REPORT

Autumn Travelling Fellowship

Poland, September 2016

www.efort.org



We had lectures on the technical points of this procedure and the Dega osteotomy associated or not to a proximal femoral osteotomy for young patients. The operating rooms were very modern. We also had the opportunity to see other surgeons doing other surgeries like a leg lengthening (Elizarov procedure) or a TSF.

We visited Warsaw, which is a very beautiful city, particularly the old part of the city that was destroyed during WW2 and rebuilt just after. We had great time and left Warsaw to Poznan on Wednesday by bus.

We had a warm welcoming there, with some gifts when we arrived and two very interesting lectures (high quality level) about lower limb prosthesis. After that Pr Romanowski invited us for a "garden party" in his own house. It was very friendly and we appreciated it a lot. The scientific program in Poznan was also captivating with several topics around knee surgery, prosthesis surgery, hand surgery or even spine surgery. The hospital (Dega university hospital) is close to the city center and is one of the most famous in the country. We also had the possibility to go to the operating rooms, we saw many interesting surgeries (TKA, ACL reconstruction...). The team was very kind with us and one of their resident Martha was dedicated to help us and she did it very well. The city was less destroyed than Warsaw and many beautiful buildings worth to visiting.



REPORT

Autumn Travelling Fellowship

Poland, September 2016

www.efort.org



We then left Poland separately with lot of great memories. Of course the scientific program was a major point of the trip, but the interactions with other fellows were amazing. We had a lot of fun, all the fellows were easy-going and very friendly.



Conclusion:

It was a great honour for me to take part in this Efort fellowship, I want to thank the French orthopedic society and the organizing committee for giving us so much during this journey.

Dr Jérôme Murgier