

REPORT

Autumn Travelling Fellowship

Poland, September 2016

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Reported by:

Lukas A. Holzer, MD, PhD

Department of Orthopaedic Surgery, Medical University of Graz, Graz Austria

Introduction: The EFORT Autumn Travelling Fellowship Poland 2016 took place in Otwock and Poznan, Poland from September 4th to 10th. I was chosen to participate by the Austrian Society for Orthopaedic Surgery (ÖGO).

Detailed description of the fellowship

On Sunday afternoon or evening all of us arrived at the hotel in Otwock individually. Otwock is a suburb of Warsaw located about 30min away in its south east. It is a small town, rich in trees and has a long history in medicine as in the past various hospitals were located there. We gathered to have dinner at the hotel restaurant and made first interactions and had the opportunity to get to know each other. The following morning we went to the Department of Orthopaedics, Pediatric Orthopaedics and Traumatology, The Centre of Postgraduate Medical Education in Warsaw located in Otwock. We got to know the team around Prof. Czubak and participated in the morning round and discussion of surgical cases. On this first day we got to know Prof. Czubaks major interest: hip and pelvis surgery. First we had a theoretical session where we got to know basic principles of pelvic osteotomies. Afterwards, we went to the OR to see various pelvic osteotomies (e.g. Dega Osteotomy and Ganz osteotomy) and hip joint replacements that were nicely done with routine. The day ended with dinner at the hotel restaurant. We spend Tuesday at the same center in Otwock and were introduced to pediatric orthopaedics with a main focus on limb deformity corrections among them the Ilizarow technique that is frequently applied in this hospital. In the afternoon we went to see Poland's vibrant capital Warsaw with its picturesque old town. There we had a traditional dinner trying the delicious Polish Pierogis.

In the next morning we had a bus transfer to our next destination Poznan which is located about 300km in the west of Warsaw. Arriving at Poznan we had a very warm welcome from our local hosts Prof. Romanowski, Prof. Snyder and Prof. Kruczyński. We had some lectures on various orthopaedic topics and were invited to a garden party at Prof. Romanowski's house. It was great fun there and we became more and more tight up as group of friends. Furthermore Prof. Romanowski showed us his huge collections of motorbikes and cars which was amazing to see. The following day, we started our fellowship at the Dega university hospital, the former place of work of Prof. Dega, known for his pelvic osteotomy. Our group was divided to that smaller groups could see various surgeries given our personal interest. I chose to see shoulder-, elbow- and knee surgery in which advanced arthroscopic techniques were applied. Furthermore we got to know the system of medical education and residency in Poland by communication with our Polish friends. In the afternoon we had a city tour guided by Dr. Lapaj who showed us all the hidden treasures of Poznan's old town. Drinking a cold Polish beer on the main square, we had the opportunity to have private lecture about the Polish and eastern European history. In the evening we had dinner at one of the hospital staff's favourite places. In there we deepened our friendship with our Polish hosts among them Dr. Markuszewski and co-fellows from all over Europe. Friday offered

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numerous lectures on pediatric hip and spine as well as limb deformities. In the evening we met in one old town restaurant with all our local hosts to have dinner and the official farewell. Saturday morning we went for the last time to Dega University Hospital to have some more lectures before we said good by and left by train to Warsaw.

Conclusion:

Concluding, I need to say that the EFORT Travelling Fellowship 2016 Poland has been a great experience and benefit in both, gain of Orthopaedic knowledge and friendship with fellow Orthopaedic Surgeons from all over Europe.