

# REPORT

## Autumn Travelling Fellowship

Poland, September 2016

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**Introduction:** The journey from Pisa (Italy) in Warsaw has elapsed without problems. Upon arrival at the airport I took a taxi up to the Z-Hotel in Otwock. The night we dined at the hotel with the other fellows.

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

Monday 05/09:

We took a taxi to the clinic, "Department of Orthopaedics, Paediatric Orthopaedics and Traumatology, The Centre of Postgraduate Medical Education in Warsaw." We were greeted by Prof. Czubak and we attended the briefing with the discussion of clinical cases. We then made the medical examination of the patients in the adult ward. Prof Czubak made us lecture on PAO and then operating room to witness surgeries (especially PAO and Dega osteotomy) until lunchtime. After lunch we returned to the operating room until about 17. Return to the Hotel.

Tuesday 06/09:

Arrival by taxi to the hospital. Discussion of clinical cases and medical examinations of the patients in the pediatric ward. We have therefore supported a lecture on Dega osteotomy and then we went into the operating room (Ilizarov Frame, Dega osteotomy, THA). We had lunch at about 13. After lunch we attended the afternoon session in the operating room. Return to the hotel by taxi. For dinner we decided to go with the other fellows in Warsaw for a short tour of the city.

Wednesday 07/09:

Transfer to the hotel in Poznan, where we were greeted by Prof. Romanowski and Prof. Kaczmarczyk. We had lunch at the hotel where we were greeted by a Polish MP who previously worked as an orthopedic surgeon. In the afternoon we had class in the conference room of the hotel until at 17. For dinner we were invited to the home of Prof. Romanowski.

Thursday 08/09:

Transfer at Dega University Hospital. We participated in the discussion of clinical cases in the morning and we attended the session in the operating room with surgery in TKA, THA, ACL replacement, elbow and shoulder arthroscopy, and elbow arthrolysis. After lunch we backed up lectures at 17. Return to the hotel and tour the city with Dr. Bartochowski. Dinner at the restaurant just outside the city.

Friday 09/09:

Transfer at the hospital and lectures till 17 as scheduled. At night dinner with all the professors and doctors who contributed to the fellowship and the Dega university hospital director.

Saturday, 10.09:

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Transfer to the hospital at 7:30 and wound up to 10 hours with a final address by Prof Romanowski. Transfer to the airport of Warsaw and back.

**Conclusions:** The EFORT traveling fellowship is a magnificent scientific and life experience. It was interesting to confront a new reality and learn from professors and highly trained doctors. It was also very interesting cultural exchange in a group of 13 people from different countries and different backgrounds.