

EFORT Spring Travelling Fellowship 2017

Finland
From April 23 to April 28,
2017

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Welcome to Finland!

Dear Fellow,

The EFORT Travelling Fellowship Courses are organised by the National Orthopaedic Societies, member of the European Federation of National Associations of Orthopaedics and Traumatology.

The EFORT Spring Travelling Fellowship 2017 will be held in Finland. It is open to surgeons from European countries selected by their National Association, in order to favour exchanges between the Travelling Fellows and the Orthopaedics of the inviting nation.

The Scientific Programme of the Fellowship Course will be organised in three cities in Finland as follows:

- Vantaa, Peijas Hospital, (24 April, 2017)
- Tampere, Tampere University Hospital (25-26 April, 2017)
- Helsinki, Töölö Hospital, (27-28 April, 2017)

We wish you a pleasant and interesting course in Finland!

On behalf of the organising society SOY-FOA,

Professor Ilkka Kiviranta
Past President Finnish Orthopaedic Association

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Useful information

Arrival to Helsinki-Vantaa Airport, on 23rd of April, 2017

You may take any international or domestic flight to Helsinki-Vantaa airport, which is located 15 km outside the city. From the Helsinki-Vantaa airport, there are several transportation possibilities to downtown Helsinki. If traveling by train you should get off at the Rautatieasema station, which is the final station. You can also take a Finnair City Bus to downtown Helsinki which leaves from the ground floor level of the Helsinki-Vantaa airport. You can walk to Scandic Simonkenttä Hotel within 5 minutes. You can also take a taxi from the airport directly to the Hotel, which costs approximately 40-50€. No organised transportation will be available since the arrival times of each participant will be different. We suggest the cheapest form of transport which is airport bus or train.

Accommodation and meals

Accommodation will be arranged in single rooms. The hotels in each city will offer breakfast in the morning. Lunches and coffees will be organised at each hospital during the day time.

Departure from Helsinki-Vantaa Airport on 28th of April, 2017

The Finnish Orthopaedic Association (FOA) and the Organising Committee are offering your accommodation and stay in the country from 23rd of April, 2017 up to your departure from Helsinki-Vantaa on 28th of April, 2016.

Contact for practical arrangements

Mrs Mia Kalervo (secretary of Professor Kiviranta)

Töölö Hospital

Topeliuksenkatu 5

FIN-00260 Helsinki

Tel. No.: +358 50 427 2205

E-mail: mia.kalervo@hus.fi

Organisers

Organised on behalf of Finnish Orthopaedic Association (SOY-FOA) by:

- Minna Laitinen
- Mika Paavola
- Teemu Helkamaa
- Tim Söderlund
- Ilkka Kiviranta

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Dates, cities and venues in Country

23.4.2017 to 28.4.2017	
Vantaa	Peijas Hospital, Helsinki University Hospital, Sairaalakatu 1, 01400 Vantaa (24.4.2017)
Tampere	Tampere University Hospital (25.-26.4.2017)
Helsinki	Töölö Hospital, Helsinki University Hospital, Topeliuksenkatu 5, 00260 Helsinki (27.-28.4.2017)

Contact persons and addresses

Hospital	Address	Contact Person
Peijas Hospital	Sairaalakatu 1, 01400 Vantaa	Teemu Helkamaa, MD PhD Tel No.: +358 50 427 0907
Tampere University Hospital	Teiskontie 35, 33521 Tampere	Minna Laitinen, MD Tel No.: +358 40 559 4598
Töölö Hospital	Topeliuksenkatu 5, 00029 Helsinki	Tim Söderlund, MD, PhD Tel No.: +358 50 427 9664

Accommodation in single rooms

Dates	Hotel name	Hotel address
23 April 2017 to 25 April 2017 and 26 April 2017 to 28 April 2017 Helsinki	Scandic Simonkenttä	Simonkatu 9, 00100 Helsinki Tel No.: +358 9 68 380 Fax No.: +358 9 68 381 11 Email: simonkentta@scandichotels.com Homepage: www.scandichotels.fi
25 April 2017 to 26 April Tampere	Scandic Tampere City	Hämeenkatu 1, 33100 Tampere Tel No.: +358 3 2446 111 Fax No.: +358 3 2446 2111 Email: tamperecity@scandichotels.com Homepage: www.scandichotels.fi

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PLEASE NOTE!

All hotel bookings will be made on behalf of the course participants based on the schedule above. If you for some reason arrive or depart earlier or later than listed above, please inform the hosting Society about your schedule by e-mail to mia.kalervo@hus.fi so that the hotel bookings can be arranged accordingly.

Thank you!
Program outline

<p>Sunday, 23 April 2017 Helsinki</p>	<ul style="list-style-type: none"> • Individual arrivals to Helsinki-Vantaa Airport • Individual transfer to Scandic Simonkenttä Hotel • Meet at the meeting room Tapiola in the hotel • Thereafter dinner at restaurant Kaarna. Address: Mannerheimintie 20, Helsinki 		
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	8:00 – 8:05	Welcome speech	Teemu Helkamaa
<p>▪ Welcome, introduction, grouping, and case presentation</p>			
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	8:05 – 8:15	Introduction of day schedule	Teemu Helkamaa
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	8:15 – 8:45	Grouping (1 and 2) and case presentation (primary or revision surgery cases)	Teemu Helkamaa
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	8:45 – 9:00	Prep for ORs (one participant per OR, Group 1)	Teemu Helkamaa
<p>▪ Current concepts in Arthroplasty surgery</p>			
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	8:45 – 9:00	Group 2: Arthroplasty surgery at the University hospital of Helsinki	Leskinen/Rantasalo
<p>• Coffee break 15min</p>			
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	9:15 – 10:00	Group 2: Complications in arthroplasty surgery	Madanat/Mäkinen
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	10:05–10:35	Group 2: Infection prevention in arthroplasty surgery	Huotari
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	10:40–11:10	Group 2: Case presentation (primary or revision surgery cases)	Helkamaa
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	11:15–12:00	Lunch; Peijas Hospital	

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	<ul style="list-style-type: none"> ▪ Current concepts in Arthroplasty surgery 			
	12:00-12:30	Fellow presentations (x 2 á 15min)		
	12:30-12:45	Prep for ORs (one participant per OR, Group 2)	Teemu Helkamaa	
	12:35-12:50	Group 1: Arthroplasty surgery at the University hospital of Helsinki	Leskinen/Rantasalo	
	<ul style="list-style-type: none"> ▪ Coffee break 15min 			
	13:05-13:50	Group 1: Complications in arthroplasty surgery	Madanat/Mäkinen	
	13:55-14:30	Group 1: Infection prevention in arthroplasty surgery	Huotari	
	<ul style="list-style-type: none"> ▪ Coffee break 15min 			
	14:45-15:45	Fellow presentations (x 4 á 15min)		
	15:45-16:00	Summary of the day	Helkamaa	
	End of the Training			
	<ul style="list-style-type: none"> • Transfer to Scandic Simonkenttä Hotel • Dinner at Mamma Rosa restaurant, Runeberginkatu 55, 00260 Helsinki 			
	Tuesday, 25 April 2017 Tampere University Hospital	<ul style="list-style-type: none"> ▪ Randomized control trial in upper extremity 		
		10:30 - 10.45	Principles of RCT research	Ville Mattila
10:45 - 11:00		Epidemiology of proximal humerus fractures	Bakir Sumrein	
11:00 - 11:15		Treatment of proximal humerus fractures in elderly, systematic review of the literature	Antti Launonen	
11:15 - 11:30		Proximal humerus RCT, the role of NITEP	Ville Mattila	
11:30 - 11:45		Results from the two-part proximal humerus RCT	Bakir Sumrein	

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	11:45 – 12:30	Lunch	
	12:30 – 12:45	Epidemiology of distal radius fractures	Teemu Hevonkorpi
	12:45 – 13:00	Distal radius RCT	Antti Launonen
	13:30 – 13:15	What do we know about non-operative treatment	Lauri Raittio
	13:15 – 13:30	Surgical options in distal radius fractures	Antti Launonen
	13:30-14:30	Fellow presentations (x 4 á 15min)	
	▪ Workshop and coffee break		
	▪ Title of the Main Subject	Title of the presentation/session	Speaker
	End of the Training		
	<ul style="list-style-type: none"> • Transfer to Scandic Tampere City Hotel • Dinner at Hangaslahden sauna 		

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<p>Wednesday, 26.4.2017 Coxa Hospital for Joint Replacement</p>	<p>▪ Complications in arthroplasty</p>		
	9:00 – 9:20	Hip arthroplasty registry- where are we and where are we going	Antti Eskelinen
	9:20 – 9:40	Hip resurfacing-second coming	Timo Puolakka
	9:40 – 10:00	Salvage procedures for the abetabulum	Jyrki Nieminen
	10:00-10:20	The incidence of periprostheti femoral fractures after total hip replacement in the Pirkanmaa Hospital District, Finland during 2002-2013.	Heidi Lehtokangas
	10:20-10:40	MoM complications	
	10:40-11:00	The abductor muscles – how to repair	Jorma Pajamäki
	11:00-12:00	Lunch	
	<p>▪ Hip arthroplasty</p>		
	12:00-13:00	Fellow presentations (x 4 á 15min)	
	13:00-13:20	The concept of Coxa	Jyrki Nieminen
	13:20-15:00	Visit Coxa	
	<p>End of the Training</p>		
	<ul style="list-style-type: none"> • Transfer to Helsinki 		

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**Thursday,
27 April 2017**
Töölö Hospital,
lecture hall 1
(G1 lecture hall, G2
OR)

▪ **Orthopaedic trauma surgery (Group 1: lectures, Group 2: OR): Elbow joint injuries (G1)**

08:00-8:20	Total arthroplasty in distal humeral fractures	Tuomas Lähdeoja
8:20-8:40	Elbow dislocation	Mikko Salmela
8:40-9:40	Case session: how did it go?	TBA
9:40-10:00	Coffee break	

▪ **Lower extremity injuries (G1)**

10:00-10:30	Intrapelvic approach in pelvic and acetabular fracture surgery	TBA
10:30-10:50	Spinopelvic dissociation	TBA
10:50-11:20	Knee dislocation	TBA
11:20-12:20	Lunch	

▪ **Polytrauma (G1)**

12:20-12:50	Traumaregistry	TBA
12:50-13:20	Timing of fixation of fractures in polytrauma patients	TBA
13:20-13:50	Operative treatment of flail chest	TBA
13:50-14:20	Coffee break	

**End of the Training
(participants are free to join ongoing operations in the OR during the evening)**

- Transfer to Scandic Simonkenttä Hotel
- Dinner at restaurant Löyly, address: Hernesaarenranta 4, 00150 Helsinki

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<p>Friday, 28 April 2017 Töölö Hospital, Lecture Hall 1 (G1 lecture hall, G2 OR)</p>	<p>Orthopaedic trauma surgery (Group 1: OR, Group 2: lectures): Elbow joint injuries (G2)</p>		
	08:00-8:20	Total arthroplasty in distal humeral fractures	Tuomas Lähdeoja
	8:20-8:40	Elbow dislocation	Mikko Salmela
	8:40-9:40	Case session: how did it go?	TBA
	9:40-10:00	Coffee break	
	<p>▪ Lower extremity injuries (G2)</p>		
	10:00-10:30	Intrapelvic approach in pelvic and acetabular fracture surgery	TBA
	10:30-10:50	Spinopelvic dissociation	TBA
	10:50-11:20	Knee dislocation	TBA
	11:20-12:20	Lunch	
	<p>▪ Polytrauma (G1)</p>		
	12:20-12:50	Traumaregistry	TBA
	12:50-13:20	Timing of fixation of fractures in polytrauma patients	TBA
	13:20-13:50	Operative treatment of flail chest	TBA
	13:50-14:20	Coffee break	
	<p>Closure (G1 & G2)</p>		
	14:20-14:50	Feedback and closure	Tim Söderlund
	<p>End of the Travelling Fellowship</p>		
<p>Friday, 28 April 2017 Helsinki</p>	<p>▪ Individual transfer to Airport</p>		