

EFORT Spring Travelling Fellowship 2017

Finland
From April 23 to April 28,
2017

www.efort.org



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 or double rooms. The hotels in each city will offer breakfast in the morning. Lunches and coffees will be organised at each hospital during the day.

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, 2017.

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 the 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 PhD 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

PLEASE NOTE!

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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 at 18.00 in the hotel • Thereafter dinner at restaurant Kaarna at 19.00. Address: Mannerheimintie 20, Helsinki 																																							
<p>Monday, 24 April 2017 Peijas Hospital Auditorium</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #fff9c4;">8:00 – 8:05</td> <td style="background-color: #fff9c4;">Welcome speech</td> <td style="background-color: #fff9c4;">Teemu Helkamaa</td> </tr> <tr> <td colspan="3" style="background-color: #e0e0e0;"> <ul style="list-style-type: none"> ▪ Welcome, introduction, grouping, and case presentation </td> </tr> <tr> <td>8:05 – 8:15</td> <td>Introduction of day schedule</td> <td>Teemu Helkamaa</td> </tr> <tr> <td>8:15 – 8:45</td> <td>Grouping (1 and 2) and case presentation (primary or revision surgery cases)</td> <td>Teemu Helkamaa</td> </tr> <tr> <td>8:45 – 9:00</td> <td>Prep for ORs (one participant per OR, Group 1)</td> <td>Teemu Helkamaa</td> </tr> <tr> <td colspan="3" style="background-color: #e0e0e0;"> <ul style="list-style-type: none"> ▪ Current concepts in Arthroplasty surgery </td> </tr> <tr> <td>8:45 – 9:00</td> <td>Group 2: Arthroplasty surgery at the University hospital of Helsinki</td> <td>Mikko Rantasalo</td> </tr> <tr> <td colspan="3" style="background-color: #e0e0e0;"> <ul style="list-style-type: none"> • Coffee break 15min </td> </tr> <tr> <td>9:15 – 10:00</td> <td>Group 2: Complications in arthroplasty surgery</td> <td>Rami Madanat</td> </tr> <tr> <td>10:05–10:35</td> <td>Group 2: Infection prevention in arthroplasty surgery</td> <td>Kaisa Huotari</td> </tr> <tr> <td>10:40–11:10</td> <td>Group 2: Case presentation (primary or revision surgery cases)</td> <td>Teemu Helkamaa</td> </tr> <tr> <td style="background-color: #e0f0ff;">11:15–12:00</td> <td style="background-color: #e0f0ff;">Lunch; Peijas Hospital</td> <td style="background-color: #e0f0ff;"></td> </tr> <tr> <td colspan="3" style="background-color: #e0e0e0;"> <ul style="list-style-type: none"> ▪ Current concepts in Arthroplasty surgery </td> </tr> </table>	8:00 – 8:05	Welcome speech	Teemu Helkamaa	<ul style="list-style-type: none"> ▪ Welcome, introduction, grouping, and case presentation 			8:05 – 8:15	Introduction of day schedule	Teemu Helkamaa	8:15 – 8:45	Grouping (1 and 2) and case presentation (primary or revision surgery cases)	Teemu Helkamaa	8:45 – 9:00	Prep for ORs (one participant per OR, Group 1)	Teemu Helkamaa	<ul style="list-style-type: none"> ▪ Current concepts in Arthroplasty surgery 			8:45 – 9:00	Group 2: Arthroplasty surgery at the University hospital of Helsinki	Mikko Rantasalo	<ul style="list-style-type: none"> • Coffee break 15min 			9:15 – 10:00	Group 2: Complications in arthroplasty surgery	Rami Madanat	10:05–10:35	Group 2: Infection prevention in arthroplasty surgery	Kaisa Huotari	10:40–11:10	Group 2: Case presentation (primary or revision surgery cases)	Teemu Helkamaa	11:15–12:00	Lunch; Peijas Hospital		<ul style="list-style-type: none"> ▪ Current concepts in Arthroplasty surgery 		
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	12:00-12:30	Fellow presentations (x 2 à 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	Mikko Rantasalo
	▪ Coffee break 15min		
	13:05-13:50	Group 1: Complications in arthroplasty surgery	Rami Madanat
	13:55-14:30	Group 1: Infection prevention in arthroplasty surgery	Kaisa Huotari
	▪ Coffee break 15min		
	14:45-15:45	Fellow presentations (x 4 à 15min)	
	15:45-16:00	Summary of the day	Teemu Helkamaa
	End of the Training		
	<ul style="list-style-type: none"> • Transfer to Scandic Simonkenttä Hotel • Dinner at Mamma Rosa restaurant at 18:00, Runeberginkatu 55, 00260 Helsinki 		
	Tuesday, 25 April 2017 Tampere University Hospital	<ul style="list-style-type: none"> • Transfer to Tampere by train • Quick visit to Hotel Scandic Tampere City 	
▪ Randomized control trial in upper extremity			
10:30 - 11:00		Principles of RCT research	Ville Mattila
11:00 - 11:15		Epidemiology of proximal humerus fractures	Bakir Sumrein
11:15 - 11:30		Treatment of proximal humerus fractures in elderly, systematic review of the literature	Antti Launonen

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	11:30 – 11:45	Proximal humerus RCT, the role of NITEP	Ville Mattila
	11:45 – 12:30	Lunch/workshop	
	12:30 – 12:45	Epidemiology of distal radius fracture	Teemu Hevonkorpi
	12:45 – 13:00	Distal radius RCT	Antti Launonen
	13:00 – 13:15	What do we know about non-operative treatment	Lauri Raittio
	13:15 – 13:30	Surgical options in distal radius fracture	Antti Launonen
	13:30 – 14:30	Fellow presentations (x 4 á 15 min)	
	14:30 – 15:00	Summed	Jouni Kääntee
	15:00 – 16:30	Researcher's smithy	Ville Mattila
End of the Training			
<ul style="list-style-type: none"> • Transfer to Kaupinojan sauna for bathing, swimming and dinner 			

EFORT Spring Travelling Fellowship 2017

Finland
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<p>Wednesday, 26.4.2017 Coxa Hospital for Joint Replacement</p>	<p>▪ Complications in arthroplasty</p>		
	10:00 – 10:20	The incidence of periprosthetic femoral fractures after total hip replacement in the Pirkanmaa Hospital District, Finland during 2002-2013.	Heidi Lehtokangas
	10:20 – 10:40	The abductor muscles – how to repair	Jorma Pajamäki
	10:40 – 11:00	Queries and questions about knee arthroplasty	Mika Niemeläinen
	11:00 – 11:20	Risk factors in arthroplasty patients.	Esa Jämsen
	11:20 – 11:40	MoM complications	Antti Eskelinen
	11:40-13:00	Lunch	
	13:00-14:00	Fellow presentations (x 4 á 15min)	
	14:00-14:20	The concept of Coxa	Antti Eskelinen
	14:20-15:00	Visit Coxa	
	<p>End of the Training</p>		
	<ul style="list-style-type: none"> • Dinner in Tampere • Transfer to Helsinki 		

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<p>Thursday, 27 April 2017 Töölö Hospital, meeting at the information desk, Main entrance.</p>	<p>▪ Orthopaedic trauma surgery</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?	Mikko Salmela + Tuomas Lähdeoja
	9:40-10:10	Knee dislocation	Mikko Jokela
	10:10-10:45	Preoperative planning of the afternoon cases	
	10:45-11:30	Lunch	
	11:30-16:00	OR sessions	
	<p style="text-align: center;">End of the Training (participants are free to join ongoing operations in the OR during the evening)</p>		
	<ul style="list-style-type: none"> • Transfer to Scandic Simonkenttä Hotel • Dinner at restaurant Löyly at 18:00, address: Hernesaarenranta 4, 00150 Helsinki 		

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Friday, 28 April 2017 Töölö Hospital	Orthopaedic trauma surgery		
	08:00-8:20	Intrapelvic approach in pelvic and acetabular surgery	Tomi Simons
	8:20-8:50	Results of operative acetabular fracture management	Kristian Seppänen
	8:50-9:20	Operative treatment of flail chest	Tim Söderlund
	9:20-9:50	Traumaregistry	Lauri Handolin
	9:50-15:00	OR session (lunch between operations)	
	15:00-15:30	Feedback and closure	Tim Söderlund
	End of the Travelling Fellowship		
Friday, 28 April 2017 Helsinki	<ul style="list-style-type: none"> Individual transfer to Airport 		