



Submitted to: EFFORT

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Introduction: The EFORT Spring Travelling Fellowship 2016 took place in Austria from 17th to 23rd of April 2016. We had 14 fellows participating from different European countries. It was an honour for me to be nominated by the Cyprus orthopaedic and Traumatology association to participate. My high expectations for this program were fulfilled completely and I will always consider my participation as a valuable part of my residency training.

Detailed description of the fellowship

I arrived in the beautiful city of Vienna on the 17th of April. It was my first visit to Vienna a city I always wanted to visit. We were warmly welcomed in the afternoon by Prof. Dr. Nehrer and I had the chance to meet the other fellow participants and introduce myself. We then visited Adolf Lorenz museum where Adolf Lorenz a true pioneer, who is considered the founder of German Orthopedics, had his practice and conducted research. It was very interesting to see how patients were treated in the beginning of the 19th century, the different apparatus they used and appreciated the huge developments in patients care that occurred since then. We then had dinner and were had a chance to get to know each other better.





The next day Monday we met our guide for the rest of the program Dr Hobusch and went to visit AKH Vienna (Vienna General Hospital). We were greeted by Prof Dr Windhager the head of the Orthopaedic department there who made a very interesting presentation on paediatric musculoskeletal tumors and current treatments available, especially on the use of megaprosthesis, allografts and fibular grafts. I was really impressed by the new exciting treatment options for these patients that improve their quality of living.

We then had numerous lectures concerning foot deformities, chiari osteotomy, periprotthetic fractures, spine tumors, infections and had a chance to visit the operation theatre where I observed a silicon implant arthroplasty for metacarpophalangeal arthritis in a rheumatoid patient and the resection of a humeral tumor with the use of a megaprosthesis.

In the evening we had a chance to have dinner in a famous traditional Viennese restaurant accompanied by Prof Windhagen and his associates.



REPORT

Spring Travelling Fellowship

Austria, April 2016

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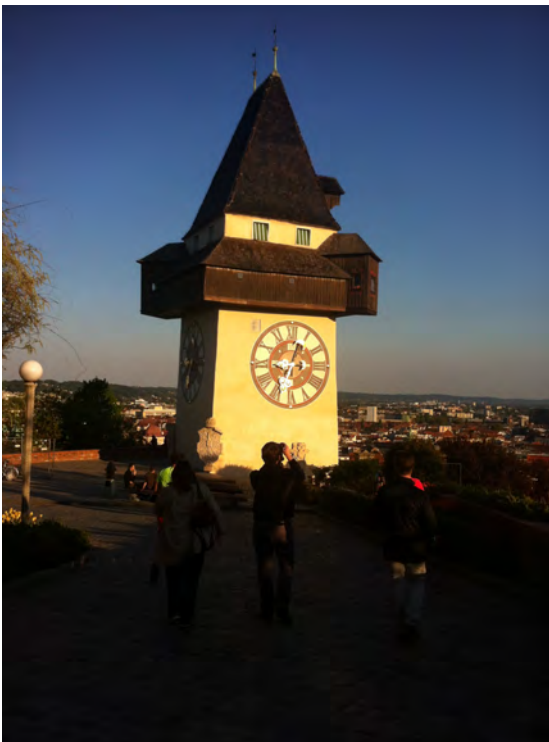
On Tuesday we were transferred to Orthopaedic Hospital Vienna- Speising were greeted by Prof Dr Martin Dominkus and had interesting lectures on rapid recovery after total Arthroplasties ,inverse shoulder prosthesis, spine sagittal balancing and periprotetic infections.We had a chance to watch live surgery of a stemless total shoulder replacement and a revision knee replacement with the use of a head camera on the surgeon that improved our perception of the procedure ,really impressive.Finally we had a chance to visit the gait analysis laboratory and learn about new applications of the technology. In the afternoon we were transferred to Graz.





On Wednesday we had a chance to visit the medical university of Graz where Prof Dr Leithner had prepared a very interesting daily program for us very well prepared and interactive. We had interesting lectures about sarcoma diagnostic algorithm, growing prosthesis, uni vs TKR, arthroplasty registries, had the chance to watch live surgery of a TKR and an anterolateral approach THR and the opportunity to interact with the surgeon asking questions during the operation. We finished the day with a very educational presentation and discussion of interesting cases. It was very helpful that the presentations we had were given to us on a usb.

In the afternoon Prof Leithner joined us on a guided Graz walking tour he organised so we had a chance to learn a lot about Graz history, walk around Graz old town and walk towards Graz Clock Tower where we enjoyed a wonderful view of Graz from above. We then had dinner in a very elegant and famous Graz restaurant accompanied by Dr Leithner and members of his team. What a great night!





It was Thursday already and we were transferred to Kepler Universitaetsklinikum in Linz .Prof Bohler was waiting to show us around the outpatient department of the hospital.We had a chance to learn how preoperative planning was used to improve proper implant placement in arthroplasties and had an interesting lecture about blood management during arthroplasty procedures.



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In the afternoon we had a chance to ride on a segway and tour around the city of Linz. We had so much fun and relaxed after some intense educational days. In the evening we had dinner in award-winner restaurant on the top of a castle with a great view of the city.



Many thanks to Prof Bohler for planning both the segway ride and dinner, it was our best night in Austria. We were impressed by the hospitality and attention we received by Prof Bohler and his associates. He was so kind to change seats and discuss with all fellows about our countries and orthopaedic practices.



On Friday we had a chance to watch a live surgery total ankle arthroplasty, a minimally invasive through an anterolateral approach THR with a short stem and an Oxford knee Unilateral Knee Arthroplasty. I had a chance to attend the THR in the operating room. All operations were performed in a very educational way and I learned a lot about pearls for a successful surgery.

We then were transferred to the university of Krems. Prof Nehrer was waiting to show us around the university of Krems. He made an interesting speech about regenerative medicine and orthopaedics. We had a chance to learn about new advances in chondrocytes transplantation for chondral injuries.



Sadly the fellowship program was finished and we went back to Vienna for our last night. At this point I have to thank Dr Hobusch for escorting us throughout the fellowship. He was a perfect host, he made sure we enjoyed ourselves and was always there to help with any problems we encountered.

Conclusion :

I have nothing but the best to report from my experience throughout this fellowship. Everything was well organised, well presented and we were treated as honoured guests in every place. On a side note I would prefer that the program included more trauma and arthroplasty sessions but since everything else was perfect I would consider that as a minor detail. I would like to thank the Austrian Orthopaedic Association for this unforgettable experience and also the Cyprus orthopaedic Association for my nomination. I would recommend this fellowship program to every Resident in his final year as a great opportunity to interact with Residents across Europe and learn about how orthopaedic surgery is approached in their countries and as a great educational course that is an essential addition to their training in Orthopaedics.