

REPORT

Spring Travelling Fellowship

Finland, April 2017

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Submitted to: EFORT

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Introduction:

I was really pleased when I first heard that I am the one who is chosen from Turkey for EFORT Spring Travelling Fellowship 2017. Since that day I impatiently waited to attend this organization. During this fellowship, I found chance to listen to some lectures about interesting topics, attended surgeries in diverse fields of Orthopaedics, met and exchanged knowledge with my colleagues from Finland and all around Europe and of course had some sauna and freezing lake experience! Now, after all, I can say that, it is and it will be one of the most memorable experiences of my life.

Detailed description of the fellowship:

The day before the fellowship starts off, we met with the other fellows and Dr. Ilkka Kiviranta at the meeting room of the hotel where Dr. Kiviranta gave us a welcome speech, informations about the detailed program and practical hints for upcoming week, then we headed to dinner together.

In the first day of the fellowship, we visited Peijas Hospital in which the most of arthroplasty surgeries around Helsinki area is being performed. Dr. Teemu Helkamaa took us from the hotel to the hospital and we started the day with some lectures about complications in arthroplasty surgery. After lunch, we entered the O.R. and attended some primary and revision arthroplasty surgeries. At the end of the day, we went to dinner in a Japanese restaurant for some sushi!

In the second day, we took a train to Tampere and met Dr. Minna Laitinen in the station. She took us to Tampere University Hospital where we had some lectures about RCT researches related to proximal humerus and distal radius fractures which were highly informative. After a tiring day, we were treated with a dinner next to a beautiful lake and had chance to get into freezing lake and burning sauna!

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Fellows getting into the freezing lake and then sauna in Tampere.

The next day, we visited Coxa Hospital, which is one of the biggest centers with highest numbers of arthroplasty surgeries in Europe. Before afternoon, we had lectures about some controversial topics in arthroplasty and discussed the methods we perform in our own clinics. EFORT's Second Vice President Dr. Per Kjaersgaard-Andersen visited us in Coxa Hospital and made a presentation about EFORT and it's activities, then we had the lunch together. After lunch, Dr. Teemu Moilanen told us the process starting from out-patient clinic until the discharge from the hospital and took us to a tour in the hospital. Before heading back to Helsinki, we had a dinner in a Turkish restaurant for some kebabs!

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EFFORT's Second Vice President Dr. Per Kjaersgaard-Andersen visited us in Coxa Hospital, Tampere.

On Thursday, we were welcomed by Dr. Tim Söderlund in Töölö Hospital which is the biggest trauma center in Helsinki. After some lectures about upper and lower limb traumas and trauma registry system in Finland, we headed to O.R. to attend surgeries of some trauma cases. In the evening we had a farewell dinner with Dr. Ilkka Kiviranta and Dr. Tim Söderlund in a beautiful restaurant and tasted most famous Finnish dishes.

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Fellows attending surgeries in Töölö Hospital, Helsinki.

On Friday, we visited Töölö Hospital again and watched a live simulation of an emergency case in O.R. and then attended some upper and lower limb trauma surgeries. At the end of the day, everybody said farewell to each other and fellows from all around Europe headed back to their homes.



Fellows giving a farewell pose after last day dinner in Helsinki.

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Conclusion:

I would like to thank Finnish Orthopaedic Association, Dr. Ilkka Kiviranta, Dr. Minna Laitinen, Dr. Teemu Helkamaa, Dr. Tim Söderlund and the others I forgot to mention for this great week their wonderful hospitality. Also I would like to thank EFORT Board and Executive Committee for making this fellowship possible. Last but not least, thanks to my fellow friends for their accompanying.

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