

REPORT

Spring Travelling Fellowship

Finland, April 2017

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Reported by: Christian Pape

Introduction: From the 23 to the 28 of April 2017 I participated in EFORT's 2017 spring travelling fellowship.

Detailed description of the fellowship

The plane touches the ground in Finland. I am on my way to this edition of the EFFORT Spring Travelling Fellowship.

Soon I find myself engaged in a discussion about hockey with the taxi driver, Metallica is playing on his stereo. The junior world cup is playing and Finland is looking good, according to the taxi driver.

But I am late! And short of breath after running the stairs to restaurant Kaarna in central Helsinki. The other fellows are already here. I go to my seat, and suddenly I am surrounded by kind faces and greeting hands. Here sits Sandrin, Ivana, Pim and Drago from Switzerland, Serbia, Netherlands and Romania. During a nice meal we discuss similarities and differences at work and the specializing process. Most are like Sweden, but a clear difference is that residency is 6 years in continental Europe. Also one or more mandatory University stays, which we don't have in Sweden.

Monday morning starts at 06.50 in front of the hotel, Finnish orthopedic resident Jörli greets us with a happy smile. He is showing us the way to Peijas, a large hospital in the outskirts of the capital.

At Peijas we meet Dr Teemu Helkamaa, a hip, knee and trauma surgeon who tells us that Peijas serves a population of 1,5 million citizens, 25.000 outpatient clinic visits, and operates 3500 arthroplasties yearly. Of those 500 are revisions.

Shortly thereafter I am assisting Dr Sanna on a standard total hip arthroplasty. She is using a "hybrid" technique, which is the standard choice in Finland. Cemented Exeter Stem and uncemented cup. This is new to me since the "Swedish" way is either cemented both stem and cup or uncemented stem and cup.

She is a little nervous, but very skilled. And after reassuring many times that I am not there to validate her, she relaxes. And the operation goes very well in a nice collegial atmosphere.

Thx for having me Dr. Sanna :=)



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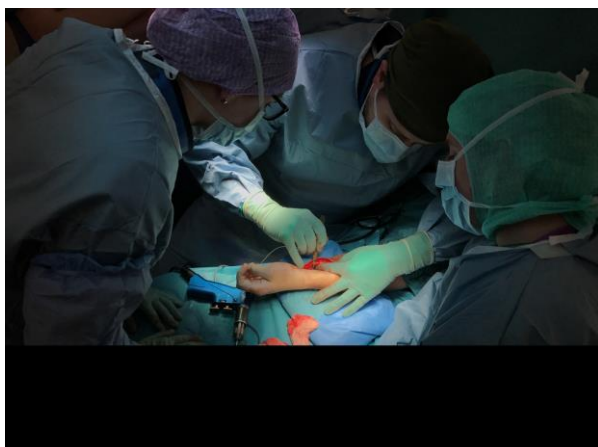
Tuesday is train day, were going to Tampere, 3 hours inland. Here were visiting TAYS, Tampere University hospital. Lectures starts upon arrival. And focus is on the multi national research collaboration called NITEP. Where researchers from Finland, Denamrk, Estonia and Sweden shares results and work. Interesting to learn about the advances and problem when working together across borders and cultures. Tuesday ends in a classic Finnish way. Hot sauna, and 3 degrees cold dip in adjacent lake!!!



Our last day in Tampere is at COXA, which like Peijas is a large center for arthroplasty surgery. The major difference is that it is private, but the stock majority is hold by the government. Volume is close to Peijas, and we are shown around the facilities and attend lectures with local doctors.

Wednesday evening were going back to Helsinki, tired a collapse on the hotel bed, going to sleep, Pavel my Ukrainian colleague and roommate for the week is facetimeing wife his wife and little girl. ZZZZzzzzzzzz

Töölö Hospital in the center of Helsinki is the host of our last two days. It is the major trauma facility in the capital. After lectures in the morning I participate in surgery during the afternoon. Hand surgeons Lena and Matti are operating a very comminuted distal radius fracture with a Acu-Lock 2 plate. They are very welcoming, and during the operation we are discussing strategy, and I leave the theater with many good tips and tricks.



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Thursday evening the Finnish Orthopedics society are hosting a dinner in a beautiful located restaurant by the sea. After thanking our generous Finnish hosts we head back to the hotel. But somehow the walk back is longer: =), and last stop I a karaoke bar close to the hotel. Who would have known that singing in Finnish could be so easy.....



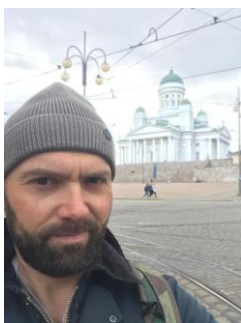
Suddenly it´s Friday morning, and we are heading home. It has been a fantastic week. Full of interesting lectures, meeting so many great colleagues from Finland and the rest of Europe.

Thank you very much to the Finnish organization, EFORT. And off course the Finnish Orthopedic Association.

With the best regards,

The Swedish EFORT fellow.

Christian Pape



Conclusion:

A Very educational and inspiring week, which I recommend to all colleagues.