

EFORT Spring Traveling Fellowship 2017

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My flight from Poland to Finland lasted less than two hours. I was at the Vantaa Airport around 16:00 local time, so I did not have much time to get to the hotel and prepare to meet with Professor Ilkka Kiviranta. Our meeting was scheduled for 18:00.

In Finland, we were greeted by Professor Kiviranta and his assistants and residents. We were given the exact schedule for the upcoming week, directions to all hospitals and restaurants where meals were planned, as well as train and tram tickets. In the evening, Professor Kiviranta invited our group for a special dinner at a nearby restaurant. We were able to taste local specialties - reindeer and moose meat.

12 out of 14 invited participants were able to come for the EFORT Travelling Fellowships in Finland. Colleagues from Norway and the UK could not join us.

On the second day of our stay in Finland we visited the Peijas Hospital, which mainly deals with hip and knee arthroplasty and minor injuries. We had the great pleasure of participating directly in the operations. I was allowed to join surgeons doing primary arthroplasty of the knee joint in a patient with hemosiderosis of the joint. For the first time in my life I was able to wear an operating attire with a surgical helmet system (Stryker) (Fig.1).



Fig. 1

After the surgery, we listened to the lectures on the causes of hospital readmissions and infectious complications in orthopedics. At the end of the day 4 of us (including myself) performed a brief presentation of our country and future career plans (Fig. 2).



Fig. 2

The next day we went to the small academic town - Tampere, where the University Hospital and the Coxa Clinic are located. We were welcomed by Dr. Minna Laitinen and Dr. Ville Mattila. We listened to interesting lectures prepared by senior assistants and local university medical students. Particularly interested discussion took place after presentations about injuries of the upper limb. Several of us also had the opportunity to give presentations about their country of origin and future career plans (Fig. 3).



Fig. 3

The second part of the day we spent in an unusual place, in the true Finnish Kaupinojan sauna. According to the tradition we were cooling our bodies in the icy water of the lake Näsiselkä. Unfortunately the ice on the lake disappeared four days earlier and we did not have the opportunity to enter the hole in the ice (Fig. 4,5 and 6). In the evening we returned in a great mood to the Scandic Tempere.



Fig. 4



Fig. 5



Fig. 6

The next day's lectures were held at the private Coxa Clinic in Tampere (a hospital where only knee and hip replacement surgeries are performed). In this hospital treatment of patients with arthrosis of the joints mentioned above are at a very high level. In this hospital approximately 3000 primary arthroplasties of the knee and hip joints are performed annually. On that day we had the

great pleasure to meet personally Prof. Per Kjarsgaard-Andersen (vice-president of the EFORT) and Dr. Jorme Pajamäki and Teemu Moilanen from the Coxa Clinic. Dr Moilanen showed us around the hospital, telling us about the clinic's present and future plans (Fig. 7, 8 and 9). Late evening we returned by train to Helsinki and to „our” Scandic Hotel.



Fig. 7



Fig. 8



Fig. 9

The last two days of our stay in Finland we spent in the Töölö Hospital for adult patients, also with severe polytrauma (Fig. 10 to 12). In the morning there were lectures prepared by hospital staff, and after lunch we participated in surgical operations as observers. On Friday we were able to observe special simulation of polytrauma patient for ER oraz OR staff. Everything was very realistic and really interesting (Fig. 9). I regret that we don't have such trainings in my hospital.



Fig. 9



Fig. 10



Fig. 11



Fig. 12

The farewell dinner with Dr Ilkka Kiviranta and Tim Söderlund took place in a beautiful restaurant located on the Baltic coast (Fig. 13).

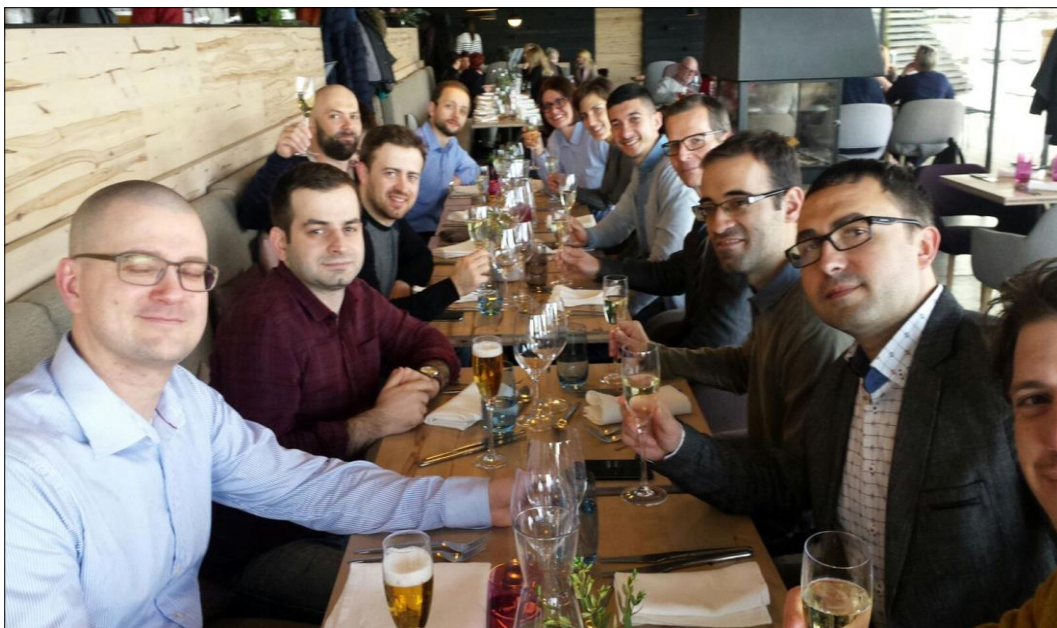


Fig. 13

Our 12-person group of young orthopedists from all over Europe experienced an

unforgettable week in Finland. We have learned the habits and techniques of Finnish orthopedists, the orthopedic treatment system and daily work at some of the largest hospitals in Finland. Time spent in hotels and restaurants allowed us to integrate and to have new, international friendships (Fig 14.).



Fig. 14

We also all agreed on the perfect preparation of our stay in Finland by the Finnish Society of Orthopedics (SOY-FOA).

To my surprise, during the breaks between successive classes in Helsinki I "discovered" several coffee roasters. The Finns are record holders in the amount of coffee consumption per year (13 kg!). These places I especially liked to visit with my colleague from Sweden (8 kg of coffee per year).

I returned to Poland late at night on Friday, April 28th.