

REPORT

Spring Travelling Fellowship

Finland, April 2017

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Reported by:

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Introduction:

The EFORT Spring Travelling Fellowship 2017 took place in Finland, from 23 to 28 April 2017.

It was a great honour to be chosen by the Portuguese Orthopaedic Society (SPOT) to represent my country and my national orthopaedic association.

We were a total of 14 participating fellows from all over the Europe: Denmark, Turkey, Switzerland, Lithuania, Malta, Poland, Serbia, Macedonia, Netherlands, Ukraine and Romania

Detailed description of the fellowship

We arrived in Helsinki on 23 April. Prof. Ilkka Kiviranta, the past president of the Finnish Orthopaedic Society, warmly received us with a welcome session followed by a fantastic dinner in a restaurant at the center of Helsinki.

It was nice icebreaker to introduce ourselves and to meet our other fellows. We had the opportunity to discuss the Orthopaedics and Traumatology residence within Europe and our expectations from this Fellowship.

In the next day (24 April) we went to the Peijas Hospital in Helsinki. We had some case discussions and lectures and afterwards we went to the operating theatre to watch/scrub in into live surgeries with continuous interaction with all senior surgeons.



The following day, we went to Tampere University Hospital. We had excellent lectures about upper limb orthopaedic surgery topics, which proved very constructive. And then we went to watch live surgeries that occurred throughout the day.



The next day, we had the chance to visit the Coxa Clinic, presented by Professor Teemu Moilanen at Tampere University Hospital. We were also welcomed by the EFORT vice-president Ass. Prof. Dr. Per Kjaersgaard-Andersen.

We had several lectures and a guided tour in the facilities. Coxa Hospital has probably the largest numbers of total hip and knee replacement in one clinic in North Europe (~3700 cases in 2016).



Our final days were dedicated to trauma presented by the experienced experts from the Töölö Hospital (Helsinki).

A fantastic team received us and organized an indeed thriving program and it was obvious that in many European countries trauma is an inherent part of everyday clinical work as well as orthopaedic training.

The fellowship ended with a final dinner at a new Finnish restaurant in the Helsinki city centre.



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Conclusion:

The EFORT Spring Travelling Fellowship Finland 2017 was a unique and unforgettable experience in my career. It was a fantastic opportunity to meet new colleagues and friends from different European countries and to share and exchange experiences with them.

I would like to thank our Finnish hosts, who did an outstanding job in organizing the fellowship, providing highest level scientific lectures and extraordinary cultural program and also to send my sincere thanks to EFORT, to the Portuguese Orthopaedic Society (SPOT), which allowed me to participate on this wonderful experience.

Thanks.
Luís Filipe Carvalho Carriço
Portugal