

EFORT spring travelling fellowship 2017



Since 1995 EFORT organizes 2 Travelling Fellowships per year, one in the spring and one in the fall. Each national association can nominate one candidate at the end of his or her orthopaedic training. There is a maximum of 14 candidates and this year I was fortunate enough to be one of these candidates. As the destination was Finland (or Suomi as I later learned) I was extra motivated since this country is famed for its educational system and, despite they are not a very big country, are able to produce high quality research with great clinical implications. I was anxious to find out how they were doing this!

Sunday 23-4-2017; Helsinki

After a comfortable 2,5 hour flight I landed in Helsinki-Vantaa. Since it was 2 degrees outside I immediately regretted not bringing my winter jacket. Half an hour later I arrived by train at the centre of Helsinki. The hotel could be spotted from the train station. I had time for a quick site seeing walk through Helsinki to see the Helsingin Tuomiokirkko (Helsinki cathedral) and the Temppeliaukio church.

In the evening we were welcomed by Professor Ilkka Kiviranta and doctor Tim Söderlund. Here I met the other participants from all over Europe: Latvia, Macedonia, Malta, Poland, Portugal, Romania, Serbia, Sweden Switzerland, Turkey and Ukraine. After a short introduction and a recap of the exciting program we walked to a restaurant and were treated on dinner. Together we made sure there was one less reindeer in Lapland.

Monday 24-4-2017; Peijas

Early in the morning we were awaited in the hotel lobby by Lauri, a local resident who looked like he could hammer prosthesis in by hand (and probably did). Lauri took the entire group by train to the Peijas Hospital. This hospital is part of the Helsinki University Hospital (HUH) and located just outside of Helsinki. A lot of primary and revision arthroplasty are performed in Peijas (>3000 cases each year). They also operate elective foot and ankle surgery and minor trauma cases. Our day was coordinated by Teemu Helkamaa and consisted of lectures on possible complications of arthroplasty and surgery. Teemu made sure we could each attend one of the six(!) orthopaedic operating rooms. Both primary and revision

cases could be seen live and we were allowed to scrub in. In between there was a warm lunch in the cafeteria. During lunch and between lectures there were lively discussions among the fellows about the differences of orthopaedic care being given in the European countries.

In the afternoon Sandine (Switzerland), Christian (Sweden), Jakub (Poland) and Colin (Malta) held a presentation about their respective country and its orthopaedic care and curriculum. This was followed by a great sushi dinner in Helsinki.



Tuesday 25-4-2016; Tampere

We travelled by train to Tampere, 175 kilometers North of Helsinki. At the station we were welcomed by the head of the department, doctor Minna Laitinen, who guided us to the Tampere University Hospital. We had a full day of lectures about evidence based medicine of the upper extremity and how to chase this. A discussion about the role of psychological effects on the outcome of treatment was insightful. This was coordinated by Ville Mattila, the enthusiastic young professor of Tampere university hospital. We conceded important clinical decision altering evidence of much fracture treatment was still lacking. Local researchers, Minna Laitinen and Ville Mattila presented their solution off tackling this problem. With

international collaboration (Sweden) they are achieving RCT's with adequate numbers of patients. Hopefully these will guide us further. Promising was the amount of adherence to changed guidelines. After a new EBM guideline showing no benefit effect of arthroscopic debridement of degenerative meniscal tears a noticeable decline was seen in this procedure in Finland. The free-of-charge health care system in Finland and the fact that operative treatment is included in the payroll are thought to make this possible. Apparently the Nordic countries are great for performing RCT's but also implementing the EBM results these offer.

Paviel (Ukraine), Giedrius (Latvia), Filipe (Portugal) and I (The Netherlands) held a presentation about our country and healthcare system. This was followed by a research meeting at the Tampere institute with a discussion about the role of teaching in an orthopaedic curriculum and a scientific career. In the meantime it stopped snowing and we hiked to the Kaupinojan sauna. We were treated on a very hot sauna (100 degrees) and "forced" to take a dive in the ice cold water (3,8 degrees). After a few hours of this in combination with dinner, beer and gin we headed to our hotel again. Fortunately the next day program left room for exploration of the surprisingly lively nightlife of Tampere, despite being a Tuesday!



Wednesday 26-4-2017; Tampere

After a late start we were pleasantly surprised by the presence of Ass. Prof. Dr. Per Kjaersgaard-Andersen, the president-elect of EFORT. Although I knew EFORT did more than organizing a congress each year, I was unaware they already represented 40 national societies and have more than 35.000 individual members! It was exciting to hear the direction EFORT is heading, the increasing role of the EBOT and the European Orthopaedic Curriculum.

Although we were still in Tampere and only 100 meters from Tampere University Hospital, we had our meetings in a different hospital. The Coxa Hospital for Joint Replacement is a hospital with public stockholders. This started as a test and has grown to be a very successful concept. With 3700 joint

replacements last year, and growing, they are one of the biggest orthopaedic arthroplasty clinics in Europe. We were welcomed by Jorma Pajamäki and treated to lectures about problems of, and solutions to, arthroplasty failures. In the afternoon we were given an insight in the concept of Coxa and a grand tour by Jyrki Nieminen. They strive to be very good at not only the technical aspect of arthroplasty but also the patient experience around the operation. Because of the stockholders they have the economic freedom and independency to make alterations in their hospital to achieve this. Apparently they are succeeding. With the adherence to Tampere University Hospital they also seem to be able to assure good medical care if non-arthroplasty complications occur.

Dragos (Romania), Ivana (Serbia), Kire (Macedonia) and Bedri (Turkey) were the last of the fellows to present their respective countries. After this it was an early dinner, straight to the train station and Helsinki.



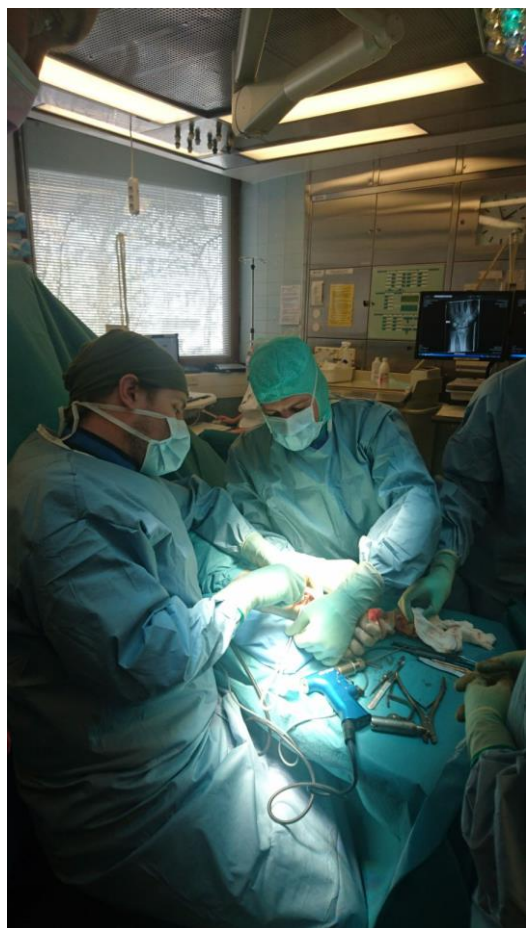
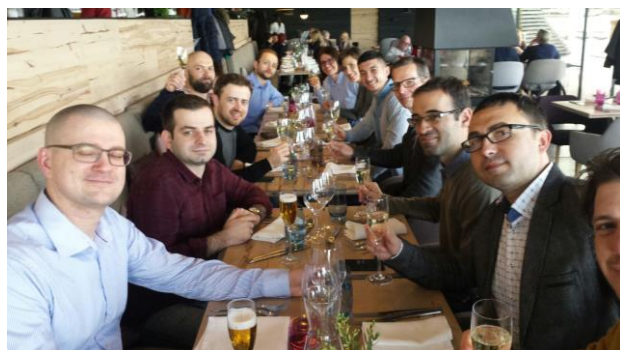
Thursday 27-4-2017; Helsinki

We were back in Helsinki for the last two days of the traveling fellowship. These last two days we were spending in the Töölö Hospital, also a part of the Helsinki University Hospital. This hospital in the middle of Helsinki is taking care of the vast majority off musculoskeletal trauma in Helsinki. Only penetrating trauma is brought elsewhere. They have 450 major trauma cases (ISS>15) each year and roughly 500 ankle fractures to get an idea of their workload. To be able to treat all these acute patients they have three trauma OR's running. Two are running until 10:00 pm and after this there is one operation team in the hospital and one on call.

Arthroplasty of the upper extremity is available at the Töölö hospital but patients with a proximal femur

fracture requiring total hip arthroplasty are referred to Peijas hospital. In the morning we started with lectures and presentation of some of their research. We listened to the (very sparse) indications of a total elbow arthroplasty after a distal humerus fracture and had a case discussion about one of their “worst case” patients. After two interactive sessions about elbow and knee dislocations we went to the operation theater for the rest of the day. We divided the cases amongst ourselves and had the opportunity to scrub in or watch several orthopaedic trauma cases. With six running trauma programs there was plenty of choice! We were free to join the ongoing operations in the evening as well.

The rest of the evening we spent in Helsinki. First dinner with drinks and afterwards ... of course a sauna.



Friday 28-4-2017; Helsinki

This second day in Töölö we started early to witness a trauma exercise. With the great amount of severe patients coming in, not only the arrival of such patients at the emergency ward (ER) is trained but also the transport of these patients from the ER to the OR. Goal of these exercises is minimizing the time between ER and incision if an operation is needed. The mannequin was filled actually filled with pig blood and it was impressive to see how efficient and especially quiet the entire team was working!

The rest of the morning went by with lectures about trauma registers, ORIF in flail chest and the management and sequelae of acetabular fractures. Then we were again invited to join the ongoing trauma operations. Tickets for individual transportation to the airport were provided in advance and we took of one by one.



I've enjoyed a great travelling fellowship in Finland and would like to thank the Finnish Orthopaedic Organisation for hosting this! In particular I would like to thank Ilkka Kiviranta, Mika Paavola, Minna Laitinen, Teemu Helkamaa and Tim Söderlund. To the rest of the travelling fellows (Filipe, Dragos, Kire, Jakub, Bedri, Sandine, Christian, Ivana, Colin, Paviel and Giedrius) I would like to say: see you at the EFORT congress!



DRAGOS



JAKUB



CHRISTIAN



SANDINE & IVANA



GIEDRIUS



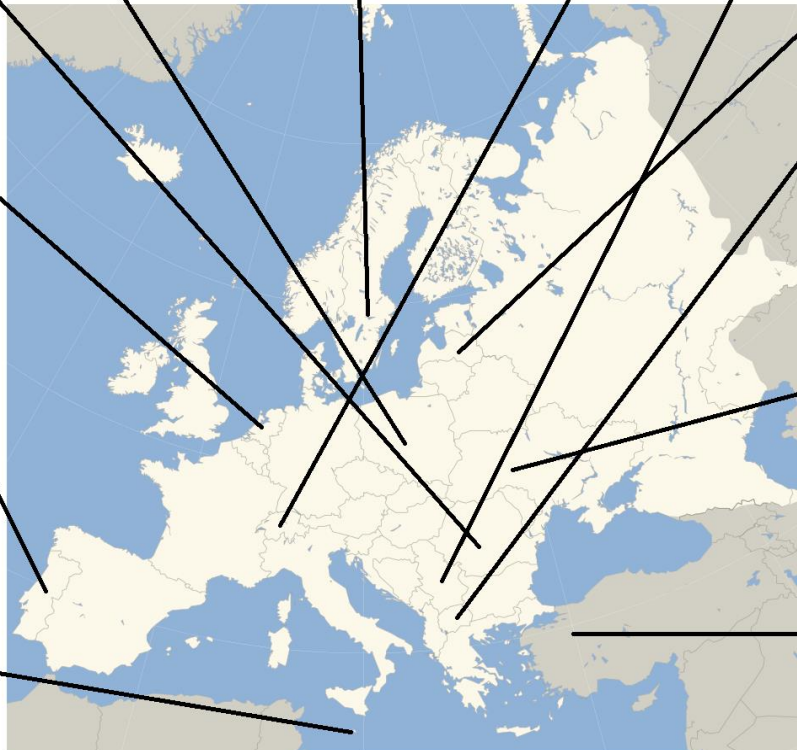
PIM



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