

# REPORT

## Spring Travelling Fellowship

Finland, April 2017

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**Introduction: EFORT Travelling Fellowship in Finland from 24<sup>th</sup> to 28<sup>th</sup> April 2017**

### **Detailed description of the fellowship:**

We all met at our hotel on Sunday evening for introduction and dinner in a very good Finish restaurant in Helsinki with Prof Ilkka Kiviranta. We were 12 fellows from 12 different countries (Lithuania, Macedonia, Malta, Netherlands, Poland, Portugal, Roumania, Serbia, Sweden, Switzerland, Turkey, Ukraine).

On Monday, we went to Peijas Hospital, in Vantaa.

We were divided in 2 groups to allow each fellow to assist a surgery. In the morning, I assisted a total hip arthroplasty. It was a good surprise to be able to scrub in and that each fellow could be in a different OR. It gave us the opportunity to discuss with the local surgeons about their experience and, afterwards, we could exchange impression between the other colleague fellows. We also had lectures on different topics concerning arthroplasty surgery in the afternoon and 4 presentations of the fellows about themselves, their country and their organisation. At the end of the day, we had dinner in a Japanese restaurant with Teemu Helkamaa, othopaedic surgeon at Peijas Hospital.



*Fellows outside Peijas Hospital*

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On Tuesday, we took the train to Tampere University Hospital, in Tampere. We had lectures on randomized control trial in upper limb and attended to a meeting for orthopaedics resident of Tampere Hospital about academic carrier. We discussed about the different type of residency and academic carrier around Europe. We also had 4 presentations of fellows. At the end of the day we went to the sauna and swam in a lake (water at about 3 degrees!) in Tampere before dinner. We had dinner by the lake with orthopaedic surgeons from Tampere University Hospital: Ville Mattila, Antti Launonen, Minna Laitinen.



*View by the lake where we swam*

On Wednesday, we went to Coxa, clinic specialized in prosthetic surgery, which is a partnership between the public hospital and private funding at Tampere University Hospital. We attended lectures on periprosthetic fracture, abductor muscles deficiency and MoM complications. We also met Ass. Prof. Dr. Per Kjaersgaard-Andersen, second vice president of EFORT, and visited Coxa. It was very interesting to observe and compare the operating mode of the public hospital in Peijas and the private-public partnership in Tampere. Finally we had dinner before returning to Helsinki.

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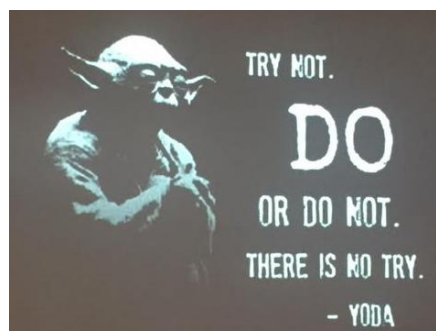
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*Fellows with Prof. Dr. Per Kjaersgaard-Andersen at Coxa*

On Thursday, we went to the traumatology unit of Töölö Hospital, in Helsinki. We started with lectures on knee dislocation and, elbow fracture and dislocation and discussed about a complex case. During the afternoon, we could go to the OR where we were divided in groups of 2-3 fellows. I saw a treatment of nonunion of proximal humerus fracture with autograft from iliac crest and osteosynthesis by plate. To watch this surgery with 2 of my fellow travelers was also interesting as we could talk about our own experience during the surgery.

In the evening, we had a farewell dinner at Löyly restaurant with a beautiful view with Prof Ilkka Kiviranta and Tim Söderlund.



*Last slide of a lecture at Töölö Hospital. Thought it was a good quote for orthopaedic fellows.*

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On our last day, still in Töölö Hospital, we attended lectures on acetabular fracture and frail chest. Then, we went to the OR to watch an open reduction of internal and external malleolas and we discussed with Finnish surgeons and my colleague fellows about our experience with ankle fracture treatment. We also had the chance to visit the ER and discuss how trauma cases were managed. I could see that the role of a trauma surgeon is a bit different from my own country. Then it was time to say goodbye to all my colleague fellows with who I had a great pleasure to spend this week and go home.



*Our team with Tim Söderlund*

### **Conclusion:**

It was an unforgettable experience that I am really happy and thankful to have lived. I learnt about another health care system, visited another country, and discussed a lot about other orthopaedic surgeons practice and experience. It was an honour to be chosen to be part of this fellowship and I thank EFORT very much for the organisation. I am glad to have met all the fellows I travelled with during a week and look forward to keeping in touch with them to continue to discuss cases.