

# REPORT

## Fall Travelling Fellowship

Turkey, October 2017

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**Submitted to: Italian Society of Orthopaedics and Traumatology (SIOT)**

**Reported by: Dr. Luca Cavagnaro**

**Introduction:** In the following section, I will report my experience about the EFORT Autumn Travelling Fellowship in Turkey between 1<sup>st</sup> and 7<sup>th</sup> of October 2017.

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

European Federation of National Associations of Orthopaedics and Traumatology (EFORT) sponsored this fellowship in conjunction with the Turkish association of Orthopaedics and Traumatology (TOTBID). During one-week period we were able to see the most important Orthopaedic and Traumatology departments and most well known Universities in Istanbul and Ankara.

My fellowship started in 1<sup>st</sup> of October with the flight to Istanbul. Before my travel, the EFFORT-TOTBID personnel (Emre Aktuna) contacted all of us in order to arrange our domestic flights and to give some advice about the city and public transport. I arrived in Istanbul at 15.30 and I was able to easily find the hotel thanks to the really useful information provided by Emre. When I reached the hotel, he was there to wait all of us for further information and for give to all of us the detailed program of the fellowship. In evening I had a quick dinner with my first Turkish kebab.

I met the rest of our travelling fellowship group in the morning of the second day. After breakfast, we had a transfer to the first Istanbul University, Bezmialem University. Here we were hosted by Prof. Halit Pinar (TOTBID President) who gave us a welcoming lecture along with a typical Turkish breakfast and a cup of tea. We soon understand that tea, Turkish coffee and kebab would have played a central role in our fellowship. Prof. Cengiz Sen, Prof Ibrahim Tuncay, Prof. Nurzat Elmali and Prof. Kerem Bilsel introduced their preoperative cases. After that, we went to the operating theaters where we had the opportunity to see different kind of surgeries (High tibial osteotomies, anterior approach for THA, soft tissue tumor surgery and arthroscopic Bankart lesion repair). Prof. Kerem Bilsel showed us his beautiful University with its Research Center and we shared some of experience during the lunch at hospital's café. In the afternoon we had some very interesting lectures on femoro-acetabular impingement treatment, tibial osteotomies, prevention of periprosthetic joint infections, and shoulder instability management. Bedri Karaismailoglu, a Turkish fellow that attended the former EFORT Travelling fellowship in Finland, had a short but very amazing talk about his fellowship. We came back to the hotel and we still had time for a visit of Istanbul, a walk along Bosphorus and a good Turkish doner.

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We spent the second day in Istanbul University. It is the oldest University in Istanbul and due to the high orthopaedic level; they are used to deal with difficult cases. We were hosted by prof. Cengiz Sen, Prof. Onder I. Kilicoglu, Prof Ata Can Atalar and Halil I. Balci who presented the morning's clinical cases. During the live surgery, we were able to see some cases of deformity correction, shoulder surgery, foot and ankle arthrodesis and knee arthroplasty. We enjoyed a delicious kebab in the hospital and we had a fruitful postoperative case discussion and lectures about hip dysplasia, deformity corrections and shoulder and knee arthroscopy. At the end of the day-program, Prof. Onder Aydingoz (EFORT President) gave us a presentation of EFORT inviting us to joint such a great project. In evening, we had some time in Besiktas and a wonderful dinner in Mavi Balik Restaurant with the entire "Istanbul" faculty.

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The third day was dedicated to Cadaver Lab about the knee. After breakfast, we reached Acibadem University, a really modern University in the Asiatic part of Istanbul with a lot of facilities and an advanced center for endoscopic and surgery training. Prof. Faith Kucukdurmaz, Prof. Cengiz Sen and Prof. Ibrhaim Tuncay had some lectures about primary knee replacement and then we were able to practice on specimens. We had lunch in university's cafe and after lunch Prof. Fahri Erdogan, Prof. Mehmet Can Unlu and Prof. Prof. Remzi Tozunu illustrated some topics about knee revision. We had 1-hour cadaveric study about revision. At 4 pm, we had a transfer for Sabina Gokcen Airport for our flight to Ankara. Our "guide" Emre punctually organized all the transfers and the flight to Ankara. After 1-hour flight we arrived at the hotel at 8 pm and we had dinner in the mole near the hotel.



In Ankara we started with Hacettepe University (fourth day). This is one of the best medical schools of the whole Turkey and a really important Hospital. Prof. Bulent Atilla along with Prof. Cemalettin Aksoy kindly hosted us. They presented us some critical points of developmental hip dysplasia (DDH) and pelvic osteotomies with preoperative case discussion. During the morning, they performed a Dega osteotomy and a difficult case of DDH with shortening femoral osteotomy. After a typical Turkish lunch, we had very fruitful lectures about ACL rupture, meniscal tears and medial and lateral side injuries management from really experienced surgeons such as Prof Gazi Huri, Prof. Egemen Turhan and Prof. Mahmut Nedim Doral. After that, Prof. Bulent Atilla and his team analyzed the critical points



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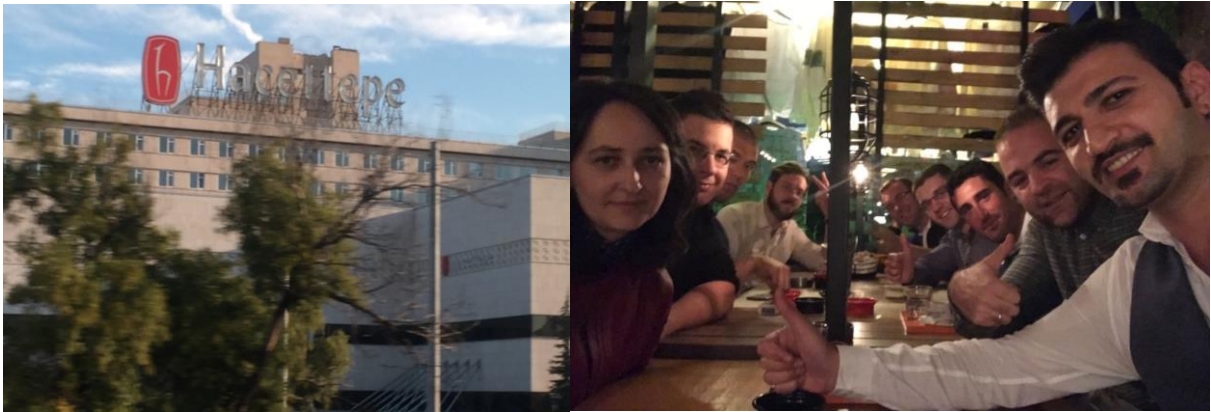
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of total hip arthroplasty in DDH patients. At the end of the program, we had some social time in the center of Ankara where we had dinner.



In our last day of fellowship, we visited the Saglik Bilimleri University, Medical School of Gulhane. This is a military hospital specialized in trauma patients but with optimal skills in orthopaedics and pediatric patients (above all in cerebral palsy management). After a kind welcome, preoperative case discussion were performed by Prof Cemil Yildiz along with Prof Dogan Bek and Prof. Kenan Koca. We had a tour in the ward where we saw a lot of shotgun trauma patients. Live surgery consisted in bilateral gastrocnemius and ischiocrural release in a cerebral palsy patient and a total hip arthroplasty with anterior approach in a dysplastic patient. We had lunch in the hospital and after lunch we had a really interesting tour in the Gulhane – METUM center (Medical design and manufacturing center) where Dr. Omer Ersen showed us the possibilities of custom-made production. As part of our social program, we had a wonderful tour in Anitkabir Museum (a museum dedicated to Mustafa Kemal Ataturk) in Ankara with an English-speaking guide who allows us to discover the modern history of Turkey. After the tour, we went back to the hotel and we finally move to Gunaydin Kebap restaurant where we had a really tasty dinner with the "Ankara" faculty. After dinner, we spent some beautiful time in Ankara drinking some Efes beer and some Raki. On Saturday morning it was time to fly home.



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### **Conclusion:**

It was an extremely fruitful experience. We had great welcome, optimal organization and really interesting program. We had the opportunity to improve our medical knowledge and to visit two beautiful towns and a wonderful country like Turkey. This fellowship fulfilled my expectation and gave me the possibility to share social and professional experiences with well-known professors but also with foreign European colleagues. I will surely advice other residents to participate in fellowships like this. I gratefully thank EFORT and TOTBID for such a great opportunity.