



## **EFORT travelling fellowship course - Ireland June 2018**

I always liked international settings so I was very happy when I was accepted to the EFORT travelling fellowship course. On Monday June 11<sup>th</sup>, I arrived at the hotel in Dublin and checked into the hotel room that I had been told in advance I would have to share with a stranger. Later at night I finally met my roommate, Kim from the Netherlands, and I immediately felt relieved since she seemed very nice.

In total we were eleven fellows, and the program started with beer and presentations so we would get to know each other better. Mr. Gary O'Toole welcomed us together with the coordinator Emer Agnew. The scientific program for the week included first spending two days at a hospital in Belfast in Northern Ireland, then to return to Dublin to spend a day at a hospital there, and then finish the week with the Irish Orthopedic Association's annual scientific meeting.

After the first night in Dublin we traveled to Belfast. There we were met by Mr. David Beverland at Musgrave Park hospital. He told us all about his joint replacement surgery and about how he managed to operate 6-8 patients in a day! For him it was natural to have a six-day work week. Among the fellows there was much comparing done with the number of working hours in different countries, salaries, the number of operations you are required to perform during your residency, and days of parental leave. There are great differences between the European countries. In Ireland you have to perform at least 1800 surgeries during your residency. In Norway the limit is 700. In Sweden there is no limit at all. Simon from Malta said that 1800 is probably what he did in his first three years. In Sweden there is no limit at all. In Ireland the orthopedic residents work 90 hours a month, on Malta 100-120 hours, and in Norway 40-60 hours a month. In the Netherlands the mother has three months of parental leave, in Sweden it's 480 days, where each parent has to take at least 90 days each. Very different circumstances!

The next day the lectures continued, now on trauma. We learned both about car seat bombs from the days of unrest in Northern Ireland, and rugby injuries. Later in the afternoon we had the time to visit the award-winning Titanic museum. The ship that sank in 1912 was built in Belfast, but in the museum, you could also learn a bit about the history of Northern Ireland in general which I appreciated. Afterwards we returned to Dublin.

On the Thursday we returned to Dublin and visited the operating theatres at Cappagh Orthopædic Hospital. Again, we were comparing the different countries regarding hygiene routines etc., which seemed to be quite different. In the evening the rest of the team went to Guinness Brewery while I instead opted for Afternoon tea in the city center. One of my favorite things about Ireland are scones!

The next day it was time for the two-day Irish Orthopedic Association's annual scientific meeting. There were different lectures, and there was also a parallel meeting of the Irish Shoulder Society. But this time the international team was quite tired after an intense week, and we also took some time to watch some of the World cup in soccer which just started.

It is always good to change your environment, meet new people, see what we have in common, and to see that it's possible to do things differently. The EFFORT was both instructive and highly enjoyable!

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