

## REPORT

### Fall Travelling Fellowship

Portugal, Oct/Nov 2018



#### EFORT Fall Travelling Fellowship 2018

Report – André Faria Couto

The EFFORT Fall Traveling Fellowship 2018 took place in Portugal, in the cities of Lisbon, Coimbra and Porto, between October 28 and November 2, 2018, under the co-organization of Portuguese Orthopaedic and Traumatology Society (SPOT). In total, there were 14 fellows from different European countries.

The fellowship began on Sunday, October 28, in Lisbon: it was a day of presentations and "breaking the ice" among fellows and Fellowship organizing committee, followed by a fantastic dinner in the city centre. It is interesting to note that 4 of the participants were already colleagues, due to the fact that they held FORTE Summer School 2016 and 2017 in Faro, Portugal.

On the first working day, Monday, we were received by Dr. Luis Amaral, Director of Orthopaedics Department of Curry Cabral Hospital. We were first informed about the objectives of EFORT Travelling Fellowship, by Dr. António Cartucho, and Portugal contribution to the genesis of European Orthopaedics and Traumatology, followed by a visit to the facilities of the Service. We had the opportunity to attend live spine deformity surgery and interact with the senior surgeons, under the control of Dr. Nelson Carvalho, followed by the discussion of clinical cases and lectures related to degenerative, traumatic and spinal deformities. At the end of the day we went to Coimbra, where we visited the Old Library and Facilities of Coimbra University. What a fantastic day!



On Tuesday, we were introduced to Prof. Fernando Fonseca, Director of Orthopaedics Department of Coimbra University Hospital (CHUC) and President of SPOT. We had the discussion of clinical cases and lectures related to sports pathology of knee and new trends in this area. In the afternoon, we were received by Dr. Gabriel Matos, Director of Children's Orthopaedics Department of Paediatric Hospital of Coimbra, and Dra. Cristina Alves. We attended various theoretical presentations and discussion of complex clinical cases in paediatric orthopaedics. It was the most intensive day, in a great scientific environment!





Espegueira-Mendes Sport Center, clinic located in Porto, was the starting point on Wednesday. We were received by Prof. Espegueira Mendes, having discussed the topics of new trends in ankle osteochondral injuries and new trends in ACL ligament reconstruction. It was also discussed the physiological recovery after ligament reconstruction, in a very intense and scientifically productive debate. This day was a fantastic experience, with scientific lectures of high level. The day ended with a visit to the Dragon Stadium Museum and a fantastic dinner. On Thursday it was a National Day, where we went to see Porto city centre in a spectacular social networking, with a guide visit to Old Porto wine distillery's and a boat trip to Douro River. At the end of the day we returned to Lisbon.





On Friday morning we were received by prof. Jorge Mineiro, in Hospital CUF Descobertas. We had the opportunity to attend lectures on foot and ankle, under the organization of Prof. Paulo Felicíssimo, on pathology of the hip, under the guidance of Dr. Pedro Dantas, and scientific discussion of paediatric clinical cases under the tutoring of Dr. Cassiano Neves. The end of the Fellowship was beginning to be drawn, ending with a fantastic cultural and social program on Friday night, promoting the conviviality and broad networking between fellow participants and the organizing faculty.



Although a week was in “theory” a short period, the intensity was very high, without empty times. The high scientific level content of the major of the lessons, with a faculty of excellence, and the exchange of experiences with fellows from different European countries, have made this Fellowship a unique experience that had enriched not only my professional curriculum but also, my personal networking around Europe.