

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



**Submitted to:** EFORT

**Reported by:** Blerta Hamolli ,MD  
Orthopaedic surgery and trauma resident  
University Hospital Of Trauma ,Tirana ,Albania

### **Introduction:**

The Efort Fall travelling fellowship 2018 was held in Portugal from 28<sup>th</sup> of October to 3d of November 2018 in three cities Lisbon ,Coimbra and Porto  
It was a great opportunity for 15 young surgeons in their final year or just finished residency to meet Portugal and each other :Croatia ,Romania,Italy ,Kosovo ,Germany ,Belgium ,New Ireland ,Greece ,Cyprus ,Denmark ,Hungaria Estonia and Portugal .  
It was a great and wonderfull organization of the SPOT (Sociedade Portuguesa de Ortopedia e Traumatologia )

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

I was very honored and pleased to be elected from our National Society to Participate in this Effort travelling fellowship and to represent Albania .We were very warmly welcomed by the organizers in all the different Portuguese cities and they were all very interested in teaching us and share knowledge ,showing us their work ,their daily routine as well as learning from our experiences ,promoting interaction and discussion .

The first day was in Lisbon ,at the “Centro hospitalar de Lisboa ,Central ,Hospital de Curry Cabral and we had a welcome session by the Orthopaedic Department director Dr.Luis Amaral and Dr.Antonio Cartucho ,head of shoulder Department on CUF Descobertas Hospital ,as well as Efort Board member and our host !

# REPORT

## Fall Travelling Fellowship

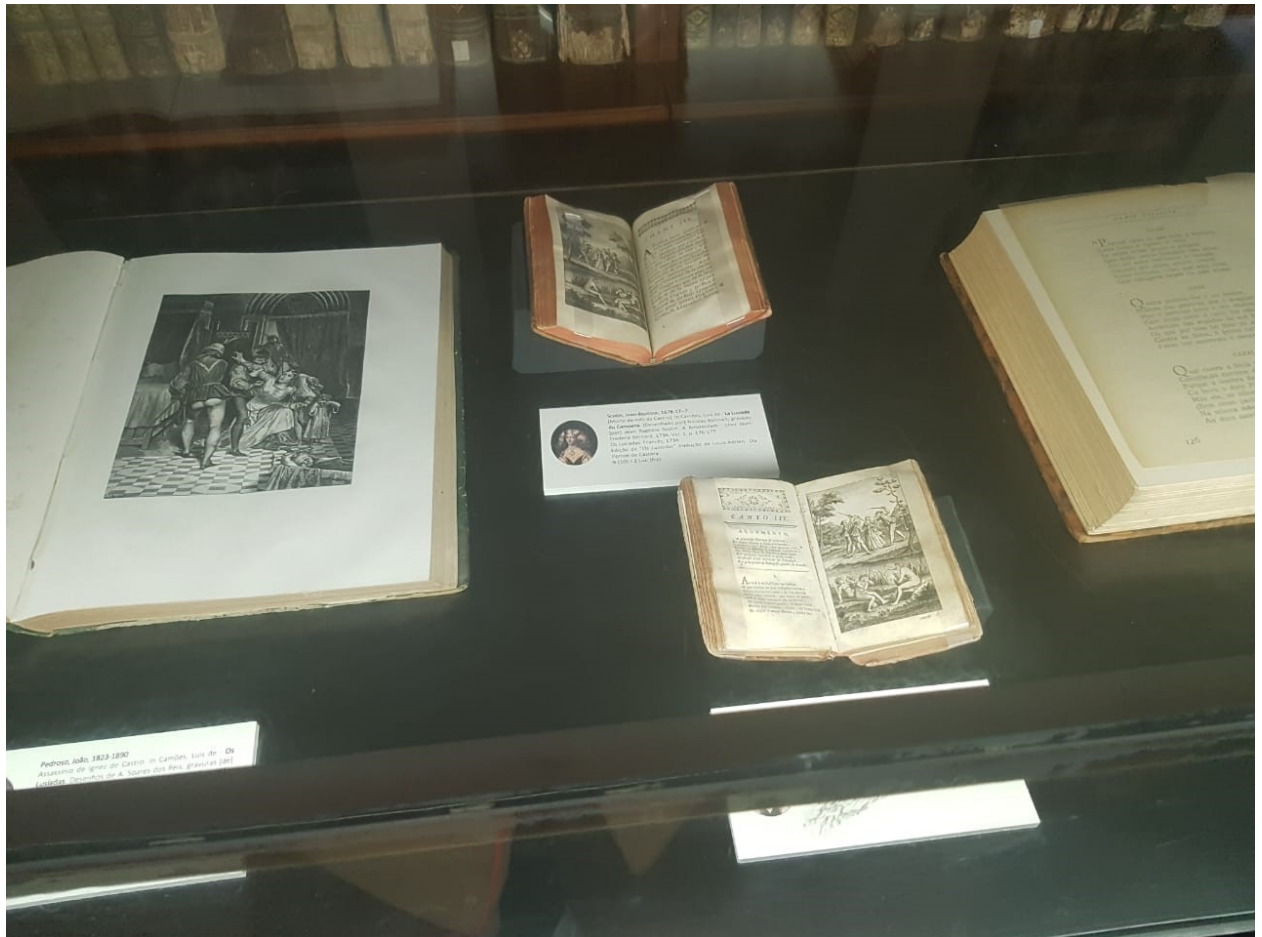
Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



It was a very nice day, the professors were kind and welcoming to us. We discussed about Spine surgery –deformities and trauma and had the possibility to have a live surgery session and to discuss about it. After the lunch we traveled to Coimbra. Thanks to our host Dr. Andre Couto we were full of impressions especially when we visited Coimbra and its beauties.

We had the possibility to visit the Joanina Library. It is a National Monument and has a priceless historical value, for us one of the main attractions among the older monuments belonging to the city of Coimbra. This library is remarkable and is one of the most beautiful of the world. Once in Coimbra it's mandatory.



The second day was a day full of lessons ,mostly very interesting for us.  
In the morning we were at the Centro Hospitalar e Universitario de Coimbra  
Prof.Dr Fernando Fonseca and colleagues gave us a warm welcome and gave us an extensive  
and detailed overview of training and work at their hospital. We had time to discuss the different  
approaches each county had and the pros and cons of each. Informative lectures followed, and  
one in particular, was on the use of a new solution on Computer-assisted navigation arthroscopy  
,a collaboration of the department and a P3D solution .

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



The next hours we went at Hospital Pediatrico –CHUC,EPE

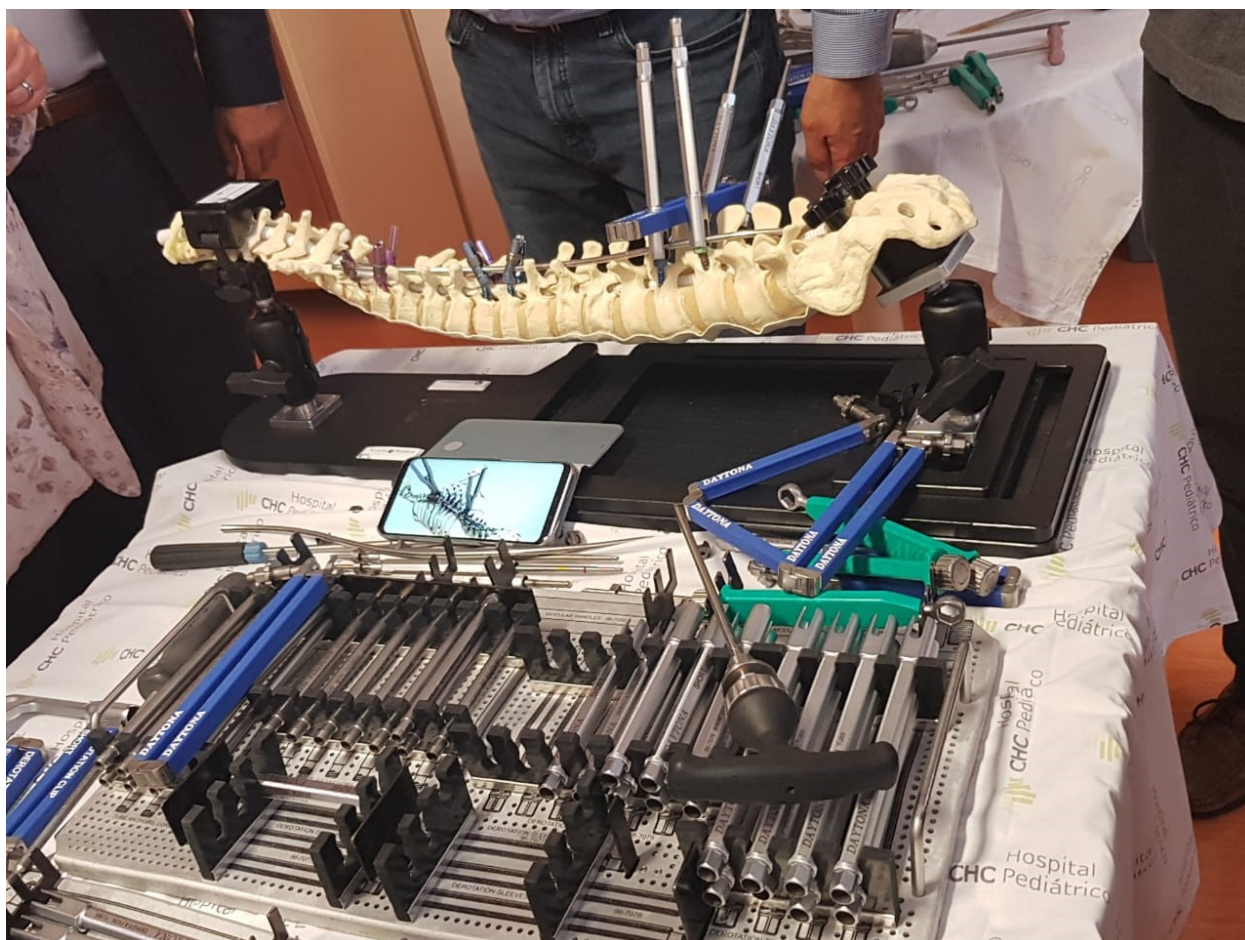
We had discussion of clinical cases and medical examinations of the patients in the pediatric ward .They divided us in three groups to have the possibility to discuss and to interact about different lectures .

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



At the end of the day an informal meal seemed an appropriate way to end this productive and informative day.

The third day ,October 31 we started the day travelling to Porto ,another city ,another exiting place and colleagues to meet .After the arrival and the lunch we were at the Clinica do Dragao – Espregueira Mendes Sports Centre FIFA Medical Centre of Excellence.

We had the possibility to visit the Clinic ,to know their work ,and after that we had the scientific session

The main theme were about Osteochondral lesions of the knee and the ankle

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



In addition to the scientific programme, the organizers in Porto arranged visits to the FC Porto Museum, an amazing experience for me as a football lover.

The next day was a free day, so we had the possibility to get to know Porto. The organizers arranged visits to excellent restaurants, to visit the famous Caves of Porto Wine and to have a boat trip through the river of Porto, called Douro.

After the lunch we travelled back to Lisbon.

We had the possibility to visit Lisbon, to see the main part of the city and had dinner at an amazing restaurant, with live music (they used to play the traditional Fado) and the most important Dr. Antonio Cartucho joined us and during the dinner he explained continuously about his work, his opinions on different topics etc.



On Friday, we were welcomed at the CUF Descobertas hospital, where the focus of the day was arthroscopy and tenoscopy. Also, we had several informative talks on hip, upper limb, pelvic, spinal and foot and ankle trauma and how the trauma system works in Portugal.

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

[www.efort.org](http://www.efort.org)



### **Conclusion:**

The EFORT Travelling Fellowship was a fantastic and unforgettable experience. I am much honored to have had the possibility to participate in this programme. The Fellowship was very well organized in terms of an interesting scientific programme, time for discussions, as well as a pleasant social programme. I came back to my country with fond memories. By the end of the week the 15 people, just colleagues at the beginning of the fellowship programme, had become close friends with promises of future regular meetings. I'm grateful to everyone including those who presented us this opportunity, to EFORT which was in charge of flawless flow of the organisation, to all the professors who welcomed us to their hospitals and shared their experiences.

The EFORT Travelling Fellowship is a unique possibility to exchange knowledge and friendship across borders.

Blerta Hamolli  
Tirana ,Albania