

REPORT

Fall Travelling Fellowship

Portugal, Oct/Nov 2018

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Submitted to: EFORT

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Introduction: Fortunately the national society of orthopedic and trauma surgeons of Germany selected me to represent our country in the Fall Fellowship in Portugal 2018. 16 fellows participated in a perfect scientific and social Program in Lisbon, Coimbra and Porto.

Detailed description of the fellowship:

29/10/2018

Our week started in the Orthopedic Department of Curry Cabral Hospital, a public hospital in the Centre of Lisbon with Prof. Luis Branco Amaral and his co-workers. After a warm welcome and a brief description of the department we directly started with our first lesson. Spine deformities with focus on scoliosis were presented very clearly. Best was being part of a live-surgery of a 14-y old female with scoliosis. Spinal trauma and instability complemented the informative spine lesson. No question remained unanswered. After a 2-hour travel we arrived in the beautiful Coimbra. A college-town 200 km northeast of Lisbon. We visited one of the oldest and in my opinion most impressive libraries of Europe. After a short city walk through the streets of Coimbra we had our first dinner together.

30/10/2018

The second day took place at the Centro Hospitalar e Universitário de Coimbra in the morning. Prof. Fernando Fonesca and his team gave us a detailed description of navigation in knee surgery. In the afternoon we were greeted at the Hospital Pediátrico de Coimbra. It was an incredible experience to learn about pediatric orthopedics from experts in an interactive setting. We were split into small groups and had short, informative lessons in scoliosis, pediatric tumor surgery, hip ultrasound and the clubfoot treatment after Ponzetti. The Portuguese colleagues who were teaching us had extraordinary expertise, which gave us a great deal of benefit.

31/10/2018



After our arrival in Porto we had the first of many local delicacies – Francesinha. It was bombastic: the taste and the calories. After lunch it was a great pleasure to visit the Clínica do Dragao – Espregueira-Mendes Sports Centre FIFA Medical. Before the scientific lesson started we had a walk through the clinic. The topic in the afternoon was sport injuries with focus on “return to sports”. The visit of the clinic was rounded by a guided tour through the FC Porto museum. Finally we got to see the nightlife of Porto. All fellows enjoyed Poncha – yummy!

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01/11/2018

On the 1st of October it was a national holiday in Portugal as well as in Germany. We had a free day with a perfect social program in Porto. A boat trip on Douro, a city walk including the lovely Ponte Maria-Pia, also called “Eiffel-Bridge” and a Port-wine tasting in one of the famous Port-wine cellars. After lunch we travelled back to Lisbon, not without stopping at Pastéis de Belém to get some tasty Pastéis de Nata. Arriving in Lisbon we had another incredible activity. We enjoyed a “Tuck-Tuck” city-trip through Lisbon by night. What an experience! For dinner we could enjoy two more national specialties. Eating Bacalhau while listening to Fado - End of a perfect day.



02/11/2018

On the last day we visited the Hospital CUF Descobertas in Lisbon. Prof. Jorge Mineiro, head of the department of the centro de ortopedia offered a diversified scientific program. On the one hand, the direct anterior approach in total hip replacement was discussed, as well as the meniscal lesions in children and the use of vertebroplasty balloon in pediatric orthopedics, followed by detailed foot and ankle surgery focussing on arthroscopy. Finally, we had a trip to Cabo da Roca, the westernmost point of mainland Europe.

Conclusion:

In conclusion, the Fall Travelling Fellowship to Portugal was a great experience with a well-chosen scientific and social program. All Fellows were able to learn a lot from the Portuguese staff as well as from each other. The international exchange was high-impact. A greater level of hospitality and expertise in orthopedic and trauma surgery couldn't have been expected.

Special thanks to Prof. Fernando Fonesca, President of the Portuguese Society of Orthopedics and Traumatology. He gave us the opportunity to be part of this fellowship. Also I have to say thanks to Prof. Luis Branco Amaral, Prof. Gabriel Matos, Prof. Joao Espregueira Mendes and Prof. Forge Mineiro and all of their co-workers for their kind hospitality during our stay.

A very special word of thanks goes to André Couto, who organized the fellowship on-site. Nothing was missing and André became a friend.

In addition, I would like to thank the DGOU as well as the SPOT, who have made this week possible for me.

