

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

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**Introduction:** The ongoing mission of EFORT is to restore and secure mobility, musculoskeletal health and quality of life. To succeed in that mission, EFORT aims to promote the free flow of scientific knowledge and experience in the field of orthopedics and traumatology among Europe's national orthopedics associations. For that purpose EFORT has many responsibilities. Among these, EFORT pays special attention to residents and young specialists in orthopedics and traumatology through its fellowship programs. The EFORT Travelling Fellowship is held twice a year, in spring and autumn, and every national association nominates one fellow. These fellows spend one week in one of the association countries, where they visit the most important orthopedics and traumatology institutions and meet the leading experts of the fellowship host country. This year, the EFORT Autumn Traveling Fellowship was held in Portugal from the 28<sup>th</sup> of October to the 3<sup>rd</sup> of November and was organized by SPOT - Portuguese Society of Orthopedics and Traumatology. I participated in this event as a representative of the Croatian Orthopedic and Traumatology Association (COTA) together with fellows from 14 European countries: Albania, Belgium, Bulgaria, Croatia, Cyprus, Denmark, Estonia, Greece, Germany, Hungary, Ireland, Italy, Kosovo and Portugal. But before I give a brief report about this year's fellowship I wish to give a special thanks to the Croatian Orthopedic and Traumatology Association (COTA) and its president prof. Domagoj Delimar for electing me to represent COTA at this event.



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**Detailed description of the fellowship:** The fellowship started on the 28<sup>th</sup> of October in Lisbon. This first day was reserved for the fellows' arrival to Lisbon, so the scientific program started next day on the 29<sup>th</sup> of October. The first hospital that we visited was Curry Cabral Hospital in Lisbon, which is one of the largest hospitals in the southern part of Portugal and is a specialized center for spinal surgery. Thanks to our hosts we had interesting lectures from the field of spinal surgery, and an especially interesting part was the live surgery. Over video transmission we could see surgical treatment of the scoliosis which was the cherry on the cake of that day's scientific program.



After the lunch in Curry Cabral hospital, we set off for Coimbra. Coimbra is in the central part of Portugal and about 200 km away from Lisbon. It is well known for its University which is one of the oldest in Europe. Inside this historic centre of the University of Coimbra the Joanina Library is situated. It is a beautiful Baroque library containing very old, very valuable books and documents. There is also one interesting fact about the Joanina Library. In the library, exists a colony of bats which are protecting the books by eating the insects at night. Thanks to our hosts in Coimbra, we had a tour with a professional guide so we had the privilege to see the historical part of the University, including the Joanina Library. After the tour we had a social program, which included dinner and a special surprise. Our host Andre took us to a bar where we had an opportunity to see and hear a tradition from Coimbra. It was the famous Coimbra *fado*. *Fado* is a music genre typical of Portugal, and there are two types of *fado*: one in Coimbra, sang only by men, and one in Lisbon, sang by



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both women and men. Listening to *fado* was the perfect end to a very interesting second day of the fellowship.

Next day was reserved for the scientific program in Coimbra. In the morning we visited the Central Hospital of Coimbra. First the head of the Orthopedic Department and also the president of SPOT, Dr. Fernando Fonseca, wished us a warm welcome. Then we had several interesting and useful lectures from distinguished lecturers covering the field of knee surgery. As my area of interest is knee surgery, I found lectures about the knee most interesting and they have given me some new perspectives to my professional development.



In the afternoon we visited the Pediatric Hospital in Coimbra. There, we were divided in small groups and had case discussions and workshops about some of the most common pathological conditions concerning the pediatric population. The topics that we discussed with our moderators were scoliosis surgery, DDH screening, clubfoot casting, tumors and arthroscopy in pediatric orthopedics. As I come from the hospital with the largest pediatric orthopedics department in my country, it was very interesting for me to compare the organization of the pediatric department and the treatment process for pediatric patients in Portugal and in my country. The time flew by and our visit to the Pediatric Hospital was over. The day ended with dinner in a traditional Portuguese restaurant.

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Next day in the morning, we said goodbye to Coimbra and headed for our next destination, Porto. In Porto the scientific program took place in the Clinica do Dragao – Espregueira – Mendes Sports Centre which is the FIFA Medical Centre of excellence. First we got to know the organization of the Clinic and then we had lectures about osteochondral lesions of the knee and ankle, and about new trends in ACL lesion treatment. I was privileged to meet Dr. Joao Espregueira-Mendes, one of the leading experts in the field of sports traumatology. I took the opportunity and asked him some questions about the possibilities in treating certain pathological conditions. His answers were more than useful, and I have learned a lot during our non-formal conversation. After the scientific sessions ended, we visited the FC Porto Museum. This was also very interesting for me as football is my favorite hobby and one of the most famous football coaches from Croatia, Tomislav Ivić, left a permanent trace in FC Porto. This interesting day ended with dinner in restaurant Casa de Musica where we tasted a traditional Portuguese beverage, *Porto wine*.



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Half of our Fellowship program went away. During the first three days there were a lot of lectures and traveling but it was quite interesting and I had a great time. As the 1<sup>st</sup> of November is a national holiday in Portugal on that day we only had a social program. It all started with the boat trip across the Douro River. The Douro River is flowing through the Douro Valley, the part of the Portugal famous for its vineyards. Here grow the grapes that are used to produce the famous *Porto wine*. Afterwards we visited one of the many wine cellars in Porto. Here, we heard about the process of Porto wine making. After lunch in Porto we went back to Lisbon where the Fellowship concluded.



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It was already evening when we reached Lisbon. Before dinner we had a nice *Tuk Tuk* tour in downtown Lisbon. The day ended in a traditional Portuguese restaurant where we ate another traditional dish from Portugal – the codfish and again had an opportunity to hear *fado*.





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Friday the 2<sup>nd</sup> of November was the last day of our Fellowship. We visited the Hospital Cuf Descobertas and had some interesting lectures from various fields of orthopedics and traumatology. This was the very last institution that we visited during our Fellowship. In the afternoon we had a social program which included visiting Cabo da Roca - the most westerly point of mainland Europe.



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**Conclusion:** In conclusion, I would like to say that I had a wonderful time in Portugal on this year's EFOR Autumn Traveling Fellowship. I met very nice people and made new friends from many European countries. I also got to know a little bit about Portuguese culture which I found very interesting. Regarding the scientific part of the Fellowship, I must say that it was very well organized. I got an insight into orthopedics and traumatology in Portugal. The most important thing about this fellowship, in my opinion, is that I had an opportunity to exchange experiences and to compare the training program for residents of orthopedics and traumatology with my colleagues from different countries.

