



### **Report about my experience during the EFORT Spring Travelling Fellowship in Estonia from 12 to 18 May 2019**

**Reported by:** Vítor Hugo Pinheiro

#### **Introduction:**

The EFORT Spring Traveling Fellowship 2019 took place in Estonia, in the cities of Tartu and Tallin, between the 12<sup>th</sup> and 18<sup>th</sup> of May, 2019, under the co-organization of Estonian Orthopaedic Society (ETOS). In total, there were 12 fellows from different European countries. I was very pleased when I was elected our National Society to participate in this Effort travelling fellowship. It was an honor to represent Portugal in this context.

**Detailed description of the fellowship** (please feel free to include photographs if you wish):

The fellowship began on a Sunday evening, May 12, in Tartu: it was a day of informal presentations among fellows and Fellowship organizing committee, followed by a great dinner.

On Monday, we were welcomed by Prof. Katre Maasalu, President of ETOS, and Prof. Aare Märtson, Head of Clinic of Traumatology and Orthopaedics in University of Tartu. They presented to us the Orthopaedic Department and Tartu University. We visited the facilities of the Service and had the opportunity to attend live surgery and interact with the senior surgeons. I highlight the opportunity I had of seeing one case of cuff tear repair. In the afternoon, we were informed about the objectives of EFORT Travelling Fellowship, by Prof. Li Felländer-Tsai, chair of the EFORT Travelling & Visiting Fellowships. This was followed by lectures and clinical case's discussion related to osteoarthritis and arthroplasty. At the end of the day we went to South-Estonia tour, where we had the possibility to be in a sauna. It was a memorable day.



# REPORT

## Spring Travelling Fellowship

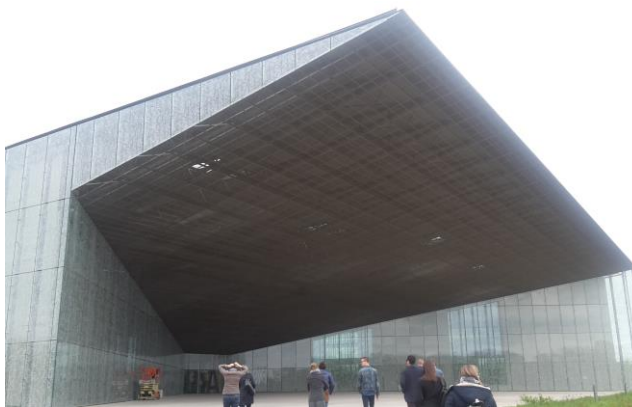
Estonia, May 2019

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In Tuesday, we had lectures related with bone tumours and geriatrics, followed by live surgery, which we had the opportunity to attend. This time I was able to observe an ACL reconstruction. In the afternoon the formal presentation of the travelling fellows was made, where we had opportunity to know more about each other, our country, national association of each country, and individual interests.

In the end we went to the Estonian National Museum, where it was possible to learn and further explore about the Estonian culture. After this visit, led by Prof. Aare Märtson, we did sightseeing in Tartu Centre, where we had dinner.



On Wednesday's early morning, we caught the train to Tallinn. We were received by Prof. Peep Talving in the North Estonian Regional Hospital. We started with a visit to the hospital facilities, and proceeded later on with a discussion of clinical cases and lectures related to proximal umeral fractures, distal radius fractures, knee arthroplasty, meniscal tears and cervical spine trauma. We had the opportunity to attend live spine deformity surgery and proximal umeral fracture surgeries. It was the most intensive day, in an exciting scientific environment. The day ended with a fantastic dinner in a restaurant with a beautiful view over the baltic sea.



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On Thursday morning, we went to East Tallinn Central Hospital. We were received by Dr. Andres K oopand, and attended a spine lecture by Dr. Taavi Toomela. After lunch, we had the possibility to visit the Orthopaedic Department, where we were introduced to their team and got to know a bit more about the way they work. Afterwards, we attended another scientific session, where we had the opportunity to discuss with Dr. Andrey Smirnov complex cases of pseudoarthrosis treatment. This day was a fantastic experience, with scientific lectures showing a high level of knowledge and expertise. In the afternoon, we had the possibility to visit Tallinn Centre with a local guide, which helped us understand a bit of the Estonian History. Finally we got to see some of the nightlife of Tallinn. This day was also a wonderful experience for me.



Friday was a free day, and the organizing committee provided us with the possibility to take a walk in the Lahemaa National park. The weather was perfect. After the tour, we visited Vihula Manor vodka distillery where we had a vodka degustation experience. After lunch we returned to Tallinn and had dinner in the city Centre. It was a fantastic social networking day.



### Conclusion:

The EFORT Spring Traveling Fellowship was a fantastic experience for me. It gave me the opportunity to improve my orthopedic knowledge, exchange experiences with other Fellows and Estonian colleagues, and increased my networking around Europe. I would like to thank Prof. Katre Maasalu, President of ETOS and all the committee Staff. They offered us a great scientific and social program. A very special thank you goes to Anna Helen and Paul, who made everything easier on the ground. Lastly, I would like to thank EFORT and SPOT for this opportunity. It was a great honour to represent Portugal among all these other great fellows from all around Europe.