



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

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Introduction:

This year's fellowship took place in Estonia, based in Tartu and Tallinn. Twelve participants from different countries in Europe were given the opportunity to interact, visit local hospitals and take part in lectures on everything from highly specialized trauma to ortho-geriatrics.

Detailed description of the fellowship:

An intensive week is over, but the experiences, contacts and impressions will stay with us. As the Swedish representative, I had the opportunity to visit Estonia under EFORT's wings, and it was an extremely exciting experience.

After arriving in Tallinn, the journey went directly to Tartu on Sunday, with a common course dinner in the evening. The colleagues consisted of ST doctors / new specialists from England, Holland, Lithuania, Malta, Portugal, Romania, Switzerland, Slovenia, Spain, Turkey and Ukraine.

Monday was spent mainly at Tartu University Hospital, with introduction to the healthcare system in Estonia and plenty of lectures. The most memorable was the discussion about ortho-geriatrics, where it emerged which fine collaboration orthopedics and geriatrics have in Estonia, but also in other European countries. Then it was possible to witness the orthopedists in their natural environment in the operating room. Some opted for ACL-repair and arthroscopies, while others participated in knee and hip auditing plastics. As a Swede, it was interesting to witness the lack of doors between operating theaters and how it was completely natural with 14 people in the same operating room. After the working day, a bus tour was offered in southern Estonia, where we finished with traditional Estonian sauna and cooling bath.

Tuesday was structured in a similar way, but also gave us the opportunity to present presentations about ourselves, our hospitals and our countries. Very instructive to take note of the differences in healthcare culture and the construction of the systems, but it was also clear how similar we are. The Estonian National Museum was visited, which is very recommended if you have the opportunity. Fantastic architecture combined with interesting history. The evening was spent in the center of Tartu, which is a student city in the same spirit as Lund and Uppsala in Sweden. Fact is that Tartu University was founded under Swedish rule, and is thus Sweden's second university.

On Wednesday we took a train to the capital Tallinn, and started visiting Northern Estonia regional hospital. This newly built hospital exhibited an elegant flow of elective and acute patients in and around the surgical ward. Since Estonia is a small country, most highly specialized cases are taken care of here. Among the lectures it was interesting to take part of their large bank of successful cases of nailed shoulder fractures and their experiences of arthroscopies in repairing distal radius fractures. The dinner offered a beautiful view of the Gulf of Finland.

Thursday was spent on another hospital, the somewhat older East Tallinn central hospital. The lecturers were experienced trauma surgeons and the theme was spine fractures as well as pseudo

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arthrosis and severe cases. The latter lecture gave water on A / Os mill, and beautifully illustrated how mechanics and biology interact in fracture healing. Many helpful tips were discussed. The afternoon and evening were spent with a guide in the old town, which was very beautiful and full of history.

On Friday, the bus took us to Lahema's national park, where the Swedish nature was recognized. We walked through a marsh, whose portal to the underground has great historical significance for the Estonian. Subsequent vodka testing cemented the link between Estonia-Finland-Sweden, and heightened the atmosphere before the evening's closing dinner in central Tallinn.

Conclusion:

As a new specialist, this was a very rewarding experience. Organizationally well-run, with interesting hospital visits and lectures. What I will mainly bring with me, however, is the personal experience of the colleagues from all over Europe. We can learn so much from each other's similarities and differences, and exchanges of this kind feels like an important part in both personal and professional development.

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