



The “FESSH travelling award” at the Instituto Universitario Dexeus



Barcelona-Spain
1st of September to the 1st October 2010

1.Introduction

The Department of Orthopedic Surgery, Orthopedics and Sports Medicine of USP Instituto Universitario Dexeus is specialized in the treatment of musculoskeletal diseases in the area of Sports Medicine and is a world reference center in the area of Trauma Surgery. It is located near the center of Barcelona, and belongs to the private group USP Hospitales (USP).

The scientific quality of care allows this private Hospital to make part of the national training program for physicians specializing in Orthopaedic Surgery (MIR). It is also linked to the Autonomous University of Barcelona, developing continuing education programs, courses and doctoral research.



2.Goals

The program “FESSH traveling award” aims to promote the exchange of information and concepts in Europe and to help to spread best practice. Thus were my goals at this experience:

- To describe and be able to discuss recent scientific findings and results, explaining their potential implications in clinical practice;
- Being able to detect, assess, diagnose and treat specific conditions of the upper limb;
- To visit the Hospital and to participate in routine daily activities, noting the aspects that differ from our practice in Portugal and that possibly could be improved;
- Interact, contact and learn from top professionals, with multiple publications in the orthopedic literature world;
- Observe the surgical technology and state-of-the art infrastructure for patient care;
- Participate in a variety of educational activities;
- Increase, finally, my expertise in surgery of the hand, wrist and elbow;

3. Hand and upper limb pathology Unit

The hand and upper limb pathology Unit, consisting of a team of two specialists and one resident, is particularly dedicated to traumatic and degenerative pathology. During this program, my advisor was Prof. Dr. Xavier Mir Bullo, renowned Orthopaedic surgeon distinguished for his research on trauma of the wrist.

I have also spent some days with Dr. Jordi Font Segura, Orthopaedic surgeon, with extensive experience in diagnostic and therapeutic arthroscopy of the wrist.

Daily activities

a. Operating Room

During my stay at the Instituto Dexeus, I have attended and participated in extensive surgical activity daily. Of surgeries performed in the Operating Room, I have to underline: different methods of fixation of fractures/nonunion of the metacarpals, scaphoid and distal radius; minimally invasive surgery for peripheral neuropathies, wrist arthroscopy for treatment of carpal instabilities, TFCC injuries, and as an adjunct in articular fractures of the radius and scaphoid; radiofrequency for epicondylitis refractory to conservative treatment; fasciotomy in chronic compartment syndromes of the forearm.

b. Clinical

I had the opportunity to follow Prof. Dr. Xavier Mir and Dr. Jordi Font at the clinic. I observed several first visits, patients in the early postoperative period and in the follow-up after surgery or rehabilitation, making the orthopedic physical examination and recording of observations. I had also the opportunity to discuss clinical cases and study the diagnostic exams.

c. Scientific discussion

i. Clinical cases

All Wednesdays, between 14-16h, I have participated in the discussion of clinical cases with all the doctors from the Department.

ii. Scientific Papers

Participated in data collection for studies and scientific research.

4. Conclusion

The Instituto Universitario Dexeus is a center with a great tradition, with great human and material resources. To emphasize the high scientific quality and the great concern with the patients. Also to enhance the quality and dedication put in education and training of inmates. It was particularly gratifying to have the opportunity to participate in extensive surgical activity.

So, in conclusion, I can say that after these four weeks, I have accomplished my goals and I am convinced that this experience will be crucial in my development as a hand surgeon. The final balance is extremely positive and I praise this FESSH initiative that allows us to contact with other realities and other ways of working and I hope that this program will continue to give opportunities to other young surgeons with a vocation for hand surgery. I want also to express my gratitude to the doctors, nurses and secretaries from hand and upper limb pathology unit for all sympathy, kindness and availability.

Obrigado FESSH!!

