



2013 FESSH Travel Award International Fellowship Report Dr. Mari Tamre MD



Thanks to the FESSH Training Award I was able to visit Tampere University Hospital (TAYS) Hand and Micro Surgery Department for four months
01.02 - 31.05.2013

Conclusions

For my personal career the experience and all the working staff gave me an excellent knowledge of the fundamentals in hand surgery, patient management and after care, as well as a vision about my professional career and the goals I would like to gain in the future. I had the privilege to get to know many highly skillful hand surgeons with whom I have the opportunity for cooperation in the future in clinical as well as in scientific cases.

I think FESSH Traveling Award is the best opportunity for a surgeon to gain professional knowledge, education and technical skills.

I strongly encourage colleagues to apply for FESSH awards in order to pursue such programs.



Objectives

- To gain essential knowledge about the philosophy of different hand problems.
- To be a part of the cooperation of high quality specialists from different fields
- To gain expertise in complex hand trauma as well as peripheral neurosurgery and after treatment
- To consolidate professional cooperation as in surgical treatment and scientific bases



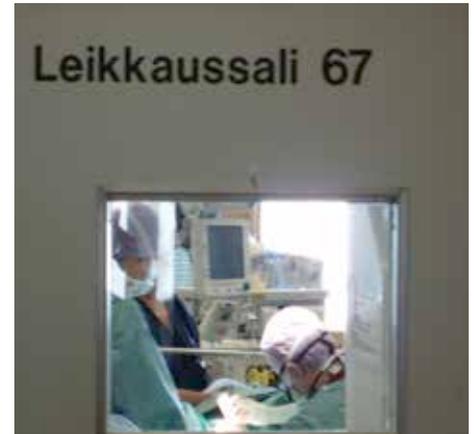
About

Tampere is the most populous inland city in the Nordic countries, with its population being over 200 000. Hand and Micro Surgery Department was founded by Prof. Simo Vilkki in 1984, with the service area for emergency cases being approx. 60% of Finland. At this time there are approx. 500 emergency hand trauma cases and as many elective operations done in per year. The department has 7 surgeons and 2 specializing surgeons. Among the replantations and revascularizations Tampere is the bigger of two microsurgery centres in Finland.

Personal experience

I was warmly accepted to the whole family of hand surgeons and therapists in TAYS. I was introduced to the patient centered philosophy of hand traumas as well as the surgical treatment of congenital anomalies in children and nonsurgical assistance of their parents. As the days started I was a continuous part of the rounds in the ward as well as in the morning conferences. Days passed mostly in the operating theatres and outpatient clinics. During my time I was ambitious to take part of many hand trauma cases, during which the operating surgeon was always eager to educate me in the treatment possibilities, techniques and possible complications. As my plan of the day was unfixed, I had the chance to observe different hand surgeons at work. I was kindly invited to different department events and professional dinners. Also I had the privilege to be introduced to Finnish family life and culture. During my four months I experienced warm and generous hospitality which I will remember the rest of my life.

All my acceptance and living arrangements near the hospital were kindly made by Prof. Simo Vilkki who was during my stay in Tampere willing to give me educational reading with open hands.



Leikkausosasto 6



käsikirurgia



Acknowledgements

- FESSH Traveling Award Committee for the opportunity by financing my fellowship
- Prof. Simo Vilkki who was kind enough to accept me to TAYS
- Dr. Camilla Hellevou who was my personal mentor during my stay
- TAYS Hand and Micro Surgery Department
- my teacher at home who has attracted me to the beautiful world of hand surgery