



## FESSH TRAVELLING AWARD 2015

The Pulvertaft Hand Center. Derby  
(United Kingdom)



### Objectives:

- To expand my exposure to complex hand and wrist surgeries.
- To learn new and different operatory techniques.
- To observe a different healthcare system.
- To foster new friendship in the hand surgery community.

### Fellowship Period

- 1<sup>st</sup>-30<sup>th</sup> June 2015



During this hand training I saw many hand and wrist trauma cases in open and close reductions and fixations of scaphoid fractures with bone grafts, wrist instability, distal radius and ulna fractures, metacarpal fractures. I also saw many operations for patients with osteoarthritis: 4 corner fusion, trapeziectomy and arthrodesis.

Every monday morning we had a trauma teaching lesson with Mr Heras-Palou and every friday morning and afternoon we had both teaching lessons with different consultants about general hand surgery.

During my stay, I also had the opportunity to spend time in a week cadaveric dissection course raising different flaps and many approaches in hand surgery. Last day in the cadaveric course we were able to carry out some osteosynthesis cases with real materials. It was really really worthy.





This picture shows the result of lunate-capitate arthrodesis carried out by me during the cadaveric course.



At the hand clinics we attended patients with different elective hand pathologies, follow-up and acute trauma cases. In this way I have learned how the experience in examination, in taking medical history and individual patient needs can thoroughly change the treatment indications.

A remarkable fact in Pulvertaft Hand Center was the interdisciplinary cooperation and close working relationship between the Department, and the dedicated hand therapist team.

## Acknowledgements

I am grateful to FESSH for supporting my continuing professional development. I thank to all the consultants for sharing their experiences and knowledge. Many thanks to all the nurses and staff in Pulvertaft Hand Center for their extremely help and kindness.

## Conclusions

The visit helped me have a better understanding of the basics of hand anatomy and function, procedures, the opportunity to come in contact with cutting edge technology, and I think above all gave me insight into the clinical decision making processes of a skilled and experienced hand surgeon.

Alvaro Cabello

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### **Pulvertaft Hand Centre**

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Mr. T. Cresswell	01332 785254
Mr. C. Heras Palou	01332 783388
Miss T.C. Horton	01332 783387
Mr. T. Lindau	01332 783389
Miss M. O'Brien	01332 785254
Mr. P.G. Russell	01332 785253

June 2015

**To whom it may concern**

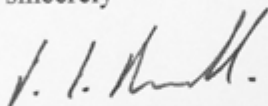
Dear Sirs

**RE: DR. ALVARO CABELLO PEREZ**

I confirm that Dr. Alvaro Cabello Perez was a Clinical Observer at the Pulvertaft Hand Centre, Royal Derby Hospital, from 1<sup>st</sup> – 30<sup>th</sup> June 2015.

During his placement he has assisted in our hand theatres, outpatient and casualty clinics and participated in our teaching and educational sessions.

Yours sincerely



**Mr. P. Russell**  
Consultant Hand & Plastic Surgeon/Clinical Lead