

FESSH Travelling award 2015: Fellowship report



INSTITUT KAPLAN

Barcelona, Spain. Sept, Oct, Nov 2015



Fellow:

Dr. Wynand B.W.H. Melenhorst, MD. PhD.

Plastic surgeon & European Board Certified Hand Surgeon

Diakonessenhuis Utrecht, the Netherlands



Institut Kaplan, Barcelona

- ❖ One outpatient clinic, including a treatment room for cases under local anesthesia
 - ❖ Generous library for self-study
 - ❖ Four different hospitals for surgery
 - ❖ Four hand surgeons: Ana Carreño, Angel Ferreres, Marc Garcia-Elias and Alex Lluch
 - ❖ Direct connection with the anatomy department of the University of Barcelona
 - ❖ Two to three international fellows simultaneously present
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Principle fellowship activities

- ❖ Participate in outpatient clinic consultations
- ❖ Assist in surgery
- ❖ Involve in existing or to-be-launched scientific studies
- ❖ Join teaching sessions for trainees and surgeons

→ All of the above provide ample opportunity to thoroughly discuss hand & wrist surgery-related topics with the highly knowledgeable and approachable surgeons of the Institut Kaplan.



Key topics during my stay

- ❖ Wrist kinematics: Principles
Scientific thinking
 - ❖ Wrist ligaments: Much more than stress-restraining tissue
Reconstructive options
 - ❖ Distal Radioulnar Joint: How to approach a clinical problem
 - ❖ Implants in hand & wrist: Indications
Limitations
Surgical technique
-



Left: Niels Bosma (other Dutch Fellow)
Center: Marc Garcia-Elias
Right: Wynand Melenhorst
@ Library of the Institut Kaplan



Clínic Creu Blanca, one of the locations for surgery associated with the Institut Kaplan

Acknowledgement

I am sincerely grateful for the generous hospitality that was offered during my stay in Catalunya. It has been a privilege to participate in the daily practice of this renowned institute. The atmosphere it breathes is as welcoming as it is inspiring.



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1st December 2015

DIPLOMA

To whom it may concern:

This is to certify that Dr. **Wynand MELENHORST** has observed and participated in most Hand and Upper Extremity surgical procedures, as well as teaching and research activities at our institution during September, October and November 2015.

During this time he has demonstrated an excellent attitude, always keen of improving his knowledge in the field of hand and wrist surgery. In our opinion, he is a very talented person with great scientific preparation and skilled surgical ability. We are proud to have been of help in his training, and we are glad to continue this collaboration should that be of interest for his future clinical needs.

Very truly yours,

Dr. Alberto Lluch

Dr. Marc García-Elías

Dr. Ángel Ferreres

Dr. Álex Lluch

The Institut Kaplan has been accredited by the Federation of European Societies for Surgery of the Hand (FESSH) for the training in Surgery of the Hand and Upper Extremity.