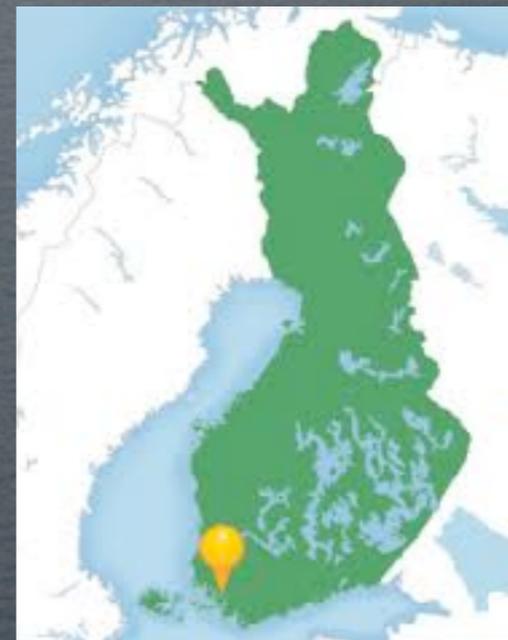




FESSH

TRAINING AWARD  
REBECCA SHIRLEY

VISIT TO  
HOSPITAL NEO,  
TURKU, FINLAND  
APRIL 2015



- ✿ Finland is the only European country where hand surgery is a separate specialty from the start of surgical training onwards
- ✿ I was based at Hospital Neo, Turku where I got a broad experience of wrist surgery, all conducted under regional anaesthesia. Hospital Neo is a private hospital that employs two hand surgeons. I was impressed by the efficiency of theatres, the layout allowing for efficient turn around and the warm welcome I received.
- ✿ I gave a presentation on LT injuries at a monthly meeting with tele-link to units across Finland. This is a useful forum for surgeons across the country to communicate and discuss difficult cases.
- ✿ TAYS, Tampere, replantation surgery in Finland began here, one of the two hospitals in Finland providing round the clock replantation services, largely provided under regional anaesthesia. I was very fortunate to visit this unit and gain experience in wrist surgery, congenital hand and brachial plexus surgery.
- ✿ Visit to Paris, during my visit I attended the brachial plexus symposium which was reinforced by the nerve transfer surgery I saw at TAYS
- ✿ Tendon repair and rehabilitation day. I participated in this study day. I presented on flexor tendon rehabilitation in Oxford UK. We all performed a tendon repair on pig tendon that was tested mechanically in the lab. I subsequently learnt my four strand cruciate repair with a Silfverskiöld epitendinous suture had a tensile strength of 60 newtons and compared well with the other surgeons who were largely performing six strand repairs , all with 3/0 monofilament
- ✿ Overall I saw the value of regional anaesthetic, which I plan to use more in the UK. I gained experience of nerve transfers, this was consolidated by the brachial plexus course in Paris and I have been able to put this into practice on my return. I feel confident that our management for flexor tendon rehabilitation is good, having discussed it and compared it to Finnish units.



Hospital Neo  
Turku  
Finland  
August 2016

To the members of the FESSH council,

I can confirm that Rebecca Shirley undertook her visit to Hospital Neo in April 2015 according to her application for a FESSH training award. I know that the trip was of great benefit to her.

Best wishes

