

# FESSH Travel Award 2019

Hand Surgery Fellowship in Inselspital Bern, Switzerland, under coordination of Prof. Dr. Esther Vögelin

Dr. Lazarescu Andra Luana, plastic surgery fellow from Bucharest Clinical Emergency Hospital, Romania

It was a great honor for me and I was a very lucky fellow assisting as well as observing in all of the elective surgeries and part of the emergencies performed in the Hand Surgery Department of Inselspital Bern, Switzerland, conducted by Prof. Dr. Esther Vögelin. Having the opportunity to experience hospital work and living in a green, beautiful city like Bern, as well as exploring the surroundings was an important step in both my professional and personal development.

During my stay at Inselspital, I have assimilated and observed attentively the team's:

- Atraumatic techniques always under loupes magnification/surgical microscope;
- Detailed repair of each anatomic structure with optimal functional result as seen on follow-up in the outpatient clinic
- Performance of complex procedures in the upper arm and peripheral nerves using modern technology
- Performance of complex procedures that involve soft tissues individually or along with the Plastic Surgery team, lead by Prof. Dr. Mihai Constantinescu.

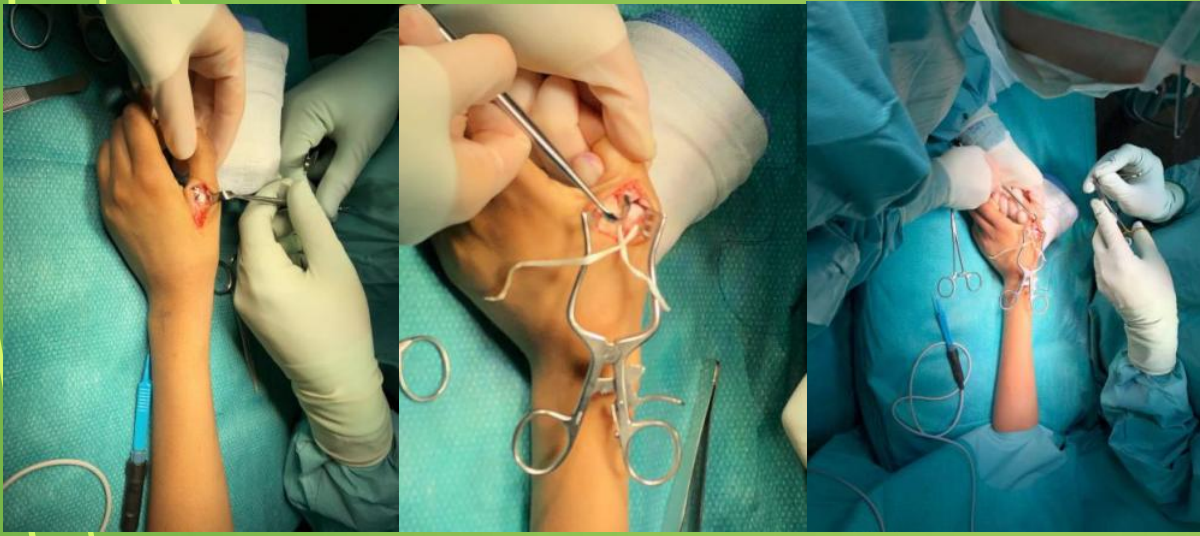
The clinic is a high level care unit supporting a wide range of pathology, with a low rate of complications, early recovery through early initiation of ergotherapie with great and close communication between surgeons and clinical rehabilitation practitioners direct, on reports, even in the OR and in the outpatient clinic.

The entire team of Hand surgery is extremely amazing, helpful and always trying to explain their actions and making me feel like I was part of their team.

List of summarized surgeries:

- Scaphoid pseudarthrosis with proximal 1/3 necrosis grafted with vascularized femoral condyle bone graft
- Multiple pyrocardan implants for risarthrosis
- Nerve allografts for nerve repairs
- Silicone implants for PIP joints repair
- Arthrodesis of a painful thumb IP joint with femoral head bone allograft after a broken silicone joint implant
- Illuminoss use for fixation of reduced subcapital metacarpal fractures
- FDPs reconstruction with palmaris longus and foot extensor digitalis comunis III
- Ulnar defect repair with metal spheric prosthesis
- Multiple wrist arthroscopies
- C.A.R.D system used for osteotomy in an old metacarpal fracture
- ALT flap for large defect of the volar aspect of the forearm (in cooperation with the plastic surgery team)
- Lateral arm flap for medium defect of the volar aspect of the forearm (in cooperation with the plastic surgery team)
- Sciatic schwannoma excision
- Brachial plexus and lumbar plexus tumors
- Femoral nerve reconstruction with obturator nerve graft and soft tissue defect coverage with rotated pedicled gracilis musculocutaneous flap (in cooperation with the plastic surgery team)
- Percutaneous osteosynthesis of scaphoid fractures
- Proximal row carpectomies and four corner and three corner arthrodesis
- UCL reconstruction with palmaris longus
- Multiple plates and screws/K-wire osteosynthesis, cerclage for different types of fractures, trapeziectomies, cubital nerve decompressions(normal and arthroscopic), carpal tunnel syndromes, synovial cysts, hand and forearm infections, hand and forearm tumors, skin grafts, boutonniere deformities, mallet fingers, different level replantations and revascularizations in the upper limb and many more





UCL reconstruction using the palmaris longus tendon



Brachial plexus tumor excision



Cubital tunnel syndrome with arthroscopic ulnar nerve decompression

- Personal achievements:

- A wide range of surgeries performed with the use of modern technology that I haven't experienced before
- Actively involved in clinical duties , attending morning report with the staff where medical cases were presented with clinical photographs and paraclinical investigations
- Attending weekly scientific and clinical meeting focusing on special cases encountered in the clinic and literature reviews with questions and answers from the audience
- Learning how to elaborate scientific articles
- Attending full surgical programme
- Observing standardized surgical protocols with very good follow-up results and early functional recovery with restoration of full range of motion in most of the patients.

All the acquired knowledge will be very useful in my clinical and scientific practice considering I am very interested in developing a future career as a hand surgeon.

- I would like to thank FESSH Travel Award Council and Prof. Dr. Esther Vögelin for everything I have learned from her, personal reflexes and ensuring my stay in the clinic, Dr. Rahel Meier, Dr. Andrea Gilgen, Dr. Dominique Merky, Dr. Luzian Haug, Dr. Stefanie Hirsiger, Dr. Essin Rotenfluh, and Dr. Corina Bauer and Prof. Dr . Mihai Constantinescu and Dr. Radu Olariu from the Department of Plastic surgery for inviting me to their free transfer surgeries.



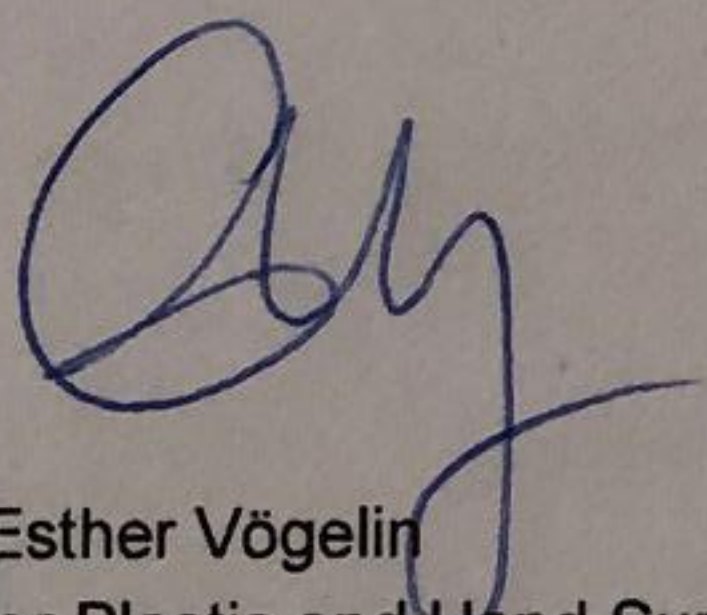


## Certificate for fellowship

**Dr. Luana Lazarescu**

We hereby confirm that Dr. Luana Lazarescu completed a 5-week clinical fellowship in the Department of Plastic and Hand Surgery at the Inselspital, University Hospital Bern, University Bern, Switzerland from 01.05.2019 - 27.07.2019.

We thank Dr. Lazarescu for her commitment during the fellowship and wish her all the best for her future career.



Prof. Dr. Esther Vögelin  
Co-Director Plastic and Hand Surgery