

FESSH Travel Award 2022

Where?

Instituto de Cirugía Plástica y de la Mano Piñal y Asociados
of Madrid - Spain

When?

From the 3rd of october until the 4th of november of 2022

Why?

- ✓ To observe patients with different hand and wrist musculoskeletal disorders and learn more about their examination and work up
- ✓ To improve my skills deciding on surgical versus non surgical treatment
- ✓ To learn more about upper limb reconstructive surgery
- ✓ To understand better the examination, investigation and treatment of distal radius fractures with or without associated injuries, as well as isolated carpal ligament injuries
- ✓ To understand about complications and how to deal with them in order to prevent them
- ✓ To get familiar with sports hand and wrist traumatology
- ✓ To have expanded learning opportunities as a surgeon in training
- ✓ To improve my skills in arthroscopically assisted wrist surgery
- ✓ To assist different hand and wrist surgical techniques, such as microsurgery, arthroscopy, minimally invasive surgery, nerve transfer surgeries, congenital hand surgery, etc.
- ✓ To learn more about follow-up protocols, pre and post-op rehabilitation
- ✓ To exchange knowledge with professional colleagues and create possibilities for future, clinical and scientific exchange
- ✓ To work and study in a different health care system, exchange knowledge and create a platform for future, international collaboration
- ✓ To meet and share knowledge with brilliant companions and thereby contribute to the further development of upper limb surgery in Portugal and Europe



What?

- ✓ 62 medical consultations (first visits and postoperative follow-ups)
- ✓ 43 surgeries
- ✓ Weekly journal clubs having the opportunity to prepare and present three articles:
 1. Complications of corrective osteotomies for extra-articular distal radius malunion
 2. Y-shape tendon graft – A technique in the reconstruction of posttraumatic chronic Boutonniere deformity
 3. Vascularized ulnar periosteal pedicled flap for upper extremity reconstruction in adults: a prospective case series of 11 patients

Cases

All cases were complex and different from usual which made everyday so exciting and full of knowledge.

Some of the discussed topics and following surgeries:

- ✓ Complex Regional Pain Syndrome and its relationship with Carpal Tunnel Syndrome
- ✓ Cubital sided wrist pain and arthroscopic solutions
- ✓ Basilar thumb arthritis and associated deformities
- ✓ Congenital hand defects
- ✓ Traumatic nerve palsies and nerve transfers
- ✓ Radial malunions and corrective osteotomies
- ✓ Neglected traumatic lesions



Aknowledgments

I would like to thank:

- ✓ FESSH for supporting exchange fellowships
- ✓ The Department of Traumatology and Orthopedic Surgery of Hospital de Braga for authorizing and encouraging me to learn abroad
- ✓ To Dr. Francisco del Piñal for all his contribution to the state of the art on hand and wrist surgery and for allowing me to have the honor of watching him work

Madrid, 4 de noviembre de 2022

Por la presente, certifico que la **Dra. Melanie Ribau Da Costa** Médico Traumatólogo del Hospital de Braga, ha participado desde el **3 de octubre al 4 de noviembre de 2022** en el Instituto de Cirugía Plástica, de la Mano-Muñeca y Plástica-Reparadora (Dr. Piñal y Asociados) en Santander y Madrid. Recibiendo un entrenamiento especial en microcirugía y artroscopia de muñeca y completando satisfactoriamente su formación.

Para que así conste, firmo la presente,

Dr. Francisco del Piñal
Jefe de Cirugía de Mano-Muñeca y Plástica-Reparadora
Instituto de Cirugía Plástica y de la Mano
Dr. Piñal y Asociados.

