

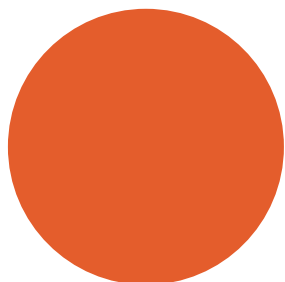
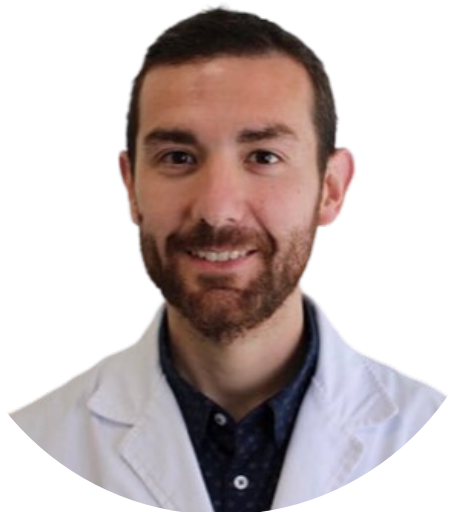
FESSH Travel Award 2023



Ana Rita Pereira Cavaca

Orthopaedic Resident

Centro Hospitalar e Universitário de Coimbra, Portugal



The Fellowship

- Where?
 - ICATMA, Hospital Universitario Dexeus
 - Barcelona, Spain
 - When
 - January 1st to March 4th 20023
 - Mentor
 - Dr. Sergi Barrera-Ochoa
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Objectives

- To improve my knowledge on hand and wrist surgery and microsurgery;
 - Being able to learn from a highly differentiated team in hand surgery;
 - To get familiar with sports hand and wrist traumatology;
 - Learn innovative techniques in the treatment of wrist and hand injuries;
 - To increase my knowledge in the examination and assessment of pathologies of the hand and wrist.
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Experience

- Surgical experience: 140 surgeries during a 2 month period;
 - Consults: 300 patients observed in consult with an orthopaedic hand surgeon from ICATMA.
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Surgical Experience

- 140 Surgeries
 - Pathologies:
 - Elbow: traumatic, arthroscopy, nerve surgery
 - Wrist: traumatic, degenerative, arthroscopy
 - Hand: traumatic, sports, degenerative, microsurgery, arthroscopy
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Acknowledgments

- I would like to thank FESSH, for this opportunity and for the financial support;
 - To Dr. Sergi Barrera-Ochoa for receiving me in such a welcoming way, making me feel part of the team. His surgical and scientific brilliance impacts everyone who has the opportunity to contact with him.
 - To the Orthopaedic Department of Centro Hospitalar e Universitário de Coimbra for supporting me to have this experience.
 - To my fellow colleagues who made this an unique experience for me.
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Thank You!

