

ESSKA Smith & Nephew Scholarship report

Scholarship in orthopaedic sports medicine and trauma surgery.

Supervisor: Prof Romain Seil
Period of scholarship: one month
January 1st 2010

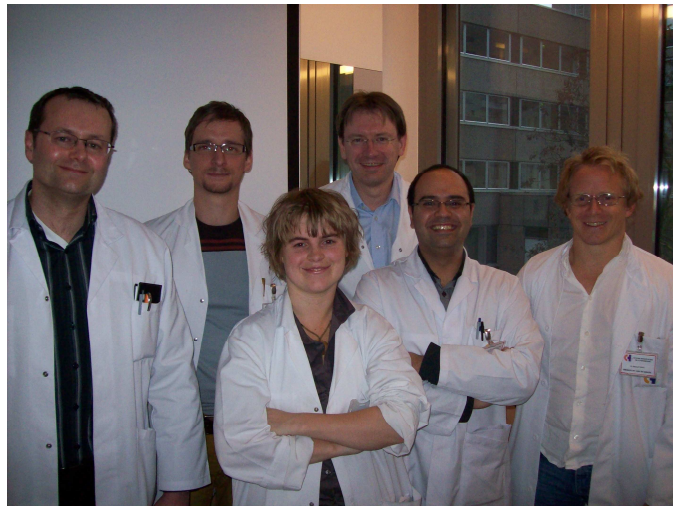
Dr Gabor SZABO, Hungary

My story started in 2007 when I went to UCLH London as a Leonardo scholarship holder. It was then when I realized the importance of visiting experts and improving our knowledge and competencies in our profession. After my speciality exam in orthopaedics and traumatology in early 2009 I decided on spending some time abroad in accordance with the opinion of Miklos Noviczki, Head of Trauma and Hand Surgery Department in Hungary . This time I have found the ESSKA Smith&Nephew scholarship on the official website, www.esska.org. I have sent an e-mail to Professor Romain Seil and the ESSKA office Luxembourg with my application form and CV attached to enroll the selection procedure. I was really excited when after some weeks I got the confirmation letter from Brigitte Melchior-Dolenc. Later we organised my one month period for November 2009.

I have arrived on Friday evening 6th of November in Luxembourg from Budapest via Zurich. There I met one of our young orthopaedic colleagues Philippe Wilmes, MD who took me to the Clinique d'Eich after a short visit in the center of Luxembourg city. I got a small but nice and clean room in the rear part of the hospital surrounded with offices. The room was free of charge, so being aware of the accomodation prices in the city it was a really kind and economic solution. The hospital has a good cantine with suitable prices open also at the weekends. The ESSKA office with the helpful secretaries was just in the next building, whenever I had problems I could contact them easily. On my first weekend we went out to get an idea of the night life in the center and had dinner in a restaurant offering traditional cuisine in a nearby village. It was then when I met Patrick Brogard, MD and Francois Backes, MD who are friendly colleagues from the Trauma Department.

I spent the first half of my period in the Orthopaedic Department with Professor Seil and Priv.Do. Dietrich Pape. We agreed that I spend most of the time in the operating theatre. I met numerous interesting cases there which were all discussed after the operations. I was lucky enough to see a wide range of advanced shoulder arthroscopy, rotator cuff repair, instability cases, SLAP repairs, decompressions. Then all anterior and posterior cruciate ligament repairs with different grafts and meniscal repairs were performed. Hip, knee and shoulder replacements and revisions were presented with varied implants. In a part of the cases I was only an observer, but in several cases I was scrubbed and I assisted. In my free time I joined the consultations at the outpatient clinic. In the afternoons and evenings I reviewed the literature of the newly seen things, or just simply went to the center of the city and had fun, or was just walking around taking photos.

The city and the Grand Duchy of Luxembourg is full of charming contrasts. It has the modern part in Kirchberg with new buildings and the MUDAM's modern art, but it has the historical part of the city and the part named Grund with full of interesting places that have been classed as UNESCO world heritage sites. I was advised to take an umbrella with me every time I go out, because of the rainy weather of Luxembours, but it was truly more than simply rainy. Despite the cloudy weather the people are really friendly, the city is a big mixture of different nations and people.



The second part of my month was dedicated to the Trauma Department of the Hôpital Municipal lead by Professor Gerich Torsten. Every morning I was picked up and taken there by Patrick with whom I can say we have a quite good friendship since then. He guided me and of course we spent most of the time in the surgery rooms where there was a really sociable moral all the time, with the qualified and kind scrub nurses Iris and Heike. On the first day I had two presentations followed by discussions about our experiences in proximal humeral and trochanteric fracture management. I have seen particular treatment of bone infections with wide resection, spacer introduction, vacuum therapy and internal fixation with bone substitution. I got wide experiences there in locking-plate systems, evaluation of CT scans in intraarticular fractures. We could share our small but important specific techniques, tricks and tips in everyday work and had top instructions from Professor Gerich.

On my last Friday I was invited to a Christmas dinner with all of my colleagues organised by Professor Seil. It was a nice closure of my five weeks in Luxembourg. Finally on Sunday morning I was taken to the airport by Noemi Zobor one of our Hungarian surgeons, and had a sad farewell.

I think this scholarship was the kind that really gave something for me. New friendships, professional partnerships, holiday, learning and relaxing at the same time. I am proudly preparing my presentation entitled: „How does it work in Luxembourg” for my colleagues in Nyiregyhaza, Hungary.

Eventually I really would like to thank this opportunity to Professor Romain Seil and ESSKA and everybody who helped me feel like at home in the beautiful country of Luxembourg. I really hope I will have the opportunity to meet them later on.

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