



## **Report to EFORT**

I arrived at Strasbourg, France on May 1st 2017. My visiting at *CCOM Centre de chirurgie orthopedic et de la main* program would start right the next day. This was my first time in Europe, and I have to say that everything was great. The reason I chose the CCOM for my visit, was that I had received excellent references about and I thought it would be the perfect opportunity to improve my French.

To begin with, I had the opportunity to meet extremely kind and helpful people, both Christine Beaussier and Sanni Hiltunen, hospital and EFORT Foundation secretaries respectively were really generous and resourceful. They helped me with accommodation, procedures and schedules I had to comply with.

My daily routine at the Center started at 8am until 4pm, five days a week. Four of them, I assisted surgeons at the operation room, where I could learn mostly about shoulder and elbow surgeries. I also learned about the different techniques and methodologies.

I exchanged valuable scientific knowledge with *MD. Kempf* and *M.D Clavert*, who performed most of the surgeries at the *CCOM*. Thursdays were office days, where I assisted an average of 20 patients per day, under the supervision of chiefs clinics and *Dr Kempf*. My job there was taking care of post-surgical wounds and checking new patients.

I ate lunch every day at the hospital, together with the medical staff. It was affordable (€ 3.50) and tasty.

Accommodation was a plus too. It was a small room, equipped with a bed, a desk and a private bathroom. The kitchen was shared among all the other occupants, who were also students or visitors. To get to work, I took a 10 minute train journey (€ 1.5)

Every day 8 surgeries were performed. I had the chance to watch how they solved pathologies like partial and complete rotator cuff tears by arthroscopy and the way they treat the long head of the biceps in France. In terms of traumatic pathologies, I observed the surgical



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treatment of clavicle fractures, proximal humeral fractures and AC dislocations, among others.

Likewise, I assisted surgeons during total and partial shoulder arthroplasties and helped in the performance of reverse total shoulder -in spite of the short period of time of my visit- I could take great of learning these start of the art techniques, since they´re not usual where I come from ](Mendoza, Argentina) due to the high costs of the implants. However, the´re become more frequent worldwide.

Back in 2015, I visited the *North Central Surgical Center* in Dallas, Texas, with M.D. Burkhead. It is worth mentioning that this was possible because off my savings.

I could notice many differences between both experiences in America and Europe, being the most important the fact that patient cost-benefit relation is taken into much more consideration in Europe.

Scientific knowledge at both medical staffs was very professional, but i was surprise to notice the French doctors care a lot about economical funds and the way they apply them. The different modern surgical methodologies and the reasonable use of resources were some of the highlights from my visit at the CCOM.

The human and professional environment inside the O.R was clean and comfortable for the whole group of surgeons.The medical staff was formed by the head doctor of the Unit *Dr. J.F. Kempf* and his subordinate *Dr. P.Clavert*, two "cheffs cliniques" and five interns.

All of them always showed kind and helpful to me, inviting me to scientific meetings, assisting me with the specific language (they had no issues whatsoever when I asked them to speak in English with me), taking part in patient wound healing procedures and visiting hospitalized patients.



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I would like to emphasize how grateful I am for receiving this grant. I had the valuable opportunity to live and work hand-in-hand in a foreign country, learn and exchange cultures, develop and broaden knowledge and make new friends, with whom I remain in contact for future meetings.

One of the ways to express my gratitude and capitalize my experience is to make myself at your disposition and the EFORT Foundation, to help give other South-American professionals the great opportunity I was given.

MD Mariana Laura Vidal, Argentina