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## **Visiting Fellowship Report**

It was a privilege to be chosen by SBOT (Brazilian Society of Orthopaedics and Traumatology) to receive the 2017 grant from EFORT (European Federation of National Associations of Orthopaedics and Traumatology). The grant, worthy € 4000, covered my travel and living expenses for a month in Europe.

Even more important than the amount received, was the contact made by EFORT, which greatly facilitated the procedures with the Inselspital of Berne, Service chosen by me amongst more than the 50 available for the fellowship.

The Orthopaedic Group of Inselspital has an unique historical importance. It was founded by Prof. Maurice Müller, one of the "parents" of the AO/ASIF. It has been also under the leadership of Prof. Reinhold Ganz, one of the contemporary geniuses of medicine in my opinion. Today it is headed by Prof. Klaus Siebenrock, a person who always have been actively involved in the development of Modern Hip Preservation Surgery.

Amongst the main contributions to Hip Surgery created and developed at Inselspital I would highlight the periacetabular osteotomy (also know as the Bernese osteotomy); the development of the femoroacetabular impingement concept and its treatment through hip surgical dislocation; the retinacular flap and all the techniques derived therefrom, such as: relative neck lengthening; reduction osteotomy of the femoral head and modified Dunn procedure. I also would highlight para-rectus approach, that is very useful for fractures around the pelvic brim.

It was an immeasurable opportunity to live a month inside a world-referenced service, the "Mecca" of Hip Preservation Surgery. I was able to consolidate some concepts, review others and mainly, to learn a lot with all the experience of Swiss colleagues.



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Obviously it's a very different reality from my country, Brazil. The infrastructure is enviable in many ways. The training is longer, it is 6 years of residence in Orthopedics. The immediate and universal availability of implants, instrumentals and bone grafts really impressed me at the operating room. Everything is digital, exams, planning, 3D simulations, etc. Clinical meetings, the RAPs as they are called there, were excellent, all cases were discussed and presented daily to all Orthopedic staff. There is a very strong support for research. The public hospital is well structured and has beautiful and modern facilities.

By Brazilian standards, the Switzerlanders may seem a bit cold at first, but soon after they reveal themselves as a very kind and polite people. Curiously, they have a sense of humor very similar to ours. I was very welcomed there. I can say that I made good friends.

In this 30-day visit I had the opportunity to participate (and scrub in) in almost 40 surgeries of my interest. Most of them were hip preservation (my primary interest at the visit) but I also saw some trauma and some total hip arthroplasties.

I showed them some personal cases and they gave me a lot of very helpful tips and tricks. We discussed about our different health systems and cultures. I even had the opportunity to talk a little bit of Brazil's reality, the good and the "not so good" realities.

Switzerland is a beautiful country and I had some free time on the weekends. I took advantage of the great railroad network and visited some very interesting places. It's not a cheap place to live, food is really costly, transportation and lodging are expensive too, but the grant received gave me a good help in this matter.

I encourage my fellow orthopedists to apply for this and other scholarships offered to us through EFORT. Those are extraordinary and truly impacting opportunities in our practice. Sometimes we drown ourselves in the stressful routine of day-to-day work, but as I always say, sometimes it's essential to stop and look at the "big



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picture". One of the beauties of our profession is that learning never ends. Learning in a center of this importance was really special. I will certainly share the knowledge I gained at Inselspital with my residents, fellows, and our scientific community.

I'd like to thank SBOT and EFORT for the opportunity. Thank you, Prof. Siebenrock, Prof. Tannast and Dr. Steppacher for all the attention that I have received in these 30 days and for the generosity in sharing your expertise. Thank you to my beloved family, for all the support that I always receive.

In the year that I completed a decade in Hip Surgery this was undoubtedly the best gift I could ever had received.

It was an honor.

Thiago Sampaio Busato M.D. Brazil.

