



Report Visiting Fellowships

Name: **Massimiliano Carrozzo**

Country of residence: Bari - Italy

Country of visiting fellowship: Barcelona - Spain

Name of the host: Institut Catalá de Traumatologia i Medicina de l'Esport (ICATME)

Dates of visiting fellowship: 7.1.2018-5.5.2018 (4 Months)

First I would like to express my most sincere gratitude to European Federation of National Associations of Orthopaedics and Traumatology for giving me this opportunity.

I spend amazing four months in the Unit of the Hip of the Institut Catalá de Traumatologia i Medicina de l'Esport (ICATME) - Barcelona - under the supervision of **Dr. Carlomagno Cardenà Nylander**. I have to thank him, his chef **Dr Manuel Ribas Fernandez** and his team, especially Dr. Bellotti, Dr. Astarita, Dr. Chacon and all the people for the knowledge they shared with me.

The Hip Unit of the ICATME is internationally recognized for the excellence of the surgeries it develops in the treatment (medical and surgical) of patients with all types of musculoskeletal pathologies and is still a high-quality scientific center. All the Units that form the ICATME are directed by internationally recognized doctors:

- Dr Manuel Ribas Fernandez Chef of Hip Unit
- Dr JL Doreste Chef of the Sport Unit
- Dr Jimeno Chef of Foot and Ankle Unit
- Dr JC Monllau Chef of the Knee Unit
- Dr I Ginebreda Chef of Reconstruction and Limb Lengthening Unit
- Dr Marlet Chef of the Shoulder Unit
- Dr Mir Chef of the Hand and Elbow Unit
- Dr Caceres Chef of the Spine Unit (Past EFORT President)



1. Description of clinical activities during the fellowship

During my four months of stay, I was included in every aspect of work in the Unit of the Hip.

The weeks were so organized:

- Monday, Wednesday and Friday participate and attend all the surgeries scheduled
- Tuesday and Thursday attend with the tutor the outpatient clinic.
- From Monday to Friday help and attend in the activities of the rounds, writing and delivering the discharge documents to the patients, checking the operated patients and planning future surgeries.

The Unit of the Hip is the Unit with the widest amount of surgeries of the ICATME and I had the opportunity to attend and actively participate in different kind of surgeries:

Total hip arthroplasty, SuperPATH® Hip replacement, total hip revision, sutures of medium gluteal tears, Leo Whiteside surgery, Hip resurfacing, Hip arthroscopies, Periacetabular osteotomy with mini-open technique, femoral osteotomy of rotational pathologies, Perthes disease, femoral neck lengthening osteotomy and complex fracture of the proximal femur.

The most important part of my stay was observing and learning how to perform the SuperPATH hip replacements, hip arthroscopies and periacetabular osteotomies.

During my fellowship, I had the opportunity to scrub-in in a total of more than 200 surgeries. It was an amazing experience and I had the opportunity to perform some surgeries under the supervision of the tutors. In the few free moments I had the possibility to follow the other units and attend other different types of surgeries.

During the outpatient service I saw a variety of patients with hip pathologies and I had the possibility to attend also the ultrasound surgery directed by Dr Doreste.

2. Description of scientific activities during the fellowship

The ICATME is a University Hospital. Every week on Wednesday morning each unit have to present a clinical case treated with a brief review of literature like a "Journal Club Session".

It was so stimulating and formative to participate in all the Sessions and, as fellow of the Hip Unit I had to prepare and present different clinical cases during my fellowship period.

Furthermore, Dr Cardenas and Dr Ribas allowed me to participate and write different scientific works using the data of the hip unit and they invited me to send abstracts using their case



studies in some important future congresses of orthopedics and traumatology. There is also one paper that is in process of researching and writing so I hope that this good collaboration won't end with my going home.

3. Description of social aspects of the fellowship

The ICATME and the Unit of the Hip are characterized by a friendly environment. I have to thank every person I met that made me feel at home. Especially I have to thank Dr Cardenas, Dr Belotti, Dr Astarita, Dr Chacon, Dr Ramirez and Dr Ribas for how they welcomed and supported me during my fellowship. I found a friendly environment in the operating theatre too with all the staff of the surgery rooms. I will not forget all the good times spent together.

And I will not forget the amazing party for the 25th anniversary of the ICATME in which I participated that was held in Palau Reial de Barcelona.

4. Technical skills that I learned during the fellowship

Every single surgery that I attend gave me a lesson and add something more to my stock of knowledge. It was a continuous learning process. Where and how to position the retractors during the total hip arthroplasties, tips and tricks for the SuperPATH® Hip replacement, how to recognize and preserve the vascularity of the femoral head during the Ganz Surgical Dislocation of the Hip, how to suture and anchor the gluteus medium tears are just some of the many technical skills that I learnt during the fellowship.

5. Theoretical knowledge that I learned during the fellowship

Dr Ribas and Dr Cardenas explain and teach me how to plan a correct total hip replacement, how and what to see and check in RMN of the hip, how to perform a correct clinical examination of a patient with hip pathologies, what to control during the intraoperative fluoroscopy in hip replacement surgery and many different theoretical knowledge.

6. New knowledge and skills that I can implement in my own practice

I hope to apply what I have learned here in my own practice. I know that will be difficult but I want to improve my knowledge of hip arthroscopy and hip preservation surgery and practice in mini-invasive technique for hip replacement.



7.Overall reflective statement over how the fellowship contributed to my professional development

This EFORT fellowship was a great educational opportunity and I would recommend it to all orthopedic and trauma residents and surgeons. I hope I will be able to use what I have learned and implement as much as I can in my career.

It was an amazing opportunity for medical, surgical and cultural learning. Thank you for the way Dr Cardenas received me and everything he taught me. I really appreciate the fact of being not only observational but active in all aspects of my fellowship. If I had to vote from 1 to 10 for my experience, I would absolutely give a 10.

Thank you so much Dr Cardenas and thank you very much EFORT for the wonderful opportunity received.

Bari 5.5.2018
Massimiliano Carrozzo

