



EFORT FOUNDATION

Report Visiting Fellowships

Name: Orestis Karargyris

Country of residence: Greece

Country of visiting fellowship: Switzerland

Name of the host: Professor Zumstein, Inselspital, Bern

Dates of visiting fellowship: 1.11.2017 - 30.10.2018

Report to EFORT:

I would like to thank EFORT Foundation and Medacta for giving me the opportunity to attend this long term visiting fellowship at Inselspital, Bern, Switzerland. I would like also to thank Professor Matthias Zumstein for accepting me, and taking personal interest in all the details regarding my visit, ensuring a high quality educational program.

The overall impression from this visiting fellowship is excellent: Inselspital is one of the largest referral centers in Switzerland and the department is responsible for all aspects of shoulder and elbow surgery, including revision arthroplasty. Prof. Zumstein is a well-respected surgeon with a high volume of arthropasty and arthroscopy cases. He is also involved in the design of a new shoulder prosthesis, and thus he has a wealth of knowledge to share on biomechanical principles and designing of shoulder prostheses.

During my stay I worked as Prof. Zumstein's fellow, in the majority of the cases he performed. I had the opportunity to receive phenomenal training and education in shoulder and elbow arthroplasty, including shoulder/elbow arthroscopy.

This, included:

- Theoretical and hands-on training on primary and revision shoulder arthroplasty, under Prof. Zumstein's supervision.
- Management of complex shoulder and elbow trauma. This included revision cases for failed ORIF.
- Theoretical and hands-on teaching on computer assisted preoperative planning with patient-matched technology (shoulders).
- Focused teaching, in theory and in practice, that included tips and tricks for specific surgical strategies i.e. How to plan and perform a bony, increased offset, reversed shoulder arthroplasty and treatment strategies for significant, glenoid bone loss.
- Theoretical and hands-on training on shoulder arthroscopy, including complex instability cases and arthroscopically assisted tendon transfers, under Prof. Zumstein's supervision.
- Theoretical and hands-on training on elbow arthroplasty, under Prof. Zumstein's supervision.



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- Teaching on patient clinical examination in elective and sports clinics.
- Participation in the Department's conferences and clinic rounds.
- Participation in the Department's annual international shoulder course ("8th Bernese Shoulder Days"), as teaching faculty.
- Presentation of cases and participation in the Department's scientific work, which included an oral presentation at the prestigious SECEC 2018 congress and submission of original papers in peer reviewed journals.
- Presentation of original research work and participation in the ESSKA-ESA 2018 expert group meeting, representing the Bernese school of shoulder surgery.
- Participation in the Department's social events as well as accompanying Prof. Zumstein in academic events. This included outdoor activities, a unique opportunity to watch a Champions League match at Bern's football stadium, as well as dinner gatherings with the department.

I believe that this visiting fellowship has offered me a great educational opportunity, both in theoretical and practical areas and I was able to acquire new clinical and surgical skill sets. It was an intensive and exceptional training program, that was focused on the principles of state of the art treatment. But more importantly, it gave me the chance to find a true mentor and a dear friend. Prof. Zumstein took personal interest into identifying together with me, key areas and skills that I needed to develop. I feel that it was really a tailor-made educational experience, in a friendly, academic environment. However, this has not been just an exceptional clinical experience; there were plenty of opportunities for discussion and debating, as well as being involved in original scientific work.

At this point I would also like to express my sincere thanks to the Department's nursing and medical staff, for their hospitality and support.

Finally, I am confident that this fellowship will allow me to introduce with success new techniques and skills in my surgical armamentarium, as I plan to move to private practice.

Once again, I would like to congratulate Prof. Zumstein and the EFORT Foundation for offering this high-caliber educational program.

With kind regards,

Orestis Karargyris MD, MSc