



# EFORT FOUNDATION

## Report Visiting Fellowships

Name: DR. ALESSANDRO COSTANZO  
Country of residence: ITALY  
Country of visiting fellowship: SWITZERLAND  
Name of the host: DR. P. CHRISTOFILOPOULOS  
Dates of visiting fellowship: 25/6-20/12/2018

Dear colleagues from EFORT Travelling & Visiting Fellowships,

I'm writing you to report my visiting fellowship with dr. Christofilopoulos in Meyrin, Geneva, Switzerland.

I will follow the paragraphs list as you suggested.

### 1. Description of clinical activities during the fellowship:

During the 6 months fellowship I had the opportunity to participate to several surgery sessions where I learned a lot of new tips and tricks regarding primary total hip arthroplasty and revision arthroplasty as well as many conservative hip surgery such as hip arthroscopy, derotational osteotomy, tendon transfers and tendon repairs, and many other surgeries. In addition to the surgery sessions I followed dr Christofilopoulos during the consulting activities, participating to the case discussions and to the patient's evaluations.

### 2. Description of scientific activities during the fellowship:

During the consultation activities, I had the opportunity to ask patients many questions regarding the results of the surgery they had in order to fill many scores of performance. This data will lead shortly to further evaluations in order to publish these results.

### 3. Description of social aspects of the fellowship:

During the fellowship period I've been involved in the discussion of the cases, I had lunch every day with dr. Christofilopoulos and others colleagues from Hopital de la Tour, we had some dinners together too. Dr. Christofilopoulos, his secretaries and everybody I met in the had been extremely kind with me since the very beginning.

### 4. Technical skills that I learnt during the fellowship:

I think that during my period with dr. Christofilopoulos I had a great opportunity to improve my skills in many fields. I had little experience with the anterior approach to the hip, since it is not so practiced in the hospital I was coming from. With Panayiotis I learned a lot of skills and tips and tricks permitting me to improve the results of this kind of surgery in my daily



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practice. I also had the opportunity to participate to a very well planned cadaver lab in Verona where I could put hands on and trying the most difficult steps many times. In addition to that I saw many revision arthroplasty cases, some of that with the anterior approach others with the posterior. I learned a lot about the conservative treatments of the hip and in particular the hip arthroscopy.

5. Theoretical knowledge that I learnt during the fellowship:

During these months I had the opportunity to read a lot about hip joint restoration, such as books and publications, and about new techniques and hardwares.

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

As I previously mentioned, I learned a lot of new skills and tips and tricks about the hip replacement surgery and conservative surgery. I think all these new knowledge will lead to a great improvement in my own practice and my hope is to be able to reproduce the great quality surgery I had the opportunity to see during this beautiful fellowship as soon as possible.

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

I honestly think that this fellowship program has been very interesting for the learning of the hip surgery and it improved a lot my personal skills and knowledge of the matter.

8. What are you future plans?

I'm planning to improve my own practice in Italy and collaborate with other colleagues in the operating room in order to achieve the best surgical solutions for our patients.

Thank's a lot to Dr. Christofilopoulos for letting me be there and to teach me so many things!