



# EFORT FOUNDATION

## Report Visiting Fellowships

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Country of residence: México  
Country of visiting fellowship: Greece  
Name of the host: Dr. George Macheras  
Dates of visiting fellowship: 28/09/2020 – 30/06/2021

1<sup>st</sup>/July/2021

To whom it may concern:

I would like to start my report by thanking EFORT foundation and Medacta International. This fellowship gave me the opportunity of a lifetime – to be deeply engaged in the world of Adult Joint Reconstruction surgery and to interact and learn from one of the top surgeons in these field.

As we all know 2019 and 2020 COVID-19 changed the agenda of everyone in the world (I wasn't the exception), at the beginning my fellowship was programmed to start on April 2020, which was impossible for well-known reasons. The communication with EFORT and Dr. Macheras was always swift and together we manage to set new dates that were convenient for all parties involved. Once restrictions were eased in Greece, Dr. Macheras let me know immediately so I could start planning my visiting fellowship with him.

KAT General hospital is the biggest trauma centre of Greece, with more than 650 beds available at any time given you can imagine the amount surgeries and complex cases that present on daily bases.

At the beginning of my training, I was attending the outpatient clinic, but it resulted very difficult for the physicians and residents to translate everything that was going on which also was hard and I believe uncomfortable for some patients, so we decided it was better for me to spend most of my time on the operating room, with different joint reconstructions surgeons at the clinic.

This downside part of my fellowship (when there were no surgeries), was replaced with academic activities dedicated to research and medical discussions, as well as for preparing several lectures for me to present to the residents of the department.

Language in the operating room was not a problem as everyone involved in the process spoke very good English. During my visiting fellowship I had the opportunity of actively participate in more than **490 replacement related surgeries**, from primary Total hip (AMIS) or Knee replacements (PSI) to extremely complex cases involving gluteus maximus transfers, patellar tendon reconstructions, pelvic dissociations, chronic and acute infections, periprosthetic fractures, repetitive dislocations, and high hip congenital dislocations.

Usually prior to every surgical day Dr. Macheras would lead a discussion with the rest of the joint reconstruction team regarding the planning of the surgeries, special instrumentation needed and key concepts to have in mind, always making emphasis in the importance of trying to be prepared for every possible scenario. These discussions between highly experienced surgeons might be one of the most enriching part of my fellowship; listening to different opinions to offer the best care available to every patient was amazing to witness at the beginning and by the end I was apporping my own insight of what the best course of action might be.

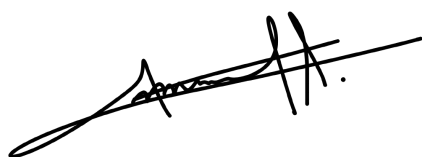
During my visit I participated in different courses including AO Recon, the preparation of a book chapter "Cement in Revision Total Hip Arthroplasty", one poster presentation at 22nd Efort Annual Congress entitled: "Direct Anterior Approach Versus Other Approaches In Hemiarthroplasty For Femoral Neck Fractures In Patients With Neurological Disorders".

My Efort visiting fellowship offered me an opportunity to be part of an environment committed to high performance, collaboration, discipline and integrity with the goal of improving patient outcomes. I was able to further develop my clinical and surgical skills, immerse myself in a different culture.

Finally, without a doubt the most important thing that I take home are the new friends that I now have in Greece.

If I give you one message to hold is that there is nothing more mesmerizing than Greek Hospitality.

ευχαριστώ πάρα πολύ



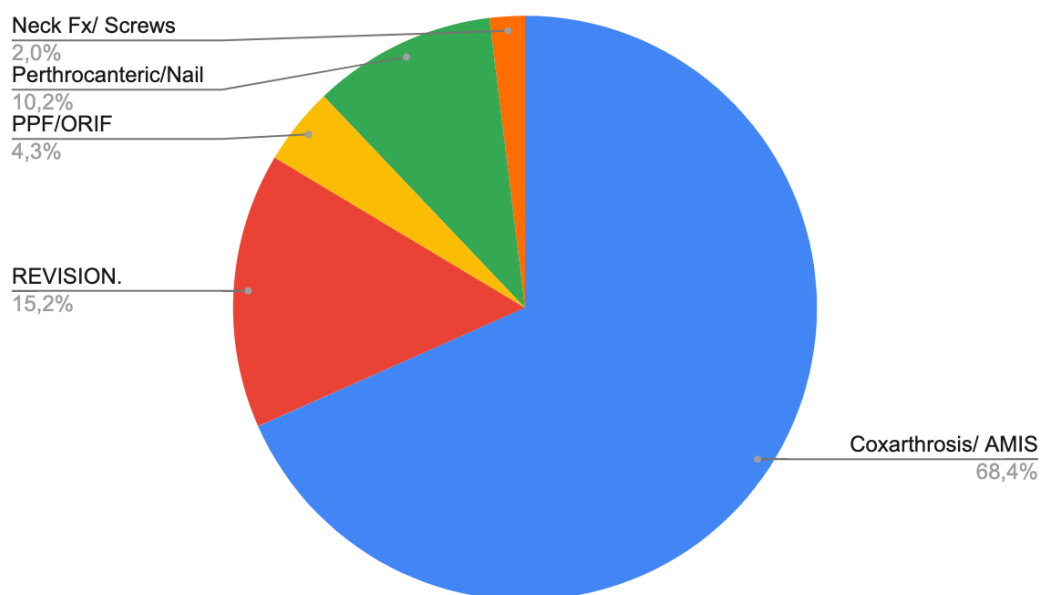
Dr. Alejandro Miravete Gálvez





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## 302 HIP SURGERIES



## 188 Knee Surgeries

