



# EFORT FOUNDATION

## Report Visiting Fellowships

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**Country of residence:** Mexico  
**Country of visiting fellowship:** Switzerland  
**Name of the host:** Prof. Dr. Ralph Hertel  
**Dates of visiting fellowship:** 02/10/2020 - 02/07/2021

Topic	Please tick one of the boxes <input checked="" type="checkbox"/> 1 (poor) to 5 (very good)					Your comments, thoughts, recommendations
	1	2	3	4	5	
<b>Education</b>						
Could you improve your knowledge and gain new experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
<b>Host Department</b>						
How was your communication with your host centre (regarding accommodation, programme, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Did they offer you a social programme?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	



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## Report to EFORT:

First of all, I would like to thank in a very special way the EFORT Foundation and MEDACTA for making this experience possible. I also want to thank Prof. Dr. Ralph Hertel for hosting me as his fellow for nine months at the Schulter und Ellbogen Zentrum in beautiful Bern, Switzerland.

When I was notified that I had been chosen to receive the MEDACTA - EFORT Foundation scholarship, I was very happy and I thought that I had already gone through the most difficult step, I was so wrong.

The world was about to experience one of its most critical moments in recent decades. The process to obtain a visa is usually exhausting and time consuming due to all the requirements that you must meet; however, in times of pandemic it is simply an odyssey.

Fortunately, I always had the support of the EFORT Foundation and my mentor in terms of logistics, and despite the global contingency we managed to set the start date one month later than originally planned.

Finally the moment arrived, it was my first day and I was ready to start this incredible journey. The first surprise was that I met my colleague Brian Davis from Houston Texas, who was actually on his first day of his 7-week visiting fellowship. This was definitely starting great! Brian and I made a good relationship and it was very helpful having him as a co-fellow.

The day usually started at Prof. Hertel's office where we discussed the cases that we would operate next. The way of analyzing each case was simply delightful. Suddenly we were already talking about more controversial topics and looking for new solutions. Then we went to the operating room and I couldn't hide my amazement. The view from the operating room was incredible; you could even see the snow-capped mountains during winter.

We operated an average of 12 cases a week although I must say that the first two months were different due to the restrictions in the operating room due to the COVID contingency in the hospital. For the same reason, the number of people in consultation was reduced and I was able to use that free time studying and editing videos of the surgeries we performed. These videos are now available in VUMEDI. I must confess that I have never done this before and I consider that I have acquired a new useful tool in my future medical practice. (<https://www.vumedi.com/video/anterior-shoulder-stabilization-with-autologous-iliac-crest-graft/>) (<https://www.vumedi.com/video/revision-tsa-to-bio-rsa-2/>).

During my 9-month fellowship, I assisted Prof Hertel in over more than 300 shoulder and elbow surgeries. Prof. Hertel has developed a prestigious shoulder and elbow clinic over the years where he primarily engages in the treatment of rotator cuff injuries, joint replacements, arthroscopies, and other procedures.

My favorite procedure was Reverse Shoulder Arthroplasty, no doubt. I was able to participate by first time in a patient specific implant (PSI) 3D printed shoulder arthroplasty, which was almost in 90 % of our arthroplasty cases. This was definitely a new world to me.



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Teaching / education activities were very enjoyable. Although there was no fixed schedule for classes or literature review, Prof. Hertel was always ready to teach and, despite having a very busy schedule, he always found time to do so. In his office before or after surgery, in between surgeries, during surgeries, in the operating room or in the cafeteria where we not only discussed medical issues, but also cultural, political, social and many other things enjoying a coffee after finishing with the cases.

I must say that the atmosphere in the operating room was always very pleasant. Even though I don't speak German, I never had a problem communicating as people speak many languages and they were always very nice to me.

Unfortunately, social activities were limited due to Covid 19. Even so, when the cases decreased and the new normal allowed it, Prof. Hertel invited me and my family to a barbecue at his home where we met his lovely wife Tathiana. We had a great time there. Professor Hertel grilled traditional Swiss sausages and Tathiana made her famous Aperol drinks for us. Of course, the tasting of Swiss cheeses could not be missed. We couldn't have finished the afternoon better than with a boat ride. Professor Hertel gave us a boat ride and the girls really enjoyed it.

I also met my colleagues Ali Qadeer from Houston Texas, and Helder Fonte from Porto, Portugal.

After having completed this fellowship, I can say that the result is positive. In my case, I had never participated in a surgery with patient specific 3D printed implants.

I also learned that performing surgeries following a systematic method provides calm to the surgeon and improves clinical results. From Professor Hertel I learned many things; The way he performs his surgeries, the way he exposes the tissues and the perfect knowledge of anatomy always made it look easier than it was. I describe Prof. Hertel as an elegant and self-confident surgeon.

The best of all is that I did not only learn orthopedic surgery, but many other things about life.



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Ali Qadeer MD, Professor Hertel and myself at the Lindenhofspital. On the back is a portrait of Professor Maurice Muller.



We had a very nice time with the Hertel's. Here is a photo with Prof. Hertel during a boat trip.



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Christmas season at the OR. We are actually wearing Christmas surgical hats. From Left to right; Prof. Hertel, Nina, myself, and Brian Davis.



This was my last surgery of the Fellowship. Here with Prof. Hertel, Helder Fonte, and Jazmin.