REPORT

Robotic Travelling Fellowship 2023

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Fellowship report

Report by:	Angelo V. Vasiliadis, MD, PhD
Date of the fellowship:	16 to 30 April 2023
Visited institutions:	**Centre Hospitalier Universitaire de Nîmes, France** Prof. Pascal Kouyoumdjian **Hôpital de la Croix Rousse, Hospices Civils de Lyon, France** Prof. Sébastien Lustig

I would like to start by thanking EFORT for giving me the opportunity to participate in this fellowship. It has been a true honour to be selected for this Robotic Travelling Fellowship (Supported by Stryker), which provides a unique lifetime experience to the participant.

Also, I think that a fellowship is inspiring for the surgeon in his orthopaedic life. It is not only an opportunity to leave his comfort zone, expand his orthopaedic horizons and improve his surgical technique, but also to communicate with other people and orthopaedic colleagues from all over the world creating new friendships and possible future collaborations.

Nimes, 16 to 23 April 2023

The University Hospital in Nimes and Professor Pascal Kouyoumdjian gave a warm welcome to me with an amazing surgical, scientific and social program. I had the chance to visit the department, where Prof. Kouyoumdjian and his colleagues showed me various surgeries with MAKO Robotic System (Stryker), such as robotic-assisted total hip and knee replacement, as well as revision cases assisted by MAKO robotic, performing by different surgical approaches (sub-vastus and medial parapatellar approach for the knee; anterior and posterior approach for the hip).

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During my visit I had the chance to participate and assist in many cases (over 15 robotic-assisted cases), discuss the pre-operative planning with the different surgeons of the department and the MAKO product specialist, understand their surgical philosophy and routinely discuss the post-operative radiographs. Of course, I had the opportunity to be trained with the MAKO robotics in many knee and hip cases and understand the philosophy of this specific system.

Also, the social program was absolutely amazing. My hosts from the hospital took up me on a night walk in the old city of Nimes, and we had the chance to taste local and international delicacies accompanied by local French wines. Nimes has a rich history dating back to the Roman Empire with many famous monuments. While staying in Nimes, I enjoyed walks and runs in the center of the city and I visited the Jardins de la Fontaine, the Musée de la Romanité, the Maison Carrée and the famous Arenes de Nimes. Also, I visited the well-known market "Les Halles" with a great selection of items and a truly perfect place to visit and enjoy food.

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Lyon, 23 to 30 April 2023

After traveling from Nimes, I arrived in the artistic city of Lyon. It was not my first time in this city. I have been there in the past for a long period, though I was pleased to come back for the fellowship program of EFORT regarding robotic surgery.

My program in the Hospital Croix-Rousse started on Monday morning at 8:00 am, where I received a warm welcome from Prof. Lustig. The program began with a very interesting surgical robotic program with him, having the chance to see five cases of TKA with MAKO assisted robotic system. It was a big start from the beginning. At the end of the day, I had the chance to see the post-operative radiographs and discuss them with all the surgical team.

The next day, I had the opportunity to join in for consultations and follow Prof. Lustig in his outpatient follow-up, as well as discuss possible treatment options for each patient. On the same day, I followed other surgeons of the department in OR and assisted in THA cases.

Wednesday morning found me in OR with Prof. Lustig, in order to continue the program on robotic-assisted (with MAKO) UKA. It is easy to understand how robotics systems can assist the surgeon of any level and contribute to the max in patients' treatment.

This day ended with a scientific meeting, where the surgeons and the residents of the department alongside the other fellows had the opportunity to discuss the progress of their work, as well as for possible collaborations in a very wide orthopaedic field. The research there was at a high level and possibly in first place among French Hospitals.

The next morning, after an intensive program in the OR on Thursday, where I was able to assist in a couple of surgeries like UKA, THA and revisions TKA, I finished the day with a dinner with Prof. Lustig and friends of the department in a well-known restaurant "L'Ouest" created by Paul Bocuse. Paul Bocuse is an icon of French gastronomy. He was a French chef based in Lyon, who was known for the high quality of his restaurants and his innovative approaches to cuisine.

The last day was just as intense. I spent all day in OR, which was dedicated to knee surgery. The day began with ACL reconstructions, followed by TKA with MAKO robotic system, and finished with complex revision total knee arthroplasties.

On Friday night, I had the chance to spend my last night with friends and other fellows in Lyon, dining in local restaurants and enjoying the evening.

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In summary, I would like to thank everyone who contributed to organizing this fellowship, Sabrina Marchal, and her excellent assistance during this fellowship. All those whom I met during this trip, those who wanted me to feel like their friend and those who wanted to share all they know in their professional field.

This fellowship was a giant leap in my surgical and knowledge enhancement. It is not only an opportunity to expand my orthopaedic horizons but also to understand the concept of robotic-assisted surgery. It is obvious that books are helpful for overall learning progress, but direct interaction with experienced surgeons is something more. I had the chance to understand everything about pre-operative planning in robotic surgery (MAKO-Stryker) by experts in the field.

They taught me what a specific robotic system can offer, and they shared their philosophy (balancing in TKA, implant positioning and restoration of native knee and hip mechanisms), as well as gave me the opportunity to make practice under their supervision in their cases in the OR. It is sure that I learned procedures that will affect my practice in the future and came back to my hometown with energy, new ideas and knowledge, to apply what I have learned to my daily practice.

Generally, this fellowship allowed me to take time and think about my life and professional status. It is true that this fellowship pushed me to work harder and focus more on robotic-assisted surgery. In the end, I can state that I formed a wonderful friendship and I think I have made friends for life.

My plans are to apply everything I gained from this fellowship to the best of the treatment of my patients and of course to keep in touch with the professors and surgeons of the hosting centres for future collaborations. I strongly recommend this fellowship to my peers as it presents a great opportunity to expand overall knowledge in robotic-assisted surgery.

Best regards,

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