



# EFORT FOUNDATION

## Visiting Fellowship Report

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<b>Country of residence:</b>	Greece
<b>Country of visiting fellowship:</b>	Italy
<b>Host centre:</b>	Rizzoli Orthopaedic Institute, Bologna, Italy
<b>Name of the host:</b>	Prof. Cesare Faldini
	25/01/2024-25/07/2024

### Expenses:

Travel: 1400 euro  
 Accommodation: 8200 euro  
 Other expenses: 6000 euro

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?					X	
<b>Host Department</b>						
How was your communication with your host centre (regarding accommodation, programme, etc.)?				X		The main practical issue that I faced during my visit was the absence of accommodation provided by the host centre. This resulted in approximately two thirds of the grant been utilized to cover the cost of an apartment.
Did they offer you a social programme?					X	



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## **Report to EFORT:**

The EFORT visiting Fellowship at the 1<sup>st</sup> Orthopaedic University Clinic of Rizzoli Orthopaedic Institute started on January 2024 until July 2024.

Rizzoli Orthopaedic Institute is a well renowned hospital and the 1<sup>st</sup> Orthopaedic and Traumatology Clinic Prof. Cesare Faldini is in charge of, is a reputable reference center for Joint reconstruction, spine surgery, foot and ankle as well as orthopaedic trauma and sport injuries.

The hospital's operating rooms run from Monday to Friday and sometimes deals with emergency cases at the weekends. During my stay, I was able to scrub in the majority of the cases Prof. Faldini and Prof. Di Martino performed. I was able to scrub in also in many other cases of hip and knee arthroplasty as well as foot and ankle and trauma cases performed by other supervisors of the clinic.

I am a hip and knee surgeon, focusing mainly on primary and revision hip arthroplasty by anterior approach. During my fellowship at the 1<sup>st</sup> Orthopaedic University Department in Rizzoli Orthopaedic Institute I gained an all-round deeper knowledge of hip pathology, in terms of how to recognize and treat adults pathologies, how to manage a total hip replacement via anterior approach (classic and bikini incision), and a better understanding of revision surgery. Also I've better understood the role of preoperative planning in hip surgery and how to avoid leg length discrepancies and complications.

The 1<sup>st</sup> Orthopaedic University Department of Rizzoli Hospital is one of the most research-focused centre I've ever seen, in which every doctor is strongly pushed to produce original research. Thus, I had the great possibility to get involved in publishing a paper on a new generation cone prosthesis and we have another publication in process.

I speak the Italian language and since my first day I felt very welcomed by everyone and integrated into the team, and that was an important aspect for the enjoyment of the fellowship. Sometimes after the OR were going out for dinner or drinks with the department colleagues. Also I had the honor to be invited by Prof. Faldini to have dinner with pizza, pasta and gelato in his house many times which I really enjoyed. Bologna is a beautiful city which I had the chance to explore as well as many other cities of Northern Italy.



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The minimal invasive Hip Replacement with the AMIS technique -classic and bikini incision-was the main objective of my training.I learned the correct patient positioning and how to move the particular surgical bed (Medacta AMIS traction bed) the soft tissues management and the right way to implant the prosthetic components.

This fellowship provided a strong contribution to my education as an orthopaedic surgeon.It was an intensive training program,that taught me how to perform a surgery under the state of the art rules.My theoretical knowledge and my practical surgical skill of hip pathology increased a lot and from now on the AMIS approach (classic and bikini incision) will be my initial choice for the primary,revision and trauma cases.

I would like to thank first and foremost, the EFFORT Fellowship Committee for the implementation and sponsoring of the fellowship and their support to young and ambitious orthopaedic surgeons and especially the educational coordinator, Mrs Sabrina Marchal for her support and professionalism.Without her help this fellowship wouldn't have been possible.

Next,I would like to thank prof.Faldini for accepting me and having me at his unit and prof. Di Martino.I feel grateful for having them as teachers in my fellowship their passion for education,their generous hospitality and their advices.Not forget to mention that they were very kind to me and their enthusiasm and humor in clinic were unmatched.

Futhermore I would like to thank dott.Pilla,dott.Geraci,dott.Stefanini,dott. Digennaro,dott.Mazzotti,dott.Ruffilli and the entire theatre staff of Rizzoli Hospital Hospital for their kindness and professionalism.Last but not least prof.Faldini's Secretaries mrs.Federica and mrs.Roberta for all the pre-arrival work and their precious help during this fellowship.

My plans for the future,I will start working to my new job as an orthopaedic surgeon supervisor in a major hospital of Athens,Greece with a much greater knowledge and awareness of all-round hip and knee anatomy, biomechanics and pathology.



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Yours sincerely,

Christos Christoforidis MD, MSc, PGDip