

International Bone Research Association

Report on the Hand Surgery Fellowship



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Report for IBRA Fellowship in Hand and Microsurgery, Tampere University Hospital

Short description of the fellowship

From the very beginning of the fellowship a great stress was laid on the fact that it was organised under the auspices of the International Bone Research Association.

The Director of Hand Department Prof. Simo Vilkki has done a very good introduction to the Hand Surgery Department with excellent orientation to hospital areas and to everyday schedule. Through a rotation to outpatient clinics, operating theatres, consultations and emergency case operations throughout the day the 3 months time passed by very fast.

Weekly special outpatient clinics (wrist cases, congenital malformations, erb's palsy etc) were of high interest.

Overall I was very glad to be educated about Radial Club Hand (diagnosis, clinical appearance, treatment, results) from Prof Simo Vilkki. His lifetime work experience was offered gratefully and I am convinced that it is useful to spread information about his achievements in that field of Hand Surgery.

On the basis of this programme, I strongly believe that it is extremely useful for as many young surgeons as possible to be involved in the projects of the Tampere Hand Department Fellowship.

Main experience gained

As a young surgeon in hand surgery I was especially curious to get information about the systems of other countries, concerning the hand surgery and microsurgery development. During formal and informal discussions with colleagues from Tampere University Hospital Hand Department we had the opportunity of sharing ideas, challenging viewpoints, practical approaches and activities in every day practice.

From my point of view, everything has been important and very interesting. I could mention a few of them:

1. Special programs and good practices for postoperative mobilization for all cases, especially replantations and revascularisations. I saw that patients not only need instruction by the physiotherapists, but that surgeons' must be closely involved in postoperative rehabilitation.
2. Peer support for challenging replantation cases and high level of co-operation among all hand surgeons towards an effort to maximize the help for pupils.
3. I have understood that Hand Surgery Departments in different countries face about the same problems and the same challenges in everyday practice.

Finally, I have been impressed by the Finnish health system. The principals and values of education, the structure of the medical school, the professionalism of doctors, the high technology in hospitals, the continuous evaluation of results and, of course, the high academic achievement of hand surgeons.

Having heard a lot about the Finnish hand surgery and being myself very sensitive for the correct medical practice especially for those people with severe trauma and severe congenital malformations, I had had high expectations from this fellowship, and I am so satisfied that many of them have been mostly fulfilled.

Personal overall validation

Everything has been perfect. The organization of the weekly schedule, the quality of lectures, the methodology used during the operations and the opportunities for discussing and sharing ideas.

I only have one suggestion according to the season for the future fellows visit. Because of summer vacations and reduction of operating time during summer months it would be better for a fellow to visit Tampere University Hand Department during autumn or spring time.

I would also like to underline the very interesting city of Tampere, the very good accommodation at the University apartments and the abundance of sport facilities concentrated near by the Hospital area.

Do not hesitate to forward my e-mail to future candidate fellows in order to answer any questions they might have.

Taking everything into consideration I am strongly convinced that the IBRA scholarship offered such a useful and wonderful experience, both from a personal and professional point of view. Once again many thanks to the International Bone Research Association.