

IBRA SCHOLARSHIP

Name of Scholar: Ana M Far Riera MD; Resident Orthopaedic Surgery.
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Name of Training Center: Sao Paulo Hand Center, Hospital Beneficencia Portuguesa.
Sao Paulo, Brasil

Director of Training Center: Dr Gustavo Mantovani Ruggiero

Date of Scholarship: 02/02 – 30/03/2015

During two months I had the privilege to stay in Sao Paulo Hand Center (Hospital Beneficencia Portuguesa) in Brazil under the supervision of Dr Gustavo Mantovani Ruggiero, focusing mainly on Hand Surgery.

São Paulo is the capital of the state of São Paulo, located in southeastern Brazil. The city has significant cultural, economic and political influence both nationally and internationally. It is home to several important monuments, parks and museums such as the Latin American Memorial, the Ibirapuera Park, Museum of Ipiranga, São Paulo Museum of Art, and the Museum of the Portuguese Language. The city holds high profile events, like the São Paulo Art Biennial, the Brazilian Grand Prix, São Paulo Fashion Week and the ATP Brasil Open.

Beneficência Portuguesa Hospital of São Paulo was founded in 1859, is now considered the largest and most advanced private hospital complex in Latin America. It consists of two units: the Hospital of Sao Joaquim and the Hospital de Sao Jose. With a total area of 143 thousand square meters and 1,165 beds and 35 operating rooms.

During this time I also had the chance to witness many shoulder, elbow and hand surgeries with the Shoulder Group of Hospital Santa Caterina (Dr José Carlos García Jr) and the Hand, Microsurgery and Replantation Group of the Hospital das Clinicas (Dr Alvaro Baik Cho)

My weekly planning was quite varied and variable depending on the surgeries of different groups. With Dr. Gustavo Mantovani I could learn and develop skills in the field of wrist arthroscopy and fractures of the distal radius. With Dr Jose Carlos García I could observe different shoulder arthroscopic techniques, such as arthroscopic Bristol and complex elbow surgeries. Finally I enjoyed the service of hand microsurgery and replantation of Das Clinicas Hospital. It is a team of dedicated professionals, plus great people. They were very friendly and tried to see and take maximum advantage of my

stay with them. Also they have a high volume of complex surgeries, so it is an excellent place to stay, learn and enjoy medicine and surgery. I could participate in a wide variety of surgeries, but I would emphasize brachial plexus surgery.

I spent the days without surgery in consultation with Dr. Gustavo Mantovani and also reviewing cases with the goal of publishing two studies:

- a.- Fracture of distal radio in treatment. Treatment with plate and screws.
- b.- Pre-dynamic instability scapholunate. arthroscopic treatment and relationship with the etiology of wrist synovial ganglion

I had the chance that during those months the 35th Congresso Brasileiro de CIRUGIA DA MAO (19 to 21 March 2015) was held in Foz de Iguazu. Besides being able to attend all lectures we also had time to visit the falls - an exciting and unforgettable experience.

I lived in an apartment near the Paulista Avenue, because the hospital did not provide any type of accommodation. The price of housing is not cheap, but the daily cost of the city is not very high. The city is very welcoming cheerful and safe. The public transit is also safe and efficient.

Certainly, the best of my rotation has been to be able to be with different groups, to see a wide variety of surgeries and, above all, learn and see the best of each. I am very happy and grateful for their kindness, enthusiasm and generosity. I would like to make special mention to Dr Alvaro Baik Cho and Dr Jose Carlos Garcia Jr, excellent professionals and better people.

Overall, I completed this Fellowship with a very positive impression. There was a ton of surgical learning opportunities to choose from, too vast to focus on all aspects. Dr Gustavo Mantovani was always ready to help me and make my stay as useful as possible. I recommend this Fellowship to others because it is a great and useful experience.

I would like to thank to IBRA for giving me this opportunity.