IBRA scholarship report

ZENTRUM FÜR HAND- UND FUSSCHIRURGIE RAVENSBURG

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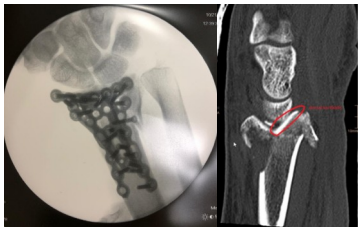
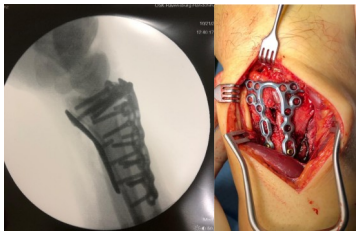
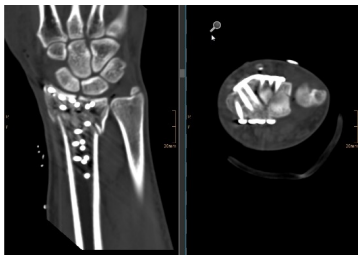
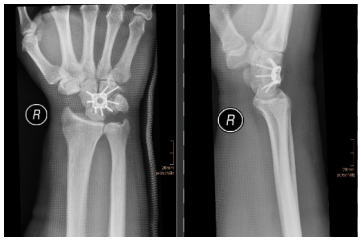
Clinical Fellowship 18.10.-12.11.2021

I have been working at regional hospital in the city of Příbram (the Czech Republic) since 2014. I successfully received attestation and specialized competence in Orthopaedic and limb trauma surgery in 2020. As I have been intrigued by the field of hand surgery since the beginning of my professional career I have strived to deepen my knowledge and improve my skills in the field ever since. Given that provision of quality patient care requires immense knowledge and experience I sincerely welcome the opportunity I was given to learn from renowned specialists that work at the Hand- und Fusschirurgie centre in Ravensburg in the team led by Prof. Hermann Krimmer.









Hand- und Fusschirurgie centre is located at the close proximity of St. Elisabeth hospital in Ravensburg a provides care for all patients with hand injuries arriving at this hospital. The vast majority of patients treated in this centre seek treatment for such conditions as fresh injuries, post-traumatic issues, or chronic problems of hand. The time schedule of the working week is divided between outpatient care, less complex procedures done in smaller operating theatres and more severe surgeries performed in the operating theatres of Ravensburg hospital. There is a hand therapy center on the ground floor, which is an integral part of the treatment of patients and allows achieving excellent treatment results. Approximately 250-300 patients are treated at this center in a week, as well as 25 minor and 20 major surgeries. This amount of work can only be done by true involvement of the whole team. It should be noted that the work schedule begins around seven o'clock in the morning and often ends after six o'clock in the evening.

Despite of the individual nature of each patient and diverse team of doctors with different backgrounds and level of experience, standardized level of patient care is maintained for all patients regardless of diagnosis, which forms a treatment framework that enables achieving optimal results and above all satisfied patients. Follow up care of ergotherapeutists and prosthetists providing rehabilitation services and production of specialized treatment aids cannot be overlooked and further complements above standard level of patient care.

During my internship, I had the opportunity to learn from diagnostic and treatment procedures performed on a huge number of patients with various diagnoses, and I had the opportunity to assist in more than 70 operations from trigger fingers, simple and complex fractures, wrist arthroscopy, soft tissue inflammations, reconstructive surgery to joint replacements of degenerative changes.

Personally, the surgical treatment of rhizarthrosis with possible STT arthrosis using resection arthroplasty with the use of a graft of a part of the m. APL tendon to fixate I. Metacarpus (modified Sigfusson-Lunborg, please see https://pubmed.ncbi.nlm.nih.gov/2052912/) was of great benefit to me. I had the opportunity to assist 5 times with different lead surgeons during above mentioned procedure. Building on the experience I will definitely include the procedure among the services provided in my department. This operation convinced me for its relative simplicity, speed of execution and at the same time excellent results for the vast majority of patients, which I had the opportunity to get to know in person during my internship. (Long-term monitoring shows excellent and very good results in case of more than 90% of treated patients, as communicated orally by Dr. Med. Wolters.)

During the internship, I was exposed to and mastered more comprehensive algorithm for examining patients, with which I am able to more easily and quickly reach a diagnosis and determine the correct therapeutic procedure. I have also mastered the routine use of magnifying glasses for procedures for which I have not used them before. I have repeatedly been convinced of the benefits of using them routinely.

Ravensburg is a beautiful city with a rich history. Its location near Lake Constance, the Swiss and Austrian borders, in the foothills of the Alps also makes it a very interesting place for tourists and I believe that besides the time spent in the hospital, anyone can find a good way to enjoy the internship outdoors. Personally, I recommend to use a bicycle, which is the easiest way to move around the city and the surrounding area.

I would like to once again thank for the exceptional opportunity I was given to deepen my knowledge and experience thanks to an internship at the center, which provides comprehensive care for patients with hand injuries from start to finish. I thank the IBRA scholarship program, without which it would not be possible. I especially thank to Prof. Hermann Krimmer, Dr. Med. Roman Wolters and Dr. Med. René Schandl, MUDr. Petr Macháč and their entire team for their excellent educational and enabling approach, thanks to which the whole internship was not only an excellent source of information and experience, but also a pleasant time spent in a team of true specialists.