IBRA scholarship report

Information about Scholar and fellowship

▪ Name of Scholar: Tenezaca Rodríguez Katherine Vanessa
▪ Country of Citizenship: Ecuador
▪ Name and Country of Training Center: Instituto Vita, Sao Paulo-Brazil
▪ Name of Fellowship Director: Dr. Joao Nakamoto
▪ Scholarship Type: Program B
▪ Scholarship date: 04/03/2022 – 31/03/2022

Professional and personal experience

▪ What were your professional and personal expectations of the scholarship?
My expectations were to further expand my knowledge in hand surgery and microsurgery, to experience closely in a high-level institution, comprehensive and multidisciplinary patient care, my ability to integrate and adapt to the language and culture of the country.

▪ What is the main focus of the IBRA training center (in general and of the department) you assisted in?
It is a very academic approach, enriching in every way as a professional and life experience. Just the fact of interacting with high-level people in centers that have the infrastructure, instruments, technology equipment and a team of trained professionals to make surgery a very well-used learning experience. It is a spectacular way to encourage many professionals, who unfortunately do not have that in their country, this experience opens our eyes allowing us to see beyond curiosity and providing us with new ideas, thus proving that there are great things and that they will serve as an example to exercise it in our professional life and in our native country.

▪ What did you do during your scholarship/how were you incorporated in the training center's daily routines/activities:
I had the opportunity to see the place a few days before. The director cordially showed me all the facilities of the Institute and I met a large part of the team that same day. They implemented a suitable schedule for me so that it is as useful as possible. I accompanied doctors during outpatient consultations, occupational therapy, and both elective and emergency surgeries.

▪ How many surgeries have you assisted and which concrete technical modifications and methods have you seen?
I attended a total of 15 surgeries during the rotation month, both elective and emergency. Observe the different surgical techniques implemented by different surgeons, discussion of cases and approaches that were implemented in large reconstructions, as well as the appropriate instruments that they had.

▪ Specify your 3 to 5 favorite procedures and/or new skills you could acquire
My three favorite procedures were:
1. Endoscopic carpal tunnel release
2. Trapectomy and suspensoplasty with The Arthrex Mini TightRope technique
3. Muscle and nerve transfers in patients with peripheral nerve injuries
4. Congenital pathologies of the hand

Among the skills you could acquire would be:
- The use of force assessment tools, clamps and sensitivity tests during outpatient consultations
- Basic orthotic techniques
- Ultrasonography of the musculoskeletal

▪ Which procedures can potentially be adopted in your future practice and how do they compare to your experiences at home
On an outpatient basis, I would adopt the application of ultrasonography-guided infiltrations to my future practice, since in my country they are little-used practices.
In patients with Rhizarthrosis, a technique that seemed interesting to me and with excellent results is The Arthrex Mini TightRope technique. In my country, other common techniques are used.

▪ What was the most significant personal experience of the scholarship for you (e.g. cultural exchange etc.)?
The cultural and language exchange were some of the enriching experiences for my life, but the most important was the environment inside the operating room. Sharing a moment of a reconstructive surgery, discussing techniques and approaches, and feeling confident to give opinions and ask openly, becomes a special and very significant moment for me.

<u>Closing words</u>

▪ Tips to future scholars (housing, traveling etc.)
Buy the air ticket with time. Request beforehand the itinerary that will be carried out during the time of the scholarship, so you can know if you should move to other branches of the designated hospital and/or institute, and thus find a nearby place to live. For transportation to the different hospitals within the city, they can be done through applications such as Uber or use the subway for long distances, the latter is a fast and economical means.

▪ Acknowledgement (thanking IBRA and the training center)
I must say that it was one of the best experiences of my life and I hope to repeat it. I thank you in advance for the opportunity of this great experience. I met exceptional people with a very high scientific level and human quality, who will be my example to follow. Thank you very much IBRA and all the staff that I was able to meet at the Institute. From the bottom of my heart, all my gratitude and admiration for you and for this great support.