

# Scholarship report

Area of observation:

orthopaedic sports medicine surgery

Supervising Consultant: Prof Romain Seil

Period of scholarship: one month

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**Introduction:**

After completing my rotation through the major sub specialities in orthopaedics, I wanted to see more surgery in orthopaedic sports medicine. I wished to explore this practice in Europe. I was selected by ESSKA to visit the Centre de l'Appareil Locomoteur, de Médecine du Sport et de Prévention at the Centre Hospitalier Luxembourg - Clinique d'Eich under Prof. Romain Seil for 4 weeks

**General information:**

The Grand Duchy of Luxembourg is a small country surrounded by Belgium, France and Germany, and its history has been inextricably linked with that of its larger neighbours. It is largely made up of rolling hills and forests.

The economic structure of Luxembourg is based mainly on banking, insurance, and the steel industry. Agriculture productions are also important.

Many of Luxembourg's speciality dishes are of the type one would expect in a forested country. They include jugged hare and Ardennes ham. Trout and pike, fresh from the country's rivers

**Hospital**

The Centre Hospitalier Luxembourg is one of the biggest hospitals in Luxembourg. Prof Romain Seil who is the chief of orthopaedic surgery & orthopaedic sports medicine department is also in charge of training for residents, fellows and visitors. The orthopaedic sports medicine surgery programme includes the entire spectrum of sport and arthroplasty surgery problems with variety of experiences in this branch, there is also a busy sports medicine clinic

**Faculty**

Three full time orthopaedic surgeons add invaluable experience to the orthopaedic sport surgery

Professor Romain Seil is the chief of the sport service

Priv. Doz. Dr Dietrich Pape is sport surgeon consultant

Dr Nicolien Van Giffen which also has special interest in foot and ankle surgery

The outpatient facilities serve as the referral centre for post Sport surgery reconstruction problems

Prof Romain Seil and all his team were very supportive to me, they taught me a lot of stuff and showed me new surgery techniques, and they were patient and friendly to me and spend long time explaining all the tips in the surgery they do.

Also I had a chance to go once weekly to trauma department to learn the advanced surgical techniques under Prof. Torsten Gerich the head of the trauma department who also was so supportive and taught me a lot of surgery.

### **Workload**

The department was a major referral centre for all sport and arthroplasty surgery in Luxembourg.

The volume of cases was high by measures of Luxembourg This gave me a good chance to see and learn about good surgeries as new techniques of total knee replacement and total hip replacement, the biplanar ostetomy techniques for proximal tibia and distal femur, the advanced arthroscopic techniques of knee, shoulder, hip and ankle, beside the other ostetomy techniques of foot deformities.

I had also a good chance to see the wonderful city of Luxembourg with all fantastic architectures and historical buildings

### **Conclusion**

I thoroughly enjoyed my one month scholarship in the Centre Hospitalier Luxembourg - Clinique d'Eich under Prof Romain Seil.

I felt the faculty was very warm in their welcome and appreciative of the difficulties faced by international visitors and made every effort to make me feel comfortable and ensure maximal educational exposure.

The four weeks have cemented my decision in choosing my subspecialty as sport and arthroplasty surgery and I am looking forward to involve myself as a part of the team in my region.

### **Acknowledgement**

In the end I would like to thank a number of people who in this educational journey:

☐ Prof Romain Seil, Priv. Doz. Dr Dietrich Pape, Dr Nicolien Van Giffen, Prof Gerich and all the residents for all their help and encouragement.

☐ All the staff associated with the Centre Hospitalier Luxembourg - Clinique d'Eich

☐ All members of the ESSKA committee who agreed to give this scholarship to me

I have a very special thanks to Mrs. Brigitte Dolenc. She did all her best to make me feel comfortable in Luxembourg and also she give me all her effort to solve all my difficulties, I really appreciated her help.