

## FESSH Research Fellowship 2024 Experience

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During my fellowship at the Erasmus Medical Center in Rotterdam for the FESSH Research Fellowship 2024 I had an enriching experience that significantly broadened my understanding of research in the field of hand surgery. Over the course of five days, I had in-depth discussions with Professor Ruude Selles, Michiel Zuidam, Mark van der, Caroline Hunderpool and their PhD students, including Ingmar, about the fundamentals of conducting research. Our conversations covered crucial topics such as initiating research projects, the development and management of patient databases, and the critical importance of maintaining comprehensive and accurate patient data for advancing medical research.



One of the key takeaways from these discussions was the structured approach to creating and managing a patient database, which is indispensable for any research study. We explored various methodologies and tools that ensure data integrity and enhance the quality of research outcomes. Professor Selles and his team emphasized the significance of meticulous data collection and the impact it has on the reliability and validity of research findings.

In addition to the sessions at Erasmus Medical Center, I had the opportunity to visit the Expert Clinics in Amsterdam, where I met Danee and doctor Kennard. Observing their practice allowed me to gain practical insights into the clinical side of research. I shadowed the doctor Kennard during consultations and controls, witnessing firsthand how patient data is collected and utilized in real-time clinical settings. Danee introduced me to an innovative application she is developing, which leverages machine learning to recommend therapeutic options based on patient characteristics. This application exemplifies the intersection of technology and healthcare, demonstrating how artificial intelligence can enhance clinical decision-making and personalized patient care.



During my surgery day at Erasmus Medical Center, I had the opportunity to meet and observe Eline van Es and Dr. Collaris in the operating room. This experience underscored the critical importance of thorough research and meticulous planning before surgery. Proper preparation ensures optimal surgical outcomes and enhances patient safety, reinforcing the essential role of preoperative research and planning in successful surgical practice.

Overall, this week at the Erasmus Medical Center was incredibly valuable. It provided me with a comprehensive understanding of the research process in hand surgery, from data collection to the application of advanced technologies in clinical practice. The experience has equipped me with the knowledge and inspiration to contribute meaningfully to the field of medical research.

During the second week of my fellowship at the Erasmus Medical Center, I had the privilege of participating in a cadaver laboratory and an instructional course led by esteemed plastic, orthopedic, and hand surgeons. This immersive experience provided an unparalleled opportunity to enhance my surgical skills and deepen my understanding of upper limb anatomy. Working on a cadaver allowed me, as a young surgeon, to gain hands-on practice and refine techniques that are crucial for my professional development.



The instructional course was another highlight of the week, featuring lectures and demonstrations by international experts in plastic, orthopedic, and hand surgery. These sessions were incredibly informative, offering insights into the latest advancements and techniques in the field of hand surgery. The collaborative atmosphere fostered an environment of learning and innovation, which is vital for the growth of any surgeon.

Following these instructional days, the congress commenced with a spectacular opening ceremony. The ceremony was a blend of humor and artistry, setting a vibrant tone for the event. The congress itself was meticulously organized, featuring a well-curated selection of topics pertinent to hand surgery. These discussions ranged from cutting-edge research to practical surgical techniques, providing valuable knowledge and inspiration to all attendees.

Attending such congresses is crucial for hand surgeons as it offers a platform to stay abreast of the latest developments in the field, exchange ideas with peers, and present their own research. The opportunity to network with leading professionals and discuss novel approaches enhances both personal and professional growth. It also emphasizes the importance of continuous education and collaboration in advancing medical practice.

I was particularly pleased to present my experiences from the FESSH Research Fellowship at the congress. Sharing my insights and learning from others' feedback was incredibly rewarding. Overall, this week was an enriching continuation of my fellowship, offering a perfect blend of practical training and academic discourse, which is indispensable for any aspiring hand surgeon.