

Research Fellowship



FESSH RESEARCH FELLOWSHIP REPORT

17-29 June 2024

Erasmus University Medical Center
Rotterdam, NETHERLANDS

Muhammet OKKAN, MD

Mersin University Department
of Hand Surgery
Mersin / TURKEY

e-mail : okkan772@gmail.com



As part of the **2024 FESSH Research Fellowship**, I had the pleasure to visit the **Erasmus University Plastic Reconstructive and Hand Surgery Centre** in Rotterdam, the Netherlands and work with the **Hand Wrist Study Group**.

Two of us were accepted to this programme and we worked with **Alexandru Amarandei** from Romania during the whole programme.

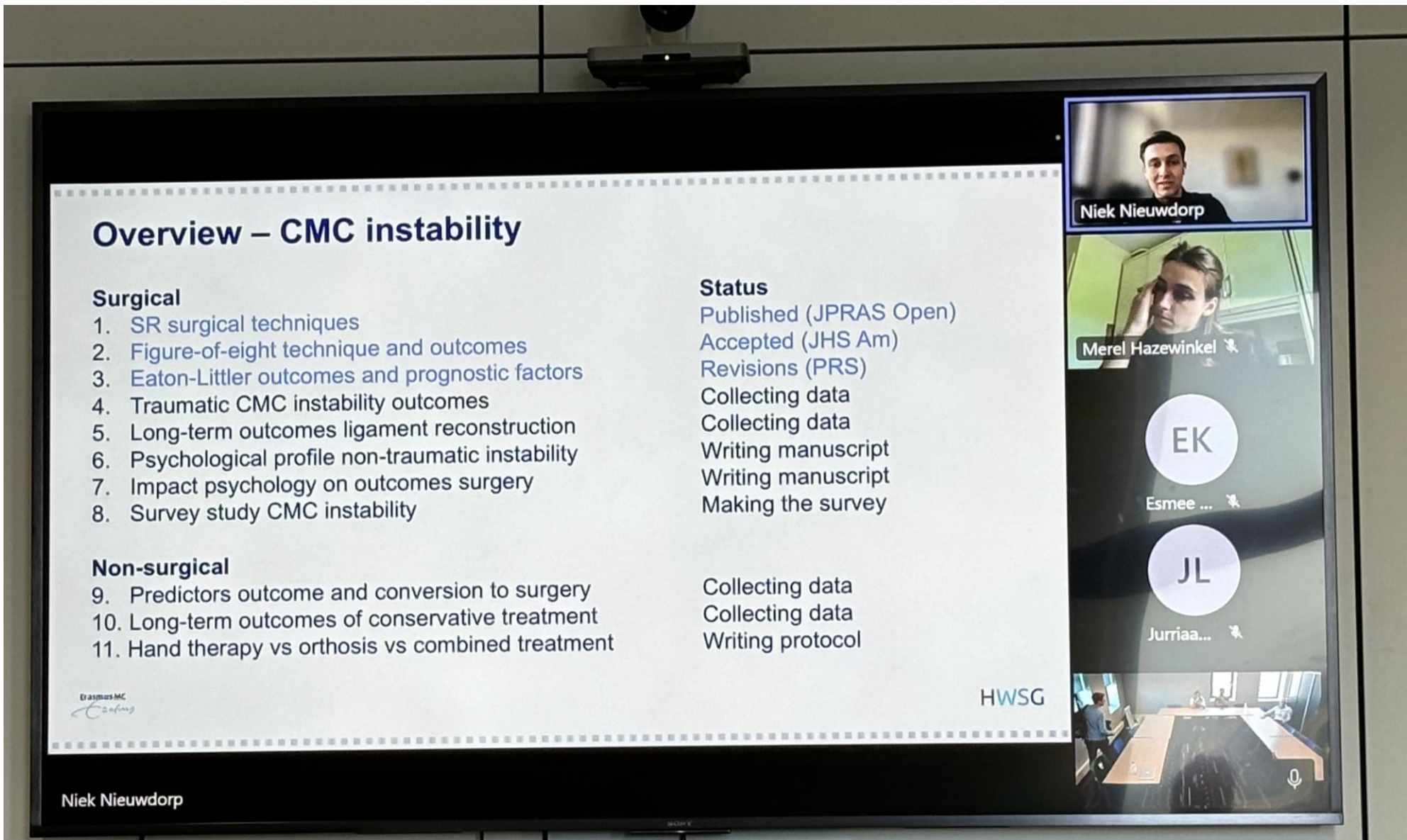
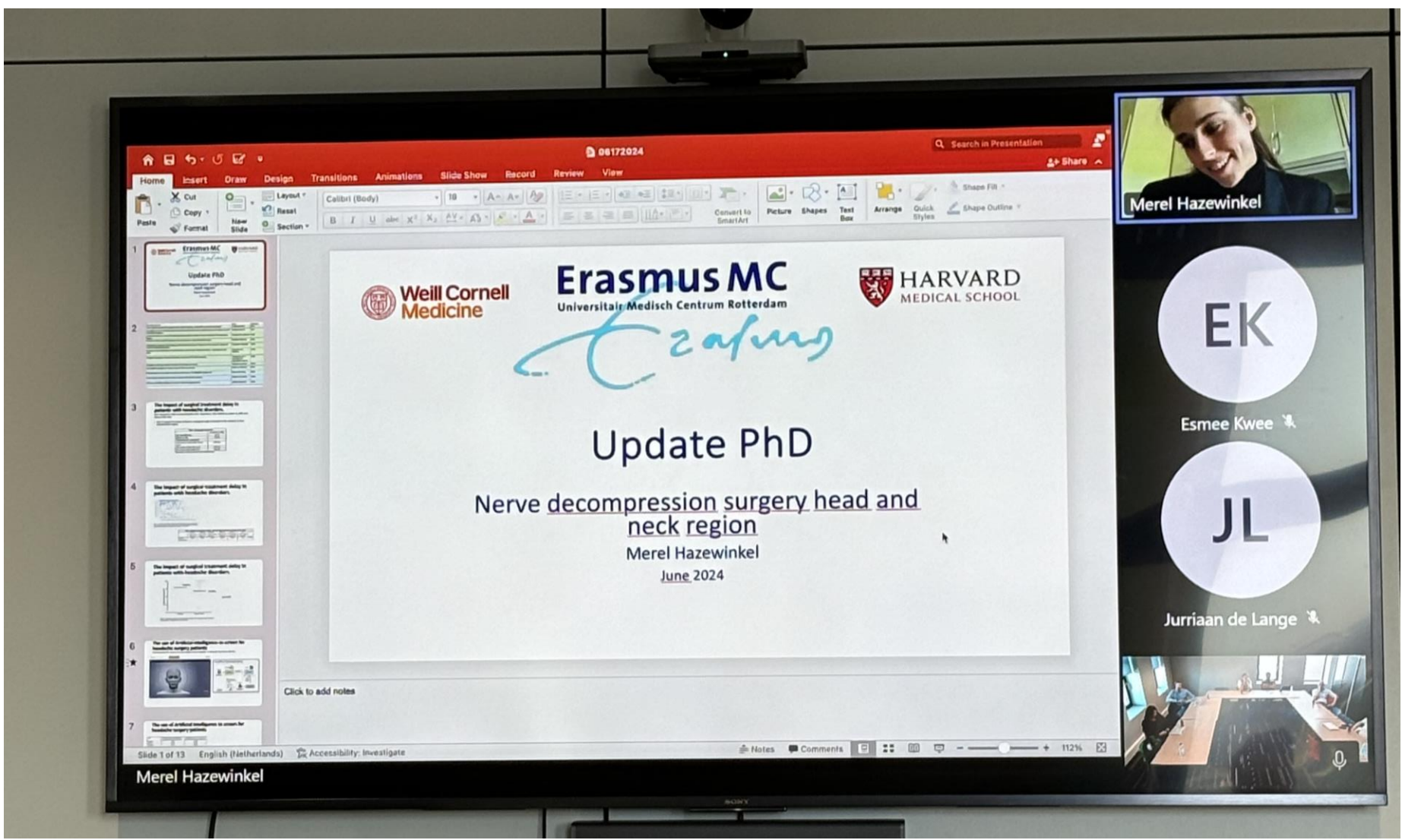
We were warmly welcomed by one of the researchers, **Ingmar**, who introduced us to **Prof. Ruud Salles**, the organiser of the programme. **Prof. Salles** introduced us to the clinic, talked about research topics and explained clearly what we had to do.

Ingmar first gave us a warm welcome with a tour of the hospital. Then, as part of the first day's programme, **Ingmar** and we discussed treatment algorithms for CMC joint arthrosis.

We gained new experience in working methods in this field.



In the afternoon, we met with **Michiel Zuidam**, **Caroline Hundepool** and **Mark van der Oest** and listened to the work of the PhD candidates. At this point, I observed how enriching it was for all PhD candidates to come together and present their work and to have discussions on these studies together. Especially in the discussions on neuropathic pain and cmc joint arthrosis, I gained a lot of useful experience in terms of study methods and the results obtained on these methods.



After the first day, we spent the first half of the second day in the operating theatre. A patient with a distal radius malunion was scheduled for a corrective osteotomy. As much as the organisation of the hospital caught my attention, the organisation of the theatre was equally remarkable. **Eline van Es** welcomed us to the theatre and introduced us to **Joost Colaris**, an orthopaedic and hand surgeon. They explained in detail the planning of the operation.

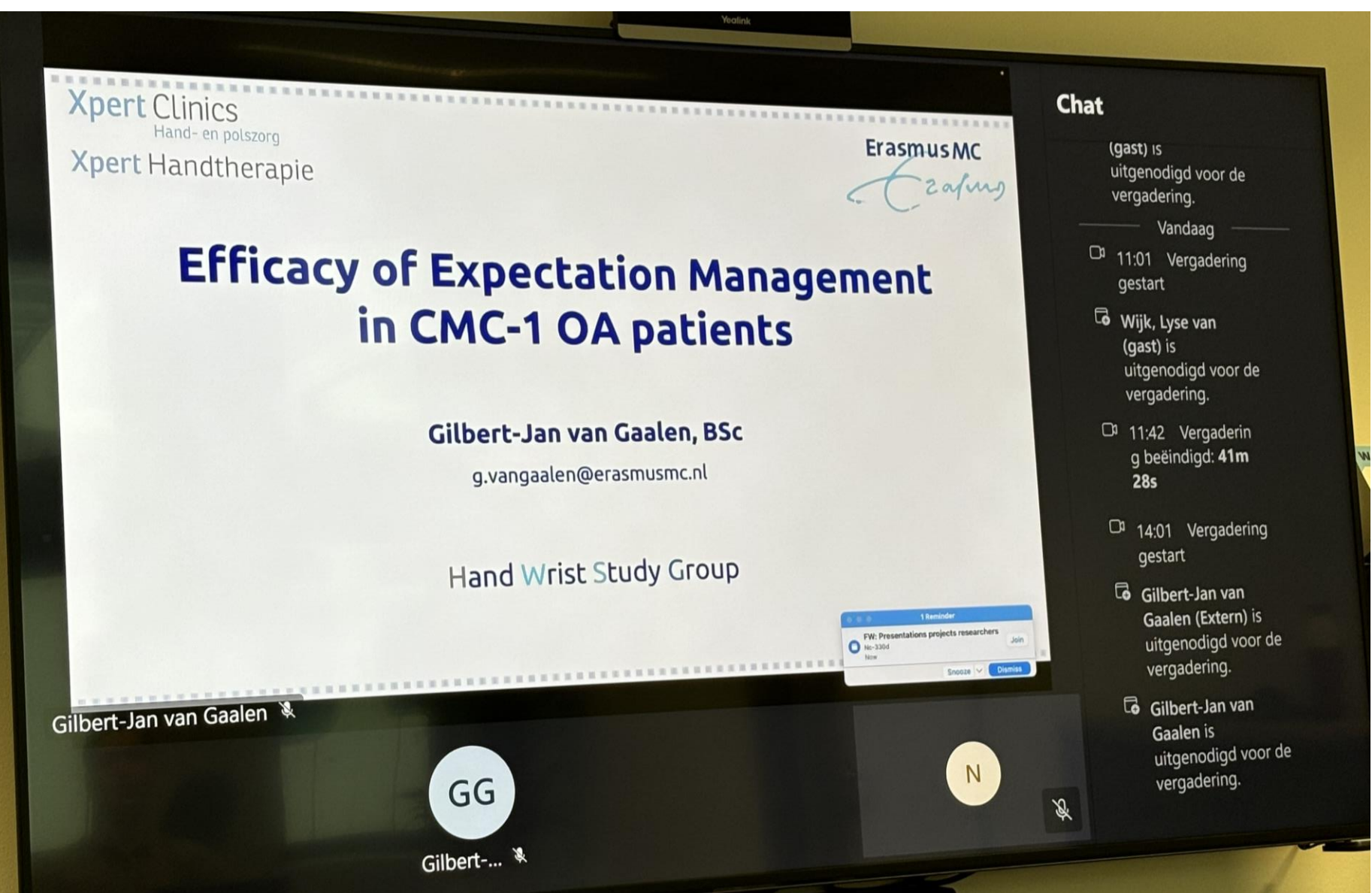
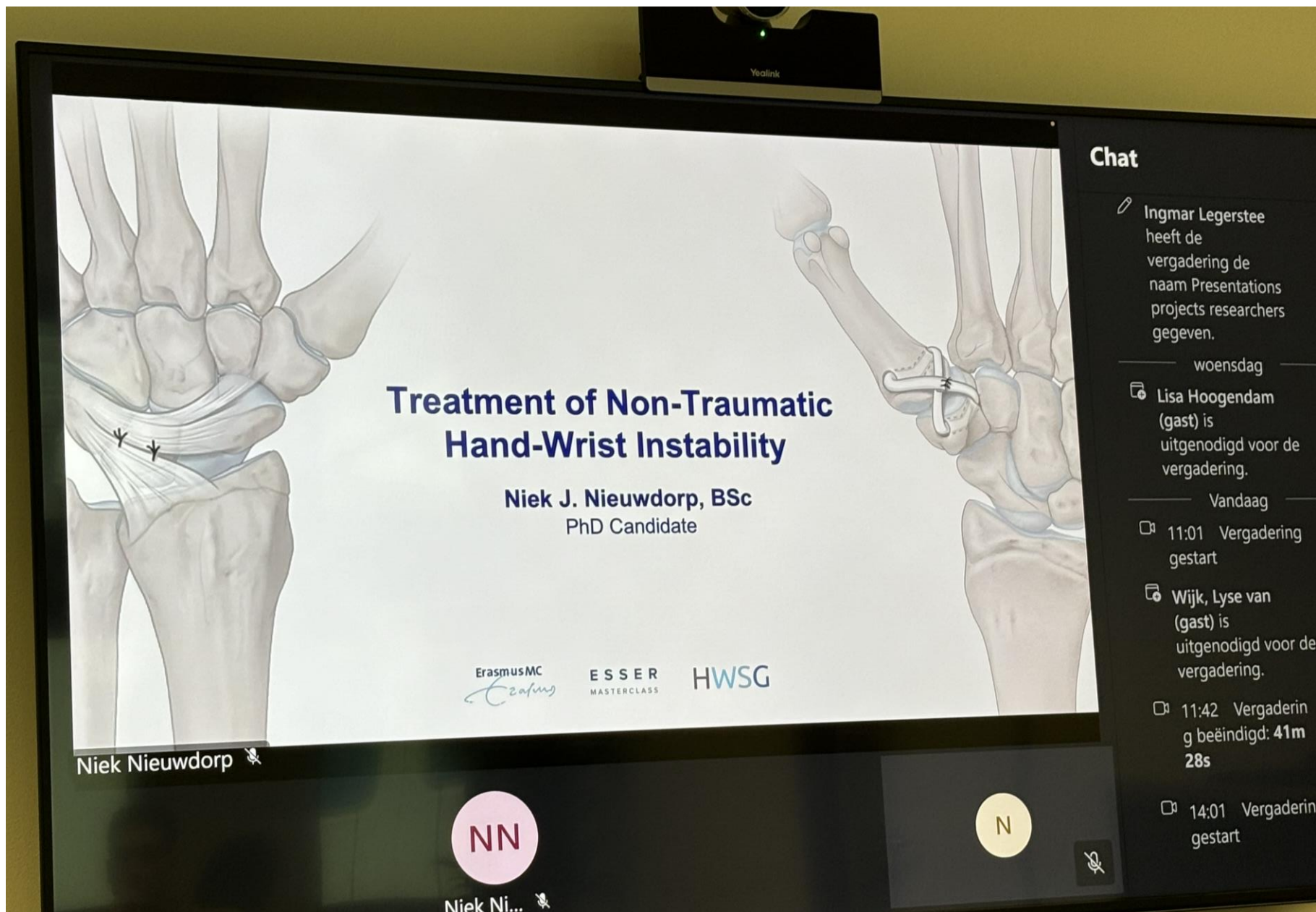
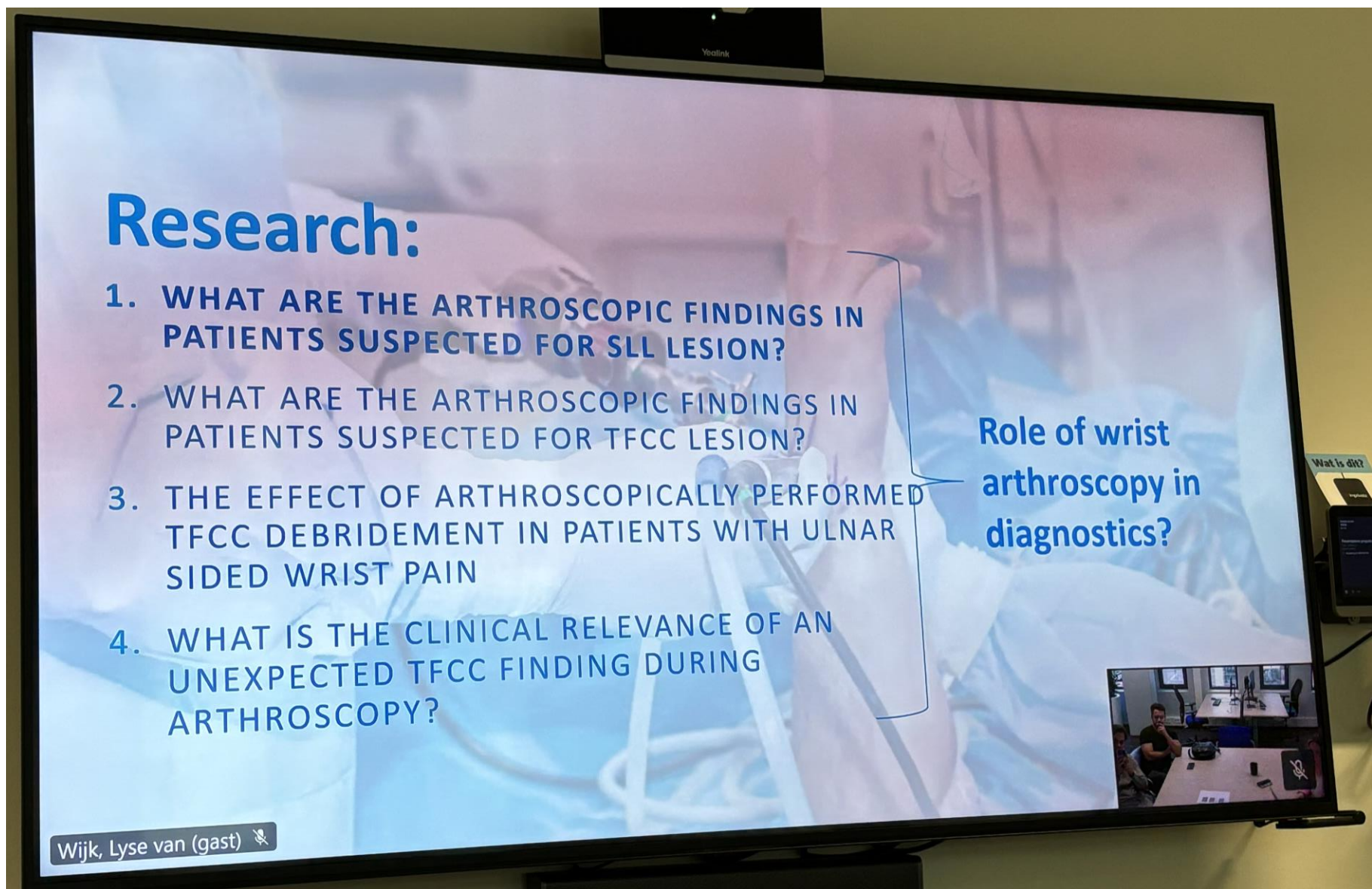
The pre-operative planning of the osteotomy line using a 3D programme, the creation of 3D osteotomy guides and their use during the operation were techniques I had never experienced before. To be honest, I was very excited that the operation, which I expected to take 2.5-3 hours, was completed in 1.5 hours without any film control. At the end of the last operation, I saw that everything went well with the film control and that 3D computer-assisted surgery planning really facilitates the operation and minimises possible errors.



In the afternoon we discussed diagnostic wrist arthroscopy with **Lyse**. I had some difficulties at first because I had no experience of wrist arthroscopy in my clinic. However, as the discussions progressed, I realised that I was really interested in wrist arthroscopy and that I could use it in my clinical practice in the coming years.

Lisa and we then discussed predictive modelling for hand and wrist conditions, modelling that I had not come across before. We received detailed information from **Lisa** about some modelling that I found interesting and inspiring.

Later, while discussing the treatment of non-traumatic wrist instability with **Niek**, I realised how variable and difficult non-traumatic wrist instability is.

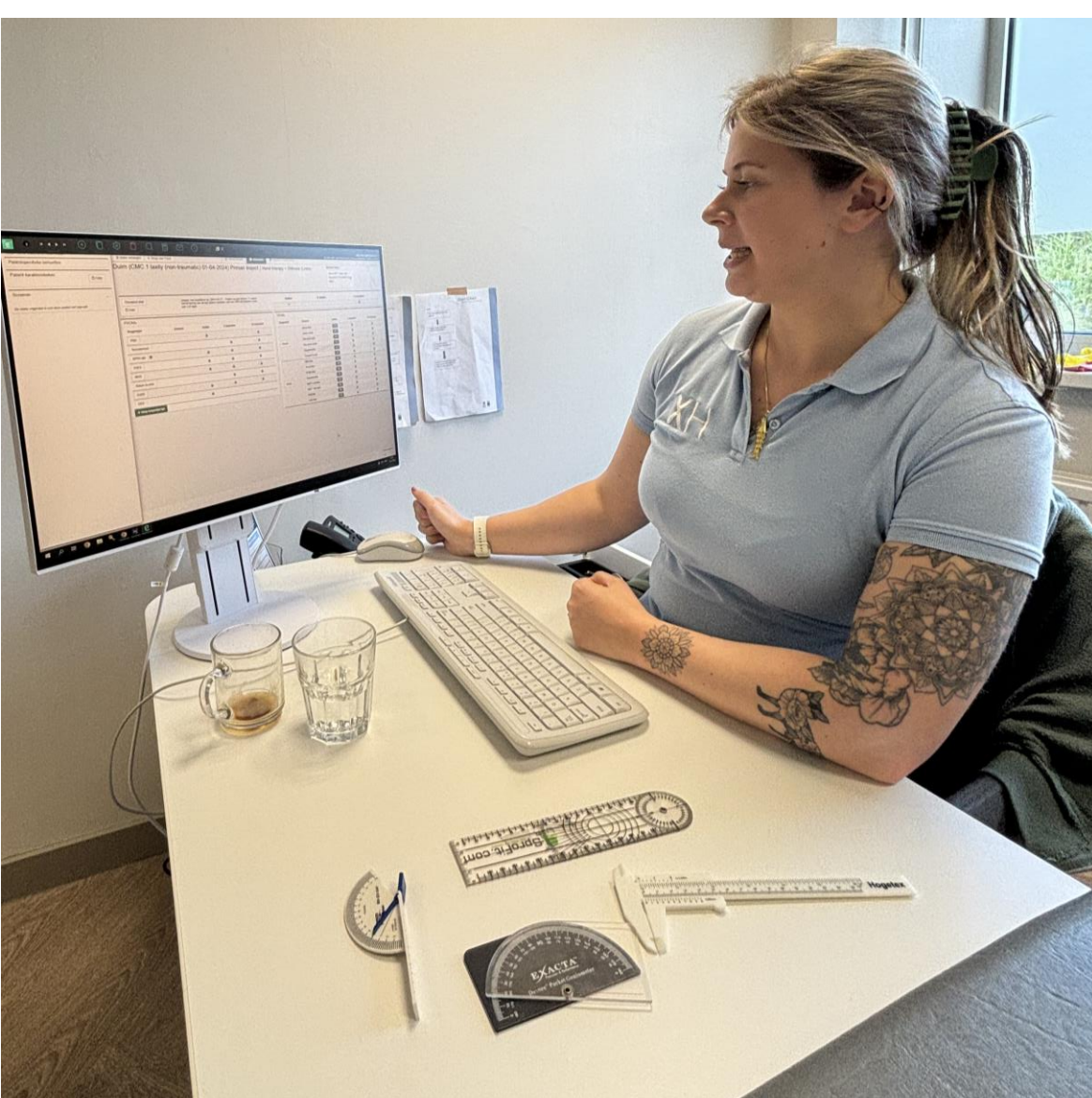


While discussing with **Gilbert-Jan** about expectation management in CMC-1 osteoarthritis, I realised how many more patients with CMC-1 osteoarthritis there are in **Erasmus MC** than in my own clinic. I learnt about new treatments ranging from diagnosis, surgical or non-surgical treatment, physical rehabilitation and patient follow-up.

In Amsterdam, where we went for the **Xpert Clinic**, we were greeted by an incredibly beautiful weather. Here we worked together with **Kennard Harmsen** (hand surgeon) and in the afternoon with **Danée Arends** (occupational therapist and PhD candidate).

Here, **Danée** showed us how the patients are measured and introduced us to the measuring instruments. They also showed how these measurements are made on patients and how they are entered into the system. We also had the opportunity to examine patients. We experienced the process of preparing splints, which was great fun. The type of casting treatment performed for a pip joint fracture patient with extension lag was an experience I had not seen before.

Many thanks to **Dani** and this wonderful team for their kindness to us





In the days that followed, we had the opportunity to discuss many topics with the researchers. **Robbert** and we talked about data-driven and individualised treatment, which cleared up all the doubts in my mind that individualised treatment algorithms could be so important and beneficial for patients.

Yara briefed us on the Xpert Way of Working, Patient Specific Measures. I was impressed by the differences in the way the **Xpert clinic** works compared to my own clinic.

Researchers shared their **FESSH Congress** presentations with us. It was really admirable for me to be prepared for the **FESSH 2024 Congress** with so many clinically important and so many presentations. It was both stimulating and inspiring.



We participated in a great cadaver lab program for **FESSH Fellows**. It was very valuable for me to get one-on-one practice on cadaver modeling with the instructors on the topics that I have difficulties with in hand surgery.

After a wonderful and full week, I regretfully left Rotterdam with new friendships and priceless experiences. I would like to thank all the researchers who helped us with the research, especially **Ingmar** who took care of everything, the **FESSH Research Committee** who offered us this program and of course **Prof. Ruud Salles** whom I had the pleasure to meet.

