IBRA International Bone Research Association

Guidelines IBRA scholarship report

Information about Scholar and fellowship

▪ Name of Scholar: Martinez Duarte Marianyi Paola

▪ Country of Citizenship: Venezuelan

▪ Name and Country of Training Center: Instituto Vita / São Paulo – Brasil.

▪ Name of Fellowship Director: Dr Mauro Cesar Mattos e Dinatto

▪ Scholarship Type (Program B or C): Type C

▪ Type C: MRI changes in patients with plantar fasciitis treated with shockwave Therapy

▪ Scholarship date: November 8 – 2021 / Jan 31 2022

Professional and personal experience

▪ What were your professional and personal expectations of the scholarship?

Within my expectations was the great vision of being able to acquire new knowledge constantly, taking advantage of every opportunity offered within the institution, develop my skills and strengthen the knowledge that was acquired during my training, with a real challenge to learn it in another language.

▪ What is the main focus of the IBRA training center (in general and of the department) you assisted in?

The main focus is traumatology and sports medicine, both surgical and rehabilitation, general patients and high performance athletes are attended, performing in them specific surgeries for each pathology, for example ankle sprains with ligament instability are subjected to arthroscopic surgeries for ligament reconstruction and have a rehabilitation process for each specific case, focused on the patient, in addition to train quality professionals, sensitized, focused on pro and for the patient, aims to specialize physicians in the area of foot and ankle, obtaining the possibility of applying throughout the life of the professional career and especially focused on the area of medical research applying knowledge in evidence-based medicine.

▪ What did you do during your scholarship/how were you incorporated in the training center's daily routines/activities:

From the beginning of the fellowship the reception of the medical team was very warm, daily activities were performed from Monday to Friday, dividing the days with different doctors of the team, on Monday attending medical consultations performing physical examination, examining patients and discussing different medical cases, on Tuesday are the official days of classes addressing issues in foot and ankle, dictated by fellows, being able to expose some classes such as calcaneal fractures among others, On Wednesday we accompany Dr. Dinatto in the consultation area during the afternoon and morning period, discussing cases, examining patients and observed different images, Thursday are days of surgeries during the morning period approximately 3 - 4 surgeries of patients with different pathologies, in the afternoon period again clinical consultation and Friday day of clinical consultation during the morning and afternoon period.

– How many surgeries have you assisted and which concrete technical modifications and methods have you seen?

During the period of attendance I was able to attend different types of surgeries, and observe different surgical techniques such as hallux valgus reduction through the minimally invasive method, Achilles tendon repair through non-invasive methods, neurolysis of Morton's neuroma by dorsal approach, repair of the plantar plate, repair of the medial and lateral ligaments of the ankle using the internal orthosis technique, osteochondral lesion repair techniques using microperforation and mosaic therapy, use of the arthroscope to remove ankle cysts, osteosynthesis of high-energy fractures, arthrodesis of some joints for diseases such as flatfoot.

– Specify your 3 to 5 favorite procedures and/or new skills you could acquire.

I attended about 25 surgeries during my stay at the Vita institute. Among the techniques with which I felt most identified was the reduction of the plantar plate of the second toe through the dorsal life in the forefoot, the second was the repair of the Achilles tendon by traumatic rupture through closed techniques using wires and special sutures, in addition to the follow-up after surgery, and finally the reduction of halux valgus through different osteotomies for different degrees of halux valgus but always through percutaneous technique, another technique that I learned was the reduction of the second toe through the dorsal life in the forefoot, the second was the repair of the Achilles tendon by traumatic rupture through closed techniques using wires and special sutures, in addition to the follow-up after surgery, and finally the reduction of halux valgus through different osteotomies for different degrees of halux valgus but always through percutaneous technique.

– Which procedures can potentially be adopted in your future practice and how do they compare to your experiences at home.

Definitely one of the techniques that I would apply and that I did not know in my country is the minimally invasive technique, in the training process in my country I never had the opportunity to do it or to know that it existed, and it was learned during my stay in the center of formation of the Vita institute.

▪ What was the most significant personal experience of the scholarship for you (e.g. cultural exchange etc.)?

The human, professional and dedicated quality of each one of the medical team in relation to the patient, the care and perfection in each surgery was one of the most valuable and important things that I will carry forever in my training, in the cultural part it was very important for me. my learning a new language, the human quality of the people and their human warmth when receiving a foreigner in their country.

Closing words

▪ Tips for future interns.

My advice to those doctors who wish to have the opportunity to be in an IBRA training center, make the most of such a wonderful experience and exchange of knowledge, make a plan about the center they wish to be in, locate adequate housing to be able to rest and make the most of the days in training, dedication, studying and not wasting the valuable time that IBRA gives us.

▪ Acknowledgment (thanking IBRA and the training center)

To IBRA a special thanks for the wonderful opportunity to learn in another country the world of orthopedics, they are an institution with values and a very important mission in the world of those who bet on continuing education, wishing to continue this valuable process, thank you very much! To the vita institute for the opportunity and learning, invaluable knowledge.