IBRA scholarship report

Information about Scholar and fellowship:

- **Name of Scholar** : Irigoitia Nicolas A.
- **Country of Citizenship** Argentina.
- **Name and Country of Training Center**: Beneficência Portuguesa Hospital São Paulo
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- **Name of Fellowship Director:** Mantovani Gustavo.
- **Scholarship Type:**Program B
- **Scholarship date** April 18th 2022 to May 9th 2022

Professional and personal experience

What were your professional and personal expectations of the scholarship?
My goal was to be able to observe and participate in different types of surgeries in order to have a comparison with our usual medical practice. Being able to compare results and learn new surgical techniques as well as patient treatment for the future. In addition to the academic point of view of training, the formation of links and generating a group which serves to share future cases and discuss complex cases from another point of view.

What is the main focus of the IBRA training center you assisted in?
The type of patient is everything related to the upper limb, being the vast majority of chronic degenerative pathologies. Most of the procedures that are performed are outpatient and especially, and of great interest on my part, all those related to arthroscopy and joint regeneration.

What did you do during your scholarship/how were you incorporated in the training center's daily routines/activities:
My task was like that of a Fellow, being present all the time both in the consulting rooms and in the operating room. Being in the consultation from the evaluation, diagnosis, treatment and follow-up of patients. And within the surgical field as an assistant in surgeries of all kinds of complexity. In addition, he had time in the establishment to learn and use 3D printing of cases and topics of interest.

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

Actively attended 32 surgical procedures. And within the surgical techniques I witnessed from open surgeries, mini-massive and mostly arthroscopic both wrist and metacarpophalangeal.

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

- Endoscopic carpal tunnel resection.
- Arthroscopic treatment of rhizarthrosis with suspension.
- Revision arthroscopy in a patient with hemicarpectomy, in the context of surgical site infection.
- Arthroscopic treatment for fractured metacarpal joints.

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

Possibly adopted in my medical practice will undoubtedly do the mini-massive release of the median nerve, percutaneous release of your fibrous metacarpophalangeal joints, arthroscopic treatment of rhizarthrosis with suspension. In addition to the use of 3D guides to perform surgeries, both cutting guides and percutaneous treatments.

What was the most significant personal experience of the scholarship for you?

I learned the most was in the use of the 3D printer, a new world for me. I learned about different types of software and how to generate plans to make cutting guides and for percutaneous surgery. Taking into account the cost it represents, I hope to be able to acquire it shortly to be able to use it in my medical practice.

Closing words

It is a great place to do the IBRA rotation for someone who is interested in arthroscopic and mini-massive hand surgery. Being able to see different ways of doing everyday practices and the implementation of the help of 3D models for current practice.

I want to thank Dr. Gustavo Mantovani who, in addition to being excellent as a doctor, is also excellent as a person, making the rotation a pleasure.

I had no impediment with the language barrier, my Portuguese was a bit precarious, him and the whole team were always very didactic and communicative, in Spanish and English too.

I also want to thank IBRA for making this experience possible, which without a doubt has greatly changed my medical practice from now on.