Name of Scholar: Martim de Veloza Coelho Correia Pinto

Country of Citizenship: Portugal

Name and Country of Training Center: Hospital Israelita Albert Einstein – São Paulo, Brazil

Name of Fellowship Director: Prof. Dr. Alexandre Leme Godoy dos Santos

Scholarship Type: Type B

Scholarship date: July 2023

Professional and personal experience

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

During my fellowship at Hospital Israelita Albert Einstein (HIAE), I had the expectation to grow at a professional, as well as a personal level. Professionally, I aimed to gain valuable insight into the field of foot and ankle surgery, enhance my surgical skills, and learn from renowned specialists. Personally, I wanted to immerse myself in a different culture, build international connections, and broaden my perspective on healthcare practices. Finally, if possible, I expected to travel during the weekends to get to know the surroundings of São Paulo and Rio de Janeiro.

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

Hospital Israelita Albert Einstein is considered to be the best Hospital in South America and ranked 34th Worldwide according to Newsweek. Its focus is to provide top notch, evidence-based surgical care. On the other hand, this center is responsible for medical education and training to residents, fellows, as well as medical students. Fortunately, the fellows are also immersed in the rationale of the decision-making process in the clinical setting and the operating room. Specifically, the Foot and Ankle Department aims to address complex foot and ankle pathologies, primary as well as revision cases addressing deformities, trauma, sports injuries, amongst others. This center provides patient-centered solutions including arthroscopy, minimally invasive surgery and open surgery when needed. Patients travel from all over the country looking for expertise in this field. That said, I got the chance to see many rare and complex cases, directed from all South America specifically to Hospital Albert Einstein.

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

During my observership, I actively participated in the daily routines of the training center and the foot and ankle department. I had the privilege of assisting in numerous surgeries, witnessing various technical modifications, and learning advanced surgical methods. During this period, I shadowed Prof. Dr. Alexandre Leme Godoy dos Santos (fellowsip director), Prof. Dr. Marcelo Prado and Prof. Dr. Caio Nery. With each surgeon I had the chance to spend time at the operating room and outpatient clinic, according to the following timetable:

	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
AM	Clinic Dr. Marcelo Prado	Operating Theatre and Clinic Dr. Alexandre Godoy	Operating Theatre Dr. Marcelo Prado	7 am – Conference Operating Theatre Dr. Alexandre Godoy	Operating Theatre Dr. Caio Nery
PM	Clinic Dr. Marcelo Prado	Operating Theatre Dr. Caio Nery Or Clinic Dr. Alexandre Godoy	Operating Theatre Dr. Marcelo Prado	Operating Theatre Dr. Caio Nery	

During the Foot and Ankle conference we discussed complex cases as well as the most recent literature on the topic.

Throughout the month, I had the opportunity to assist in 34 surgeries, where I observed various surgical procedures, including ankle arthroscopy, mosaicoplasty, Brostom procedure, Lapidus prodecure, several hindfoot arthrodesis, forefoot osteotomies, calcaneal fat pad stabilization, ankle fractures, ORIF and plantar plate repair.

I had the great opportunity to watch several procedures done arthroscopically, that at my institution I only got to see being done in an open way.

The procedures that impressed me the most and left a lasting impact on me were the arthroscopic treatment of osteochondral lesions with bone autograft, collagenous membrane and fibrin glue and ankle arthroplasty, due to their complexity and potential for significant positive impact on the patient outcomes.

Watching world renowned surgeons leading such complex revision cases, from patients referenced from all over the country and even from abroad, makes

foot and ankle surgery even look “easy”.

The procedures I learned during the fellowship will indeed be adopted into my future practice. For instance, I have some experience with shoulder and knee arthroscopy, but I had none on ankle ones. From now on, I will start performing ankle arthroscopy in simple trauma cases and hopefully I will practice enough to engage in more complex arthroscopic elective cases later.

The most significant personal experience during my scholarship was the cultural exchange. Interacting with colleagues from diverse backgrounds, experiencing Brazilian culture, and exploring such a dynamic city as São Paulo enriched my understanding of global healthcare challenges and possible solutions. This exposure also fostered a sense of camaraderie among fellow medical professionals, promoting international collaboration and mutual learning.

I got the chance to meet Prof. Dr. Alexandre Leme Godoy dos Santos in the USA back in 2017 and, since then we have kept in touch and published several research papers together. Now, I had the opportunity and pleasure to closely observe his everyday practice which was a great honor.

Closing words

- Tips to future scholars (housing, traveling etc.)

To future scholars, I would recommend securing accommodations close to the Metro’s yellow line. I used the subway everyday from Rua Oscar Freire to Morumbi metro station. From there you can take the HIAE bus for free, that takes you directly to the hospital.

Brazil is not the safest place, but you will be fine as long as you stay in the safest areas.

During the weekends, make sure you get to visit Rio de Janeiro and São Paulo’s coastal area, it is beyond beautiful.

- Acknowledgements (thanking IBRA and the training center)

I would like to extend my heartfelt gratitude to the IBRA organization for granting me this invaluable observership opportunity. I am also deeply thankful to the Foot and Ankle Department at Hospital Israelita Albert Einstein for their warm hospitality, mentorship, and willingness to share their expertise. This experience has been instrumental in shaping my professional growth and fostering international medical collaboration.

In conclusion, my observership at Hospital Israelita Albert Einstein has far exceeded my expectations, at all levels, professionally and personally. The knowledge

and skills I acquired, coupled with the amazing cultural exchange, have left a profound impact on my career as a medical professional and as a person too. I look forward to implementing the lessons learned and contributing to the advancement of foot and ankle surgery in my home country of Portugal and beyond.

Figure 1 - Einstein Medical School

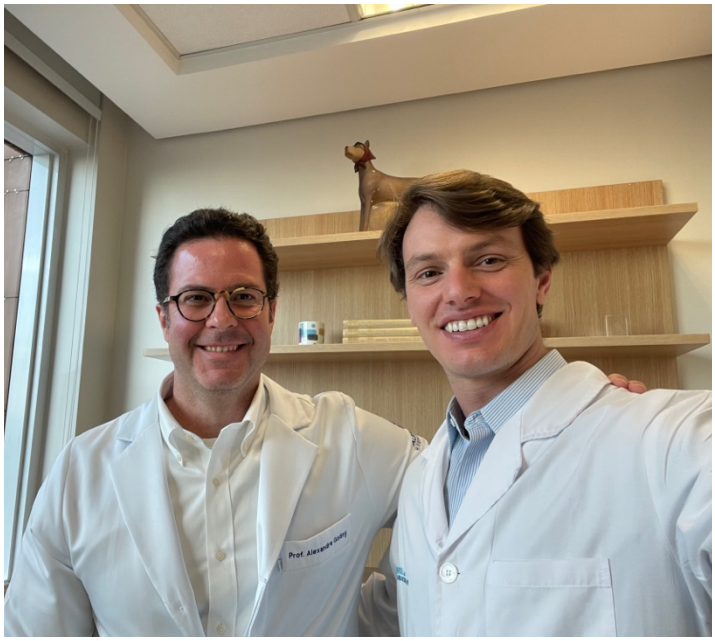

Figure 2 - Prof Alexandre Godoy and I

Figure 3 - Prof. Marcelo Prado, Dr. Alberto Mendes, Me, Dr. Guilherme Honda and Scrub tech Mariana Mendes

Figure 4 - Prof. Caio Nery, Prof. Marcelo Prado and I

Figure 5 – Me with Dodi and Prof Alexandre Godoy with Maria

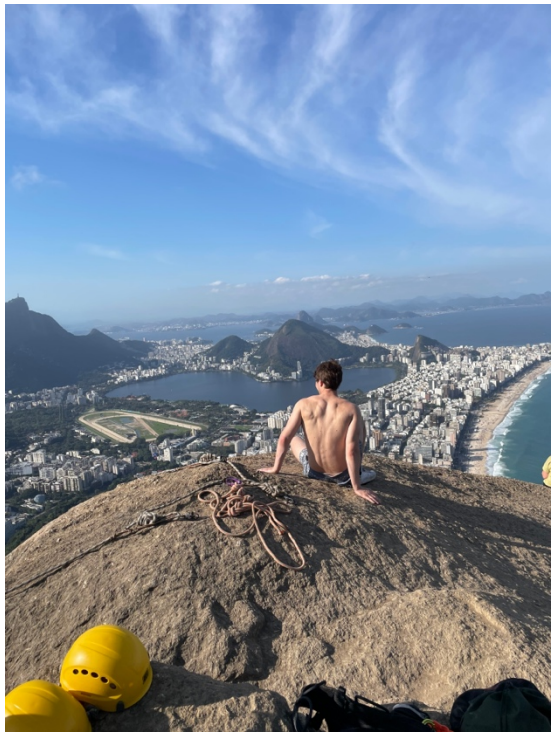

Figure 6 - Morro dos dois irmãos, Rio de Janeiro

Figure 7 - Praia de Camburi, SP

Figure 8 – Avenida Paulista

Figure 9 - Prof Alexandre Godoy and I

IBRA · International Bone Research Association
Hochbergerstrasse 60E · CH-4057 Basel
Phone +41 (0)61 319 05 05 · Fax +41 (0)61 319 05 19
info@ibra.ch · www.ibra.ch