IBRA International Bone Research Association

Program B: Clinical residential visit to a foreign host institution
HEAD Training Center: Landeskrankenhaus Feldkirch, Austria
Director: Prof. DDr. Oliver Ploder
Period: From 13.01.2020 to 14.02.2020

SCHOLARSHIP REPORT

Scholar : Otacílio Luiz Chagas Júnior

From Pelotas, RS, Brazil

Feldkirch, Austria, February 14th, 2020.

Professional and personal experience

▪ **What were your professional and personal expectations of the scholarship?** My expectations were to visit a place where I could improve my knowledge, learn some procedures' tips as possible associated to a good environment of work where I could meet new colleagues and exchange professional and cultural experiences. I am so glad because I had all of this in Feldkirch!

▪ **What is the main focus of the IBRA training center (in general and of the department) you assisted in?** The MKG Feldkirch Department is a full scope OMFS department with a strong routine in orthognathic surgery with virtual surgical planning, dental implantology, and clinical investigation as well.

▪ **What did you do during your scholarship/how were you incorporated in the training center's daily routines/activities:** I participated in all activities of the department (**Logbook table**). I helped my colleagues in some clinical situations, scrubed-in to some procedures under general anesthesia, I had actively participated in Orthognathic Surgery Virtual Surgical Plannings, including doing a VSP by myself under Prof. Ploder supervision. It was an unforgettable experience.

– **How many surgeries have you assisted and which concrete technical modifications and methods have you seen?** Under local anesthesia: 30 / Under general anesthesia: 13. Technical modifications: modified Le Fort II osteotomy; modified incision approach to insert dental implants in edentulous mandible; modified "ostetome" to do maxillary segmentation.

– **Specify your 3 to 5 favorite procedures and/or new skills you could acquire:** how to perform surgery with both hands (incision, periosteum elevation, suturing, use of saw and piezo, driving screws, etc); quadrangular Le Fort I osteotomy; VSP Dolphin Software training.

– **Which procedures can potentially be adopted in your future practice and how do they compare to your experiences at home?** Performing surgery with both hands, I will begin to train it at models; and quadrangular Le Fort I osteotomy. I believe that those procedures can be

incorporated to my surgical routine. In comparison to my reality, the procedures that I have seen in Feldkirch are too close to mine. I was happy with this opportunity and I believe that applying those techniques will improve my surgical skills and outcomes as well.

▪ **What was the most significant personal experience of the scholarship for you (e.g. cultural exchange etc.)?** This scholarship provided me with an unique experience in terms of teamwork at an outstanding OMFS Training Center, so that everything happens in the best way for the patients: focused and well trained team. In the same way, everyone treated me kindly and friendly, which made me feel at home. I had the opportunity to participate in 2 important austriac events in the OMFS field, which allowed me to meet and interact with new colleagues, both from a professional and social point of view. In particular, it was gratifying for me to get to know, understand and experience a little of Voralberg's locoregional culture, habits and food.

Tips for future Feldkirch scholars

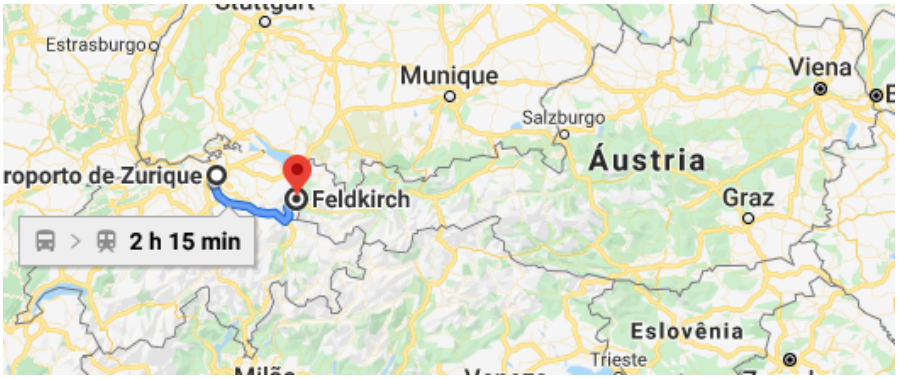
The Landeskrankenhaus Feldkirch has rooms available to live there without wi-fi Internet connection. There is free wi-fi connection along the hospital hall. It is important to have the following documents:

• Confirmation of your accident insurance
• Vaccination certificate (they will send you a file to fill in PDF)

IMPORTANT INFORMATION:

Doctors who are not listed in the Austrian list of physicians are not allowed to do any kind of medical work on the patient.

Feldkirch is far from Zurich around 2 hours by train, so it is easier approach by Zurich International Airport and takes the ÖBB train.



If the scholar is intending to visit some cities, on weekends, in Austria, e.g. Vienna (at least 6 hours far from Feldkirch by train), she or he cans order previously her or his trip to Austria an ÖBB Vorteilscard 66. Subscribe on computer; download the ÖBB App on mobile phone and Vorteilscard 66 in the App as well. Find more info at https://www.oebb.at/en/. With this, 50% discount in trips at ÖBB trains. From the Feldkirch ÖBB Train Station to the LKHF there are 2 buses, which can be taken in front of the station, #1 or #60. From LKHF to ÖBB the scholar cans get bus #2 or #60 passing through downtown.
Liechtenstein capital, Vaduz, is beside Feldkirch, and the scholar cans visit by bus #11 which can be taken in front of ÖBB station or at Liechtensteiner Strasse, an avenue nearby the hospital. The trip to there is about 40 min. To return, bus #11 or #14. The currency there is Suiss Franc (CHF) but the Euro (€) is accepted. It is adviseable buy the bus day-ticket for round trip.

There is a restaurant at LKHF where you can have daily meals there (breakfast and lunch) and takeaway for dinner. Just put money in the Pin and enjoy. More info at Personalabteilung office.
There are a tax free laundry room available nearby the LKHF to wash and dry the clothes, the scholar should question Ms. Lingg, Renate (OMFS Department Secretary) where is it. The scholar should have the own soap. It works only during the week from 07:30 am to 18:00 pm.
The scholar cans reach downtown on foot; it is 1.2km far, or by bus as mentioned above. There are restaurants, supermarkets, stores, etc. The supermarkets normally work Mondays to Saturdays.

I hope that this information help the future Feldkirch scholars!

ACKNOWLEDGEMENTS

IBRA International Bone Research Association

I would like to acknowledge to the **International Bone Research Association** to provide me this great experience in my life, both professional as personal. It is important to mention the Mr. Vazquez and the **IBRA** office team for all help and kind attention. I would like to acknowledge **IBRA Research & Education Committee Head** to support me with the scholarship, and in special to Prof. Dr. Dr. Philipp Jürgens.

I would like to acknowledge to Prof. Dr. Dr. Oliver Ploder and to his “dreamteam” from MKG Department at Feldkirch! All of you make me feel at home! Thank you everbody for your kindly an friendly reception. I am looking forward to see you soon, in Feldkirch, AT or Pelotas, BRA!

LANDESKRANKENHAUS FELDKIRCH

Akademisches Lehrkrankenhaus

And the last but not the least, I would like to acknowledge to each patient that authorized me to follow her/his treatment and the **Landeskrankenhaus Feldkirch** to allow me participating at its daily routine.

Logbook.

		Date	Activity
WEEK 1	**Day 1**	12.01.2020	Arrived in Feldkirch around 5 p.m. Received the 1st instructions and accomodation facilities.
	Day 2	13.01.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Observed 5 local anesthesia procedures : 4 dental implants (implant insertion for overdenture, sinus floor elevation simultaneous implant insertion, single implant insertion, onlay bone graft) and tooth extraction for future implant insertion ***Afternoon*** Observed 02 orthognatic surgery patients pre-op workflow (facial analysis, impressions, pre-op CT, face scanning) and 01 patient post-op control. 01 cosmetic patient – botulinic toxiin injection
	Day 3	14.01.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Orthognathic 3D Virtual Surgical Planing (3 cases) ***Afternoon*** Scrub-in : plate removing mandible fracture ; Observed outpatient clinic (children dentoalveolar trauma – 02 patients), orthognathic surgery (Franceschetti Syndrom) post-op control, celulitis drainage post-op control ; visiting inbed patients
	Day 4	15.01.2020	FREE DAY
	Day 5	16.01.2020	***Morning*** 07 :30 a.m. Department Briefing – Prof. Ploder Visiting hospitalized patients Outpatient Inpatient ambulatory ***Afternoon*** Wisdom teeth removing under sedation and local anesthesia (9 patients – 35 teeth) Orthognathic 3D Virtual Surgical Planing (1 case)
	Day 6	17.01.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Bi-max Orthognathic Surgery (OR) Surgical Assisted Rapid Palatal Expansion (LeFort I osteotomy) (OR) ***Afternoon (OR)***

			Mandibular left angle fracture (Champy technique) Buccal leukoplasia control Ludwig's angina (bilateral celulitis submental, sublingual and submandibular spaces) drainage
WEEK 2	**Day 7**	20.01.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Visiting hospitalized patients Observed 4 local anesthesia procedures : 3 overdentures (6 implants), and 1 healing abuttments insertion ***Afternoon*** Observed 01 orthognatic surgery patient pre-op workflow (facial analysis, impressions, pre-op CT, face scanning)
	Day 8	21.01.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Bi-max Orthognathic Surgery (OR) Scrub-in : plate removing (LeFort I osteotomy) (OR) ***Afternoon*** 3D Virtual Surgical Planing
	Day 9	22.02.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Scrub-in : plate removing (BSSO) (OR) with Dr. Sigron Outpatient clinic ***Afternoon*** 3D Virtual Surgical Planing class with Prof. Ploder #Amazing and unforgetable opportunity planning a case under Prof. Ploder supervision.
	Day 10	23.01.2020	***Morning*** 07 :30 a.m. Department Briefing – Prof. Ploder Visiting hospitalized patients Outpatient Inpatient ambulatory ***Afternoon*** Wisdom teeth removing under sedation and local anesthesia Orthognathic 3D Virtual Surgical Planing (3 cases)
	Day 11	24.01.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Scrub-in : 1 Bi-max Orthognathic Surgery (OR) Observed 1 Mono-max Orthognathic Surgery (OR)

			Afternoon Observed 1 Facial middle third trauma (OR)
WEEK 3	**Day 12**	27.01.2020	Attended to Austrian Society Annual Congress of Oral and Maxillofacial Surgery, Bad Hofgastein, Salzburg, Austria
	Day 13	28.01.2020	Attended to Austrian Society Annual Congress of Oral and Maxillofacial Surgery, Bad Hofgastein, Salzburg, Austria
	Day 14	29.01.2020	Attended to Austrian Society Annual Congress of Oral and Maxillofacial Surgery, Bad Hofgastein, Salzburg, Austria
	Day 15	30.01.2020	Attended to Austrian Society Annual Congress of Oral and Maxillofacial Surgery, Bad Hofgastein, Salzburg, Austria
	Day 16	31.01.2020	Attended to Austrian Society Annual Congress of Oral and Maxillofacial Surgery, Bad Hofgastein, Salzburg, Austria
WEEK 4	**Day 17**	03.02.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Visiting hospitalized patients Observed 5 local anesthesia procedures : 4 overdentures (8 implants), and 1 surgical laser biopsy ***Afternoon*** Observed 01 orthognatic surgery patient pre-op workflow (facial analysis, impressions, pre-op CT, face scanning)
	Day 18	04.02.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Scrub-in : 1 Le Fort I Orthognathic Surgery (OR) ***Afternoon*** Orthognathic 3D Virtual Surgical Planing (1 case)
	Day 19	05.02.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Scrub-in : 1 Le Fort I Orthognathic Surgery (OR) ***Afternoon*** Residents' lectures training, Dr. Sigron and Dr. Wiele, with Prof. Ploder to Sankt Anton presentation
	Day 20	06.02.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Orthognathic 3D Virtual Surgical Planing (1 case) Outpatient clinics

			Afternoon 39. Internationales Symposium für Mund- Kiefer- und Gesichtchirurgen, Oralchirurgen, Zahnärzte und Kieferorthopäden together with 16th Canadian Association of Oral and Maxillofacial Surgery Ski and Learn Meeting - Featuring the Tim Head Memorial Lecture Series, Sankt Anton am Alberg, Austria Dr. Sigron and Dr. Wiesle presentations about TMJ and Orthognathic Surgery Feldkirch's patients.
	Day 21	07.02.2020	***Morning*** 07 :30 a.m. Department briefing Visiting hospitalized patients Scrub-in : patient 1- Le Fort I + Genioplasty Orthognathic Surgery (OR) patient 2- modified Le Fort II + BSSO + Genioplasty Orthognathic Surgery (OR) ***Afternoon*** 39. Internationales Symposium für Mund- Kiefer- und Gesichtchirurgen, Oralchirurgen, Zahnärzte und Kieferorthopäden, Sankt Anton am Alberg, Austria Prof. Ploder lecture about: Medicine 4.0 – Where are we now?
WEEK 5	**Day 22**	10.02.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Visiting hospitalized patients Observed 4 local anesthesia procedures : 1 dental implant, 1 tooth extraction, and 2 biopsies ***Afternoon*** Observed 01 orthognatic surgery patient pre-op workflow (facial analysis, impressions, pre-op CT, face scanning) Outpatient clinic Visiting hospitalized patients
	Day 23	11.02.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Visiting hospitalized patients Scrub-in OP 1 bi-max orthognathic surg. plate removing; 1 sinusectomy+ foreign body removing Outpatient clinic ***Afternoon***

			Outpatient clinic Scrub-in local anesthesia cyst enucleation Visiting hospitalized patients
	Day 24	12.02.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Visiting hospitalized patients Orthognathic 3D Virtual Surgical Planing (1 case) Outpatient clinic ***Afternoon*** Outpatient clinic Visiting hospitalized patients
	Day 25	13.02.2020	***Morning*** 07 :30 a.m. Department Week Report (Post-op previous week discussion, pre-op current week plan) Visiting hospitalized patients Orthognathic 3D Virtual Surgical Planing (1 case) Outpatient clinic ***Afternoon*** Outpatient clinic Visiting hospitalized patients
	Day 26	14.02.2020	**Check-out**

Feldkirch, Austria, February 14th, 2020.

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