



## Education and Travel Bursary Report

Country visited	Spain
City or town	Barcelona
Hospital/unit/clinic	Kaplan Institute
Dates visited	10 <sup>th</sup> March – 15 <sup>th</sup> March
Please give an overview of what you saw / did	<p>I had a fantastic time learning from the Kaplan team. I participated in clinics and theatre lists, seeing a wide variety of both elective and trauma hand and wrist conditions. These included nerve entrapments, distal radius fractures and mal-unions, as well as ulnar-sided wrist pain and carpal instability. The days were either a mixture of clinics at the Kaplan Institute or theatre lists at either the Kaplan or one of the surrounding private and public hospitals.</p> <p>During my time at the Kaplan Institute, I had the opportunity to work closely with renowned experts in the field of hand surgery. The team was incredibly welcoming and eager to share their extensive knowledge and experience. This hands-on experience allowed me to observe and assist in a range of complex surgical procedures, enhancing my understanding of the latest techniques and best practices in hand and wrist surgery.</p> <p>In the clinics, I engaged with a range of complex wrist pathologies that required a multidisciplinary approach to treatment. The opportunity to see and discuss complex wrist problems, such as instability, was invaluable.</p> <p>The theatre lists were a fantastic learning opportunity. I was able to witness a wide array of procedures, including wrist arthroscopy, nerve transfers and corrective osteotomy for distal radius malunion. This exposure has broadened my surgical skills and knowledge, and I am eager to apply these new techniques in my practice.</p> <p>The Kaplan Institute's collaborative environment fostered meaningful interactions with fellow healthcare professionals from around the world. These interactions provided different perspectives on managing complex cases, which I found extremely beneficial.</p>

What were the best things about the visit?	Discussing complex cases with Alex Lluch Bergadà, Mireia Esplugas, Angel Ferreresas and Miguel Pérez Abad, as well as the fantastic opportunity to observe and assist in surgeries including wrist arthroscopy, corrective distal radius osteotomies and nerve transfers.
What problems did you encounter?	There were no problems, the team were so welcoming and keen to teach.
What accommodation was provided?	Self provided
Do you have an anecdote about your visit you can share?	Meeting for a pre-list coffee was a lovely way to start the day and so valuable to discuss complex cases ahead of the busy theatre lists.
Would you recommend this to someone else?	Most definitely! The experience of working within another healthcare system, both private and public, was incredibly enlightening. The entire Kaplan team is exceptionally welcoming and dedicated, always taking the time to teach and explain their clinical approach in great detail. This fellowship offers invaluable insights and a truly enriching professional experience that I would highly recommend.
How did this experience add to your development as a Hand Surgeon?	This experience has deepened my understanding of complex wrist biomechanics. Upon returning home, I feel that I have gained invaluable insights into complex hand and wrist pathologies. Additionally, I have developed a greater understanding of different healthcare systems. This has broadened my perspective on patient care and surgical techniques, enhancing my ability to manage intricate cases and collaborate effectively with multidisciplinary teams.
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