



EUROPEAN ASSOCIATION FOR CRANIO-MAXILLO-FACIAL-SURGERY

NEWSLETTER – SUMMER 2019

EXPERIENCES OF HUGO OBWEGESER SCHOLARSHIP AWARDEES

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Visit to Kopfklinik in Heidelberg University Hospital - Professor Dr Jürgen Hofmann

- Pedro Gomes de Oliveira, Portugal

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- Gauri Vithlani, UK

Visit to GSR Institute of Craniofacial Surgery, Hyderabad – Prof Gosla Reddy

Ana Avellaneda



In 2018, I had the pleasure to spend several weeks at the Kopfklinik in Heidelberg University Hospital thanks to Professor Dr Jürgen Hofmann and the EACMFS.

During my stay I was able to gain experience in Craniofacial surgery, which was my first goal in this first visit. Prof. Dr Hoffmann and his great team offered me the opportunity to attend and assist at many different live surgeries, meetings, patient rounds, and feel integrated as a part of the staff in Mund-Kiefer-Gesicht Chirurgie department.

Prof. Dr Engel contributed to my Craniofacial learning by explaining, showing and allowing me to participate in his surgeries which I cannot even observe at my own host program for training due to the lack of cases received.

Prof. Dr Frier was my mentor in the Oncology-Reconstructive field which I strongly appreciated, and I had the chance to experience several flap lifting and subsequent microsurgery to insert it into the oral cavity. It was a pleasure to share those hours with all the operation room team.

Dr Khüle was a great support and Prof. Dr Freudlsperger opened my mind regarding orthognathic surgery.

I can only be thankful for the period I spent at Heidelberg Kopfklinik and will look forward to visiting them again. Learning was the main goal, but I was delighted by the warm feeling received from the team. I encourage every trainee to apply for this educational opportunity.

Besides the surgical field, such an experience offers many other incentives. The city itself is beautiful, historically relevant and the site is in the centre of Europe. I took the time to get to know Alsace. I am in love with Germany and it is another reason to go back and visit.

I would like to thank Prof. Hoffmann for all the facilities and help given during my stay. I have visited three foreign hospitals during my training program and without a doubt, due to the very warm welcome extended to me, I would certainly repeat a visit to Heidelberg University Hospital. No doubt!

I would also like to thank the European Association (EACMFS) for the privilege of using the award to extend my education. Thank you so much.

Pedro Gomes de Oliveira



I am a fifth year OMFS trainee doing my residency in Lisbon, Portugal. I was always very interested in orthognathic surgery and specially on its role in the treatment of Obstructive Sleep Apnoea Syndrome patients. With the Hugo Obwegeser Travelling Scholarship I received from EACMFS, I was able to travel all the way to beautiful Chile, precisely to the *Clinica Alemana*, in Santiago, to observe the work of maxillofacial surgeon and orthognathic surgery specialist, Dr Julio Cifuentes.

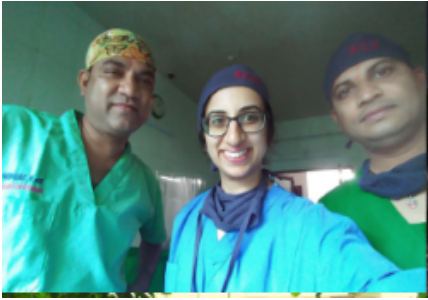
I stayed and studied with him for 4 weeks and received the warmest welcome from Dr Cifuentes and all the staff in *Clinica Alemana* and his office. By observing every treatment step, from first appointments, diagnosis processes and treatment proposals, all the way through long term post-operative patient follow-ups, I was able to interact with a large set of orthognathic surgery patients in a fairly short amount of time. I accompanied him in all his clinical activities and fully understood the importance of working with an efficient multidisciplinary team. I was fortunately allowed to assist on every orthognathic surgery performed during my stay, discussing pearls and pitfalls of his technique. We also discussed the constant-evolving changes in orthognathic surgery technique and treatment planning, especially with the uprising of 3D virtual surgical planning and intra-operative imaging systems.

I was genuinely amazed by the substantial number of Obstructive Sleep Apnoea Syndrome patients that sought his care after failure of the most traditional, first-line therapies. I was able to see first-hand the differences in treatment of this very particular group of patients. Dr Cifuentes and his multi-specialty team have developed an algorithm for patient selection and optimization, which allows him to deliver great results and high rates of clinical success and patient satisfaction.

As a restless traveller, I enjoy the challenges of a new country and I'm constantly looking for the next adventure. Being an amateur surfer and rock climber, I just managed to squeeze into my trip to Chile some of my favourite activities, improving even more this unforgettable experience. My stay in Chile showed me a country full of history, beauty and probably the most welcoming people I have ever come across.

I also take this opportunity to thank everyone at *Clinica Alemana* and particularly Dr Cifuentes for allowing me to learn from his decades of expertise and for doing everything to ensure I had the best possible experience. This was undoubtedly an amazing opportunity for learning and growth, to connect with a highly reputed centre and surgeon and to compare with my own reality, which I will try to improve with this new knowledge. I am convinced I have honoured the purpose of Prof Hugo Obwegeser Scholarship Award and, in some small way, his legacy of never-ending search for improvement and sharing of knowledge.

Gauri Vithlani



I am grateful to the EACMFS for the Hugo Obwegeser Scholarship, which allowed me to travel to the GSR Institute of Craniofacial Surgery, Hyderabad, Andhra Pradesh, India for six weeks on my medical undergraduate elective.

The GSR Craniofacial Institute was set up in 2000 by the Hyderabad Cleft Society headed by Professor Gosla Reddy, Founder and Director. This Hospital specialises in cleft and craniofacial conditions, with a catchment area of 1000 kilometres enabling access to care for patients from rural districts.

The Hyderabad Cleft Society also provides a foundation for the Cleft School Project, which provides accommodation, education and regular therapy to children treated at the Institute. Whilst visiting the school on several occasions, I was struck by the affectionate and ambitious nature of the children.

At the GSR Craniofacial Institute I participated in clinical activities including outpatient clinics, preoperative patient assessments and operating theatres.

Within the outpatient department I learnt how the initial assessment, treatment planning and follow-up care of patients is undertaken. I participated in the paediatric and pre-anaesthetic assessment of patients. Within the operating theatres I was able to observe and assist with a range of cleft lip and palate operations. This included primary repair of the cleft lip and cleft palate, secondary cleft palate surgery including management of junctional fistulae and velopharyngeal insufficiency, secondary alveolar bone grafting to the cleft maxilla, premaxilla setback, distraction osteogenesis, Le Fort 1 osteotomy for cleft maxilla, and cleft rhinoplasty. Additionally, I assisted with cases of vascular malformations, TMJ ankylosis, cryptotia repair and appreciate the management of craniofacial clefts.

I took the opportunity to participate in the Amrita Asian Craniofacial Congress in Kochi, Kerala, and represented GSR Craniofacial Institute by presenting some of their work on "The soft tissue management of Craniofacial Clefts". This was a good chance to discover more about the field of craniofacial surgery.

This undergraduate elective was a fascinating introduction to cleft and craniofacial surgery and improved my understanding of the scope and remit of these fields. Additionally, I learnt about the healthcare infrastructure in India and how the Institute provides access to care for many distant communities.

I explored the cultural and social aspects of the city, including visiting Chowmahalla palace, Birla Mandir (temple), trekking up Golkonda fort, soaking up the atmosphere at Charminar including the bustling market leading up to this monument, and boating on the Hussein Sagar (lake). My trip to Kerala for the conference was an opportunity to stop by the scenic tea plantations in Munnar, a hill station in the south of India. I thoroughly enjoyed the local cuisine including Hyderabadi Biryani, Haleem, Masala Chai and Pani-Puri.

I was very grateful to the hospitality extended by all the staff at the Institute. Overall this experience was enriching professionally, academically and personally. I would like to thank the EACMFS for their generosity in enabling me to take advantage of this excellent learning opportunity.