

Program

# AOTrauma course - Approaches and fracture care in practice

Workshop on anatomical specimen

**24 and 25 October 2016**

**Leiden University Medical Center**



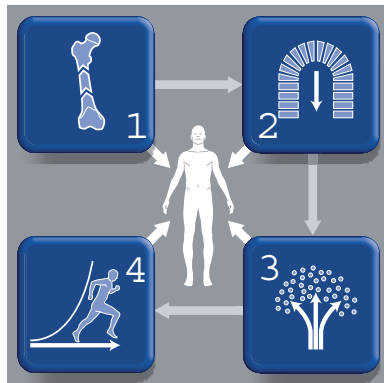
## Value statement

AOTrauma is committed to improve patient care outcomes through the highest quality education. We strive to combine the right knowledge and surgical skills that empower the orthopaedic- and trauma- surgeons to put theory into practice and to improve fracture management for the benefit of the patient.

## The AO Principles of fracture management

Fracture reduction and fixation to restore anatomical relationships.

Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.



Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient and the injury.

Preservation of the blood-supply to soft tissues and bone by gentle reduction techniques and careful handling.

The first AO Course was held in Davos in 1960-these early courses pioneered psychomotor techniques by teaching practical skills of AO Techniques. Since those early days over 250,000 surgeons and 135,000 ORP staff from over 110 countries have attended AO Courses- we now launch AOTrauma to move our education to the next level.

## Contents

- 2** Value statement
- 2** The AO Principles
- 3** Foreword
- 3** Goal of the course
- 3** Course objectives
- 4** Target participants
- 4** Course descriptin
- 4** Chairmen
- 4** Regionale Faculty
- 4** Nationale Faculty
- 5** Program day 1
- 6** Program day 2
- 7** Organisation
- 7** Location
- 7** Information

## Foreword

Fracture care is more than the adequate fixation of a fracture. The importance of tissue handling, the anatomical background for the approaches to the fracture and the knowledge of potential hazards and pit falls on our way to the fracture are the solid basis of the AOTrauma Course Approaches and Fracture Care. The course also provides theoretical insight in fixation techniques of a varied spectrum of fractures, in which the importance of soft tissue coverage and the right approaches is in the foreground. The scholar is trained in the modern wet lab of the Anatomical Department of the Leiden University Medical Center in the Netherlands, under professional guidance of experienced national and international trauma surgeons and orthopedic trauma surgeons. The main focus of the course will be on extensive practical exercise of approaches and fracture fixation in human cadavers.

## Goal of the Course

The AOTrauma Course Approaches and Fracture Care in practice aims to create a clinically centred learning environment where principles and techniques of surgical exposures and techniques of internal fixation can be understood, applied and demonstrated.

## Course Objectives

At the end of the course participants will be able to:

- Demonstrate understanding of pre-operative decision making and the indications and contra-indications of those decisions.
- Identify anatomical landmarks per specific anatomical area
- Apply anatomical principals of dissection
- Identify potential risks of approaches per specific anatomical area
- Perform the standard surgical approaches to the wrist, forearm and elbow.
- Describe and apply the most common principles of internal fixation in the wrist, forearm and elbow
- Perform the standard surgical approaches to the ankle and tibia plateau.
- Describe and apply the most common principles of internal fixation in the ankle and tibia plateau.
- Recognize and treat compartment syndrome's of the lower and upper extremity.

## Target Participants

This two-day course is designed for general trauma surgeons and orthopedic trauma surgeons, those in training and those who at some point need to refresh their anatomical and trauma-surgical knowledge and training. It is mandatory that the students master the basic principles of operative fixation of fractures, such as taught in the AO Principles Course.

## Course Description

The AOTrauma Course approaches and fracture care is an interactive cadaver course in which participants will be able to understand and practice surgical approaches and internal fixation techniques in the upper and lower extremity. The course will mainly concentrate on the practical's in which the participants will be trained in the surgical approaches, definition of anatomical landmarks and osteosynthesis of prefabricated fractures. At the conclusion of the course, participants will have a broader and more secure comprehension of how, when and where to apply their knowledge in their clinical practice.

- The topics will be taught in English language
- The lectures are followed by practical exercises on human cadaver specimens
- Each working place is limited to three participants
- Instruments, gloves and gowns are supplied.
- The maximum number of participants is 24

## Chairmen

Niels Schep	Rotterdam
Inger Schipper	Leiden

## Regional Faculty

Frank Beeres	Switzerland
Harm Hoekstra	Belgium

## National Faculty

Roelf Breederveld	Leiden
Dennis den Hartog	Rotterdam
Dirk Jan Hofstee	Alkmaar
Berry Meesters	Heerlen
Marco de Ruiter	Leiden
Jan Bernard Sintenie	Helmond

## Monday October 24

TIME	TOPIC	WHO
08.15	Registration, coffee	
08.30	Opening, introduction and goals	Inger Schipper
08.40	Pre-operative planning	Frank Beeres
08.50	Wrist - Anatomy and landmarks	Marco de Ruiter
09.10	Wrist - Approaches for fracture fixation	Niels Schep
09.30	Discussion	
10.00	Coffee and tea	
10.15	<b>Wrist</b> - Practical exercise wrist fracture fixation volair approach (with X-ray control)	All faculty
11.00	<b>Wrist</b> - Practical exercise wrist fracture fixation dorsal approach (with X-ray control)	All faculty
11.45	<b>Wrist</b> - Practical exercise scaphoid fracture palmar and dorsal approach	All faculty
12.15	Lunch	
12.45	Forearm - Anatomy and landmarks	Marco de Ruiter
13.05	Forearm - Approaches for fracture fixation ulna and radius shaft fractures	Harm Hoekstra
13.20	<b>Forearm</b> - Practical exercise Henry approach forearm fractures (with X-ray control)	All faculty
14.05	<b>Forearm</b> - Practical exercise Boyd approach forearm fractures (with X-ray control)	All faculty
14.50	Forearm - Compartmentsyndrome	Jan Bernard Sintenie
15.05	Discussion	
15.30	Coffee and tea	
15.45	<b>Forearm</b> - Practical exercise fasciotomy + demonstration	Jan Bernard Sintenie
16.15	Elbow - Anatomy and landmarks	Marco de Ruiter
16.35	Elbow - Approaches, osteosynthesis techniques (radial head, olecranon osteotomy)	Dennis den Hartog
16.50	<b>Elbow</b> - Practical exercise radial head fracture	All faculty
17.30	<b>Elbow</b> - Practical exercise olecranon	All faculty
18.00	Take home messages by participants	
18.15	Dinner	

## Tuesday October 25

TIME	TOPIC	WHO
08.30	Coffee and tea	
09.00	Ankle - Anatomy and landmarks	Marco de Ruiters
09.20	Ankle - Approaches for fracture fixation	Dirk Jan Hofstee
09.40	Coffee, tea	
09.55	<b>Ankle</b> - Practical exercise lateral approach	All faculty
10.25	<b>Ankle</b> - Practical exercise medial approach	All faculty
10.50	<b>Ankle</b> - Practical exercise anterior approach	All faculty
11.20	<b>Ankle</b> - Practical exercise fracture fixation via dorsolateral approach (with X- ray control)	All faculty
12.05	Lunch	
12.45	Knee and lower leg - Anatomy and landmarks	Marco de Ruiters
13.05	Knee and lower leg - Approaches for fracture fixation tibial plateau	Berry Meesters
13.25	Knee and lower leg - Compartment syndrome	Frank Beeres
13.40	<b>Knee and lower leg</b> - Practical exercise Tibiplateau fracture fixation lateral approach (with X-ray control)	All faculty
14.20	<b>Knee and lower leg</b> - Practical exercise Tibiplateau fractures medial approach	All faculty
15.00	Refreshments	
15.15	<b>Knee and lower leg</b> - Practical exercise Tibiplateau fractures dorsal approach	All faculty
15.55	<b>Knee and lower leg</b> - Four compartment fasciotomie	All faculty
16.30	Take home messages by participants	Participants
16.50	Closure	Inger Schipper
17.00	End of course	

## Organisatie

AOTrauma Europe

Stichting AO-Nederland

Postbus 28042

3828 ZG Hoogland

Tel.: +31 (0)33 45 60 304

Fax: +31 (0)33 45 00 592

info@ao-nederland.nl

www.aotrauma.org

## Locatie

Leiden University Medical Center

Eindhovenweg 20

2333 ZC Leiden

Tel.: +31 (0) 71 52 69 983 / 987

www.lumc.nl

## Cursusinformatie

### Registration

www.ao-nederland.nl

### Registration fee

Specialist € 650,-

Assistant € 450,-

### Registration fee includes

Coffee, tea, lunches and dinner

Certificate

### Accommodation

Hotel is not included in registration fee.

If desired you can book a room at:

Golden Tulip Leiden Centre,

Tel.: +31 (0)71 408 35 00

Rembrandt Hotel Leiden,

Tel.: +31 (0)71 514 42 33

### Accreditation

Dutch Association of Surgeons (NWH):

15 points

Dutch Orthopedic Association (NOV):

15 points

### Mobile phone

Please note that it is not allowed to use portable telephones in the lecture hall.

### Security

It is compulsory to wear your badge during the symposium.

### Intellectual property

Presentations and case studies are the intellectual property of the faculty.

### Cancellation

Cancellation fee is 10% after registration and 50% until 2 months before the course.

No refund thereafter.

### Insurance

There is no insurance effected by the organizers to cover participants against accidents or other risks. Personal belongings, left in the hotel are the responsibility of the individual participant.

### Language

English

