

Athens, 25th June, 2013

CPD Educational Bursary Award

Report from the 14th EFORT Congress, Istanbul, 2013

I would like to take this opportunity to thank the MACP for the financial support that I was fortunate enough to be awarded in order to attend and present my posters at the EFORT Orthopedic & Traumatology Congress in Istanbul.

Despite the political protesting, the Congress was attended by over than 6 thousand of health professionals from around the World. However, there was a number of Health professionals that chose not to attend due to the unrest at the time. The conference venue offered great hospitality in an impressive Congress Center nearby the City Centre of Istanbul.

Most of the delegates were Orthopedic Surgeons however there was a significant representation from the Physiotherapy community from around the world. The program was very interesting covering fields of Orthopedic Traumatology, Sports Injuries, Pediatrics, Advances in Total knee and hip Replacement and Spinal Surgery. There were few topics regarding rehabilitation of specific pathologies. I especially enjoyed a very interesting Instructional Lecture from Professor Ewa Roos regarding rehabilitation exercise in hip and knee osteoarthritis that presented all evidence-based high quality systematic reviews and meta-analyses in the field as well as the mechanism of action exercise in a such a population. Knee OA patients benefit both pre and post surgery from exercise according to their individual needs within the field of strengthening, aerobic and neuromuscular exercise. However, as it came out from relevant discussions with Orthopedic Surgeons after the presentation they admitted that they often either due to lack of recent research knowledge in the benefits that physiotherapy exercise can induce or due to the tendency of the profession to undertake surgeries sometimes without exhausting conservative treatment they do not prescribe exercise to their patients.

Due to the subject of my PhD, I participated in a course regarding Advances in Total Hip and Knee Replacement. Although, the speeches were directed mostly to Orthopedic Surgeons and less to Health Care Professionals, the presentations were stimulating and offered food for thought in the field. Interactive discussions took place regarding different protocols that hospitals around the world use in areas of protheses,

surgery techniques, advantages and disadvantages of computer-navigated knee replacements anti-thrombotic strategies.

Poster presentations covered a wide spectrum of research including physiotherapy, cost-effective strategies in health care, and Orthopaedic arthroscopy and open surgery issues. The oral research presentations included studies emphasizing in findings regarding validated assessment tools and effectiveness of specific interventions in a way that encouraged evidence based practice and informed epidemiological priorities. knowledge. The fundamental role of International classifications systems was recognized to bridge global communities and facilitate physiotherapy communication and language with Orthopedic Surgeons.

The EFORT congress was a chance to connect with the world of Orthopaedics, learn more in to depth issues that we come across as physiotherapists but not really be able to evaluate due to different perspective from the Orthopedic Surgeon point of view. Key message to all clinicians was that communication, trust and up-to date knowledge can benefit in the end of the day patients' progress. Even with the conference having reached the end, the experience, knowledge and network developed can benefit in bringing about change in individual and hopefully global basis.

To my view, the opportunities given by the MACP for us members, towards the direction of continuation in professional development is really fundamental. It shows that it recognizes and supports our challenges and hard work to progress the profession and MACP level. As physiotherapists and musculoskeletal therapists even more, we are always trying to provide evidence to support the effectiveness of our clinical practice and mechanism of action of our commonly used techniques for our patients, therefore research projects developed accordingly are essential assets.

The Benefit of the funding FOR THE MACP, is the recognition offered by the active participation in an International Orthopedic Congress, via the posters presentations, amongst University and University Hospitals around the world.

To me in particular, as I am undertaking my research data collection in Greece and taking into consideration the difficulties and disappointments the current financial situation has posed, this award was very encouraging. My motivation, enthusiasm and interest for the study, is growing even more and such an award can relieve stress and fulfill some of the expectations my endeavors so far have created.

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