

ESVS Educational Travel Grant Report

Center Visited: Vascular department of The Karolinska Institutet (KI)

Purpose: to gain advanced experience in vascular patient management and in providing multidisciplinary team care.

I would like to report here my personal short-term fellowship at the department of vascular surgery in the Karolinska Institutet, lasted from May until June 2021 and made possible through the effort and support of the ESVS educational travel Grant.

As a university, The KI is the Sweden's single largest center of medical academic research and offers the country's widest range of medical courses and programmes. The Karolinska Institutet consistently ranks among the top universities in the world on a number of prestigious ranking tables. For 2020, Academic Ranking of World Universities ranks the KI as number 45 in the world and number 12 in Europe.

In view of new technologies in medicine, the average life expectancy of patients with severe atherosclerosis lesions is increasing. Currently, material and technical support of vascular surgeon is at an extremely high level. However, the choice of treatment options for the patient in each individual case is of decisive importance. Given the high level of medical care at the KI and my desire to get acquainted with the treatment strategies for such patients, I chose to undergo a short-term fellowship at the vascular department of the KI.

During my stay, I managed to take part in various activities: department meetings and rounds, outpatients consulting, open and endovascular operations, the vascular surgery group laboratory meetings.

Open operations technique was of an undoubted interest. Even though my rotation was only one month, I was fortunate enough to be involved in complex cases such as SMA aneurysm reconstruction, brachio-basilar AVFs, several cases of TAA and AAA repair, aortic graft infection, carotid endarterectomies, carotid-carotid-subclavian bypass, AVF PTFE graft seroma, femoropopliteal bypasses, venous port installations and others. In many cases it was allowed to scrub and assist in the operating room, and in the rest of the cases HD cameras with high quality or some big stairs helps me to watch the hall procedure. Thorough analysis was carried out before each intervention and postoperative patient management was discussed. I was involved in providing emergency vascular care in cases of intraoperative common iliac vein bleeding, infected post-puncture thigh hematoma, femoral-femoral bypass for stent-graft limb thrombosis. All of them were of certain interest and benefit for me.

The research group led by Professor Ulf Hedin (KI Department of Molecular Medicine and Surgery, Vascular surgery group) is undoubtedly one of the leaders in the vascular biology. I attended several laboratory staff meetings, got acquainted with the principles of its research and also presented results of my own study. The scientific research's currently being carried out in this laboratory has delighted me. They inspire hope for the completely new methods of diagnostics and treatment of patients with cardiovascular diseases to be translated into the clinic. I am grateful to Professor Ulf Hedin for his hospitality and support.

I also visited third largest hospital in Sweden - Skåne University. Thanks to the hospitality of Dr. K. Tran, I was able, albeit briefly, to familiarize myself with the principals of providing care for children with congenital heart disease. Also, I mastered the basic principles of homografts preparation at University bank led by Mali Rosdahl Lund.

The administrative and OR staff in KI was friendly, helpful and supportive. Also Stockholm is a great city to visit with beautiful scenery and many activities available to enjoy.

My travel fellowship to the KI has been educational, enjoyable, and definitely worthwhile.

I would like to thank the ESVS and Dr. C. Wahlgren's team for their support and help during my KI visit, especially Dr. A. Razuvaev for his comprehensive help, hospitality and encouragement.

I really believe that it is an ideal place to learn the correct management of complex vascular cases and I hope to implement some of the things that I have been able to observe.

My e-mail address is: trek-4300@yandex.ru, and please do not hesitate to contact me if you require any further information regarding my experience of visiting KI.

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