



## European Society for Trauma and Emergency Surgery (ESTES)

Association sans but lucratif (ASBL)

[www.estesonline.org](http://www.estesonline.org)

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## Message from the Advisory Council Chair

Dear colleagues,  
Dear ESTES members,

It is a pleasure to update you on the activities of the ESTES Advisory Council (EAC).

This relatively new body of ESTES is meeting its institutional goals step by step: to increase the relationships between Sections and the Educational Committee (EDUC), stimulating each other to create common projects, research and activities; to be the place where any national representative can be active in and represent ESTES, giving suggestions regarding ESTES growth and ideas, taking responsibility for leading or collaborating in working groups by accepting specific tasks, submitting to ESTES the needs of their own countries and of the members of their National Society; to orient and support the strategic decisions of the Executive Board.

We can say that we are already seeing some important results. The participation of the Sections and EDUC in the scientific program at the last ECTES Meeting in Valencia has been more relevant and influential than in the past. The proposals made during the EAC Meetings in Bucharest (May 2017) and Zurich (September 2017) have been largely adopted by the Organizing Committee and have really changed the face of our Annual Congress.

We just received the final report of ECTES 2018 in Valencia, and we should be very happy. The participant survey, collecting the opinions of more than 40% of the 1250 attendees, shows that the enhanced interactivity and new session formats were highly appreciated, making ECTES more attractive. This success was certainly achieved thanks to the enormous efforts of Isidro Martinez, Congress President, his Local Organizing Team and the Scientific Committee, but these changes were also possible thanks to a wise mix of creativity and entrepreneurship of the Advisory Council Members. Again, Sections and EDUC Meetings in Valencia pro-actively participated, and Section Chairs are finally leading operative Section Committees.

The ESTES Forum WebEx platform has also been increasingly used by Sections, EDUC, working groups, and the Advisory Council. A total of 48 “virtual” meeting hours in a year is equal to 12 half days of live meetings, which would have been otherwise unaffordable. Looking at these results, during the last EAC Meeting in Valencia, run with the appreciated format of plenary and working groups sessions, we agreed to establish a formal agenda for periodical EAC web-based meetings (three times a year), and Section Chairs were urged to use this tool for their projects. Finally,

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with the aim to improve the feedback of Sections to the Executive Board, a short report from Sections' ongoing projects has been approved every 4 months, through a video conference.

In Valencia we also had the pleasure to welcome two new institutional members of ESTES, the Albanian Society for Trauma and Emergency Surgery (ACTES), represented by Agron Dogjani, and the British Trauma Society, represented by Stuart Matthews.

The next live EAC meeting will be hosted in Ljubljana by Radko Komadina, at the Slovenian Trauma Meeting, on November 10th. We will address some issues that remain open: among them, young surgeons' engagement, improvement of communication (website, ESTES news), grand rounds, ESTES research.

We can say that the EAC's work has contributed to unlock the Sections' potential, helped to increase the number of ESTES members, and boosted new ESTES activities. However, more has to be done to actively involve all National Representatives, which is a powerful impetus for ESTES. We continue to think positive!

See you in Prague at ECTES 2019: Peter Wendsche, Pavel Drác and the Scientific Committee are working hard to continue to improve on the Valencia success. Don't miss the opportunity to send your research abstracts—the deadline is approaching!

Yours sincerely,

Mauro Zago  
ESTES Advisory Council Chair

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Dear colleagues,

After *ECTES* 2018 in Valencia, Spain, we are now looking forward to *ECTES* 2019 in Prague, Czech Republic, which will take place from May 5–7, 2019.

Important dates to remember	
<b>Monday, August 27, 2018</b> Start Abstract Submission	<b>Friday, December 14, 2018</b> Notification of abstract acceptance
<b>Friday, October 19, 2018</b> Deadline for abstract submission	<b>Friday, February 15, 2019</b> Deadline for early bird registration fee, registration cancellation
<b>Monday, November 26, 2018</b> Start online registration	<b>Friday, April 19, 2019</b> End of regular fee
<b>Sunday, May 5 – Tuesday, May 7, 2019</b> 20 <sup>th</sup> European Congress of Trauma & Emergency Surgery	

The **abstract submission** starts on **Monday, August 27, 2018**.

All necessary information regarding topics and submission details can be found on the website: [www.estesonline.org](http://www.estesonline.org)

A **Preliminary Scientific Programme** (including keynote speakers and first session details) will be available online by September 2018.

Sincerely,

The ECTES 2019 Organising Team  
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### **Report of ESTES Congress Grant Winner Laurien Waaijer**



#### **Friday, May 4, 2018—Travel day**

A group of about ten people consisting of medical students, PhD candidates, surgical residents and surgeons gathered at gate D84 at Schiphol airport at 8 pm. All were ready with their passports in hand, carry-on luggage rolling behind them and carrying big boxes with multiple research posters inside. Hands were shaken and “how are you’s” were exchanged. We were ready to board the plane to sunny Valencia, Spain, for a couple of days filled with sun, tapas, research and trauma surgery. After a short 2.5-h flight the plane touched down. The group split in two and went on their way to find taxis taking them to their Airbnbs. On our way from the airport to the city center of Valencia, I got a first glimpse of beautiful Valencia. An apartment on the 8<sup>th</sup> floor with view on Plaça de l’Ajuntament would be my home for the upcoming five days, together with a group of six other medical students and PhD candidates from Utrecht. After a quick inspection of the apartment, we all got changed and decided to discover Valencia. Trustworthy sources told us that we had to visit l’Umbracle, a club which is part of the famous Ciutat de les Arts i les Ciències complex. So that is where we went to start our weekend in Valencia.

#### **Saturday, May 5—Day at the beach**

After everybody had woken up and had eaten their breakfast of homemade omelets with Spanish ham, it was time to discover Valencia by daytime. Heading to one of the local beaches for some sun, sea and sand, we spend our free day eating paella and drinking Sangria at the stunning beach of Valencia. However, we still had these huge boxes with posters back at our apartment. So, at the end of the afternoon it was time to take our first trip to the congress venue and drop off our poster

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and pick up our congress badges to prevent waiting in line the next day. Arriving at the congress venue, I saw this beautiful white building with enormous windows where we would spend the upcoming three days. After everything was arranged at the congress venue we went home to eat pizza. Next, we headed to the city center to discover how the locals spend their Saturday night. To eventually end up again at l'Umbracle.

### **Sunday, May 6—Day at the beach**

After we arrived at the congress venue, we had a full program of attending poster walks, free paper sessions and battle sessions. Most of the people from the group I stayed with had to present at a poster walk or a paper session. Therefore, my day consisted of attending the poster walks and paper sessions at which they were presenting. In between I was able to catch a battle session about chest injuries. It was a day full of walking and switching rooms to attend everybody's sessions. It was very nice to see everybody present their work with so much passion.

After an inspiring first day at the congress, it was time to get ready for the "Dutch Evening". Every year there is a huge Dutch delegation present at the ECTES; this year approximately 120 delegates were present. As a tradition, the Dutch Society for Trauma Surgery hosts the "Dutch Evening" for all Dutch delegates. This time it took place at a beautiful restaurant at the port of Valencia. They organized an evening with delicious tapas and agua de Valencia where everybody from the Netherlands involved in trauma surgery (research) could meet and catch up. As for me, I met a lot of new people that evening, and I had a great time. After the "Dutch Evening" a group of about 20–30 people were not ready to go home just yet and spent the rest of the night at the Marina Beach Club where all worries of everyday were danced away.

### **Monday, May 7—Poster day**

It was an early morning for me, since I had to prepare my poster presentation. I watched Valencia wake up from our balcony on the 8<sup>th</sup> floor with an espresso in my hand and my laptop on my lap reading through some notes. I spent the afternoon listening to some interesting poster walk presentations. One of the sessions I was really excited about was the AO Trauma Guest Symposium about elbow fractures. Current approaches and techniques for these fractures were presented together with a lot of case examples. After that symposium it was time for me to present my own poster "Retrograde intramedullary nailing for humeral shaft fractures". It was a whole new experience presenting a poster at a trauma congress. As mentioned before there was a huge Dutch delegation, especially from Utrecht. Close to 25 medical students, PhD candidates, surgical residents and trauma surgeons from the region of Utrecht had descended into different Airbnbs across Valencia. One group had rented a house right outside Valencia, with a pool and barbeque in their backyard. And so, the first ever Utrecht BBQ was born. Good food, good conversation and excellent live entertainment made it a successful evening.

### **Tuesday, May 8—The perfect day to get lost in Valencia**

The last day of congress, for me, included the worthy task of collecting all posters from the St. Antonius Hospital to bring back to the Netherlands. That morning I decided to bike to the congress venue, since every day I had seen these bike lanes from the taxi and as a true Dutchwoman I had to bike at least one time during that weekend. That morning I learned that biking in Valencia is not the same as in the Netherlands, since pedestrians in Spain have less respect for the bike lane and cyclists than Dutch pedestrians do. Nonetheless, I arrived at the congress center with the challenge to fit ten posters into one poster tube, which required some perseverance. That day, I was able to attend the guest symposium about ATLS and an expert panel session with case scenarios about visceral trauma. Both were fascinating and intriguing. Especially the detailed case scenarios with the expert panel were very illustrative due to the great number of pictures and detailed

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discussion about “to operate or not to operate”. Unfortunately, that was already the last session of ECTES 2018. The closing ceremony followed, during which the very successful past days with over 1000 delegates from all over the world were reflected upon and we looked ahead to the ECTES 2019 in Prague. The rest of the afternoon was spent biking and getting lost in Valencia during some sightseeing in this gorgeous city.

After another great evening in Valencia, it was time for us to take a taxi back to the airport the following morning at 2 am to catch our 5 am flight back to Amsterdam—we all fell in sleep as soon as we were airborne.

ECTES 2018 in Valencia was the first trauma congress I attended. I look back very content at a successful, well organized and inspiring congress. It was a busy, but very rewarding weekend at which I met many new people, learned a lot about current trauma and emergency surgery research and innovations and enjoyed the beautiful city of Valencia.

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### Announcements

#### Upcoming related congresses & courses

**54. ÖGU Jahrestagung**

Salzburg, Austria  
October 4–6, 2018

**DKOU 2018**

Berlin, Germany  
October 23–26, 2018

**Trauma 2018**

Moscow, Russia  
November 2–3, 2018

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More congresses and courses to be found in the **ESTES events calendar** at  
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