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Message from the Advisory Council Chair**Things Are on the Move**

In previous editorials, my distinguished colleagues highlighted the challenges of promoting young surgeons' careers, fostering research, and improving acute patient quality of care in the era of organ-specific specialties. Even more, ESTES should navigate through the constantly changing world of this "new normality": society and economic dynamics, paradigm shift on educational models, the call for a change in the surgical culture and environment to prioritize well-being and prevent burn-out, or how to integrate disruptive technology in pursuit of better acute patient care are just a few of the many challenges that ESTES shall address. Are we prepared?

Not long ago some voices warned about the risk of ESTES becoming an "old boys' club", a static structure that may not be able to respond to new stakes. However, the reality is far from this—after one year working within the Executive Board, I found a brilliant, hardworking and committed board, mindful of its responsibility in guiding our society through the upcoming challenges and capable to bridge deep divides. Even small, slow changes add up to big changes.

As a result of the effort from the board, sections' and committees' representatives, administrator, and an engaged membership base, we had a successful congress in Ljubljana where two new brand initiatives were launched:

- The ESTES Research Committee has been established by the efforts of Gary Bass, former Vice Chair of the Visceral Trauma Section, and Frank Hildebrand who was appointed as ESTES President at ECTES 2023. Their experience in both clinical and basic investigation constitute outstanding support for young surgeons willing to run studies on trauma and emergency surgery and also for the development of new projects endorsed by ESTES.
- The Young ESTES initiative had one of the most successful sessions of the past congress. Run by an enthusiastic group of young general and orthopedic surgeons, the prepared daily sessions were packed with young colleagues, residents, and students. I was honored to be invited as senior panelist to one of their sessions and enjoyed a fruitful and extensive discussion.

My own residents attended a couple of their sessions. Their feedback about learned points and scientific level was excellent, but what they liked most was the feeling of belonging. Being residents in general surgery, it is difficult to engage them in acute care surgery; other surgical specialties offer better working conditions and recognition. ESTES will certainly attract and gain the loyalty of talented new surgeons to our specialty and within this initiative I am sure that the future of trauma and emergency surgery in Europe is guaranteed.

In the Advisory Council (AC), we have also evolved to become more dynamic and proactive. Following the new bylaws, in November 2022 we unanimously elected Guy Putzeys, Belgian Trauma Orthopaedic Association delegate, as the first Vice Chair of the AC. With his major support, we established a bimonthly meeting schedule to keep our Institutional Members' delegates updated and to involve them in ESTES activities.



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Furthermore, in the last year, eight of the 32 national delegates were renewed, and we welcomed a new Institutional Member, the Serbian Society of Emergency Surgery. The incorporation of enthusiastic delegates willing to spread the word of ESTES through their countries will contribute to a lively council and new projects. One of the first AC proposals for the new term is the creation of a Nurse Section/Committee that will start in the autumn, led by Frederic Lodier, our ATCN representative, highlighting the need to open our society to new disciplines and specialties following the multidisciplinary approach and teamwork needed for the care of acute patients.

You can join all these initiatives and more during our next congress in Lisbon 2024, which under the motto “Rediscover the World of Trauma and Emergency Surgery” promises to keep us moving on to the future.

“There is nothing permanent except change”—Heraclito

Dr. Cristina Rey Valcárcel
Advisory Council Chair

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Report of ESTES Congress Grant Winner Daniela Burbano



Words cannot describe how thankful I am for the opportunity that I was given to attend the ECTES 2023 meeting in Ljubljana, Slovenia. Everything regarding the meeting was an adventure: starting from the journey from South America, a long flight to Amsterdam, and then to Vienna, with a fantastic train ride to Ljubljana, a city full of history and spectacular sights, and then, arriving at the Cankarjev dom to witness outstanding lectures, and meeting people who I have read from books and articles, and who I have been dreaming to meet. This was followed by the opportunity to present our work in a QuickShot presentation, and on top of all of that, the great honor to receive one of the congress grants, presented by the ESTES President Dr. Hayato Kurihara. A whole dream come true.

Since I was a medical student, at the Universidad Icesi and performing my medical rotations in Fundación Clínica Valle del Lili in Cali, Colombia, trauma and emergency surgery have been my passion. Now, I am a third-year general surgery resident at the Universidad de Caldas, in Manizales, a small city in Colombia. While I was a medical student, I had a six-month surgical and research rotation in the area of trauma and emergency surgery with Dr. Alberto Federico García, a trauma and emergency surgeon at Fundación Valle del Lili; and from that time on, I've been working continuously with them. With their help, I have been able to publish five articles in index journals, and I've been fortunate enough to have been able to present our research in oral presentations at the Panamerican Congress of Trauma, Critical Care and Emergency Surgery in 2020 and 2022, at the Colombian National General Surgery Congress in 2022 and now at ECTES 2023.

It is him, Doctor Alberto García, the person that I owe what I am as a research and surgical professional. Here I would like to remember some of what ESTES President Dr. Hayato Kurihara addressed in the opening ceremony, i.e., mentorship. We, students, are swimming in the infinite ocean of medical knowledge, which most times can be overwhelming, but mentors are the ones that clear out the path, gives us guidance, and help us to progress in our surgical and research career. Without them, we most likely are lost, and probably we would limit ourselves to our daily activities and be ordinary physicians. But it is in them who plant the seed of curiosity in us, make us question, make us wonder, and make us want to be better. Something that I have learned from him is that the best mentors do not want to "create" mentees to their own image, but sees the potential in each one of them, and gives them the opportunity to create themselves. This is to say that I believe mentorship should be encouraged more in the surgical community, and it should be acknowledged how important it is. This is the way to engage new and fresh perspectives, and it is the opportunity to grow our trauma and emergency surgery community with future generations of surgeons and emergency physicians.

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I know all of these experiences nourish my surgical and research journey, and the number of doors that will open after this journey are new opportunities that I cannot wait to experience. So I would like to thank again, ESTES, the Lusitanian Association of Trauma and Emergency Surgery, and ESTES President Dr. Hayato Kurihara because without this opportunity none of these new future ventures would have happened.

It was a great honor to take the name of Manizales and Colombia to such a big event in Europe as a resident with my mentor by my side, the only two representing Colombia in the meeting. And to see that no dream is too big, and no dreamer is too small, as a female general surgery resident from a small city in Colombia made it up all the way halfway around the world in the 22nd European Congress of Trauma and Emergency Surgery in Ljubljana, Slovenia from May 7–9, 2023.

I can hardly wait for the next time that we meet again.

Kind regards,

Daniela Burbano Jaramillo

Announcements

Upcoming related congresses & courses

2023 CWIS International

September 4–5, 2023

Amsterdam, Netherlands

12th Interdisciplinary Polytrauma Course in cooperation with ESTES

September 14–15, 2023

Zurich, Switzerland

DSTC—Definitive Surgical Trauma Care

September 18–19, 2023

Graz, Austria

DSTC—Definitive Surgical Trauma Care

September 25–26, 2023

Graz, Austria

Hands-On Instructional Course—Traumatic Vertebral Fractures

September 26, 2023

Groningen, Netherlands

MUSEC: Modular Ultrasound ESTES Course

September 30, 2023

Gijón, Spain

Emergency Surgery Course (ESC)

October 2–3, 2023

Faro, Portugal

International Trauma Conference

October 7, 2023

Kortrijk, Belgium

Nuove Prospettive nella Sintesi delle Fratture dell'Omero Prossimale

October 10, 2023

Turin, Italy

European Trauma Course

November 12–14, 2023

Madeira, Portugal

European Trauma Course

November 15–17, 2023

Madeira, Portugal

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

www.estesonline.org**European Society for Trauma and Emergency Surgery**

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