

1. ECTES 2026 PARTICIPATION REPORT

A. STOCKHOLM, SWEDEN

I had never been to ECTES before, and this was my first time in Sweden too. I made the most of every opportunity to stop and look around. Stockholm has a certain magic, hidden inside its glorious architecture, islands and cultural diversity, not to mention the freedom that comes with having so much water around. The weather was an adventure in itself: it was cold, windy, sunny, rainy and snowy — sometimes all in the same day. However, nothing stopped me from enjoying every moment I spent here. I hope that one day I will return to Stockholm.

B. OPENING CEREMONY

The opening ceremony was the best I have ever seen, given that they are usually interminable speeches delivered by the organisers. This time, however, I was surprised and delighted to witness a wonderful cultural event that incorporated several significant aspects of Swedish culture alongside short and pleasant speeches. I was very surprised to have my name and photo projected onto the big screen in a large conference room full of people, and to be announced as one of the congress grant winners so unexpectedly. It was a true honour and a great motivator to receive this award, which proves that all my hard work was worthwhile. The passion that I shared with all the other colleagues participating in the congress was made public, and it felt so good to be recognised. I am overwhelmed by the sheer quantity of emotions and memories that I am left with after experiencing this.

C. MEET THE MENTORS - YESTES SESSION 2

I was fortunate to be chosen to take part in this special session, which gave me the opportunity to meet four amazing surgeons from all over the world. The fifteen-minute sessions were obviously insufficient for in-depth discussion, but I tried to learn at least one thing from each of them.

Of all the surgeons, I was most looking forward to meeting Dr. Shailvi Gupta, given her worldwide involvement in education and global health. I find her work inspiring, and the passion she demonstrates in everything she does is proof that this difficult field can only be mastered through constant courage and devotion.

Dr Ana-Maria Gonzales Castillo taught me that this life is given to us to pursue our dreams and that we must never allow anyone to take away what we are capable of achieving. I discovered a powerful woman who is a chief surgeon and who invests everything in developing herself and the younger generations in order to improve the quality of surgical practice.

Dr Hayato Kurihara inspired me to look beyond trauma and emergency surgery and to expect more from myself, encouraging me to improve my skills in elective surgery. He believes that surgeons should belong to both the emergency and elective worlds, practising surgery with the same passion and striving to be the best they can be in both situations. He also offered advice on the importance of focusing on minimally invasive surgery, both laparoscopy and robotics.

Last but not least was Dr Pal Naes, who revealed a different aspect of trauma and emergency surgery: paediatric surgery. He also shared his exhilarating lifelong experience and inspired us to dream big and always strive for more.

Attending this session was inspiring and motivating, and I am thankful for the experience.

D. SCIENTIFIC EVENTS

During ECTES 2026, I attended multiple scientific events focusing on trauma and emergency surgery. I had the opportunity to learn important things from leading experts in this field.

My favourite session by far was the first Politrauma session titled 'Champions League'. Four teams of specialists from different fields came together in the trauma bay and had the opportunity to confront each other and present their views on key moments in three challenging trauma cases. It was fascinating to watch, and I am grateful to have participated in this format.

I also attended several sessions on visceral trauma and emergency surgery, and I am glad to have broadened my knowledge in these areas. The ePoster sessions were also very interesting; they took place in the congress hall and were conducted in silent mode using headphones.

I left Sweden with words that will stay with me for a long time. Christine Gaarder taught us surgeons to 'preserve our brains and control our egos'. Ana-Maria González proved that 'it is important to know when operating becomes dangerous'; Jeffrey Kerby insisted on 'keeping it simple' and that 'less is better'; and Falco Hietbrink acknowledged that 'medical illustrators are eternal optimists'.

E. BAXTER HANDS-ON WORKSHOP - MEET THE EXPERT

During the breaks, Baxter, one of the congress sponsors, held multiple hands-on workshops. I attended one of these and had the chance to test their new suture sealing materials by performing sutures on vessel simulators. The second part of the workshop involved simulating lung hemostasis and aerostasis techniques on biological materials.

F. CONGRESS DINNER RECEPTION

One of the most exhilarating moments of ECTES was definitely the Congress Dinner Reception, a special gathering with most of the participants that took place in one of Stockholm's most magical locations: the Blue Hall of the Stockholm City Hall, where the Nobel Prize Award Ceremony and Banquet are held. It was an unforgettable experience that I will remember for a long time. We were honoured to be allowed to attend, and this is indeed special.

G. YOUNG ESTES MEETING SESSION

During the congress, I also attended the Young ESTES section meeting, which made me feel honoured to have been chosen as one of the four new core members. I am looking forward to meeting new people, establishing new connections and working with my new colleagues to organise ECTES 2027. I hope that the experience I have gained from organising different surgical congresses over the years will contribute to the growth of this special society and its great congress. Trauma and emergency surgery is a field that should be glorified and invested in as much as possible, especially given that we are an endangered species.

2. MEDICAL CAREER SO FAR

I graduated General Medicine from "Carol Davila" University of Medicine and Pharmacy in Bucharest, Romania and currently I am a second year general surgery resident working in the field of Emergency and Trauma Surgery at "Saint Pantelimon" Clinical Emergency Hospital in Bucharest, Romania.

3. SCIENTIFIC ACTIVITY

A. PAPERS

First Author:

- *"Managementul Pacienților cu Fracturi Costale Necomplicate. Un Studiu Retrospectiv al Eficienței"*
- *"DISERTATION PAPER: "Anestezia Loco-Regională pentru Controlul Durerii în Traumatismele cu Fracturi Costale – Un Studiu Pilot al Eficienței"*
- *"Visceroliza Laparoscopică în Tratatamentul Durerii Cronice Postoperatorii în Chirurgia Endometriozei: Un Studiu de Caz"*
- *"Cauză Neobișnuită de Peritonită Purulentă Generalizată: Chist Ovarian Suprainfectat Complicat cu Perforație"*
- *"Perforated abscessed hematoma of a giant spleen as a rare cause of pneumoperitoneum"*
- *"Strangulated hiatal hernia with gastric perforation as a rare cause of septic shock"*

Secondary Author:

- *"Managementul Leziunilor Iatrogene ale Ureterului în Chirurgia Laparoscopică a Endometriozei"*
- *"Sindrom Lemmel Asociat cu Pancreatită Acută – Provocări Diagnostice și Terapeutice. Prezentare de Caz"*
- *"Tratatamentul în Urgență al unui Pacient cu Șoc Hemoragic, Disjunctie Simfiză Pubiană, Disjunctie Sacroiliacă Bilaterală, Hematom Retroperitoneal de Zonă 3, Hematom Expansiv la Nivel Penian și Scrotal"*
- *"Apendicectomie Laparoscopică și Hernioplastie TAPP, într-un Singur Moment Operator, pentru un Caz de Hernie Amyand"*
- *"Ocluzie Intestinală Complicată după IPOM la un Pacient cu Multiple Comorbidități Cardiovasculare – Dificultăți în Abordarea Chirurgicală"*
- *"Vaginal cuff dehiscence with small bowel evisceration – Case presentation"*
- *"Rare presentation of right colon cancer as abdominal wall abscess – Case presentation"*

B. SPEAKER

- *"Time Means Life: Restoring the Bigger Picture in Trauma Surgery"* - PANEL MODERATOR - SURGICON 2023 – Bucharest, Romania
- *"Career Hour"* – Leaders Foundation, Romania
- *"Rezi Talk"* – gathering hosted by The Romanian Surgical Student Society (RSSS) to connect former volunteers to the younger generations

C. CONGRESS ATTENDING

- ECTES 2026 - Participant
- Second Congress of Emergency and Trauma Surgery of the Serbian Society of Emergency Surgery (2nd SSES Congress) 2026 - Faculty
- Emergency, Trauma, Surgery Congress (EST) 2025 - Faculty
- European Association for Endoscopic Surgery Annual Congress (EAES) 2025 - Participant
- SURGICON 2024 - Faculty Advisor and Special Guest
- SURGICON 2023 – Congress President
- SURGICON 2022 - Coordinator of the Department of Workshops and Live Surgery
- IMSCB 2021-2022 - Trainer & Coordinator of multiple hands-on workshops
- MEDICS 2021-2022 - Trainer & Coordinator of multiple hands-on workshops
- SURGICON 2021 - Trainer & Coordinator of multiple hands-on workshops
- SURGICON 2020 - Participant
- SURGICON 2019 - Scientific Department member
- IMSCB 2019 - Scientific Department member