

**PROGRAMA DE FELLOWSHIP EN CIRUGÍA DE LA MANO Y
RECONSTRUCTIVA DEL MIEMBRO SUPERIOR**

**Servicio de Ortopedia y Traumatología
Programa de Formación en Cirugía de la Mano
y Reconstructiva del Miembro Superior.**

- Servicio reconocido por la Asociación Argentina de Ortopedia y Traumatología (A.A.O.T.).
 - Servicio con Banco de Tejidos acreditado por el I.N.C.U.C.A.I.
 - Servicio Centinela del Registro de Implantes de la Asociación Argentina de Ortopedia y Traumatología.
 - Programa de fellowship en vías de acreditación por la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior.
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- **Jefe de Servicio:** Prof. Dr. José María Varaona
 - **Directores del Programa:** Dr. Mauricio C. Balumelli - Dr. Alfredo E. Olazábal

Lugar de Aplicación del programa

Sector de Cirugía de la Mano del Servicio de Ortopedia y Traumatología del Hospital Alemán de Buenos Aires

Sector de Cirugía de Hombro y Codo del Servicio de Ortopedia y Traumatología del Hospital Alemán de Buenos Aires

- **Docentes del Programa**

- **Prof. Dr. José María Varaona:** Especialista certificado en Ortopedia y Traumatología (Miembro Titular de la A.A.O.T., Secretario electo de la Comisión Directiva de la A.A.O.T.). Ex presidente de la Asociación Argentina de Cirugía de Hombro y Codo. Ex presidente de la Asociación Argentina de Trauma Ortopédico. Doctor en Medicina. Facultad de Medicina de Buenos Aires. 2007. Profesor Regular Adjunto de la Facultad de Medicina de la Universidad de Buenos Aires. Departamento de Cirugía. Asignatura Ortopedia y Traumatología. Director de la Carrera de Médico Especialista en Ortopedia y Traumatología. Facultad de Medicina U.B.A.

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Dr. Alfredo Edgardo Olazábal: Especialista certificado y miembro titular de la Asociación de Cirugía de la Mano y Reconstructiva del Miembro Superior.

Ex Presidente de la Asociación de Cirugía de la Mano y Reconstructiva del Miembro Superior (2011).

Beca de Perfeccionamiento en el Saint Vincent's Hospital Unidad de Microcirugía Melbourne Australia.

- **Dr. Mauricio Claudio Balumelli:** Especialista Certificado por la Asociación Argentina de Ortopedia y Traumatología.

Especialista en Ortopedia y Traumatología del Ministerio de Salud y Acción Social.

Especialista certificado y miembro titular de la Asociación de Cirugía de la Mano y Reconstructiva del Miembro Superior.

Miembro Titular de la Asociación Argentina de Traumatología.

Miembro Titular de la Asociación Argentina de Trauma Ortopédico.

Miembro Titular de la Sociedad de Biomateriales e Injertos.

Beca de Perfeccionamiento en el Berufgenosenschafliches Unfallkrankenhaus, Bergedor, Hamburg, Alemania (1994).

Dr. Juan Carlos Caruso: Especialista Certificado por la Asociación Argentina de Ortopedia y Traumatología.

Especialista Certificado y miembro titular de la Asociación de Cirugía de la Mano y Reconstructiva del Miembro Superior.

Miembro Titular de la Asociación Argentina de Trauma Ortopédico.

Beca de perfeccionamiento en el Instituto de Ortopedia y Traumatología del Hospital de Clínicas de la Universidad de San Pablo (2012)

Prof. Dr. Michael Oettinger: Especialista en Ortopedia y Traumatología, Miembro de la A.A.O.T.

Miembro y Ex presidente de la Asociación Argentina de Cirugía de Hombro y Codo.

Profesor Regular Adjunto de la Facultad de Medicina de la Universidad de Buenos Aires. Departamento de Cirugía. Asignatura Ortopedia y Traumatología.

Dr. Juan Pablo Simone: Especialista Universitario en Ortopedia y Traumatología

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Fellowship en Cirugía Reconstructiva de Hombro y Codo del Adulto (Orthopedic Adult Upper Extremity Reconstruction Fellowship). Mayo School of Graduate Medical Education. Mayo Clinic, Rochester, Minnesota, U.S.A. Accreditation Council for Graduate Medical Education (2011-2012)

Médico Especialista en Ortopedia y Traumatología certificado por el Ministerio de Salud de la República Argentina (2009)

Médico Especialista en Ortopedia y Traumatología certificado por la Asociación Argentina de Ortopedia y Traumatología. (2009)

Miembro Titular de la Asociación Argentina de Ortopedia y Traumatología

Miembro de la Mayo Clinic Alumni Association

Miembro de la Comisión Directiva de la Asociación Argentina de Hombro y Codo

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FUNDAMENTO

El manejo de los problemas traumáticos y reconstructivos de la mano y el miembro superior se ha convertido en un campo cada vez más complejo. Los avances en la ciencia básica y la tecnología junto con un crecimiento en la experiencia clínica han resultado en los últimos cambios dramáticos en muchos de los implantes, instrumentos y técnicas utilizadas en la cirugía de estos campos.

El Servicio de Ortopedia y Traumatología del Hospital Alemán cuenta con una prestigiosa Escuela de Maestros en la Cirugía de Reconstrucción del Miembro Superior, impulsada por miembros de amplia experiencia internacional/nacional, como el Dr. Olazábal (destacado miembro del Comité de Artritis de la Federación Internacional y ex presidente de la Asociación de Cirugía de la Mano y Reconstructiva del Miembro Superior), el Dr. Varaona Jose Maria, (Ex-Presidente de la Asociación Argentina de Cirugía de Hombro y Codo), el Dr. Varaona, Oscar (pionero en la región al realizar el primer reimplante realizado en nuestro país, Ex-Presidente de la Sociedad Latinoamericana de Ortopedia y Traumatología y Ex-Presidente de la Asociación Argentina de Ortopedia y Traumatología.) y el Dr. Oettinger (Ex-Presidente de la Asociación de Cirugía de Hombro y Codo)

Actualmente el Servicio de Ortopedia y Traumatología es un servicio acreditado por la Asociación Argentina de Ortopedia y Traumatología, la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior y la Asociación Argentina de Cirugía de Hombro y Codo; además de ser centro de referencia con Banco de Tejidos acreditado por el I.N.C.U.C.A.I.

El Servicio de Ortopedia y Traumatología desarrolla una importante actividad clínica y quirúrgica. Anualmente se realizan más de mil (1.000) consultas de la especialidad y aproximadamente seiscientos (600) procedimientos quirúrgicos. Asimismo, se cuenta con la tecnología adecuada.

Asimismo, se realiza una intensa actividad científica y académica, tanto en el ámbito interno del Servicio como en la participación activa en las Asociaciones Científicas que nuclea a la especialidad (A.A.O.T., A.A.C.M.y R.M.S., A.A.C.H.Y.C.) participando a nivel nacional e internacional.

Somos conscientes de que la educación médica continua es crucial para la formación de especialistas idóneos. Contando con especialistas acreditados, de alta capacidad científica y académica y con amplia experiencia estamos

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convencidos de llevar a cabo el programa de formación de forma responsable y eficaz.

REQUISITOS DE ADMISIÓN

Podrán concursar para este Programa médicos especialistas en Ortopedia y Traumatología certificados por el Ministerio de Salud de la Nación. El postulante debe ser miembro de la Asociación Argentina de Ortopedia y Traumatología (A.A.O.T.) y de la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior (A.A.C.M. y R.M.S.).

El aspirante debe presentar su Curriculum Vitae, presentar el título de médico certificado por el Ministerio de Salud de la Nación y el certificado de Especialista en Ortopedia y Traumatología certificado por el Ministerio de Salud de la Nación. Deberá presentar una carta de solicitud de ingreso al Programa y se le realizarán entrevistas. Las mismas serán efectuadas por el Jefe del Servicio de Ortopedia y Traumatología, el Director del Programa y miembros del Departamento de Docencia e Investigación.

La elección se publicará en la página del Hospital Alemán. Los resultados serán publicados via web y en la secretaria del servicio de Ortopedia y Traumatología.

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ESTRATEGIAS DE ENSEÑANZA

PROGRAMA TEÓRICO – PRÁCTICO

Duración del Programa. 2 (dos) años

Cargos: 1 (uno)

Fecha de Inicio: 1° de junio

Fecha de Finalización: 31 de mayo

Carga horaria: 45 horas semanales. (Deberá presenciar los ateneos del Servicio de Ortopedia y Traumatología, las clases teóricas y participar en la atención de los consultorios de la especialidad y de las cirugías propias del programa).

OBJETIVOS

Los objetivos del Programa son capacitar en forma teórica y práctica al médico especialista en Ortopedia y Traumatología en la cirugía de mano y reconstructiva del miembro superior. Al finalizar el programa el fellow deberá estar capacitado para realizar los diagnósticos y tratamientos adecuados y de vigencia actual. Este entrenamiento es crucial para que, en un futuro, esté habilitado a ser cirujano acreditado por la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior.

ACTIVIDAD TEÓRICA y PRÁCTICA

TEÓRICA

-Se dictarán clases semanales teóricas de la especialidad.

-El fellow deberá preparar los ateneos semanales de presentación de los casos quirúrgicos de la semana.

El Fellow deberá preparar los ateneos bibliográficos, supervisado por el Director del Programa.

-El Fellow deberá concurrir a los Cursos y Congresos de la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior.

-El Fellow deberá realizar la carrera de especialización universitaria de la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior, a cargo de la U.C.E.S.

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-El Fellow deberá presentar un trabajo en modalidad tema libre / Poster en el Congreso Anual de la A.A.C.M.

PRÁCTICO

-El Fellow deberá estar presente en, por lo menos, 250 procedimientos quirúrgicos anuales en carácter de ejecutor de los mismos.

-El Fellow deberá acompañar al médico docente especialista en los consultorios de la especialidad.

-El Fellow deberá realizar talleres mensuales de una técnica quirúrgica específica. El taller debe ser supervisado por el Director del Programa o por los docentes a cargo.

ACTIVIDAD	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
ATENEO	07:30-08:00	08:00-08:30		07:30-08:30	
ATENEO BIBL.			07:30-08:00		
CLASES					07:30-08:30
CONSULTORIO	13:00-16:00			08:30-12:00	
QUIRÒFANO	08:00-12:00	08:00-12:00 14:00-16:00	08:00-12:00 14:00-16:00	14:00-16:00	08:30-12:00

* Carga horaria total anual: 2115 hs. (47 semanas: 45 hs. semanales)

*Carga horaria teórica: 564 hs. en el Servicio de Ortopedia y Traumatología.

*Carga horaria práctica: 1551 hs.

*El Fellow no tiene actividad de guardia activa asignada.

*Durante los meses de enero y febrero no se realizarán las clases teóricas. Sí se desarrollarán los ateneos bibliográficos y de la especialidad.

El Fellow y los docentes tendrán una estrecha relación con la Asociación Argentina de Ortopedia y Traumatología y con la Asociación Argentina de Cirugía de la Mano y Reconstructiva del Miembro Superior (A.A.C.M. y R.M.S.). Deberá realizar la carrera de especialización universitaria de cirugía de la mano y reconstructiva del miembro superior, rendir el examen final y concurrir a las

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cirugías obligatorias y a clases que estén previstas en distintos centros acreditados por la Asociación.

VACACIONES

El Fellow tendrá un período de 5 semanas al año de vacaciones.

PROGRAMA TEÓRICO y PRÁCTICO

Durante el programa se contemplarán todos los temas teóricos y prácticos de la especialidad, contemplando las actualizaciones internacionales y los temas de discusión vigentes:

Programa analítico del Fellowship:

- Anatomía y fisiología de la mano y del miembro superior:
- Anatomía de la mano y resto del miembro superior. Fisiología músculo-tendinosa. Biomecánica articular. Nervios y vasos del miembro superior y la mano. Plexo braquial.
- Vías de abordaje del codo, antebrazo y muñeca.
- Vías de abordaje al codo: externa, interna, posterior y anterior.
- Vías de abordaje al radio y al cúbito.
- Vías de abordaje dorsales, palmares y externas de la muñeca.
- Vías de abordaje palmares y dorsales de la mano.
- Vías de abordaje palmares, dorsales y laterales de los dedos.
- Vías de abordaje a los nervios radial, mediano y cubital y a las arterias radial y cubital.
- Semiología de la mano y miembro superior. Exámenes complementarios: Diagnóstico por imágenes. Rayos X. Ecografía. TAC y RNM. Electromiografía.
- Examen físico del miembro superior en general. Examen por sistemas. Examen muscular. Movimientos del hombro. Semiología de hombro, codo y antebrazo. Semiología y biomecánica de muñeca y la mano. Diagnóstico por imágenes: indicaciones e interpretación. Electromiografía: indicaciones e interpretación.
- Mano traumática. Traumatismos de muñeca.
- Fracturas de metacarpianos y falanges.
- Fracturas de la extremidad distal del radio, variantes y clasificación.
- Fracturas y pseudoartrosis del escafoides y otros huesos del carpo. Lesiones de la articulación radiocubital distal. Inestabilidades agudas y crónicas del carpo.
- Traumatismos del miembro superior.
- Fracturas y luxaciones en el hombro. Fracturas y pseudoartrosis en el húmero. Lesiones ligamentarias y luxaciones del codo. Fracturas y pseudoartrosis del codo y antebrazo.

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- Mano quemada. Quemaduras del miembro superior.
- Quemaduras de la mano, palmares, dorsales, comisurales. Quemaduras en el resto del miembro superior.
- Lesiones de nervios periféricos y plexo braquial.
- Lesiones traumáticas del plexo braquial. Lesiones abiertas y cerradas. Lesiones preganglionares y postganglionares. Clasificación de Seddon y Sunderland. Estrategias de tratamiento e indicaciones quirúrgicas. Evaluación de los resultados. Lesiones de los nervios periféricos. Diagnóstico y conducta terapéutica.
- Mano parálitica. Secuelas neurológicas en el miembro superior.
- Biomecánica de las transferencias tendinosas.
- Parálisis obstétricas. Clasificación. Tratamiento de las secuelas.
- Mano parálitica: hemipléjicos, espásticos y cuadripléjicos. Diagnóstico, clasificación y tratamiento.
- Microcirugía general y experimental. Cobertura cutánea. Colgajos. Reimplantes.
- Microcirugía experimental y aplicada. Técnica de anastomosis vascular y nerviosas.
- Cobertura cutánea para la mano y miembro superior. Injerto libre de piel, colgajos de vecindad, colgajos en isla y libres. Colgajos simples y compuestos. Anatomía y vascularización de los colgajos. Técnica s e indicaciones. El colgajo interóseo posterior, antebraquial, paraescapular, dorsal ancho, peroné vascularizado. Otros colgajos e injertos óseos vascularizados. Diferentes sitios dadores.
- Reimplante de miembros. Indicaciones y técnica.
- Mano reumática. Artrosis de la mano. Artrodesis. Artroplastía.
- Mano reumática. Artritis reumatoidea. Artritis lúpica. Otras enfermedades del colágeno. Artrosis.
- Artritis de la muñeca. Rizartrosis del pulgar.
- Semiología, fisiopatología, clasificación y tratamiento.
- Diferentes técnicas de artroplastía con y sin prótesis. Técnica e indicaciones de artrodesis de muñeca y mano.
- Mano congénita. Malformaciones congénitas en miembro superior. Conductas terapéuticas. Técnicas.
- Falla de formación de partes. Falla de diferenciación. Duplicación. Hipertrofia. Hipoplasia. Síndromes de constricción anular. Anomalías y síndromes generales.
- Infecciones. Distrofia simpática refleja. Síndromes compartimentales.
- Infecciones agudas y crónicas. Endógenas y exógenas. TBC osteoarticular en el miembro superior. Flemón de mano. Tenosinovitis infecciosa.
- Síndrome de Suddeck.
- Síndromes compartimentales de origen traumático, infeccioso o tumoral.
- Lesiones tendinosas. Tenorrafias de flexores y extensores. Injerto de tendón. Rehabilitación.
- Lesiones de los tendones flexores. Clasificación por zonas según la IFSSH.

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- Anatomía y fisiología de las poleas tendinosas. Tipos de lesiones. Técnicas e indicaciones de suturas directas e injertos. Manejo del postoperatorio. Protocolo de Kleinert, Durán y otros.
- Lesiones del aparato extensor. Anatomía. Zonas topográficas. Tipos de lesión Boutoniere, cuello de cisne, mallet finger. Indicaciones y técnicas quirúrgicas. Manejo del postoperatorio.
 - Neuropatías compresivas del miembro superior. STC. Síndrome del túnel cubital. Entrampamiento del radial.
 - Neuropatías por entrampamiento del nervio mediano. Síndrome del pronador. Síndrome del interóseo anterior. Síndrome del túnel carpiano.
 - Neuropatías por entrampamiento del nervio cubital. Síndrome del túnel cubital. Síndrome del canal de Guyón.
 - Neuropatías por entrampamiento del nervio radial. Síndrome del túnel radial. Síndrome del interóseo posterior. Síndrome de Wartemberg
 - Rigideces articulares. Enfermedad de Dupuytren. Conductas terapéuticas.
 - Rigideces agudas y crónicas. Patologías que producen rigidez articular. Secuelas traumáticas. Prevención y tratamiento.
 - Enfermedad de Dupuytren. Historia. Teorías etiológicas. Clasificación. Manejo clínico. Indicaciones y técnicas quirúrgicas. Técnicas de Iselin, Tubiana, Hueston, Mac Cash, Mc Indoe, y otros. Vías de abordaje.
 - Artroscopía en el miembro superior
 - Hombro: examen físico, diagnóstico, indicaciones generales. Portales principales, portales secundarios. Patologías frecuentes: síndrome de fricción subacromial, roturas de manguito rotador, artrosis acromio-clavicular, inestabilidades gleno-humerales agudas y recidivantes, capsulitis adhesiva, lesiones SLAP, síndromes de fricción subcoracoideo, artritis acromio clavicular. Artroscopía en atletas. Técnicas: anclajes y suturas trasglenoidea, plicatura artroscópica, debridamientos, acromioplastía, anclajes, Munfor, complicaciones generales.
 - Codo: portales principales, portales secundarios. Patologías frecuentes: osteocondritis de cóndilo externo, cuerpos libres, artrosis, rigideces, epicondilitis, cupulectomía, patología en atletas. Complicaciones generales.
 - Muñeca: anatomía artroscópica de muñeca y mano (radio carpiana, mediocarpiana, radiocubital anterior y túnel carpiano). Indicaciones generales y artroscopía de muñeca. Portales principales radio-carpianos, medio-carpianos. Patologías frecuentes: lesiones ligamentarias escafo-lunares y luno-piramidales, lesiones del complejo del fibrocartílago triangular, gangliones dorsales y palmares, fracturas,
 - Trapecio-metacarpiana: portales principales. Patologías frecuentes: inestabilidad, artrosis.
 - Tumores en el miembro superior.
 - Generalidades de los tumores de partes blandas. Clasificación histológica de los tumores más frecuentes. exéresis: biopsia, exéresis marginal, ampliada, radical.

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- Tumores óseos: Enfoque diagnóstico de los tumores óseos. Biopsia ósea: biopsia por aspiración, con trócar, biopsia incisional, escisional, intraoperatoria. Radiología. Otros métodos de imágenes. Clasificación de los tumores óseos. Concepto de los tratamientos más frecuentes. Técnicas de reconstrucción en defectos óseos masivos.
- Reconstrucciones digitales.
- Reconstrucción del pulgar por pulgarización, alargamiento óseo, técnicas tradicionales de colgajos asociados a injertos óseos, transferencia de pie a mano: segundo dedo, wrap around, transferencia a medida, técnica de la rienda vascular.
- Reconstrucciones digitales por alargamiento, transposición, operación de Chase.
- Diferentes métodos de reconstrucción para la punta de los dedos. Colgajos en isla directos, indirectos, Littler, Atasoy, O'Brian, Moberg, Dellon, Foucher, etc.
- Anestesia en miembro superior.
- Anestesia locorregionales. Interescalénica, Kullenkampf, axilar, Bier.
- Anestesia general, neuroleptoanalgesia.
- Pre y postoperatorio del paciente internado y ambulatorio.
- Manejo del dolor.
- Rehabilitación de mano y miembro superior.
- Evaluación funcional del miembro superior. Valoración de movimiento, amplitud articular, sensibilidad.
- Órtesis y ayudas técnicas. Clasificación y función.
- Rehabilitación en fracturas.
- Rehabilitación post tenorrafias, injertos tendinosos y transferencias tendinosas.
- Rehabilitación en lesiones de plexo braquial y nervios periféricos.
- Rehabilitación en patologías no traumáticas: artrosis, artritis reumatoidea, quemaduras, Dupuytren, tenosinovitis, etc. Rehabilitación de las secuelas.
- Bioética
- Ética de las investigaciones médicas y de los trasplantes. Ética de las publicaciones médicas.
- Ética de la difusión de las prácticas médicas y del conocimiento científico. Los problemas de la manipulación genética, de la concepción, de la vida artificial, de la eutanasia y de la muerte.
- Metodología de la investigación científica
- Nociones básicas de epistemología. Teorías. Contexto de los descubrimientos. Revoluciones científicas. Ciencia. Términos teóricos. Ciencia y lenguaje. Conocimientos fundamentales para la formulación de un protocolo de investigación en medicina. Tipos de artículos científicos.
- Criterios de evaluación de un artículo científico. Búsqueda de información: técnicas tradicionales y técnicas modernas. Manejo de la información.

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PRESUPUESTO

El programa será remunerado. El Fellow cobrará la misma suma que un Jefe de Residentes del Hospital Alemán. Lo abonará el Servicio de Ortopedia y Traumatología. Se le pagará contra recibo oficial entre el día 1° y 5 de cada mes.

EVALUACIÓN

El fellow deberá rendir un examen teórico y práctico al finalizar el Programa. El mismo será evaluado por el Jefe de Servicio y el Director del Programa.

El examen teórico será por escrito. El Director y el Sub Director del Programa realizarán las preguntas sobre cirugía de la mano y reconstructiva del miembro superior.

La evaluación práctica se realizará en ayudantía. También se realizarán 2 talleres para evaluación de destreza técnica.

Al finalizar el programa, el Fellow realizará una evaluación del Programa y de los docentes a cargo. Informará si se cumplieron los objetivos y podrá realizar observaciones adicionales que considere útiles para mejorar el Programa de Formación en Cirugía de la Mano y Reconstructiva del Miembro Superior (Se adjunta planilla de evaluación)

****El programa contempla los contenidos académicos actualizados necesarios de un postgrado.***

Excelente * Muy bueno * Bueno * Regular * Malo

****El programa contempla un orden adecuado que facilite el aprendizaje.***

Excelente * Muy bueno * Bueno * Regular * Malo

****Se cumplió con el programa académico.***

Excelente * Muy bueno * Bueno * Regular * Malo

****Se cumplió con el programa quirúrgico***

Excelente * Muy bueno * Bueno * Regular * Malo

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****Los docentes cumplieron con los objetivos del programa***

Excelente * Muy bueno * Bueno * Regular * Malo

OBSERVACIONES Y COMENTARIOS ADICIONALES:

PERFIL DEL EGRESADO

El objetivo del Programa es la formación de un médico traumatólogo especialista en la Cirugía de la Mano y Reconstructiva del Miembro Superior.

Nos proponemos una formación integral de la persona, en la cual se contemple la idoneidad, los valores éticos y el compromiso social.

Idoneidad médica: Que adquiera los conocimientos teóricos y las habilidades prácticas para diagnosticar y tratar las distintas patologías de la especialidad, contemplando las actualizaciones nacionales e internacionales vigentes.

Valores éticos: Son primordiales para nuestro equipo La Verdad y el compromiso con el paciente, como también la cordial interacción con sus colegas.

Compromiso social: El egresado debe ser consciente de que debe transmitirle a la sociedad, con generosidad y eficacia, los conocimientos adquiridos durante el programa.

BIBLIOGRAFÍA RECOMENDADA

Libros de consulta y referencia:

- **Green's Operative Hand Surgery**, 2-Volume Set, 7th Edition. By Scott W. Wolfe, MD, William C. Pederson, MD, Robert N. Hotchkiss, MD, Scott H. Kozin, MD and Mark S Cohen, MD
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