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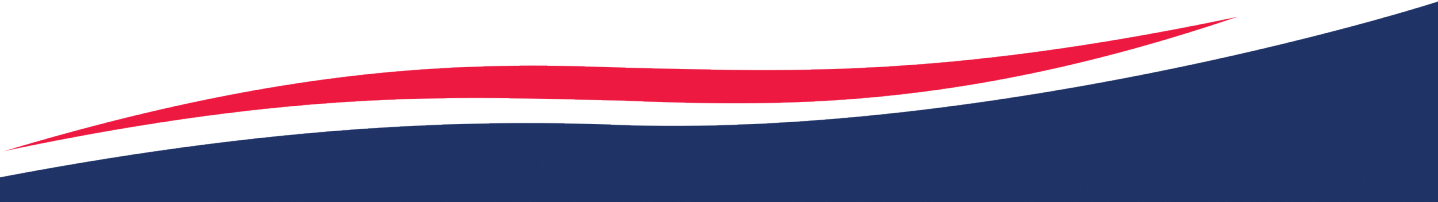
I been fortunate to receive The EUROSPINE Observership Grant and thereby I've got the opportunity to visit my proficient spine colleagues in Oxford, England. I would therefor like to thank the EUROSPINE Education Committee members for giving me this opportunity.

The Spine Unit in Oxford consists of eight consultants and four fellows. Their work is primarily distributed among three "Oxford University Hospitals" under The National Health Service (NHS) Foundation Trust. The John Radcliffe Hospital handles, among other things, level 1 trauma, paediatric surgery and more complex procedure that requires the possibility of joint venture and the presence of multiple specialties. The Nuffield Orthopaedic Center handles elective surgery and a variety of outpatient clinics. The Churchill Hospital, which, among other things, carries out complex tumour surgery and related oncology.

My primary hosts were Dr Dominique A. Rothenfluh and Dr Jeremy Reynolds; both well known in the EUROSPINE education community. I was there, in Oxford, for two weeks from 03.03.2019 to 16.03.2019 - and I was really well received. Everyone in the Spine Unit was open to discussing their patients as well as both their technical and logistical challenges. Brexit also came up from time to time.

I was allowed to scrub in for the surgeries as an assistant which made observing much more convenient. I got to see a number of cases like ALIF, XLIF, TLIF, MISS, neuromuscular scoliosis, tumour scoliosis (neuroganglioma), AIS-revision and not least a hemi sacrectomy (left S2-S5). Unfortunately, the JR was required to renovate four of their operating theatres, so the operating dates of adult coronal and sagittal imbalance deformities had been postponed.

I was also invited to the Spine MultiDisciplinaryTeam conference (spine, radiology, physiotherapy, etc.), the Oncological MDT conference (spine, oncology, radiology,



orthopaedics, paediatrics, neurosurgery, abdominal surgery, plastic surgery, etc.), the spine wards, as well as the outpatient clinics for degenerative, deformity, trauma, tumour and infection.

In this busy schedule, however, I had the Sunday off – and the opportunity to take a closer look at Oxford – “The City of Dreaming Spires”. The city oozes exciting history back from the Middle Ages until now. Oxenforda (the water passage for oxes) grew large after the university was founded in the 13th century (allegedly by two monks who later split and formed Oxford and Cambridge respectively). The first four faculties were the Parisians - theology, law, medicine and philosophy. Later, many more have come. The oldest of the 38 colleges are University College from 1249, and the latest, Green Templeton College, is from 2008.

Oxford is known to have been inhabited by many world-renowned writers, actors, politicians, researchers, etc. (C.S. Lewis, J.R.R. Tolkien, O. Wilde, E. Hemmingway, etc. - L. Taylor, H. Grant, E. Watson, etc. - M. Thatcher, D. Cameron, B. Clinton, I. Gandhi, etc. – J. Radcliffe, S. Hawking, G.R. Girdlestone etc.) Crazy records are also a part of the history of this beautiful city - the former Australian Prime Minister Bob Hawke entered the Guinness Book of Records after downing a yard of ale in 11 seconds (they just love a good ale).

We all know that Alexander Fleming by accident discovered the mould fungus *Penicillium Notatum* in London 1928. But it was actually in Oxford that Penicillin was first isolated and purified for the treatment of bacterial infection in 1939. Other achievements - R. Boyle (Boyle's Law), R. Hooke (made a microscope and thereby first identified the living cell), etc., etc.

The cost of living when visiting Oxford did not seem to differ from the rest of Northern Europe. But Oxford is supposedly the most expensive place to live across the entire UK in terms of income versus housing.

Overall, I would say that this Observership lived up to my expectation and I returned to Denmark with a suitcase filled with exciting impressions and observations that I believe will benefit my patients. Furthermore, I also got some good new friends and hopefully long-term relations.