



# **How I do it – 18. Edition**

**Educational workshop  
Luzern, September 27, 2025**

**Forum Junge Chirurgie &  
Forum of young pediatric surgeons Switzerland**

## Description

The motto of the event is "How I do it" and will consist of presentations of 30 minutes each (incl. discussion) on common surgical procedures. The aim is not to provide information on clinical pictures in the classical sense with diagnostics, indications, etc. rather a step-by-step description of how a particular procedure should be done and, of course, what to avoid ("pitfalls"). Simply said - the craft of surgery. Participators on this day will be given a hand-out for each presentation on which the speakers have retained their step-by-step instructions. Lunch, aperitif and drinks included.

## Accreditation



swiss  
orthopaedics



## Hands-on-simulations and prizes

Once again this year, our sponsors Medtronic and Swiss MIS will be giving away great prizes for the winners of the games. So let's get to the hands-on simulations – put your surgical skills to the test and beat the competition.



*Join in - It is worth it*

## Program

08.00	Registration and coffee
08.45	Welcome by the FJC Team-members / Input-speech FJC

### Principles of basic surgery

**Chair:** Dr. med. Rebecca Kraus (Kantonsspital Graubünden)

Dr. med. Valentin Neuhaus (Unispital Zürich)

**Lecture hall:** Building 31 (Spitalzentrum, main lecture hall)

09.00 – 09.30	Proctology in the emergency department	<i>PD Dr. med. Daniel Dindo (Hirslanden Group)</i>
09.30 – 10.00	Trauma-CT-Scan	<i>Prof. Sabine Schmidt Kobbe (Centre hospitalier universitaire vaudois)</i>
10.00 – 10.25	Input-speech SGC/SCS	<i>Dr. med. Rebecca Kraus (Kantonsspital Graubünden)</i>
10.25 – 10.30	Input-speech WiSS	<i>Member of WiSS</i>
10.30 – 11.00	<i>Coffee break</i>	
11.00 – 11.30	Appendectomy – in children and adults	<i>Dr. med. Heidi Misteli (Spital Uster)</i>
11.30 – 12.00	Luxation injuries – in children and adults	<i>Dr. med. Valentin Neuhaus (Unispital Zürich)</i>
12.00 – 13.30	<i>Lunch break with interactive games</i>	

## Focus on visceral surgery

**Chair:** Dr. med. Rebecca Kraus (Kantonsspital Graubünden)

Team-Member FJC

**Lecture hall :** Building 31 (Spitalzentrum, main lecture hall)

13.30 – 14.00	Venous port-Systems	<i>Dr. med. Thomas Lattmann (Kantonsspital Winterthur)</i>
14.00 – 14.25	Laparoscopic rectosigmoidal resection	<i>To be announced</i>
14.25 – 14.30	Input—speech Young Senologists	<i>Dr. Kavitha Däster</i>
14.30 – 14.55	Coffee break	
14.55 – 15.00	Input-speech Swiss MIS	<i>Member of Swiss MIS</i>
15.00 – 15.30	Hiatal hernias and acid reflux surgery	<i>Dr. med. Stefan Gutknecht (Stadtspital Triemli)</i>
15.30 – 16.00	Blunt abdominal trauma	<i>Dr. med. Tobias Zingg (Centre hospitalier universitaire vaudois)</i>
from 16.00	Apéritif with award ceremony	

## Focus on trauma surgery

**Chair:** Dr. med. Valentin Neuhaus (Unispital Zürich) / Team-Member FJC

**Lecture hall:** Building 31 (Spitalzentrum, U1-222/223)

13.30 – 14.00	Surgery of the spine	<i>Dr. med. Cordula Netzer (Unispital Basel)</i>
14.00 – 14.25	Proximal femoral fractures	<i>Dr. med. Christoph Meier (Kantonsspital Winterthur)</i>
14.25 – 14.30	Input-speech STS	<i>Dr. med. Christoph Meier</i>
14.30 – 15.00	Coffee break	
15.00 – 15.30	Orthoplastics in fracture-related infections	<i>PD Dr. med. Rik Osinga (Universität Basel)</i>
15.30 – 16.00	Knee arthroscopy	<i>Dr. med. Menduri Hoessly (Kantonsspital St. Gallen)</i>
from 16.00	Apéritif with award ceremony	



## **Focus on pediatric surgery**

**Chair:** to be announced / Member For Kids

**Lecture hall:** Building 33 (Kinderspital, Lecture hall ground floor)

*The program and speakers will be announced after final confirmation.*

<b>Date</b>	September 27, 2025
<b>Place</b>	Kantonsspital Luzern, Lecture halls in building 31
<b>Costs</b>	<b>50 CHF – preregistration online</b> or <b>70 CHF – Registration on the same day</b> to be paid in cash upon registration
<b>Inscription</b>	<b>Until 14.09.2025</b> via link on our homepage <a href="http://www.forumjungechirurgie.ch">www.forumjungechirurgie.ch</a>
<b>Deregistration</b>	Please cancel if you are unable to attend. <a href="mailto:hidi@forumjungechirurgie.ch">hidi@forumjungechirurgie.ch</a>
<b>Registration</b>	At site
<b>Accreditation</b>	8 CME Credits SGC / 4 CME Credits SGOT / 4 CME Credits SGKC
<b>Participants</b>	For all pediatric and general surgeons in training trainees and interested in traumatology and visceral surgery
<b>Language</b>	Slides in English, speaker language preferably English
<b>Further Information</b>	<a href="mailto:hidi@forumjungechirurgie.ch">hidi@forumjungechirurgie.ch</a>
<b>Organisation</b>	Forum Junge Chirurgie Forum of young pediatric surgeons Switzerland
<b>Sponsoring</b>	See also industrial exhibition

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