



### 24<sup>th</sup> SSSH congress announcement

The next SSSH congress will be held in Oslo August 19<sup>th</sup> to 22<sup>nd</sup> 2026. This will be the 24<sup>th</sup> SSSH meeting with international experts sharing their expertise on a wide range of topics featuring innovative approaches to hand surgery, arthroplasty, upper limb reconstruction. Any young hand surgeon that has defended his/her thesis during the past 2 years and presents the work at the meeting will be eligible for reduced price of admission! The first 8 young hand surgeons (under 40 years) submitting abstracts to the congress can receive a 250 euro refund of the conference fee. Mail a copy of abstract and the conference registration to [Martin.clementson@med.lu.se](mailto:Martin.clementson@med.lu.se) and [ole.reigstad@gmail.com](mailto:ole.reigstad@gmail.com)



### Changes in SSSH board

Dr. Michel Boeckstyns (Denmark) has retired from the SSSH board after long and successful career. The new SSSH representative for Denmark is Dr. Robert Gvozdenovic. Dr. Boeckstyns will continue in the role of SSSH webmaster. Also, Dr. Mārtiņš Kapickis has joined SSSH board as the new Latvian representative.

## Swedish internet course takes hand surgery training to a whole new level

The Swedish web based course in general hand surgery is opening up for Scandinavian members. The course is a structured read through of "Plastic Surgery, Fourth Edition, Volume 6, Hand and Upper Extremity" by Peter Neligan and James Chang, over a period of 2.5 years.

It has run in Sweden for a few rounds and has been very appreciated.

*See information at the end of the newsletter.*

## SSSH travel grants

SSSH announces the application of grants of 500-1000 € to be used to support clinics visits in Scandinavia. SSSH can sponsor a member of the society undertaking a visit to another clinic in a member nation. The purpose of the visit may be for clinical practice/auscultation or research projects. The grant can be used for traveling and accommodation and other expenses in connection with the visit. Instructions for application are enclosed at the end of the newsletter. Deadline for application is Jan 31<sup>st</sup> 2026

### SSSH board

President/Treasurer:	Dr. Ole Reigstad, Norway
Secretary:	Dr. Markus Pääkkönen, Finland
Members of board:	Dr. Robert Gvozdenovic, Denmark
	Dr. Martin Clementson, Sweden
	Dr. Kristo Kask, Estonia
	Dr. Mārtiņš Kapickis, Latvia

*Please stay tuned for upcoming SSSH webinars!*

**SSSH is online at: <http://sssh.site/>**

## The Swedish web-based course

It is time! The theoretical web-based course in hand surgery will restart in January 2026.

Over a 2.5-year period, the book "Plastic Surgery, Fourth Edition, Volume 6, Hand and Upper Extremity" by Peter Neligan and James Chang will be read from cover to cover.

The course is non-profit initiative emanating from the department of Hand Surgery at Skåne University Hospital in Malmö. However, many of the questions are written by several Swedish specialists and consultants in hand surgery, who kindly have assisted with questions from their various areas of expertise.

The main target of the course is residents in hand surgery, but the course is also open to residents in orthopaedic surgery and consultants in hand surgery who wish to refresh, maintain or update their knowledge in hand surgery.

On a weekly schedule, reading directions for 7-9 pages are sent by e-mail to the participants, together with 4 multiple-choice questions in a web form. To be approved weekly, the correct answer is required for 3 of 4 questions. To pass the entire course, the participants must have passed at least 70% of the course weeks.

The questions are posted online for 4 weeks, after which the web form will be closed (sent out on Mondays, closed Fridays 4 weeks later). The correct answers will be sent automatically, together with a corrective form where the participants can see how they responded.

The course will have temporary breaks at holidays; 6 weeks during summer, 2 weeks in Christmas, and 1 week in connection with winter-, easter- and autumn holidays.

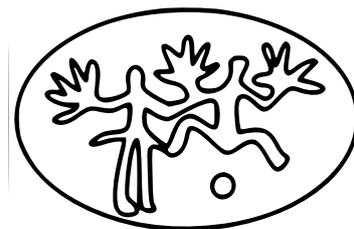
There will be an administrative fee for all attendees. The book is not included in the course.

Registration will be in December -25, and the course will start in January -26.

Information on dates and how to register will be announced on the SSSH web-page soon.

[Sssh.site](http://Sssh.site)

### **Instruction for applicants for SSSH Travel Grant:**



### **SSSH Travel Grant 500-1000 EUR**

SSSH can sponsor a member of the society undertaking a visit to another clinic in a member nation. The purpose of the visit can be for clinical practice/auscultation or research projects.

The grant can be used for traveling and accommodation or other expenses in connection to the visit.

Application with a free description of the purpose and extent of the visit shall be accompanied by a letter of invitation from the recipient department and a letter of approval for leave from the home department.

Application shall be sent in to the SSSH board for visits planned under the coming year.

A written account of the visit shall be presented to SSSH within three months after the visit for publication on SSSH website. The money will be transferred when SSSH has received the report.

#### [Application Travel Grant SSSH](#)

The application shall include the following information:

Name:

Address home department:

E-mail:

Phone:

Member society, Year of acceptance:

Speciality:

Year of diploma/speciality:

Level of expertise (resident/specialist/consultant/senior consultant):

Recipient department address:

Planned extent of the visit:

Financial support from own department:

Other grants and finances:

Budget for visit:

Account for payment of grant:

Description of the purpose for the visit:

*Copies of invitation letter (or similar) from recipient department and letter of leave from own department in .pdf format*

***Send the application and the attachments in .pdf format to:***

Martin.clementson@med.lu.se