



Research Networking Programmes

Short Visit Grant or Exchange Visit Grant

(please tick the relevant box)

Scientific Report

The scientific report (WORD or PDF file – maximum of eight A4 pages) should be submitted online within one month of the event. It will be published on the ESF website.

Proposal Title: Radost Velikova - orthodontist

Application Reference N°: 6905

1) Purpose of the visit

The main aim of the visit is to learn about the orthodontic protocol used by the Oslo team and the Romanian team to compare it with the current protocol in Plovdiv. The main aim for the Plovdiv Cleft Team is to enhance their knowledge about multidisciplinary teamwork and how to integrate these aspects into their existing provision of care protocol if deemed appropriate and functional. This will be achieved by active dialogue, participation and observation at the Bucharest Cleft Centre, which at the same time is hosting members of the Oslo Cleft Team, Norway. Consequently, the Plovdiv Cleft Team will be able to draw upon the highly experienced Norwegian team in multidisciplinary approaches and at the same time draw upon the experience from the Romanian team in how they are developing their multidisciplinary care.

2) Description of the work carried out during the visit

The short visit was for 3 days (21-24 September, 9-17.30). The name of the Conference was "Development of multidisciplinary innovative strategies for the care of the Romanian individual with cleft lip and/or palate". The meeting took place in Bucharest, Romania in RESIDENCE HOTEL, DOMENII PLAZA and were organised by dr Radu-Iulian Spataru and supported by the EEA Norway grants scheme. A large number of delegates from the Oslo cleft team presented on all aspects of multidisciplinary care and we were pleased to note that there were delegates also from Serbia,

Ukraine and Poland in addition to a good local representation from Timisoara, Iasi, Craiova, Targu-Mures and Brasov.

Every cleft team specialists gave a lecture about his role in the team work and for the treatment of patients with clefts.

The specialist were: Prof. Dr. Gunvor Semb -Cleft Orthodontist ,Eurocleft steering group , Prof. Dr. Bill Shaw -Cleft Orthodontist -Eurocleft steering group special guest from Manchester ,Dr. Elisabeth Rønning -Cleft Orthodontist Head of Dental Unit, Dr. Pål Skaare -Cleft Orthodontist , Jorunn Lemvik and Ragnhild Aukner -speech therapists, Nina Lindberg- specialised cleft nurse, dr. Charles Filip -Cleft Plastic Surgeon, Oslo University Hospital ,Norway and prof. Hallvard Vindenes-cleft plastic and Maxillofacial surgeon from Bergen cleft center

From Romanian team- dr.Radu-Iulian Spataru-pediatric surgeon, Lidia Boboc-cleft orthodontist,Ionela Ghiozdavu-speech pathologist, Ion Nicolescu-Maxillofacial surgeon-clinical Hospital St Marry, dr. Catalin Carstoveanu and other pediatric doctors.

The topics of discussion in the conference was:

- History of CLP in Oslo and Bergen /Norway/
- Classification of cleft type and the challenges that they give us
- Research about CLP, how we measure outcome, european speech group
- The members of cleft teams in Oslo,Bergen,Romania-why cleft patients need teamwork
- Multidisciplinary principles
- National register in Norway
- How these children develop and grow ,types of surgical treatment
- Speech assesment and consequences for speech and languages in Oslo
- Speech and language therapy by patients with clefts in Romania
- How we choose the right orthodontic treatment,prosthodontic treatment
- The nurse role in cleft care, babies feeding
- Challenges and dilemmas in pediatric oral surgery-Romanian team experience
- Pierre Robin syndrome-sequence
- Maxillofacial surgery in patients with clefts
- Oslo cleft team protocol

Dr Spataru gave a speech and welcome us to the conference. He said that they aid to provide the guide of good practice for cleft professionalist and also to provide the informative guide for the parents. They are looking for future collaboration with other centers. He says that the clets treatment is similar to music. When you have one specialist performing there we will have good results. But if we have an orchestra it will be quite another thing. If we are able to work as an orchestra together, we will be able to improve the quality of our patients results.

Its quite common in Norway -1/500 cleft lip/palate.Oslo cleft lip and palate team treats about 2/3 of the CLP individuals in Norway. The center gets 80-100 new patients per year, included some few percent with other craniofacial disorders. There is another center in Bergen, Norway who treats also cleft patients. This team from Oslo has a very good eperience and large number of stored database for more than 30 years folow up.

I spent 14 days in Oslo in March 2014, thanks to the support of ESF with a short visit grant. I am very familia with their protocol. So i wrote it in details in my previous report.

There was a discussion about the differences in the protocols used in Bulgaria, Romania and Oslo. I spoke with romanian orthodontists Lidia Boboc about the orthodontic treatment in Romania. She talked about the role of the orthodontist in the cleft care in Bucharest, Romania. She has been to Oslo about 10 years ago and she is familia with the Oslo protocol.

3) Description of the main results obtained

The specific protocol in the Oslo team and the difference from the protocol used in Bulgaria. Also i was informed about the situation in Romania.

4) Future collaboration with host institution (if applicable)

My future aim is to continue this collaboration with the team in Oslo and Romanian team.

At this meeting we spoke about the main differences in bulgarian protocol and the situation in Romania with the cleft care. Sharing our experience and discussions about some complicated cases would be very useful for me.

I'm planning to continue collecting the orthodontic database of the cases using some of the topics from Oslo protocol.

At the meeting i met the orthodontist from Serbia-Dr Julija Radojcic. We together visited Oslo team in Rikshospitalet. We continue to collect the 5 years old UCLP cases and compare it using GOSLON-YARDSTICK.

5) Projected publications / articles resulting or to result from the grant (*ESF must be acknowledged in publications resulting from the grantee's work in relation with the grant*)

Comparison of the protocols of care born with cleft lip and palate in Bulgaria, Plovdiv cleft center and other european centers.

6) Other comments (if any)

This short visit grant was again very useful and so emotional for me. I had the This meeting was again an example that for achieving good results it is necessary for close collaboration with all members of the team.