



How I do it

**19th Edition
Educational Workshop**

**Saturday September 26, 2026
Lucerne**

**SYS - Swiss Young Surgeons &
ForKidS - 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 will be giving away great prizes to the winners of the Games and Tombolas. Now it's time to get hand-on: put your surgical skills to the test, take on the challenge and beat the competition. The Game will be sponsored by Swiss-MIS and will feature the Lübecker Toolbox by Corza Medical, giving participants the chance to demonstrate their precision, dexterity and surgical technique in a practical simulation setting.

The Tombola prize will be a one-year membership to JOMI, the Journal of Medical Insight, giving the winner access to peer-reviewed surgical video content and valuable educational resources.



Join in - It is worth it

Program

08.00	Registration and Coffee
08.45	Welcome by the SYS Team Members

Principles of Basic Surgery

Chair: Prof. Dr. med. Valentin Neuhaus & Dr. med. Ida Flüglistaler

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

09.00 – 09.30	Ventral/Incisional Hernias	<i>Dr. med. Sandra Widjaja-Kaufmann- (Luzerner Kantonsspital)</i>
09.30 – 10.00	Chest Tube – Indications and Management	<i>Dr. med. Michail Galanis (Inselspital Bern)</i>
10.00 – 10.30	Basics of (Emergency) Hand Surgery	<i>Dr. med. Mauro Maniglio (Universitätsklinik Balgrist)</i>
10.30 – 11.00	<i>Coffee Break</i>	
11.00 – 11.30	Major Burn Injuries	<i>PD Dr. med. Kathrin Neuhaus (Kinderspital Zürich)</i>
11.30 – 12.00	Damage Control Surgery / Disaster Management	<i>Dr. med. Tenzin Lamdark (Leitung des Koordinierten Sanitätsdienstes (KSD))</i>
12.00 – 13.30	<i>Lunch Break with Interactive Games</i>	



Focus on Visceral Surgery

Chair: Dr. med. Ida Flüglistaler & Team-Member SYS

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

13.30 – 14.00	Laparoscopic Management of Inguinal Hernias	<i>PD Dr. med. Julian Süsstrunk (Clarunis Universitäres Bauchzentrum Basel)</i>
14.00 – 14.30	Stomas and Common Complications	<i>PD Dr. med. Heidi Misteli (Spital Uster)</i>
14.30 – 15.00	Coffee Break	
15.00 – 15.30	Mesenteric Ischemia	<i>PD Dr. med. Regula v. Allmen HOCH (Health Ostschweiz)</i>
15.30 – 16.00	Basics of Bariatric Surgery and the Most Common Complications	<i>PD Dr. med. Romano Schneider (Clarunis Universitäres Bauchzentrum Basel)</i>
from 16.00	Apéritif with Award Ceremony	



Focus on Trauma Surgery

Chair: Prof. Dr. med. Valentin Neuhaus & Team-Member SYS

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

13.30 – 14.00	Ankle Dislocation	<i>Dipl. med. Christian Keiser (Kantonsspital Graubünden)</i>
14.00 – 14.30	Shoulder Dislocations and Their Complications	<i>Dr. med. Severin Meili (Spitäler Schaffhausen)</i>
14.30 – 15.00	Coffee Break	
15.00 – 15.30	Sports Medicine	<i>PD Dr. med. Stefan Fröhlich (Schulthess Klinik)</i>
15.30 – 16.00	Knee Injuries	<i>Dr. med. Christian Frank (Kantonsspital Baselland)</i>
from 16.00	Apéritif with Award Ceremony	



Focus on Pediatric Surgery

Chair: Dr. med Ana Calinescu & Dr. med Cristiana Riboni

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

13.30 – 14.00	All About Stomy	<i>PD Dr. med. Raphael Vuille-dit-Bille (Universitäts-Kinderspital beider Basel)</i>
14.00 – 14.30	Key Steps for Roux-en-Y Loop Creation and Choledochal Cyst Excision	<i>Dr. med. Ana Calinescu (Hôpitaux universitaires de Genève)</i>
14.30 – 15.00	Coffee Break	
15.00 – 15.30	Megaureter: From Pathophysiology to Operative Strategy	<i>Dr. med. Martina Frech-Dörfler (Universitäts-Kinderspital beider Basel)</i>
15.30 – 16.00	When Insides Are Out – Ins and Out of Gastroschisis	<i>Dr. med. Adriana König (Hôpitaux universitaires de Genève)</i>
from 16.00	Apéritif with Award Ceremony	

Date	September 26, 2026
Place	Kantonsspital Luzern, Lecture halls in building 31
Costs	50 CHF – preregistration online or 80 CHF – Registration on the same day to be paid in cash upon registration
Inscription	Until 13.09.2026 via link on our homepage www.swissyoungsurgeons.ch 
Deregistration	Please cancel if you are unable to attend. hidi@swissyoungsurgeons.ch
Registration	At site
Accreditation	6 CME Credits SGC & 4 CME SGKC Credits
Participants	For all pediatric and general surgeons in training trainees and interested in traumatology and visceral surgery
Language	Slides in English, speaker language preferably English
Further Information	hidi@swissyoungsurgeons.ch
Organisation	Swiss Young Surgeons Forum of young pediatric surgeons Switzerland
Sponsoring	See also industrial exhibition



Baxter



ECC
EUROPEAN COLORECTAL
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