

IUGA UROGYNAECOLOGY OSERVERSHIP REPORT

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Dates of observership: June 28 to July 11, 2023

Hosts: Miss Ranee Thakar, Mr. Abdul Sultan and Miss Dalia Saidan

Host site: Croydon University Hospital Urogynecology and Pelvic Floor Reconstruction Unit
530

London Road, Croydon, Surrey CR7 7YE UK

I am honoured and grateful to be the recipient of IUGA Observership Grant 2020. I had the privilege and the opportunity to visit the Croydon University Hospital. I am grateful for having this wonderful learning opportunity under the mentorship of world-renowned experts in urogynecology. Miss Thakar and Mr. Sultan are internationally renowned for their expertise, research and training programs in OASIS and anorectal ultrasound.

The Orchid Suite at the Croydon University Hospital is a well-established tertiary care center for the women with pelvic floor dysfunction. The unit has special expertise in the treatment of pelvic floor disorders such as uterovaginal prolapse, urinary and faecal incontinence and childbirth related perineal injuries. I had warm welcome from all the multidisciplinary staff at Orchid Suite and Miss Kandice, subspecialists urogynaecology fellow. During my observership, I attended clinics with Wendy, the colorectal nurse specialist, who taught me the conservative management of bowel dysfunction. I also attended bladder dysfunction clinic, pessary clinics, perineal wound clinic and sessions of Urodynamics studies. Those were conducted by specialist nurses. They focus on the initial assessment, conservative management and refer to urogynaecologists when required. A variety of pessaries were offered for prolapse. The perineal clinic runs at least once a week where postpartum women with OASIS and antepartum women with previous OASIS are assessed by anal manometry and endoanal ultrasound. I was fortunate enough to attend the perineal clinics both by Miss Thakar and Mr Sultan during my short stay. I learned how to recognize the sphincteric defect on endoanal ultrasound and the use of anal manometry. It was very relevant to learn about the recommended mode of delivery of women with previous OASIS based on the test results. I also attended urogynaecology clinic with Miss Saidan. I was introduced to management protocols for various pelvic floor conditions including pelvic organ prolapse, obstetrical anal sphincter injuries, perineal pain, and incontinence. I also came across with women with genital mutilation for the first time and learned about how they are managed. All staff of the unit were friendly and helpful. The unit

has an extensive database of all the evaluation, management and follow up of the patients of Incontinence, prolapse and anal sphincter injuries.

My primary goal of attending this observership was to gain knowledge in the prevention, diagnosis and management of obstetrical anal sphincter injuries (OASIS) and these objectives are well met. The knowledge I have gained from this observership is invaluable and will certainly enhance and upgrade my career.

During my leisure time, I got chance to explore the city of London. The diverse culture, historical sites like St Paul's cathedral, Tower of London, Buckingham Palace, Big Ben, Westminster Abbey etc fascinated me. It was worth to visit Stonehenge, the most architecturally sophisticated stone circle. The history and the mystery behind the stonehenge was amazing. It was indeed a wonderful time to cherish.

I am particularly grateful for Ms. Thakar and Mr. Sultan for accepting me as observer and ensuring I had a good learning experience during my visit. I deeply appreciate the whole team of The Orchid Suite for their warm hospitality and enthusiasm in teaching. My sincere thanks to IUGA team for providing me this opportunity. It was a great professional experience and I would introduce my knowledge in clinical practice, research tool and would share with my colleagues and other health care professionals.





