

IUGA report

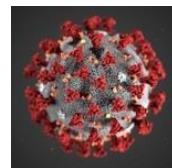
Someone once said that the training spirit is OPPD : Observe, Practice, Progress and Developing skills. I agree with that statement and this is exactly what the International Urogynecological Association (IUGA) demonstrated. Indeed, IUGA awarded me the 2019 observership grant and gave me the opportunity to experience "the training spirit" at Groote Schuur Hospital in South Africa. As I am nearing the end of my residency, I am writing this report to highlight three key take-aways: training, Covid 19 and acknowledgements.

-Training

I learned a lot during my training session and one of the things I learned is that sometimes we need to transform the word 'difficulty' into 'opportunity.' Yes, difficult moments are really times of learning and growing. Some of the teaching methods used during the training consisted of online learning and practical surgical procedures in a private hospital. Besides these training sessions, I participated in webinars and journal club presentations on various topics such as pelvic organ prolapse, stress urinary incontinence, fistulas, overactive bladder, urodynamics, bladder pain syndrome, urinary tract infections, etc. This included the IUGA webinars and registration to the next annual IUGA virtual meeting in September. I also attended to surgical procedures involving laparoscopic sacrocolopexy, mid-urethral sling surgery, sacrospinous fixation, bulking agents, intravesical injection of botulinum toxin A, sacral nerve modulation, mesh explantation, cystoscopy and many others.



Boukary Kabre with Dr Steve Jeffery during surgery



Covid 19

This takeaway will not surprise anyone as this year 2020 will remain in our memories because of COVID 19 pandemic event. As far as I am concerned, I learned that the future is unpredictable. I was supposed to leave Cape Town at the end of March. Unfortunately the pandemic found me still in Cape Town. South Africa was one of the countries involved in this pandemic around the world. A lockdown followed and the borders were closed. As a result of this crazy event, my stay was extended and I live longer than expected. Things have since slowed down and I am returning home in a few days. The most lesson that I learned from this event is that we should never lose hope. In other words, there is always light at the end of the tunnel.



Groote Schuur Hospital

-Acknowledgements

Last but not the least, I want to thank my mentor. Dr. Lisa Kaestner, thank you for all that you did. I have to admit that Dr. Lisa made this experience unique and enjoyable and I will always be grateful. She assisted me throughout my time here and did her best to facilitate my stay. Thanks to the urogynecology unit of Groote Schuur Hospital and thank you to the IUGA for awarding me their grant and giving me this unique opportunity. It was a life changing event. My thanks also goes to Dr. Steve Jeffery at Christian Barnard Memorial Hospital and his amazing surgical team. It was a great pleasure for me to work with you. Many thanks to the Pelvic Floor Foundation of South Africa and the countless people who supported and assisted me in many ways during my time in South Africa.



From left to right. Farzana Cassim, Boukary Kabre, Lisa Kaestner and MLS De Koch during scientific meeting before covid 19 event.

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