

IUGA 2021 UROGYNAECOLOGY OSERVERSHIP REPORT

NAME: Susan Obore
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HOST SITE: University of Cape Town and Groote Schuur Hospital, South Africa
HOST NAME: Stephen Jeffery
CONTACT INFORMATION: stephen.jeffery@uct.ac.za

Educational Experience and specific skills learned.

After completion of my training in Obstetrics and Gynecology; I developed interest in fistula surgery and later urogynecology where I gained experience over time from working with my colleagues and mentors. However, as I encountered challenges in management of urogynecology conditions, this created in me a desire to seek for an opportunity to work with a trained urogynecologist and also pursue a fellowship in urogynecology. Thanks to IUGA, I was granted this great opportunity of observership in Cape town, South Africa.

With an open mind and expectation, I set out with the aim of improving my knowledge and skills in urogynaecology and specifically in the areas of urodynamic studies, cystoscopy, pessary use in pelvic organ prolapse and management of urinary incontinence in elderly women. Also, being in a new hospital, I was hoping to get new ideas to contribute to the organization and provision of urogynecology services in our hospital.

While in Cape Town, I had the opportunity to participate in outpatient clinics where I observed urodynamic studies being performed and also the use and management of pessaries in patients with pelvic organ prolapse. Both services are available in our hospital but underutilized.

I had the opportunity to observe office cystoscopy as well as cystoscopy in theatre. The widespread use of cystoscopy helped me become familiar with this procedure and enabled me gain confidence in performing cystoscopy.

I was able to observe various vaginal surgical procedures including vaginal hysterectomy, sacrospinous ligament fixation, anterior and posterior colporrhaphy, Fentons' procedure among others. This helped me to identify areas for improvement in my surgical skills while performing these procedures.

I also observed laparoscopic surgeries including laparoscopic sacropexy and hysterectomy as well as robotic sacropexy, nerve stimulation for anal incontinence, use of botox in bladder over activity and vaginal laser therapy.

Research accomplished;

Unfortunately during my time of observership, I did not participate in any research activities however hearing my mentor and the team at UCT talk about researches accomplished and innovations tickled my mind to embark on operational research in urogynecology. I hope to begin writing a research proposal soon.

How the experience has benefitted my career.

This experience has enabled me address gaps in my knowledge and surgical skills. There were lessons in management of patients and organization of services including the wards and the clinics. Patient records management was a great lesson to me including the urogynecology patient assessment forms.

How the experience impacted me personally

The experience opened my mind to the wide scope of urogynecology and the need for specialized clinics like perineal, pessary, urodynamics and others to address the different conditions. It also gave me the confidence to try out more surgeries and helped me improve my surgical skills.

The team work at Groote Schuur, handling of medical students and registrars and collaboration/consultation with other departments and specialties was a great lesson for me.

I learnt how to manage students, give them opportunities and enable them learn.

Acknowledgements

Thank you to IUGA for offering me this observership grant.

Thanks to Dr Stephen Jeffery for his support during the process of application for the grant and for accepting to host me at his site. His hard work and innovation inspired me a lot. I know that this interaction with him has greatly impacted me.

Thanks to the head of Department of Obstetrics and gynecology at Groote Schuur hospital, Dr Kendall Brouard- Head of urogynecology as well as Dr Ramees and the urogynecology team.. I learnt a lot from them all.

Special thanks to Dr Kendall who helped me arrange for the visit including permission from the hospital and accommodation. Thanks to her for welcoming me and making me feel comfortable. A big thanks too to her family including Thomas who took me on a tour to the Table Mountain and made my stay in Cape Town very memorable.

PHOTOS



AT THE HOSPITAL



OBSERVING OPERATIONS IN THEATRE WITH DR KENDALL BROUARD AND THE TEAM AT GROOTE SCHUUR HOSPITAL



WITH PROF STEPHEN JEFFERY AT CHRISTIAAN BARNARD MEMORIAL HOSPITAL

