

IUGA UROGYNE OBSERVERSHIP, March/April 2017

NAMES: Anthony Wanjala

COUNTRY: Kenya

DESIGNATION: Obstetrician/Gynecologist & Fistula Surgeon, Malava Hospital, Kakamega & Gynocare Fistula Centre, Eldoret, Kenya.

LOCATION: University of Cape Town and Groote Schuur Hospital Department of Obstetrics & Gynecology.

SUPERVISOR: Dr. Stephen Jeffery, Head of Urogyne Department, University of Cape Town.

As a Fistula Surgeon there are challenges I routinely encounter in the line of duty, gaps that can only be filled with adequate Urogyne exposure. It was on this premise that I landed in Cape Town on a warm & windy Sunday morning, full of expectations that this visit will afford me not just a sneak peek but a full glimpse of the world of Urogyne.

Kenya, like many Sub-Saharan Countries has an acute shortage of Urogynecologists and as such I had very limited experience in this field. I was at cross-roads and was using this trip to gauge whether I would be content with Fistula Surgery or whether I would want to commit my life fully into Urogynecology. I was also curious to experience the South African health care system that has so often been talked of as a model for the rest of Africa.

My host Dr. Jeffery helped me through the paper work which made my settling smooth. I secured accommodation at Rochester House, operated by University of Cape Town, a stone-throw away from Groote Schuur Hospital, making my daily movement easier.

For the four weeks I was in Cape Town I found myself quite busy and time just wheezed by. In the clinical areas Dr. Jeffery or his colleague Dr. Pieter Kruger personally supervised me and saw to it that I was achieving my objectives. They were kind enough to tag me along in their private practice at Christiaan Banard Memorial Hospital. I also learnt a lot from the Urogyne fellow in the department Dr. Lamees Ras.

The weekly schedule looked something like this;

| | Morning | Afternoon |
|-----------|--------------------|----------------------------|
| Monday | Pre-op ward round | *Urodynamics Clinic |
| Tuesday | Theatre | Theatre |
| Wednesday | Urogynae Clinic | Female Continence Clinic |
| Thursday | Theatre | Theatre |
| Friday | Post-op ward round | |

The Urodynamics clinic takes place once every two weeks but I wasn't lucky enough to attend any of it because of cancellation first, then RCOG conference.



Figure 1: With Dr. Jeffery in Theatre

On my first clinical day which happened to be theatre day, I observed a total of 9 surgeries/procedures which was quite exciting, a red-carpet sort of welcome for me. I was lucky to have done the Observership during a high volume season for the figures stayed high enough enabling me to observe a variety, some of which I assisted. These included;

- TVT R/O
- Uterosacral suspension
- Laparoscopic Sacrocolpopexy

- Anterior and posterior colporrhaphy
- Perineorrhaphy
- Vaginal hysterectomy
- Cystoscopy
- Treatment of OAB using Botox injection
- Placement of sacral nerve stimulator
- *Bonus: Laparoscopic Tuboplasty

RCOG 2017

Cape Town played host to the 2017 edition of the annual Scientific Conference of RCOG. This took place from 20th to 22nd March 2017 at The Cape Town International Convention Centre. In discussion with Dr. Jeffery I had planned my visit to coincide with this event.



Figure 2: RCOG 2017

This event was attended by delegates from all over the world. The scientific presentations were great learning moments. There were plenty of Urogynae related activities that augmented my core business of the Cape Town trip. I got a chance to network and make friends with top scientists and researchers from various continents. The highlight of the conference was watching a live stream of laparoscopic surgeries from Christiaan Banard Memorial Hospital. During this stream I got a chance to meet The First Lady of The Republic of Kenya, Her Excellency Margaret Kenyatta who had been feted the previous day by the RCOG for her efforts in promoting maternal health in Kenya through her Beyond Zero campaign. How ironic that I met her in Cape Town. In Kenya I would never be allowed to step anywhere near her.



Figure 3: With First Lady of Kenya Margaret Kenyatta and Dr. Joseph Nyagi at Christiaan Banard Memorial Hospital

Social Front

On the social front, Cape Town is a beautiful city with multiple tourist attraction sites. Apart from the multiple mega malls and beach fronts I got a chance to sample the magnificent Table Mountains with the cable car, affording me a breath taking view of the city from a bird's eye

view. Aboard the tour bus we visited virtually every corner of the city. The wine fields in Stellenbosch were not spared either.

GRATITUDE

I wish to express my gratitude to

- IUGA for facilitating the trip
- Dr. Jeffery and the team at Univ of Cape Town for hosting me.