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Hosted by Miss Ranee Thakar and Mr Abdul Sultan at Croydon University Hospital, London, UK

Duration: 6 weeks (dt 19th March to 27th April 2018).

India is a vast country with a huge requirement of Urogynecology services specially because a majority of women consider "Suffering Silently", a virtue and are reluctant to seek help for their embarrassing problems. With the intention of making the world class services available here, I wished to be trained at a place where the system is well established. Only when I was training at Croydon did I realise that setting up an efficiently functioning unit involved so much of dedication, passion and hard work over years.

I consider myself very fortunate to have got the IUGA grant in 2017 for the much coveted observership with these stalwarts in Urogynaecology.

Although the observership initially was given for 3 weeks by the host site, Miss Thakar kindly considered my request to extend it to 6 weeks and arranged for the same. This gave me the privilege of observing most of the highlights in Urogynecology besides attending a course on OASIS conducted by them, an exemplary one indeed! This is a course, I highly recommend for everyone practising Obstetrics and repairing perineal tears. They make each candidate understand the functional anatomy, how to identify and classify tears, how to avoid misclassification of tears through various pictures and videos in a highly interactive, interesting session and then give a hands-on experience stitching episiotomies, the right way and repairing anal sphincter tears on animal tissues.

Mr Sultan even went out of the way and arranged for a course on periurethral bulking injections for me and one more visitor from HongKong.

I learnt the systematic approach to incontinence, both urinary and fecal from the highly compassionate speciality nurses. I could attend pessary clinics, sessions of Urodynamic studies and Video Urodynamics. Besides, I was allowed to attend the multi-disciplinary meetings with Urologists, Colorectal surgeons and Physiotherapists involved in the care of patients.

The distinguishing point of the unit are Endoanal scans, transperineal and introital scans for a variety of complications related to meshes and mid-urethral tapes. The best part is that they not only do their job perfectly but also teach the trainees the tips to pick up the findings and manage them appropriately.

The surgeries were usually scheduled twice a week and I could see procedures like Sacral Neuromodulation, Removal of the failed batteries and leads, Botox etc done on a day care basis. Skilled procedures like laparoscopic hysteropexy, pelvic floor repairs, Sacrospinous fixation, mid urethral slings, deinfibulation were a routine and looked so effortless.

The unit has an extensive database of all the evaluation, management and follow up of the patients of Incontinence, prolapse and anal sphincter injuries in addition to the 3D scan images of several referrals from across the continent. The research fellows, including the observers have access to this database and the mighty Mr Sultan and Miss Thakar do ignite the spark in everyone to have their own databases and publish. They think for each candidate who goes there and chalk out the best possible plan for all possible learning.

Based on my tenure and rights in the institution, I have been allotted a project of analysing the guidelines on OASIS across the world, involving inputs from four analysers. This may lead to formulation of more uniform guidelines with global acceptance in the future.

With my favourite star in Urogynecology in the Research Office:



I personally feel like having been introduced to an absolutely systematic approach to the management and research in Urogynaecology. I take it as my responsibility to implement in my home country, all that I have learnt.

The entire team of the unit and the OT staff are so warm and welcoming that any visitor would feel like having joined a new family there. It is certain, any observer going to this place will be highly benefitted with the experience and expertise the team is packed with. I have been lucky to make friends with the speciality registrars Dr Guldzhan Vorona, Dr Osanna Wan and research fellow Dr Annika.

The team at Croydon University Hospital:



The administrator, Michelle Lawrence makes the functioning of the department smooth and flawless. She can find a solution for any kind of complaint that may arise. The speciality nurses, Dahlia Lewis, Wendy Ness, Libby, Anne and Zainab are the strengths of the unit, responsible for the fine quality of services delivered.

This team under the able leadership, gave me an insight towards nurturing a team work back home. Several doctors who worked with this team are like satellites, carrying on the good work in different places across the globe.

Here I cannot forget to mention about the fine dinner hosted by Miss Thakar and Mr Sultan after the exhaustive course on OASIS for the observers and registrars.

An evening to remember:



I take this opportunity to express my heart felt gratitude to my mentor, Dr Anuradha Koduri MD, FACOG, FPMRS, who led me into the world of Urogynecology. My sincere thanks to IUGA for giving such grants to provide opportunities for the aspirers to learn more. Miss Thakar and Mr Sultan are more than passionate about Urogynecology and work untiringly towards spreading the knowledge. I will be always thankful to them for all the experience I gained under their kind guidance and supervision.

London, of course, is a wonderful place; no description can be enough! The people are helpful and accommodative as well. People from all over the world are living and prospering in London and the city indeed gives you positive vibes to not just survive but do better each day!!