



**Report on the IUGA eXchange 2006  
Cape Town, South Africa**



**Groote Schuur Hospital in Cape Town  
July 14 & 15, 2006**

**In collaboration with the South African Urogynecological Association,  
the University of Cape Town and the University of Stellenbosch**

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This report has been prepared by the Organizing Committee. From left to right on the picture: Dr Kobus van Rensburg (University of Stellenbosch, SA), Dr Peter de Jong (University of Cape Town, SA), Dr Harry Vervest (The Netherlands, on behalf of IUGA Educational Committee) and Dr Wolfgang Umek (Austria, on behalf of IUGA Educational Committee ).



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## **General introduction to the IUGA eXchange Program**

The IUGA eXchange program has been established in 2004 by the IUGA Educational Committee. The aim of this program is to reach audiences in countries, that previously were not so involved in IUGA-activities (typically, but not necessarily countries in the developing world) and to exchange with them ideas about education and training in Urogynecology. The program was called "IUGA-eXchange" to highlight the idea of an atmosphere of mutuality of the learning-process of everyone participating.

The first exchange was held in Johannesburg (South Africa) in May 2005, the second in Belgaum (India) in June 2006 and this eXchange was IUGA's third.

The objectives of IUGA eXchange are:

1. To promote the international exchange of knowledge and skills in urogynecology and reconstructive pelvic surgery
2. To further distribute the guidelines for training in URPS proposed to improve the quality of care of patients with female pelvic health problems
3. To improve identification of important female pelvic health issues in host-countries and to strengthen contacts to health care providers involved

More general information about the eXchange program is listed in appendix 1.

## **Preparatory meeting**

A preparatory meeting was organized in Cape Town on February 16 & 17 2006 at which the organizing committee discussed the organization of the meeting and finalized the scientific program.

## **Report on the eXchange in Cape Town**

The meeting took place on July 14 and 15, 2006 at the Groote Schuur Hospital in Cape Town. The atmosphere was very informal and there was ample opportunity for discussions during the meeting, but also during breaks and in the workshops. There was a great interest in and strong desire to learn about pelvic floor anatomy, function and disorders. Contrary to the first eXchange in 2005 there was less attention devoted to surgical skills and more focus on basic science, pathophysiology, diagnostics and treatment in general.

## ***Scientific program***

The scientific program consisted of 6 plenary sessions with 2 lectures (each 15 minutes) and 6 workshops (each 1 hour). There was a Questions and Answers session of 15 minutes after each plenary session. The scientific program is listed in appendix 2.

## ***SAUGA Faculty***

The faculty on behalf of the South African Urogynecological Association consisted of: Dr Kobus van Rensburg (University of Stellenbosch), Dr Peter de Jong (University of Cape Town), Professor Hennie Cronjé (University of Bloemfontein), Dr Allan Alperstein (University of Cape Town), Dr. Trudy Smith

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(University of Johannesburg), Dr Almereau Prolius (University of Bloemfontein), Dr Johann Coetzee (University of Johannesburg), Dr Anesh Naidoo (University of Stellenbosch), Dr Garry Miles (University of Cape Town), Dr Suran Ramphal (University of Kwazulo-Natal), Professor Gerhard Theron (University of Stellenbosch), Dr Paul Swart (University of Bloemfontein).

### ***IUGA Faculty***

Dr Bob Freeman (Plymouth, United Kingdom), Dr Steven Swift (University of South Carolina, USA), Dr Wolfgang Umek (University of Vienna, Austria) and Dr Harry Vervest (St. Elisabeth Hospital Tilburg, The Netherlands).

### ***Participants***

All participants have been invited by the South African Urogynecological Association. There were 33 gynecologists and 12 registrars participating besides 16 national and international faculty members.



### ***Venue***

Department of Obstetrics and Gynecology of the Groote Schuur Hospital in Cape Town. This location was provided free of charge by professor van der Spuy (Head of the Department). For workshops two more rooms were available.

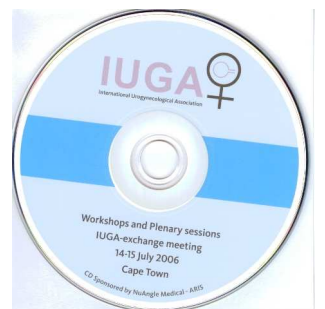


### ***Registration, medical education accreditation and IUGA certificate***

A registration desk was available and all participants were provided with name batches. The meeting was accredited by the University of Cape Town and the University of Stellenbosch – School of Medicine with 11 CPD points (accreditation number A006/005/05/2006). All participants received a certificate of this accreditation and an IUGA certificate of attendance (appendix 4).

### ***Summary of the meeting***

At the end of each day the lectures were summarized by Dr Peter de Jong in an extensive and impressive way. At the end of the meeting a CD-ROM was presented to all participants. This CD contained all plenary lectures.



### ***Evaluation and comments***

The meeting was evaluated by means of questionnaires informing about general items and informing about the content and didactic value of each plenary lecture and workshop. This evaluation is listed in appendix 3. It is obvious that the course was appreciated highly both in the didactic and content value. The following positive comments were listed on the evaluation forms: even better the second time, altogether a most worthwhile trip, excellent, very good, very interesting. The following critical remarks were made: too much time wasted in between, include fecal incontinence, more about South Africa.

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### ***Course dinner***

A course dinner was sponsored and organized by Ethicon Women's Health and Urology South Africa and held at the Jonkershuis. Jonkerhuis is located east of Tafelberg Mountain at the historical estate Groot Constanca which was established by the first governor of the Dutch East-Indian Company Van der Stel in 1685.



### ***Faculty dinner***

An excellent speaker's meeting and supper was organized by Dr Peter de Jong and his wife at their home on Thursday July 13.



### ***Financial contribution and industrial support***

Financial contributions were received from IUGA and from local industries. A full report is listed in appendix 5.

The fee for the course and dinner was ZAR 500 (US\$ 71) for participants. Industrial support was provided by Ethicon Women's Health and Urology South Africa (by means of printing the scientific program, managing the registration desk and sponsoring the course dinner), NuAngle Medical (sponsoring IT facilities, the group picture and producing the CD-ROM), Boston Scientific (sponsoring expenses for local speakers from towns outside Cape Town), Marcus Medical (venue expenses) and Pharmafrica (Pty) Ltd (sponsoring lunches and tea). All supporting industries had a booth in the coffee room of the meeting.

### ***Miscellaneous***

In the program was an interesting visit to the Professor Christiaan Bernard Museum. This museum holds the operating theatre where the first heart transplant was performed on December 3 1967.



**Photographic impression of the meeting**



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## Proposals and ideas for future exchanges

- This meeting turned out to be very successful as far as its contribution to the original goals of the IUGA eXchange program. For this reason we encourage IUGA to continue with these exchanges.
- It is a good idea to enhance the initial goal to exchange knowledge by inviting gynecologists (and registrars) from other countries than the country where the eXchange is organized. For the future perhaps a limited number of gynecologists may be invited from countries of the IUGA faculty or an invitation may be posted on the IUGA website. These gynecologists are than free of registration fees, but must pay the travel and hotel expenses on their own.
- Another idea is to ask industries to sponsor a limited number of registrars from other countries and invite them to an IUGA eXchange.
- For further meetings pay attention to some of the critical remarks made by some participants: include fecal incontinence, too much time wasted in between, more about South Africa. The last two remarks are somewhat surprising. The organizing committee intentionally put a lot of time in between the sessions in order to enhance mutual discussions, but apparently some participants found the length of this time too long. The organizing committee also intentionally left out information about South Africa as this had been done at the first eXchange in Johannesburg. Nevertheless, in the original lay-out of the eXchange program information about the health care system in the organizing country was programmed and we feel this should be reinstalled in further exchanges.
- Remark by Dr Freeman: I would like to see us going to some developing countries where there might little knowledge and expertise in Urogynecology.

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## Appendix 1

### Appendix 1:

#### PROPOSAL

relating to further activities of the *IUGA Educational Committee*  
by Engelbert Hanzal and Paul Riss, 1<sup>st</sup> Draft: 13/8/2004

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Proposed name of activity:

#### **"IUGA-Exchange"**

a 2-day international educational workshop

#### Objective:

1. To promote the international exchange of knowledge and skills in urogynecology and reconstructive pelvic surgery (URPS)
2. To further distribute the guidelines for training in URPS proposed to improve the quality of care of patients with female pelvic health (FPH) problems
3. To improve identification of important female pelvic health issues in host-countries by IUGA and to strengthen contacts to health care providers involved

#### Methods:

- Planning phase
  - Nomination of faculty (designated by the *IUGA Educational Committee* and supervised by *IUGA Executive Committee*):
    - IUGA-Exchange faculty and host faculty, each consisting of 4 persons.
    - Nomination of coordinating IUGA-Exchange faculty chairman and host faculty chairman (both chairmen mutually responsible for the entire project)
  - preparatory meeting at least 6 months before the workshop to negotiate scientific program, meeting venue, accommodation and budget (at site of workshop, with at least both coordinating chairmen present)
  - mandatory issues to be covered in the program:
    - IUGA Guidelines for Training in URPS
    - host-country issues (demographics, health financing, access to health care, "top-three" FPH-issues)
  - draft of program to be submitted to and approved by IUGA EC and Executive
- Workshop
  - 2 days, Language = English
  - Limited number of participants (30)
  - Problem-oriented approach to scientific and educational program (program has to reflect the most important loco-regional female-pelvic-health issues)
  - Plenary sessions and interactive parts in smaller groups (hands-on training, case-discussions, etc.)
- Post-meeting phase
  - Structured evaluation of organization, scientific and educational content
  - Written report to IUGA (including main FPH issues identified during w' shop, educational needs, possible support options for IUGA, special scientific research areas, evaluation results)
  - written report must be submitted to IUGA within 6 months

#### Expenses

- Meeting venue
- Travel- and accommodation expenses for IUGA and local faculties (preparatory meeting and workshop)
- Honorarium for faculties
- Budget to be submitted to and approved by IUGA
- Balance must be ready and presented to IUGA EC and Executive within 6 months



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## Appendix 2: Scientific Program

Friday July 14, 2006

9:00 – 9:20 **registration and coffee**

9:20 – 9:30 **OPENING AND WELCOME** (Vervest / de Jong)

**PLENARY SESSION** (chair: van Rensburg)

9:30 – 9:45 IUGA Guidelines for training - how far are we in South Africa? (Cronjé)

9:45 – 10:00 Pregnancy and the pelvic floor (Vervest)

10:00 – 10:15 Questions and Answers

10:15 – 11:15 **GROUP WORK**

Group **RED** attends Workshop 1: POP-Q system (Prollius / Swift)

Group **BLUE** attends Workshop 2: Landmarks in Pelvic Surgery (Coetzee / Umek)

Group **YELLOW** attends Workshop 3: Urodynamics (Naidoo / Freeman)

11:15 – 12:00 **coffee break**

**PLENARY SESSION** (chair: Umek)

12:00 – 12:15 To mesh or not - what is the evidence? (Alperstein)

12:15 – 12:30 Should women have a sling with an anterior repair? (Freeman)

12:30 – 12:45 Questions and Answers

12:45 – 13:45 **lunch**

13:45 – 14:30 **Visit to the Christiaan Bernard Museum**

14:30 – 15:30 **GROUP WORK**

Group **RED** attends Workshop 4: Perineal anatomy and repair (Cronjé / Miles)

Group **BLUE** attends Workshop 5: The practice of the use of meshes in prolapse surgery (Ramphal / Vervest)

Group **YELLOW** attends Workshop 6: How to read a scientific article? (Theron / Swart)

**PLENARY SESSION** (chair: de Jong)

15:30 – 15:45 How to choose your SUI operation (Vervest)

15:45 – 16:00 Surgical anatomy of the pelvic floor (Umek)

16:00 – 16:15 Questions and Answers

16:15 – 16:45 **tea**

16:45 – 17:45 **GROUP WORK**

Group **BLUE** attends Workshop 1: POP-Q system (Prollius / Swift)

Group **YELLOW** attends Workshop 2: Landmarks in Pelvic Surgery (Coetzee / Umek)

Group **RED** attends Workshop 3: Urodynamics (Naidoo / Freeman)

17:45 – 18:00 **SUMMARIZING THE DAY** (de Jong)

18:00 – 18:30 **GROUP PICTURE**

20:00 **DINNER** (Jonkers Huis, Groot Constantia)

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## Appendix 2 (continued)

Saturday July 15, 2006

**PLENARY SESSION** (chair: Vervest)

- 8:00 – 8:15 Female Sexuality (van Rensburg)  
8:15 – 8:30 Drug treatment in Overactive Bladder syndrome (Freeman)  
8:30 – 8:45 Questions and Answers

**GROUP WORK**

- 8:45 – 9:45 Group **BLUE** attends Workshop 4: Perineal anatomy and repair (Cronjé / Miles)  
Group **YELLOW** attends Workshop 5: The practice of the use of meshes in prolapse surgery (Ramphal / Vervest)  
Group **RED** attends Workshop 6: How to read a scientific article? (Theron / Swart)

9:45 – 10:15 **coffee break**

**PLENARY SESSION** (chair: de Jong)

- 10:15 – 10:30 Pathogenesis of a rectocele (Smith)  
10:30 – 10:45 Treatment of posterior vaginal prolapse (Swift)  
10:45 – 11:00 Questions and Answers

**GROUP WORK**

- Group **YELLOW** attends Workshop 1: POP-Q system (Prollius / Swift)  
Group **RED** attends Workshop 2: Landmarks in Pelvic Surgery (Coetzee / Umek)  
Group **BLUE** attends Workshop 3: Urodynamics (Naidoo / Freeman)

12:00 – 12:45 **light lunch**

**PLENARY SESSION** (chair: van Rensburg)

- 12:45 – 13:00 Conservative treatment of incontinence and prolapse (Swift)  
13:00 – 13:15 Urodynamics before surgery for SUI - what is the evidence? (Freeman)  
13:15 – 13:30 Questions and Answers

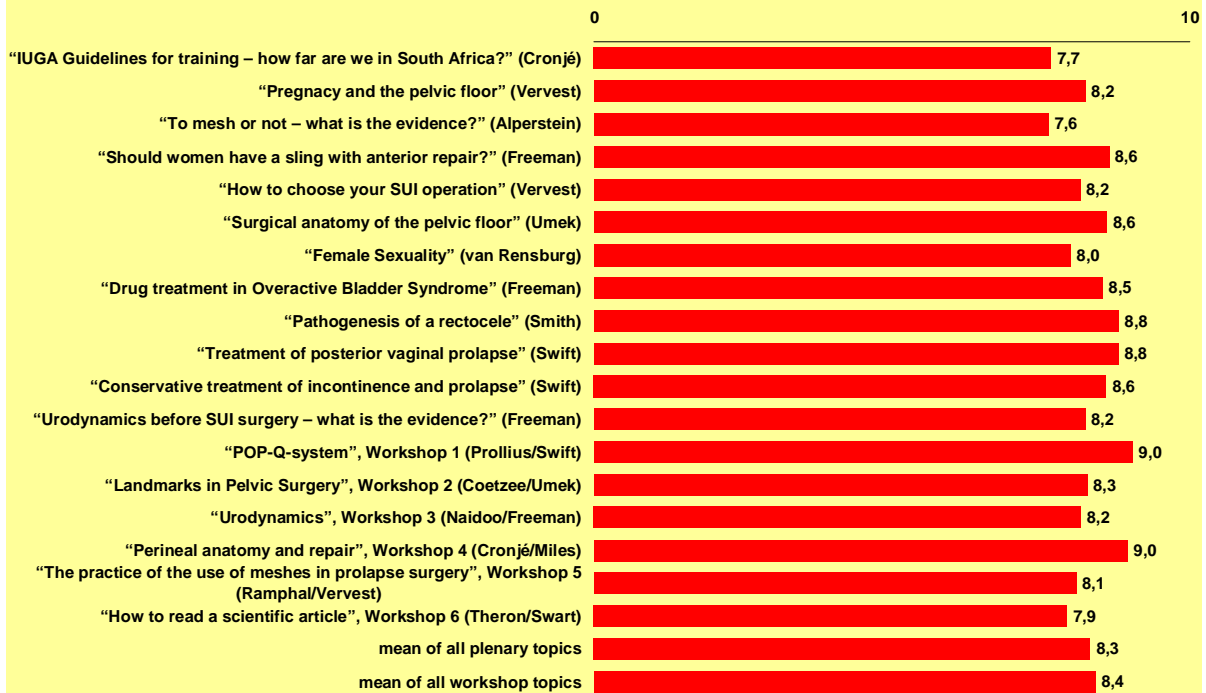
**GROUP WORK**

- Group **YELLOW** attends Workshop 4: Perineal anatomy and repair (Cronjé / Miles)  
Group **RED** attends Workshop 5: The practice of the use of meshes in prolapse surgery (Ramphal / Vervest)  
Group **BLUE** attends Workshop 6: How to read a scientific article? (Theron / Swart)

14:30 – 15:00 **COURSE EVALUATION, CLOSURE REMARKS** (de Jong / Vervest)

## Appendix 3

### Evaluation of the content of the plenary lectures and workshops



### Evaluation of the didactic value of the plenary lectures and workshops



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## Appendix 4: IUGA certificate of attendance

The following certificate of attendance was given to all participants at the end of the meeting.

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INTERNATIONAL  
UROGYNECOLOGICAL  
ASSOCIATION

### Certificate of Attendance

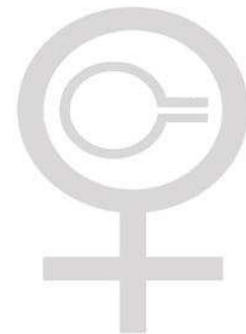
*Presented to*

**IUGA**

*for participation in the  
IUGA eXchange Program*

*July 14-15, 2006*

*Cape Town, South Africa*



G. Willy Davila, MD  
Secretary/Treasurer

Paul Riss, MD  
President

Charles Tsung-Hsien Su, MD  
Vice President

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## Appendix 5: Financial report

### **Support by the Groote Schuur Hospital**

Facilities were provided free of charge by the Department of Obstetrics and Gynecology of the Groote Schuur Hospital in Cape Town (Head: Professor Z. van der Spuy).

### **Industrial support**

Industrial support was provided by

- Ethicon Women's Health and Urology South Africa: printing the scientific program, managing the registration desk, organizing and financial contribution to the course dinner
- NuAngle Medical: sponsoring IT facilities, the group picture and producing the CD-ROM (ZAR 8.294; US\$ 1.181)
- Boston Scientific: sponsoring expenses for local speakers from towns outside Cape Town (ZAR 5.000; US\$ 712)
- Marcus Medical: venue expenses (ZAR 3.500; US\$ 499)
- Pharmafica (Pty) Ltd: sponsoring lunches and tea (ZAR 8.000; US\$ 1.140)

(Currency reflects the exchange rates on July 24, 2006; 1 ZAR = 0,14245 US\$)

### **IUGA support**

	Euro	US\$	
<b>Preparatory meeting February 16-17, 2006</b>			
Travel expenses Dr. Umek (Austria)	1.308	1.652	
Travel expenses Dr. Vervest (The Netherlands)	1.497	1.891	
Hotel expenses Dr. Umek and Dr. Vervest	912	1.152	
<b>Meeting July 14-15,2006</b>			
Travel expenses Dr. Umek (Austria)	1.216	1.536	
Travel expenses Dr. Vervest (The Netherlands)	892	1.127	
Travel expenses & hotel Dr. Freeman (United Kingdom)	3.456	4.408	£2.326
Travel expenses & hotel Dr. Swift (USA)	2.771	3.500	
Hotel expenses Dr. Umek	450	568	
Hotel expenses Dr. Vervest	450	568	
Hotel expenses Dr. Freeman	450	568	
Hotel expenses Dr. Swift		0	
<b>total</b>	<b>13.402</b>	<b>16.970</b>	

(Currency reflects the exchange rates on July 24, 2006; 1 Euro = 1,26299 US\$)

## Appendix 5 (continued)

### Incomes/expenses Cape Town organization

(Currency is ZAR)

DATE	TRANSACTION	CHECKNO	INCOME	EXPENSES	SALDO
15/5/2006	I Breytenbach		500,00		500,00
16/05/2006	O Shimange		500,00		1.000,00
17/05/2006	St Georges MA ???		500,00		1.500,00
18/05/2006	Dr MJC Kleynhans		500,00		2.000,00
25/05/2006	Dr Kilpert		500,00		2.500,00
	Dr Spring		500,00		3.000,00
29/05/2006	St Georges MA		1.500,00		4.500,00
29/05/2006	Dr M Brink		500,00		5.000,00
01/06/2006	Charge			36,50	4.963,50
08/06/2006	St Georges MA ???		1.000,00		5.963,50
19/06/2006	Dr H Swanepoel		500,00		6.463,50
21/06/2006	Dr L Venter		500,00		6.963,50
22/06/2006	Dr V Hulme		500,00		7.463,50
24/06/2006	Snlm Centre ??		500,00		7.963,50
27/06/2006	Dr Pretorius		500,00		8.463,50
27/06/2006	Dr S Mcpherson		500,00		8.963,50
01/07/2006	Charge			43,75	8.919,75
01/07/2006	Charge			4,80	8.914,95
03/07/2006	Dr A van Rooyen		500,00		9.414,95
04/07/2006	Marcus medical		3.500,00		12.914,95
05/07/2006	Dr A Mouton		500,00		13.414,95
06/07/2006	Dr T de Wet		500,00		13.914,95
07/07/2006	St Georges MA ???		500,00		14.414,95
10/07/2006	Pharm Africa		8.000,00		22.414,95
10/07/2006	Dr Sandebergh wife		200,00		22.614,95
10/07/2006	Dr C le Grange wife		200,00		22.814,95
11/07/2006	Dr G Rosemann		500,00		23.314,95
11/07/2006	Dr L Venter wife		400,00		23.714,95
12/07/2006	Boston Scientific		5.000,00		28.714,95
12/07/2006	DR Shanahan		500,00		29.214,95
13/07/2006	Pinelands		200,00		29.414,95
13/07/2006	Dr P Swart wife		700,00		30.114,95
14/072006	DR M Suddens (Cash)		500,00		30.614,95
14/07/2006	Dr Ramphal (Wife) (cash)		200,00		30.814,95
14/07/2006	Dr C Nel (Wife) (cash)		200,00		31.014,95
14/07/2006	Dr Z Abdool (cash)		500,00		31.514,95
14/07/2006	Dr A Chrysostomou (cash)		500,00		32.014,95
14/07/2006	Dr I de Wet (wife) (Cash)		200,00		32.214,95
14/07/2006	Gyneacare (Dinner paid)		12.486,00	12.486,00	32.214,95
18/08/2006	Nu Angle medical		8.294,86		40.509,81
<b>TOTAL:</b>			<b>53.080,86</b>	<b>12.571,05</b>	<b>40.509,81</b>

**Appendix 5 (continued)**

DATE	TRANSACTION	CHECKNO	INCOME	EXPENSES	SALDO
14/07/2006	Roberta	1		500,00	40.009,81
14/07/2006	Dr P de Jong:Books	2		500,00	39.509,81
	Charcoal/dinner			500,00	39.009,81
14/07/2006	Dr Pde Jong: Faculty dinner	3		1.000,00	38.009,81
14/07/2006	Cassiem (cash)			247,00	37.762,81
14/07/2006	Keith (cash)			660,00	37.102,81
14/07/2006	Dr v Rensburg (Cash) Lunches			250,00	36.852,81
17/07/2006	John : Fee UCT at venue	4		852,50	36.000,31
17/07/2006	DR A Prollius	6		2.000,00	34.000,31
17/07/2006	Dr P Swart	8		2.000,00	32.000,31
17/07/2006	Prof Cronje	12		2.500,00	29.500,31
20/07/2006	Dr J Coetzee	5		2.000,00	27.500,31
	Bank charge			183,60	27.316,71
26/07/2006	Dr S Ramphal	9		2.000,00	25.316,71
26/07/2006	Nathan (Caterer)	13		8.120,00	17.196,71
28/07/2006	St Georges		500,00		17.696,71
01/08/2006	T Smith	10		2.000,00	15.696,71
					15.696,71
01/08/2006	Service Fee			237,40	15.459,31
01/08/2006	Admin Fee			9,60	15.449,71
					15.449,71
05/08/2006	Bank charge			107,60	15.342,11
05/08/2006	M Graphics:Equipment	14		6.234,32	9.107,79
	CD			1.807,50	7.300,29
	Photograph	741,00			6.559,29
	Prof Theron	1000,00			5.559,29
	Dr van Rensburg: Wine	1200,00			4.359,29
	Scissors	45,00			4.314,29
	Total expenses			<b>46.280,57</b>	
	Outstanding IIUGA payments			<b>2.986,00</b>	
	Grand total expenses			<b>49.266,57</b>	
	Grand total income		<b>53.580,86</b>		
	<b>Grand total profit</b>				<b>4.314,29</b>
	Cash received	2100,00			
	Cash paid	1157,00			