

Endourological Society International Travel Scholarship

Report, November-December 2022

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Position: Head of Urology department at CHUD-OP, Associate Urologist at CNHU-HKM-Cotonou, , Republic of Benin.

Duration of Visit: 20th November 2022 to 16th December 2022

Host Faculty and Institution: Evangelos Liatsikos, MD, PhD, Professor and Chairman of Urology, University Hospital of Patras – Greece.

Introduction

In the last quarter of the year 2022, I was given the opportunity to do my internship as part of 2022 Endourological Society travel scholarship which was postponed due to the outbreak of COVID-19.

The purpose of these training courses was to deepen my knowledge in endoscopy (RIRS and PCNL) and build a strong foundation for laparoscopy in urology. I had the privilege to be accepted in a relevant department: the Urology Department of the University Hospital of Patras in Greece headed by our eminent master Professor Evangelos Liatsikos who spared no effort to accept my choice to learn from him.

As young urologists from developing countries, we are striving to take up urology according to standards; and this fellowship provides an immeasurable opportunity for us to come and be inspired by internationally recognized models, to learn enough and to make contacts for a good integration in the urological world and opportunities for cooperation.

1-Duration and framework of the internship

These internships lasted 1 month and took place from November 20, 2022 to December 16, 2022 according to the availability of the host department of urology which is located on the 4th floor of the University Hospital of Patras, capital city of Achaia in Western Greece. The said department has a dedicated staff lead by the well-known Professor Liatsikos Evangelos assisted by three other Urologists including Prof. Kallidonis, Pr Giannitsas and Dr. Fokaeas. The Urology department hosts a residency program in Urology and accommodates fellows from various backgrounds. Different poles are identifiable, endoscopy

and laparoscopy which constitute the major part of the surgical activities. The department attaches the utmost importance to research as well as open surgery and . The particularity of this department is the standardization of these activities in order to make them easily reproducible. It is not superfluous to point out that this department has a simulation laboratory which facilitates training and research.

2-Conduct of the course

2-1 Arrival and settling in.

Taking into account the period granted by the authorities of the host site, I joined Patras in the morning of November 19, 2022. On November 21, 2022 at 8:00 am, the contact was made with Professor Evangelos Liatsikos in his office. After a brief presentation and review of objectives, he connected me to the colleagues on site so that I could join the operating room where two laparoscopic procedures should take place that morning according to the operative program. A good way to start my immersion. Such a joy it was to enter directly into the heart of my objectives.

2-2 Activities during the internship.

My internship took place mainly in the operating rooms. During my stay, I was able to visit 3 units namely the laparoscopic and open surgery operating room, the endoscopic operating room, and the simulation laboratory.

➤ In the Laparoscopy and Open Surgery Unit

This was the first unit visited during my stay. In this Unit, I was exposed to many very instructive laparoscopic procedures performed by Professor Liatsikos or Dr. Kallidonis, who took pleasure in giving us all possible explanations and answering our questions about each case they performed graciously. We were impressed by the speed of the procedure and the harmony in which the whole team participates to the success of each procedure. This also highlighted the usefulness of 3D system in laparoscopy.

The table below summarises the laparoscopic procedures I participated in this room.

	Number
Radical prostatectomy	6
Radical prostatectomy + lymph node dissection	2
Nephrectomy	1
Nephro-ureterectomy	4

In addition to the laparoscopic activities, I was able to witness a case of radical nephrectomy and a case of bilateral inguinal lymph node dissection for cancer of the penis performed with great care by Dr. Fokaeas.

➤ ***In the endoscopy operating room***

The endoscopy operating room of the Department of Urology of Patras is a very important section with a fairly high workload. It is managed by the nurse in charge, Mrs. ATHINA who manages this unit masterfully. Throughout our stay, we were amazed by her ability to coordinate the activities of this unit, making sure that each surgeon can carry out his procedure smoothly. We learned a lot from her.

During the last week of training, we had the great opportunity to participate in a masterclass on 3D laparoscopic radical prostatectomy.

In this sector, the procedures in which we participated are listed in the following table.

Table 2: Endoscopy activities

	Number
Mounting/replacement JJ	17
URS S Stone	12
URS Diagnostic	5

PCNL	14
TURBT	19
Hollep	3
Cystolithotripsy	3
TURP Bipolar	3
TURP Green Light	1

During these surgeries, some points drew my attention and increased our knowledge. Bulleyes' technique used during renal accesses for PCNL has become quite clear in my mind, simple and reproducible. Moreover I had the opportunity to participate in masterclass on PCNL procedure live, held from endoscopy room, run by Endoglobe and as Lecturers Pr Liatisko and Pr Kallidonis.

I was also privileged to assist the surgeon during a case of HOLLEP which removes all the myth that has always surrounded this technique for me and this, thanks to the explanations of Pr Kallidonis during the realization of this procedure.

➤ ***In the simulation laboratory***

In order to achieve the objectives in laparoscopy, I had the opportunity to access the simulation room. In that room, I familiarized with simulation tools in order to acquire the acts needed in laparoscopy and robotics (Photos 2 and 5). Thus, with the multiple training sessions on pelvi trainer, I acquired some reflexes, in particular managing instruments without conflicts, laparoscopic vision and suturing which are now easier to carry out. Robotics is gaining more and more interest, and I was particularly happy to have taken my first steps on the Robot simulator.

On the endoscopic side, we focused on PCNL training through experiments on a pig. Through the different sessions, we acquired insights in fluoro-guided renal access by the bulleyes technique as well as dilations in prone.

3- Acknowledgements

My first words go to the authorities of the Endourological society for having granted me this scholarship and I would like to count on them for more achievements in our urological adventure. A big thanks you to my dear master Prof. Evangelos Liatisko for having accepted me in his department for this stay and especially for his availability. My gratitude goes to the whole team: seniors, residents, nurses, secretaries, for making my stay so pleasant. It was a great knowledge sharing experience and I really appreciate it. A special thanks you Mrs. Ionanthi for her availability, her listening and her organization. Be assured that I will always have good memories of my stay in Greece.

Conclusion

At the end of our short stay, we can say that the objectives of these courses have been fully achieved thanks to the availability of the staff of the Department of Urology of the University Hospital of Patras. I am confident that the knowledge acquired here will greatly impact my practice of Urology in my country. However, one month is quite short for all aspects of laparoscopy and I would like to count on my masters of Patras and on the Endourological society for further opportunities to deepen my knowledge. Finally, I hope that these actions of the Endourological Society will be multiplied to give us young urologists more opportunities to practice our dreams in order to feel part of the international family.

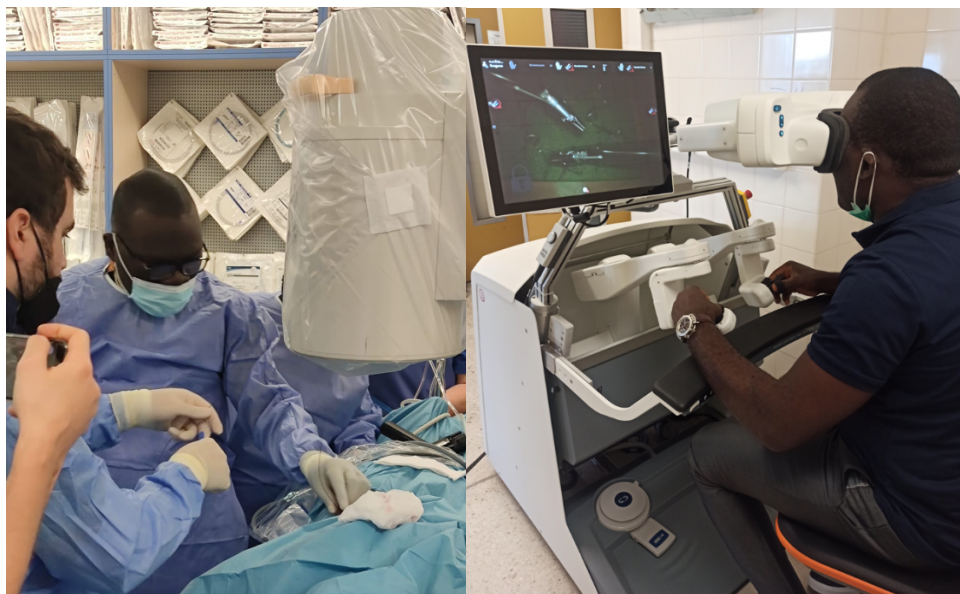


Figure 1 PCNL With Dr Kallidonis

Figure 2 With Robot's simulator



2

Figure 3 In Greece History



Figure 4 PCNL course with a Pig



Figure 5 training on laparoscopy pelvi trainer



Figure 6 Radical Prostatectomy with Dr Kallidonis from COOK M



Figure 7 With Prof Litiatisko and Mr GIUSEPPE



Thank you PATRAS