

## **Endourological Society International Traveling Scholarship**

**Report, July 2019**

**Name:** Dr Rahul Janak Sinha

**Position:** Professor, Department of Urology, King George's Medical University, Lucknow, India

**Duration of Visit:** 27th May 2019 to 28th June 2019

**Host Faculty and Institution:** Professor Lorenzo Defidio, Director, Department of Urology, Christo Re Hospital, Rome, Italy

I would like to thank the office bearers of the Endourological Society for giving me the opportunity to visit Christo Re Hospital, Rome, Italy for one month. I would also like to express my gratitude to the office bearers of the Endourology society for their vision and generosity which led to the creation of this scholarship which enables Urologists like me from third world countries to travel to higher centres to improve our knowledge in the field of Endourology. The purpose of my visit was to gain experience in the field of Endourology especially RIRS, Supine PCNL and laparoscopic Urology. I decided to stay at one centre only so that I could see a variety of cases over a period of time and also get the opportunity to interact with faculty members at that Institution.

I reached Rome in the morning of 27th May 2019; I was met warmly by Professor Defidio and I had a meeting with him regarding my schedule for the fellowship. Professor Defidio introduced me to his colleagues and informed me regarding the workings of his department. He also enquired regarding my field of interest in Urology and the focus of my visit. After that I was shown around so that I oriented with the department and the operation theatres.

Professor Defidio is a great teacher and keen to share his wisdom and wealth of experience with the younger urologists. Professor Defidio explains finer points of surgery while operating (tricks of the trade) which makes the surgical procedure easier and safer.

During laparoscopic adrenalectomy, Professor Defidio was keen to show the patient position, safe insertion of trocar and minimal dissection of Todd's fascia for better vision during hilar dissection.

While doing RIRS, Professor Defidio described all the steps in detail. Professor Defidio is very meticulous surgeon who keeps patient safety always first. Professor Defidio also emphasised on equipment safety and gave tips regarding care of flexible ureteroscope and tips and tricks during RIRS to ensure the longevity of flexible ureteroscope. I think this is very important learning point especially for Urologists from third world countries where resources are limited. Professor Defidio was keen to know what I imbibed in the theatre and would ask me the next day regarding the previous day surgery and discuss the finer points once again. This again reflects his commitment to teaching and imparting knowledge.

Since Christo Re Hospital is a referral centre for upper tract TCC; Professor Defidio showed his technique of RIRS in a patient suspected of harbouring upper tract TCC.

Apart from the above mentioned procedures, during my stay I saw Laparoscopic radical prostatectomy, Laparoscopic Pyeloplasty, TURP, TURB, semi-rigid ureteroscopy, open radical prostatectomy and open radical cystectomy.

Highlight of my visit was the opportunity to witness supine PCNL in modified Galdakao - Valdivia position. All PCNL at Christo Re Hospital is performed in supine position. The overall trend in Italy is towards supine PCNL which is different from India wherein >99% of PCNL is performed in prone position. Supine PCNL is an important adjunct in the management of kidney stones as some patients can only be managed in this position (those who are obese and/or have co-morbid conditions). It is safer for the patient as the patient is not moved much after anaesthesia.

During my visit I accompanied Professor Defidio on rounds in the department. Each post-operative patient was discussed in detail and plan was made for each patient. I got an opportunity to co-author a case report which has been submitted in Videourology for possible publication.



During my stay, Professor Defidio also enquired about my well being. Professor Defidio invited me for dinner at his house where I got to meet his lovely wife. Professor Defidio and Mrs Defidio were gracious host and treated me to Indian dishes.

I also participated in the 12th International course on Flexible Ureteroscopy and PCNL which is organised annually by Professor Defidio and Dr Anup Patel for last many years. I interacted with other Urologists from Italy and abroad and saw some interesting procedures during the workshop. My stay ended with the culmination of the course and I left for India with fond memories of my visit. I learnt a lot during my stay and I look forward to incorporating some of the procedures in my practice in India.





## **Acknowledgements**

Once again I thank the Endourological Society for giving me this wonderful opportunity.

A big thank you to Professor Lorenzo Defidio and his colleagues Dr Mauro De Dominicis, Dr Michele Antuonici, Dr Nichola Russo, Dr Marchello and Dr Giorgia Tema for making my stay memorable and remarkable. I also thank all the staff in the operation theatre and the ward for being nice to me and cooperating with me.

## **Remarks**

It was a great experience! I will incorporate some of the procedures in my daily practice in India. I am sure that I shall be a safer Urologist as patient safety is going to be of paramount importance to me.



Thanking you all once again,

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