

### ICS-Pfizer Neurourology Scholarship 2014 report

My name is Hamed Akhavizadegan, an assistant professor in urology affiliated with Tehran University of Medical Sciences, Tehran, Iran. I was working in a general hospital up to 2011 as a general urologist and then served as a consulting urologist in a teaching women's hospital. Thus, it was mandatory that I improved my experience and knowledge on female urology, voiding dysfunction and incontinence and realized I needed further education in a qualified centre to get sufficient experience in these fields. I was able to participate in ICS cadaver workshop, Oporto, Portugal in 2013 and started practicing urodynamics. In order to participate in a more comprehensive urodynamics course and training, I applied for and received a one month Pfizer ICS fellowship offered in 2014 and was honored that Professor Jerzy Gajewski, head of neurourology in the Urology Department of Dalhousie University, Nova Scotia, Canada, was able to provide me with a clinical placement. My scholarship was under his supervision and guidance from 25<sup>th</sup> July to 25<sup>th</sup> August. When I reached Halifax my place of short term residence was ready, thanks to Ms Debbie Lewis-Boyce (administrative assistant, Department of Urology) who helped me to find a nice place within walking distance to the hospital. She also helped me borrow a volume of *Campbell's Urology* so that I could review female urology and voiding dysfunction in preparation for my clinical experience. The clinics where I spent my training were located in Halifax Infirmary Site, Victoria General Hospital and ambulatory urology clinic care at Cobequid Community Health Centre.

Below, I have summarized the activities and time table:

First 10 days	<ul style="list-style-type: none"><li>• 18 Urodynamic tests</li><li>• 12 biofeedback session</li></ul>	Emmy Champion, RN, CNA
Second 20 days	<ul style="list-style-type: none"><li>• 4 days at operating room</li><li>• 2 Clerkship conference on voiding dysfunction</li><li>• One theory session on urodynamics test interpretation</li><li>• One joint committee with European Urology Association for voiding dysfunction</li><li>• 12 days clinic</li></ul>	Dr. Gajawski

During the first 10 days, I worked with Emmy Champion, the urodynamics nurse with more than 12 years of experience in urodynamics and biofeedback. She had a great ability to diagnose the technical problems and could figure out how to resolve them. Also she was very patient while performing biofeedback tests. During this period I also had the chance to read the wonderful book written by Professor Gajawski on urodynamic interpretation in order to increase my knowledge on urodynamics. After this 10-day period, I continued my course with Professor Gajawski. As Halifax was a small city of about 400,000, I hadn't expected a busy clinic. Nevertheless, each day in the clinic we visited nearly 20 patients with voiding dysfunction. Neurologic disorder, idiopathic disorders, interstitial cystitis and chronic prostatitis were among the main etiologies and Professor Gajawski's practice included a huge number of patients with very different types of voiding dysfunction. He had organized a very systematic approach to use history taking, physical exam, cystoscopy and urodynamics to diagnose, plan management and follow up the patients. Many times he reminded me that urodynamics results should be interpreted on the basis of clinical findings. He also had great expertise in using medications to control symptoms of voiding dysfunction properly.

Each week, I observed two permanent sacral neuromodulation placement and two transient ones. Within my stay, I also observed three videourodynamics, botox injections and pubovaginal slings (I would like to thank Dr. Greg Bailly for allowing me to observe his operations).

I would like to express my sincere thanks to ICS for this unique educational opportunity and Pfizer Company for funding this Fellowship. I hope I can provide patients with high-quality skills that I acquired during this scholarship.

Finally, I would like to thank Professor Gajewski, Emmy Champion, Tracy Griffin and all of the staff at the Urology Department of Dalhousie University who made this opportunity come real for me and me feel so welcome and helped me during my stay in Halifax, Canada.

