

## **Summary of ICS Clinical scholarship 2015**

I am Dr Kiran Ashok and I would like to express my sincere thanks to ICS for providing me ICS-Clinical scholarship for the year 2015. This scholarship enabled me to learn Urodynamics, Percutaneous tibial nerve neuromodulation and Pelvic floor electro stimulation at University Hospital, Tor Vergata, Rome, under the guidance of Prof. Enrico Finazzi Agro.

As an urogynecologist practicing in India, my main clinical practice included management of urinary and faecal incontinence and pelvic organ prolapse. My knowledge about urodynamic evaluation in neurological patients and in patients with voiding dysfunction was limited. For women with urgency urinary incontinence in India, therapeutic options are limited to anticholinergics and intravesical botulinum injections. A structured training in neurourology and related urodynamics was needed to perform a comprehensive evaluation of women presenting with pelvic floor dysfunction. The ICS clinical scholarship helped me fulfil this aim.

Prof. Enrico Finazzi Agro kindly agreed to host me for this training from 2<sup>nd</sup> September to 30<sup>th</sup> September 2015. My training was conducted in two centres, Unit of functional Urology at University of Rome Tor Vergata and St Lucia Hospital which is a neuro-rehabilitation centre. At the Functional Urology unit, Prof. Finazzi Agro taught me various practical aspects of performing Urodynamics including filling cystometry and pressure flow studies. A detailed teaching on the concept of Neuromodulation and its applicability in urogynecology was provided. This was followed by demonstration and hands on training of percutaneous tibial nerve stimulation (PTNS). At St Lucia Hospital the neurourology department headed by Dr Andreas D'Amico, caters to a large number of neurological patients with urinary problems. Following an initial lecture on the neural regulation of lower urinary tract function, the clinical training included daily performance of Urodynamic studies and discussion on various urodynamic findings in patients with neurogenic bladder. Many patients with Urgency urinary incontinence and voiding dysfunction secondary to neurological diseases undergo PTNS and pelvic floor physiotherapy including electrical stimulation at this hospital. This training helped me to understand the importance of pelvic floor physiotherapy in patients presenting with urogynecological problems. At the completion of training I observed 25 urodynamic evaluations and participated in 50 PTNS procedures.

Thanks to ICS and Prof. Enrico Finazzi Agro, I attended annual conference of European society for study of interstitial cystitis (ESSIC) held at Catholic University Rome, on the 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> September 2015. This event highlighted the recent updates on nomenclature, phenotyping of patients and, current concepts in the management of patients with Bladder pain syndrome.

Overall, it was an enriching experience and learning with Prof. Finazzi-Agro and his team. This training will enhance the quality of evaluation and care we give our patients in India. As I am in a

teaching hospital, I will be able to train my colleagues, gynaecology residents and doctors interested in female pelvic floor dysfunction in Urodynamic practice. Once again I would like to express my immense thanks and gratitude to the ICS and Prof. Enrico Finazzi Agro for providing me this academic training.

Dr Kiran Ashok

Bangalore. 3<sup>rd</sup> October 2015



Picture – Dr Andrea D’Amico, Dr Kiran Ashok, Prof. Enrico Finazzi Agro ( from left to right)