

ICS Pfizer Fellowship Report

Baburam Dixit (Thapa): Oct 04- Nov 02, 2017

Background and current work:

I am Dr Baburam Dixit (Thapa) currently working as an Assistant Professor for the past two years in BP Koirala Institute of Health Sciences which is located in the eastern part of Nepal. BPKIHS is a tertiary referral teaching hospital. Since my postgraduate, I was interested in urogynecology. This was the reason why I did my thesis in obstructed labour and was involved in various activities of urogynaecology. I completed my 16 week "On the job training in obstetric fistula" in 2016. I also took part in an SUI workshop conducted in Kathmandu University that year as well. I have been a member of the ICS for the past 3 years now. Challenges and the recent advances in the management of urinary problems in youth as well as old people has motivated me further in this field.

Location and site:

Groote Schuur hospital is one of the oldest hospitals in Cape Town, South Africa, with a large flow of patients. The unit of urogynecology and pelvic floor reconstruction surgery in Groote Schuur hospital is vibrant under the leadership of Dr Stephen Jeffery. This is the reason why I chose the hospital and the host for my fellowship application. Dr Stephen Jeffery and his team are the pioneers in the field of urogynecology in Cape Town. I am very grateful to Dr Jefferey who provided me with my letter of support for the fellowship.

Expectations and learning objectives:

As this is a clinical fellowship I expected to learn about the recent investigations, approaches, treatments and technologies in urogynecology.

Specific details of learning and activities whilst on placement:

During my fellowship in Cape Town, I had the opportunity to visit Groote Schuur hospital, Vincent Pilloti hospital and Christian Bernard hospital where Dr Jeffery works. During my time there I was exposed to almost all areas of female urogynaecology, with a great variety of urogynaecology patients. These included pelvic organ prolapse, urge incontinence, stress incontinence, mixed incontinence, painful bladder syndrome, overactive bladder and other gynaecology patients like fibroid uterus, abdominopelvic mass as well. I was given the opportunity to observe and assist in various surgeries such as vaginal hysterectomy, anterior and posterior repair, complete perineal tear repair, sacrospinous fixation, colpocleisis, cystoscopy, hysteroscopy, tension free vaginal tape and transobturator tape insertion. I was thrilled to assist and observe the procedures such as laparoscopic sacrocolpopexy, mini sling placements, Botox

injections in the bladder and bulking agent injections in the urethra. All of which were new to me. I was lucky enough to learn and assist with a number of urodynamics patients in Groote Schuur hospital. I attended urogynaecology appointments in OPD, ward rounds and the pre operative sessions which were very interesting and knowledgeable.

I had the great opportunity to work with the finest Endoscopic Urogynaecologist in South Africa along with Dr Stephen Jeffery and his team Dr Peter Krugger and Dr Kendell. Dr Jaffery is a world renowned, young, charismatic, vibrant, friendly, knowledgeable and fine Endoscopic Urogynaecologist.

Every Monday I attended Urogynaecological surgeries in Vincent Pilloti hospital and the Christian Bernard hospital on Tuesdays. On Wednesdays I joined the ward and pre- operative rounds, where cases to be operated on Thursdays were discussed. This was very helpful to me. Every Thursday I observed and assisted with the surgeries in Groote Schuur hospital.

I was very fortunate to discuss my planned research on the outcomes of vaginal hysterectomy and McCall's Culdoplasty with my mentor and received suggestions to assist with my research. I also had the opportunity to make bonds with fellows in Groote Schuur hospital, Dr Dakalo Muavha and Dr lameez Ras, with whom I shared my experiences and knowledge.

Conclusion:

In conclusion this fellowship allowed me to work in one of the best hospitals in South Africa - Groote Schuur, along with world renowned Urogynaecologist Dr Stephen Jefferey and his teammates Dr Krugger, Dr Kendell, Dr Dakalo, Dr Lameez and all the residents. I believe I gained a better picture of the management of patients with urogynaecology conditions. I would like to thank Pfizer and the International Incontinence Society for providing me the opportunity. I am very grateful to my mentor Dr Stephen Jeffery and his team for the guidance and the love shown to me during my time in Cape Town. I would also like to thank fellow Dr Muavha Dakalo for his guidance and his love and help during my stay at the hospital, without whom I would have struggled. My sincere gratitude goes to Jennifer Hennius and her mother Francis Hennius for hosting me as their guest for one month and keeping me as their own son within a homely environment. I also sincerely thank Tracy Griffin from ICS for her help with all the arrangements. This precious knowledge that I have gained from this fellowship will help me proceed further in my career in urogynaecology and ultimately help in betterment of the patients from my part of the world.

Dr Stephen Jefferey and me



Dr Stephen Jefferey, Dr Peter Krugger, Dr Lameez and me in the theatre

