

BSGE Travel Fellowship Report 2019

Visit to ETCA-ZNA Campus Stuivenberg-Antwerp -Belgium



I am extremely grateful to the BSGE for the award of this travelling scholarship that enabled me to visit department of gynaecological surgery of Antwerp Belgium. for about 1 month. The place is a very renowned centre for advanced laparoscopic surgery by leading surgeon Professor Herendael.



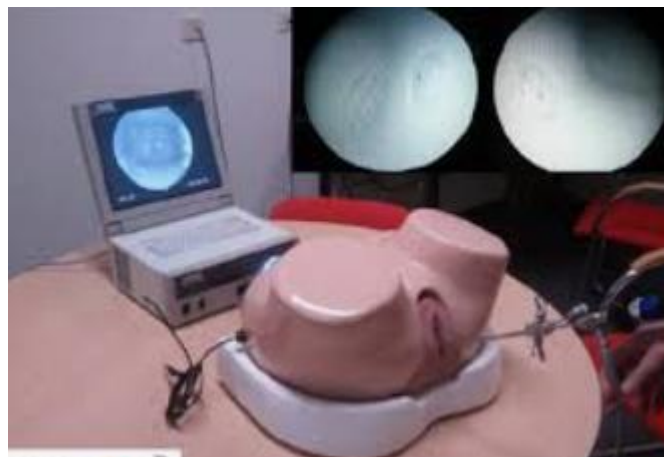
Prof. Herendael is pioneer in training many gynaecologists from all around the world both in laparoscopy and hysteroscopy. He is the author of many books and certainly has contributed in evolving hysteroscopy.

The training schedule during my visit was as follows:

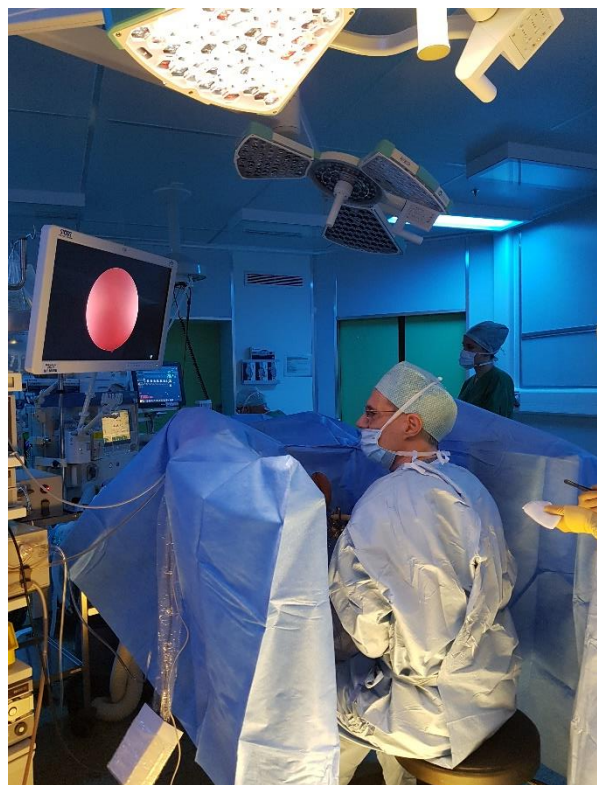
- Each Monday theatre endoscopy at the ZNA campus Stuivenberg, Lange Beeldekensstraat 267, 2060 Antwerp. Professor van Herendael and his fellows.
- On Tuesday theoretical courses ZNA campus Stuivenberg, Lange Beeldekensstraat 267, 2060 Antwerp: N1 office ETCA, combined with hands on training B1 Lab ETCA.
- On Wednesday: Practical training at the Training Centre at the Middelheim hospital with Dr. Bart De Vree, Lindendreef, 1, B - 2020 Antwerp.
- Thursday: Lab Hands on ZNA campus Stuivenberg, Lange Beeldekensstraat 267, 2060 Antwerp: B1 Lab ETCA
- On Friday theatre endoscopy in ZNA campus Middelheim, Dr. Bart De Vree, Lindendreef 1, 2020 Antwerp.

During my visit I have the opportunity to observe surgical techniques to perform advanced hysteroscopy theatre sessions both in ZNA Stuivenberg and ZNZ Middelheim Antwerp Belgium. I also participated in outpatient hysteroscopy sessions at ZNA Middelheim.

It was an amazing experience to participate in the hands on and the virtual reality (a new innovative computer technology) hysteroscopy training sessions in the ETCA lab at the ZNA Stuivenberg on daily basis. This has helped me to achieve my skills in basic to advanced hysteroscopy training for a range of 'nearly live' hysteroscopic procedures i.e polypectomy, transcervical resection of endometrium, submucosal fibroid resection (benign to complicated) with bipolar resectoscope. In addition, I achieved training in the use of Bagatti shaver as a resection device.



I also learnt the use of "Hamous Endomat Suction and Irrigation Pump system" for hysteroscopy as the most appropriate technique to perform this procedure safely without fluid overload and its complication with enhanced patient satisfaction rate and positive feedback. This technology was a new concept for me and not many people are well versed with this in UK.



The theoretical courses were given, tailored to the needs of the trainees on the subjects with strong emphasis is put on the economic consequences of endoscopic surgery in comparison with classical surgery. The risks of adhesion formation were discussed and compared with classical surgery and minimal endoscopic tissue handling, the risks of the pneumo-peritoneum and the use adhesion barriers were cornerstones of the way of thinking of the endoscopic surgeon

I found my experience of this place extremely useful and truly invaluable in a different healthcare system with the exposure to both laparoscopy and hysteroscopy surgical techniques with new innovations. This certainly will provide me a different approach to patient management especially in hysteroscopy with new concepts which will benefit women in UK. I would highly recommend this experience to any other gynaecological surgeon and would once again like to thank BGSE for their support and providing me this opportunity.