

## BSGE Travel Fellowship Report 2024

### Visit to Policlinico Federico II Italy



I am extremely grateful to the BSGE for this travelling scholarship award that enabled me to visit department of gynaecological surgery of "Naples". The place is a very renowned centre for advanced hysteroscopic and laparoscopic surgery. I had the pleasure to work with the dynamic team.

Through a combination of didactic sessions, live surgeries, and simulations, I gained valuable insights into the latest advancements and refined my surgical skills. This report outlines the key takeaways, challenges encountered, and future directions for applying my learnings.

It was an amazing experience to observe a range of laparoscopic and robotic procedures i.e., laparoscopic hysterectomy, radical hysterectomy, laparoscopic myomectomy, advanced stage endometriosis excision, robotic multiple fibroid myomectomies, dissection of pararectal spaces, advanced stage endometriosis with bowel segmental resection and anastomosis.

The training emphasized the crucial importance of intraoperative assessment, critical thinking, and adapting surgical plans based on real-time findings. I have attended intensive operating theatre sessions everyday observing/assisting experienced surgeons performing complex procedures. I learnt different safe entry techniques with optimal ports placement based on clinical situations. I observed the use of "HOHL" uterine manipulator with its efficacy. It was impressive to learn different instruments including energy devices with excellent results.

I remained involved in hands-on training using advanced simulators which enabled me to practice instrument handling, suturing techniques, and crisis management in a safe and controlled environment. I found this experience extremely useful. It was truly invaluable to be immersed in a different healthcare system and gain exposure to advanced surgical techniques and innovative equipment.

### Key Learnings:

- Enhanced laparoscopic skills: I refined my hand-eye coordination, instrument manipulation, and suturing techniques under the guidance of expert trainers.
- Refined surgical decision-making: The training emphasized the importance of intraoperative assessment, critical thinking, and adapting surgical plans based on real-time findings.
- Exposure to innovative techniques: I gained knowledge of the latest advancements in laparoscopic gynecology, including robotic-assisted surgery and minimally invasive approaches to complex procedures.

### Future Directions:

- Implementing acquired skills: I plan to integrate the learned techniques into my own practice, gradually adopting them for suitable patients after careful evaluation and informed consent.
- Knowledge sharing: I intend to share my learnings with colleagues through presentations and workshops, contributing to the dissemination of knowledge and enhancing surgical skills within my department.

I am grateful for the opportunity to learn from renowned surgeons and gain exposure to cutting-edge techniques. I am confident that applying these learnings will translate into improved patient care and outcomes in my own practice. 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.