

## **College Travelling Fellowship**

**Mr. Krishnan Anantharamakrishnan**

### **Report of a visit to Mansoura**

In August 2008, I was fortunate enough to be awarded the college travelling fellowship for a clinical visit to Mansoura, Egypt. I am obliged to the Royal College of Physicians and Surgeons of Glasgow for providing me with an excellent opportunity to train in a world renowned centre of excellence, the Urology and Nephrology Centre, Mansoura University, Mansoura, Egypt. The objective of this trip is to have focussed training on orthotopic bladder substitution and reconstruction. I spent a total of 5 weeks split in to 2 components starting with attending the 8th International Training Course on Invasive Bladder and Urinary Diversion Techniques between 25 - 31st October and followed immediately by a 1 month hands-on clinical fellowship.

The Centre was opened in Mansoura in 1983, and under the stellar leadership of Prof. Mohamed Ghoneim, it has developed in to an International Centre of Excellence performing around 300 cystectomies per year. Mansoura is a small town located 100 km north of Cairo in the Nile delta region. The town itself is very disciplined because of the religious nature of the people but entertainment is far and few.

'The Invasive bladder cancer and urinary diversion course' was set up by Prof. Abol-Enein whose enthusiasm, and commitment to the management of bladder cancer shows through out ones stay in Mansoura. The course is run over 7 days and covers all aspects of management of bladder cancer and reconstruction. The days are split in to case discussions, live surgery sessions, hands-on training in the animal lab and usually ends with 'State of the art lectures'.

The video-link of the live surgery is excellent and extremely interactive with the participants encouraged to ask as many questions as possible. For the animal [dogs] lab sessions, participants are divided in to small groups, which enable us to practice the techniques observed with ease. Our group performed ileal W-neobladder with serosal lined tunnels, and modified W pouch for a continent cutaneous diversion. Lectures were excellent and handouts, notes given were of high quality. The course was well attended with about 50 participants from all over the world including UK, USA, European countries, Indian Subcontinent and Arab world. We interacted very well and bounced ideas and learnt a lot about medical practice elsewhere. Every night, we were taken to different restaurants and able to taste true Egyptian food such as 'foul and falafel', kebabs and different variety of fishes. We were also, taken to Cairo, where we visited the famous Egyptian museum, the ancient seven wonders of the world The Pyramids and the Sphinx. The organisers were kind enough to take us for a Nile Cruise with its accompanying fantastic dinner and also to Ras El Bar where the river Nile mixes with the Mediterranean sea.

Following on from the course, I spent further 4 weeks at the Urology centre attending the operating theatre and animal laboratories. With in the urology theatre, there is a operating room dedicated to radical cystectomies only. There is always a cystectomy being done every day with its accompanying urinary diversion. I had numerous opportunities to scrub up for these cases and learnt a lot of technical tips. I specifically concentrated on the urinary diversion techniques such as continent [ileal reservoirs with serous lined extramural valves] and orthotopic urinary diversions [W ileal neobladder with serous lined extramural ureteric reimplantation], as well as noncontinent procedures such as ileal conduits [Brickers]. The professors and the lecturers, whom I worked with were very enthusiastic and passed on lots of tips and tricks of the trade.

There are also, numerous opportunities to dip in to endourology, paediatric and general urology theatres, if need be, as there are at least 5 simultaneous urology theatres are functional at any one time.

I spent at least 24 hours in the animal lab practising various urinary diversion procedures. The unit was very happy to provide anaesthetised animals [dogs] on 3 days a week and we were adequately supervised.

I initially stayed in the Ramada hotel which is the most western hotel in the town. Though well priced, I later moved to the hospital accommodation, which as with all hospital accommodation was basic but extremely convenient and cheap. Hospital also, provides meal 3 times a day for free, but I preferred to eat out during night times for want of variety and change. The urology department has 2 public relations officer who are always helpful and they go to the extent of even renewing Egyptian visas.

Mr. Krishnan Anantharamakrishnan  
December 2008