Each year all residents from Australia and New Zealand gather for a five-day long Trainee Week and every year the Urological Society of Australia and New Zealand (USANZ) invites eight residents from over the world to join this event. The Trainee Week is held in a different section every year and the clinical programme is developed by the convenor in consultation with their local training, accreditation and education committee.

The programme also includes exam practice and interactive clinical sessions. This year USANZ trainee week was held from November 20 to 24, 2016 at the Crowne Plaza Hotel in Coogee, Sydney. Coogee is one of Sydney’s most picturesque beachside suburbs with a beautiful white sandy beach with calm waters for swimming and surfing. The hotel overlooked Coogee Bay and the great Southern Ocean.

Trainee Week started on Sunday with a written and practical examination for the fifth-year urology residents (SET’s) while the fourth-year residents observed the examinations to prepare themselves for the examination next year. Fifth-year residents also completed a laparoscopic session under the supervision of Anthony Hutten. The day ended with a welcome barbecue on the terraces overlooking Coogee beach. We met the trainee board and all the residents who made us feel really welcome.

Monday morning started with a group training session on the iconic Coogee beach at 6 a.m. under the supervision of two professional trainers. After an hour of physical drilling everybody lingered for some healthy Australian breakfast. At 8 a.m. Simon Barol, the Convenor of the Trainee Week gave us a special warm welcome. Apart from my EAU colleague Anneleen Verbrugghe, six other trainees, from the Urological Association of Asia (UAA), the Specialist Urology Registrars Group from the UK (SURG) and from the Canadian Urological Association (CUA), were invited.

The next four days featured lectures by renowned urologists from Australia and New Zealand and case discussions by residents. Monday covered topics in uro-urology, uro-pathology and trauma. Radiologist Dr. Daniel Moses lectured on MRI prostate mapping and showed how MRI can give a better soft tissue image and better borderlines than conventional imaging. He also explained diffusion weighted imaging and enhancement scans and clarified the difference in PIRADS grading between the peripheral and central zones. He clearly explained all the PIRADS stages and location of the tumour.

Dr. Nina Wines, dermatologist, started with a quiz on different genital skin diseases and medications. After showing some interesting pictures she emphasized that male patients prefer to apply ointments rather than creams. She also discussed the clinical presentation of intra-epithelial neoplasia and treatment with Imiquimod, 5-fluoracil, photodynamic therapy and laser. Dr. Fiona Maclean, pathologist showed practical aspects of cancer pathology for urologists. Aside from giving an overview of the changes of pathological renal cell carcinoma which results to a wide pathology classification for this type of carcinoma, she also showed the nuances in a report. Among other things, she explained some terms used in pathology, e.g. why a sarcomatoid CRCC is merely a ‘bad looking’ renal cancer and not a real sarcoma. She also pointed out the changes in the grading system, i.e., from Fuhrman to the ISUP nuclear grading.

Session on urological trauma Dr. Anthony Chambers, General Surgeon and Colonel of the Army Reserve, gave an overview of the management of severe trauma, which mainly involves resuscitation and damage control. This lecture was followed by interesting case presentations on renal injury, pelvic fracture and concomittant bladder and urethral injury and intraoperative gynaecological uterine injury. Thereafter, Dr. Paul Seed enlightened us in the simple, but potentially dangerous world of the optimal TURBT. He discussed techniques, challenges, tips, material use, complications and risk factors. Dr. David Giffart, chair of the afternoon sessions, gave recommendations on optimal management and follow-up of NMIBC.

We had a free Monday evening and some of the registrars invited us to dine in a local restaurant at Bondi Beach. On the advice of the programme convenor I walked with two fellow guests, Dr. Anneleen Verbrugghe and Dr. Sergey Tadtayev, the famous and really beautiful coastal cliff path from Coogee to Bondi Beach.

In contrast with the EAU guideline on testicular cancer, he recommended to only perform a chest X-ray in the follow-up of advanced germ cell tumours to prevent accumulative radiation dose due to repetitive chest CT-scans and the concomitant risk for secondary cancers.

Tuesday morning started with a session on male infertility and andrology, chaired by Dr. Shannon Kimmick, David Templeton, senior staff specialist of RPA sexual health lectured on the basics of sexual health medicine. He underlined the necessity of putting the patient at ease and the use of non-judgmental communication when discussing sexual problems. He also listed several infectious and non-infectious causes of genital dysfunctions. The chair, Dr. Thomas Hamblett, senior staff specialist at the Royal North Shore Hospital gave an update on andrology. He discussed several infectious causes of fertility problems and the use of non-judgmental communication when discussing sexual problems.

The USANZ Trainee Week 2017 was a huge success and we are already looking forward to next year. All residents from Australia and New Zealand and eight invited residents gathered for the lectures by renowned urologists and with their help we were able to learn a lot. Thanks to the programme convenors and especially the EAU for their support. It was an extremely pleasant week and we did not want it to end! We look forward to next year and hope to see you all again.

Dr. Peter-Paul Willemsen Fellow Oncology and Radio-therapy UMCG Groningen Groningen (NL) pjmwillemsen@hotmail.com

Additional notes:

Tuesday evening was held in a different section every year and the clinical programme is developed by the convenor in consultation with their local training, accreditation and education committee.

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