

# USANZ Trainee Week 2016

## A memorable training week Down Under



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My trip Down Under began when the EAU accepted my application to participate in the USANZ Trainee Week 2016. Each year the Urological Society of Australia and New Zealand organises a mandatory trainee week for approximately 90 second to fifth-year residents. The programme venue changes, with Sydney as venue for 2016.

All the practical arrangements were efficiently coordinated by the wonderful team of USANZ's Education and Training Managers Deborah Klein and Kirsten Isaacs. The week started on Sunday with practice exams and where five registrars took written and oral exams to prepare them for a definitive exam later that year. The younger registrars (set 2) and the international guests participated as observers, and for the former their participation provides the opportunity to gain an idea how the exams are organised. The oral exams are divided in four different categories (Pathology, Anatomy, Management, Structured Oral and Clinical Investigation), where the registrar is interrogated during each time segment for 20 minutes.

As meeting kick-off, a Welcome BBQ with a grand sea view was organised, and where we got the opportunity to meet-and-greet the faculty and the last-year residents at 'Drinks and Canapes'. Australians are known for their 'open minds' and everybody was interested in sharing knowledge and experiences.

To go with the 'Healthy body, healthy mind' spirit, a group training session was organised on a Monday

morning at Coogee Beach, located just across the congress venue. An exercise physiologist, who is also involved in the 'Man Plan' (an exercise plan for men on androgen deprivation therapy), led this intense training session. This prepared us for a full day of urology training. On Monday, the main focus was on radiology, pathology and dermatology, with very practical lectures. The very interactive way of teaching, with internet-guided voting, was also effective.

**"With lectures and pro/con discussions on prostate cancer therapies, mostly led by experts and participating residents, our knowledge on this topic was boosted. The discussions also reflected the fact that Australia and Europe face the same challenges in prostate cancer treatment."**



Waiting for the next question in the hilarious Section vs Section quiz

On Tuesday, a sexual health physician and endocrinologist lectured on infertility/andrology including the views of other specialties on this topic. Tuesday afternoon was scheduled for recreation with a food tour in Sydney, giving us the chance to get to know fellow residents and learn how training is organised in Australia and New Zealand. Besides Peter-Paul Willemsse from the Netherlands there were eight other overseas urology registrars (four from UAA, two from SURG and two from CUA), who all shared their experiences. The Australian and New Zealand's residents are expected to take initiative in their own training, with more than half of the registrars presenting lectures during the trainee week. When they graduate, a majority of the residents would work in big cities, although vacancies are limited. To gain more



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experience and boost their career, most residents will apply for fellowships, preferably overseas.

### Discussions on therapies

With lectures and pro/con discussions on prostate cancer therapies, mostly led by experts and participating residents, our knowledge on this topic was boosted. The discussions also reflected the fact that Australia and Europe face the same challenges in prostate

cancer treatment. In general, the EAU and AUA guidelines are followed. With regards the practical aspects, the USANZ Trainee Week 2016 App kept us updated with notifications on the start of the sessions. There were also 'thread' discussions on twitter.

Worth mentioning is the hilarious Section vs Section Quiz, where teams from different states competed against each other to answer, as fast as possible, urological trivia questions. The costumes and team names (e.g. masters of the perineum) added a jovial atmosphere and reflected the great sense of humor of the registrars.

The farewell dinner on Wednesday evening at Watson Bay with a skyline view was memorable. Not only for the beautiful location, but also for the warm camaraderie, it was indeed an experience to meet enthusiastic people with whom one could discuss urology, urology training and life in general. The memory of this training programme will always stay with me and I will definitely keep in contact with the urological community Down Under. My heartfelt thanks to the EAU and USANZ for this wonderful experience!