EUROPEAN UROLOGICAL SCHOLARSHIP PROGRAMME (EUSP)

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EAU-94932

Clinical Visit

1st July to 31st December 2015
Institut Mutualiste Montsouris, Paris

Estefania Linares, MD FEBU
**Introduction - Purpose of the visit**

L’Institut Mutualiste Montsouris (IMM) is a high volume centre for oncologic surgery. Minimally invasive procedures have been developed at the Department of Urology since 1998. Chaired by Prof. Xavier Cathelineau, the department is organised in one clinical and one surgical unit.

**Urologic Surgeons**
- Prof. Xavier Cathelineau
- François Rozet
- Eric Barret
- Marc Galiano
- Rafael Sánchez-Salas

**Clinicians**
- Dominique Prapotnic
- Nathalie Cathala
- Annick Mombet

With a highly dedicated operative room in robotic and laparoscopic surgery, the Department of Urology hosts a leading six-month surgical fellowship programme. The department has two to three operating rooms booked mornings and afternoons. Procedures include robotic-assisted radical prostatectomy, partial nephrectomy and radical cystectomy. Laparoscopic procedures are covered as well: radical prostatectomy, partial nephrectomy and radical cystectomy, plus radical nephrectomy, nephroureterectomy and reconstructive surgeries.

Besides robotic and laparoscopic procedures, thermal ablative techniques for the treatment of localized prostate cancer have been performed since 1995 at IMM. Fusion-guided diagnosis and treatments are mostly performed. Focal therapy strategies were started in 2009, with a broad experience in different energy techniques including cryotherapy, high intensity focused ultrasound or vascular-targeted photodynamic therapy.

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The purpose of the clinical visit to IMM was to perform a clinical fellowship in robotic and laparoscopic urological surgery. During the fellowship, I aimed to overcome the learning curve in laparoscopic surgery and start my training on robotics. Following current trends in the management of prostate cancer, I dedicated one-third of the clinical visit to focal therapy procedures (HIFU, cryotherapy) and clinical research.

Scholarship Activities
As a clinical fellow, our day-to-day activities were mainly in the operating room. Surgical training was based on graded responsibility. I accomplished laparoscopic surgeries and robotic assistance during the first month of the fellowship, starting on the robotic console during the second month. Moreover, I had the opportunity to attend courses at the *École Européenne de Chirurgie* and had simulator training. Robotic procedures were stepwise during the programme, gaining experience and performing full cases in the fourth month of the visit.

At the end of the fellowship, my proofed logbook is comprised of:

- 81 Robotic-assisted radical prostatectomy (22 console, 36 assistant, 23 observer)
- 6 Laparoscopic radical prostatectomy (3 primary surgeon, 3 assistant)
- 7 Robotic-assisted radical cystectomy (1 console, 6 assistant)
- 2 Open radical cystectomy (1 primary surgeon, 1 assistant)
- 11 Robotic-assisted partial nephrectomy (11 assistant)
- 7 Laparoscopic partial/radical nephrectomy (5 primary surgeon, 2 assistant)
- 21 Endoscopic procedures

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- 20 Focal high-intensity focused ultrasound
- 3 Focal cryotherapy of the prostate

Tutored by Rafael Sánchez-Salas and Eric Barret, I conducted clinical research on focal therapy and minimally invasive salvage prostatectomy. I revised oncological outcomes based on their experience with focal strategies in localized prostate cancer. We aimed to analyse failure diagnosis, definitions and failure management following focal therapy as salvage radical prostatectomy outcomes.

During the fellowship, the scientific production following the previously mentioned topics included five submitted abstracts to international meetings, two manuscripts as first author and four papers as co-author, under review in urology journals at the time of the current report.

The clinical fellowship will improve my practice as I have advanced my surgical skills in minimally invasive procedures. I work as an attending in the Department of Urology at Hospital Infanta Sofia-Madrid, chaired by Prof. Martinez-Piñeiro, doing laparoscopic surgery and will have the opportunity to start fusion-guided diagnosis for prostate cancer. My expectations on the clinical fellowship programme were met mostly with confidence and experience gained during the six-month fellowship in laparoscopic and robotic procedures. Moreover, scientific abstracts and papers performed will enhance my academic profile that I aim to improve in the coming years.

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Facilities
Since the first day, the environment at IMM was professional and friendly. During the semester, we were four international fellows with different backgrounds. As fellows, we had an office for research purposes where we all had our own computer and access to all databases from IMM.

Housing facilities were offered by the institution on the university campus, but residences were previously booked by students, so no vacancies were available during the requested dates. Information for flat rentals in Paris was also submitted by the institution helping us on housing arrangements.

Conclusion
No language barriers were encountered during the visit, not even during the surgical procedures. Nurses and co-fellows were helpful and amiable, allowing a pleasant daily practice.

During the visit, the Paris attacks on the 13th of November 2015 had just occurred. The warm atmosphere and friendliness of the hospital staff helped to continue working despite the tragic event.

The overall experience has motivated me to improve my academic profile. I have gained confidence in my surgical skills. After a broad surgical training supported by the EUSP, I would like to extend my gratitude to the EUSP and EAU for allowing a young urologist to improve her surgical skills and academic profile.