EUROPEAN UROLOGICAL SCHOLARSHIP PROGRAMME (EUSP)

[3-month clinical visit]

University Hospital of the Canary Islands

Tenerife

Canary Islands, Spain

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Introduction

In the winter of 2015, I had the great opportunity to undertake a clinical visit at the University Hospital of the Canary Islands in Tenerife. I did this as a scholar of the European Urology Scholarship Program (EUSP) of the EAU which supports the exchange of knowledge between European urological departments.

As a person who is on one hand, a urologist from her deepest conviction, and on the other, someone who is strongly interested in people from different backgrounds and cultures, the EUSP perfectly helped me to broaden my horizons in both aspects. The EUSP offers clinical and lab-work programs ranging from six weeks to one- to two-year periods, where urologists up to the age of 40 can apply for the most-fitting options for their future career plans.

Clinical visit

I chose a three-month visit to continue my education in Functional Urology (a field of urology which is not usually offered in the urological department where I normally work). In addition to widening my expertise in this particular area, I was also curious to see how familiar urological treatments were carried out in unfamiliar settings.

During this time, I was invited to follow Prof. David Castro-Diaz. He is a world-leading expert in Functional Urology with immense expertise. It was a pleasure to observe him in his clinical practice and in the operating theatre.
Scholarship activities
I attended all the activities of the Department of Urology; including daily clinical meetings, weekly multidisciplinary meetings, regular Journal-Club sessions, outpatient clinic, daily operating theatre as well as kidney transplantation programme activities. Prof. Castro-Diaz also scheduled a number of functional procedures during my stay, where I was able to assist in the implantation of different male and female sling systems and artificial sphincters, Pelvic Organ Prolapse surgery; submucosal Botox-Injections and sacral Neuromodulation. I attended the activities of the Pelvic Floor Unit, which also included video-urodynamics and consultations and aftercare of patients under Neuromodulation.

Besides the activities in Functional Urology, I also had the chance to participate as an assistant in many other urological procedures. So I attended cadaver- and life-kidney transplantations in the expand implantation team and exiting advanced multidisciplinary tumour surgery, where plastic surgeons or gynaecologists joined the procedure.

In addition to this wide range of clinical activities, I also was invited to participate in international meetings like a two-day congress and workshop in Neuourology of the Sociedad Iberoamericana de Neurouronología y Uro Ginecología (SINEUG) in the Spanish mainland. Also, I was able to absorb a high-level laparoscopic-simulator training at the neighbour island Gran Canaria. At least I was able to take part in one paper about overactive bladder, which was even published during the time of my stay.

Acknowledgement
Besides all this immense urological enrichment, Prof. Castro-Diaz and his colleagues (in particular the professionally and personally outstanding urologist Dr. Barbara Padilla) introduced me to the Spanish way of living. They were great hosts who very quickly made me felt at home in the clinic and on the island. I was invited to many dinners where I enjoyed the extraordinary Canarian food and the most spectacular wines I have ever tasted. We went out for traditional sport and music events in the evenings and we met nearly weekly to play the traditional sport Padel. Finally, we went sailing together where dolphins and even a whale were following our boat!

Conclusion
All in all, it was really a fantastic experience. I return to my home clinic, professionally and personally enriched. And now I have an additional reason to look forward to every EAU annual meeting; I know that I will meet my old short-term colleagues and new friends.