

Enthusiastic response for E-BLUS course in Indonesia

ESU-ESUT collaborate in first laparoscopy training course in Indonesia



With endourology as theme in the 36th Annual Scientific Meeting of the Indonesian Urological Association (IUA), a laparoscopy training course based on the EAU's European training and assessment in Basic Laparoscopic Urological Skills (E-BLUS) attracted a high number of participants during the IUA congress held in Manado, Indonesia.

Held from October 17 to 19 last year, the European School of Urology (ESU) and the EAU Section of Uro-Technology (ESUT) collaborated to support the IUA by organising a master class session and basic/advanced laparoscopic training courses. The author, as a member of ESUT's laparoscopy training group and the European Urology Residents Education Programme's (EUREP) mentor team, gave two lectures in the ESUT master class session and in the basic and advanced laparoscopy courses.

The master class lectures covered ergonomics in laparoscopy and tips and tricks in retroperitoneal nephrectomy. On the other hand, the laparoscopy training course was mainly based on the ESU-led training programme E-BLUS, a validated laparoscopy



Dr. Ali Gözen and Dr. Irfan Wahyudi with trainees during the E-BLUS warming up session



training programme which both the ESU and ESUT are promoting outside Europe. Thirty urologists and residents attended the course in Manado and completed the E-BLUS-based exercises. The participants were not only enthusiastic about the training format, but also successfully accomplished the training goals. Indonesian urologists clearly showed their skills and aptitude for laparoscopic procedures with many of the trainees performing excellently in the various levels of the course.

During the 'warm-up' session, considered as a pre-E-BLUS exam session, the four exam steps were

accomplished by the Manado participants within average time limits. The participants were particularly inspired to perform since the E-BLUS employs training-box exercises designed to train basic psychomotor skills. The validation of these exercises allows an objective measurement of the trainee's skills level. With time and quality criteria for performing the exercises set at the intermediate-novice level, the E-BLUS can be considered as an appropriate entry test.

E-BLUS access

Another advantage of the E-BLUS programme, is its easy access and availability. Both the theoretical course and instructional videos are available online (www.uroweb.org - Education) and can be accessed by everyone registered at the website.

At present, the exam and hands-on training sessions are mainly organised during the EUREP and the EAU Annual Congress. Exams and training sessions are open to meeting delegates. Admission to the exam requires that the candidate has practised the E-BLUS exercises previously "at home" (self-reported), and has successfully completed the online theoretical laparoscopy course.

"The ESU started last year to promote the E-BLUS exam to National Societies. ESU offers support to National Societies who are interested in conducting this laparoscopic entry exam during their national meetings. The first pilot in Italy, held in October 2013, was a success," according to Dr. Ben Van Cleynebreugel, lead contact person for the E-BLUS programme.

Van Cleynebreugel also emphasised the excellent joint ESU-ESUT collaboration in this endeavour, which ensures the success of the E-BLUS.

"With standardisation of laparoscopic skills as one of the programme's aims, the ESU guides the exam procedure and provide validated exercise models with

documentation. The ESU also collaborates with a large group of experienced laparoscopist tutors/examiners from various countries," said Elgin Lichtenauer-Kaligis, EAU Education Online Manager.

Indonesian experience

In Indonesia, the advanced training using the POP trainer was also very useful and well-attended. Dr. Irfan Wahyudi, who completed his laparoscopy and robotic training in Heilbronn under the mentorship of Prof. Jens Rassweiler, delivered an excellent job in leading the course. Aside from Wahyudi, Indonesian faculty members Dr. Ponco Birowo and Dr. Cahidir Mochtar, IUA president, also provided their full support and welcomed the close collaboration between the IUA, ESU and ESUT.

"With time and quality criteria for performing the exercises set at the intermediatenovice level, the E-BLUS can be considered as an appropriate entry test."

Plans are now underway to offer the E-BLUS exam during this year's IUA's 37th Annual Scientific Meeting in Lombok. At the conclusion of the Manado course last year at least 20 urologists expressed their interest to join this year's planned laparoscopy course.

The Indonesian hospitality in Manado was also remarkable with the faculty members getting a glimpse of Manado's natural attractions, considered one of the world's dive paradise sites. The IUA president, Dr. Mochtar, congress secretary Dr. Andry and Drs. Birowo and Wahyudi have all shown warm hospitality. We would like to extend our sincere thanks to all our Indonesian colleagues and we hope to further strengthen this scientific collaboration and friendly partnership.



Thirty urologists and residents attended the course in Manado and completed the E-BLUS-based exercises

European School of Urology Online Courses



- **Emerging evidence on PSA in the diagnosis of prostate cancer**
M. Marberger and M. Margreiter, Vienna (AT). Update on the use of PSA as a biomarker in the diagnosis of prostate cancer.
 - **Small renal stone burden: Stone at inferior calyx**
John M. Varkarakis, Athens (GR). Overview of the epidemiology, predictors, research and management of lower pole stones.
 - **Ketamine bladder**
Nikesh Thiruchelvam, Cambridge (UK). Ketamine bladder, a more and more frequently diagnosed disorder, is discussed.
 - **Ureteral stones management**
John M. Varkarakis, Athens (GR). An overview of ureteral stone management; the primary procedures for a stone free proximal, mid and distal ureter are discussed.
 - **NOTES and LESS transvaginal nephrectomy**
Maria J. Ribal, Barcelona (ES). An introduction of Natural orifice transluminal endoscopic surgery (NOTES) and Laparo-Endoscopic Single-Site (LESS) surgery. These types of surgery are discussed based on publications in various scientific journals.
 - **Male stress incontinence therapy**
Nikesh Thiruchelvam, Cambridge (UK). Phenomenon, aetiology, diagnosis and treatment of male stress incontinence.
 - **Molecular biology of castration-resistant prostate cancer**
Author: Maria J. Ribal, Barcelona (ES). Comprehensive overview of the molecular biology of castration-resistant prostate cancer.
- <http://educationonline.uroweb.org>
Contact: e.lichtenauer@uroweb.org



The president of the Indonesian Urological Association Dr. Mochtar awarded Dr. Ali Gözen with a certificate together with Dr. Birowo (left) and Dr. Wahyudi (right)

EAU Education Online

Take your knowledge to the next level