



ESGO Traveling Fellowship Fellows Report

Name of Fellow: Mariana Isabel Cruz Rei

Position at Home Institution: 5th Year Resident of Obstetrics and Gynecology, PhD student of Medical School of university of Porto

Home Institution (full address): Centro Hospitalar de São João, Alameda Prof. Hernâni Monteiro, 4200-319 Porto, Portugal

Head of the Department: Nuno Montenegro, MD PhD

Email: marianarei@hotmail.com / marianacruzrei@gmail.com

Name of Mentor at Host Institution: Ignacio Zapardiel Gutierrez

Position at Host Institution: Médico adjunto de la Unidad de Ginecología Oncológica del Hospital U. La Paz, Director del Grupo de Investigación en Ginecología del IdiPAZ

Institution (full address): Paseo de la Castellana, 261, 28046 Madrid

Email: ignaciozapardiel@hotmail.com

Dates of Fellowship: 1st April to 30th June 2018 (3 months)

Detailed description on Teaching received:

From the first moment, I was received in the Gynecology Oncology Department of Hospital La Paz as a team member. I was allowed to actively take part in all the daily clinical routines, which included surgical practice, multidisciplinary tumor committees, inpatient clinic and outpatient care.

All the members of the surgical team performed with large theoretical and surgical expertise, either in laparotomy and laparoscopic approach. It was possible to engage with novel techniques in minimally invasive surgery and diagnosis, as biopsy of sentinel node in cervical and endometrial cancer, and to contact with patient recruitment for international multicentre clinical trials.

I was able to observe and participate in major oncologic surgery, especially in cervical, endometrial and ovarian cancer, which contributed to a better understanding of the anatomical relationships in the upper and lower abdomen. Those procedures frequently involved a multidisciplinary surgical team with oncologic gynecologists, oncologic general surgeons, plastic surgeons and urologists; in many occasions, the applied surgical technique required participation of other medical specialties, as nuclear medicine. All this multidisciplinary environment was of utmost importance to achieve the optimal therapeutical approach and provided great lecturing and tutorship opportunities.

Some of the most striking acquired concepts comprised complete cytoreductive surgery and total parietal peritonectomy with en bloc resection in ovarian cancer; laparoscopic radical hysterectomy with nerve sparing technique in cervical cancer; extraperitoneal versus transperitoneal laparoscopic paraaortic lymphadenectomy in endometrial cancer; sentinel node technique for vulvar, endometrial and cervical cancer; optimal patient selection for partial or total exenteration procedures.

Goals accomplished:

This fellowship provided me a great understanding of the optimal care of gynecological cancers, especially in what concerns to surgical radically with minimally invasive approaches. As an accredited centre, it was possible to take part in the management of rare cases in its high standards. An insight of the similarities and differences in clinical guidelines, surgical approaches and health care systems between both countries was disclosed.

From a technical point of view, I was able to improve my surgical skills, owing to an intensive practice in the laparoscopic training simulator, and also due to an active participation in the operating room, either in open and laparoscopic surgery.

I was also able to collaborate in scientific field and engage in research projects. The unique established contacts and the possibility of building new bridges between institutions were certainly the most valuable accomplishments during this fellowship, by which I am truly grateful.

Achievement in clinical practice:

1. Participation in open and laparoscopic surgery, firstly as observer and latter as first or second assistant.
2. Practice of surgical skills in laparoscopic training simulator.
3. Better understanding of surgical anatomy and anatomical variations; surgical technique; management of common surgical complications; patient enrollment in clinical trials.
4. Acquisition of expertise in some protocols as sentinel node in cervical and endometrial cancer.
5. Improvement of theoretical knowledge on gynecologic oncology field by participating in multiple congresses, seminars and meetings.
6. Participation in outpatient clinic management and on multidisciplinary tumor committees, allowing a deeper involvement in the diagnosis and therapeutical decision process.
7. Preoperative management and postoperative follow up of complicated and rare cases.

Presentations eg. at seminar or meetings:

1. 34^a Reunión Nacional de la Sección de Ginecología Oncológica y Patología Mamaria (*to be submitted in July 2018*)

Research performed and outcome: In progress

1. *Quimioterapia intraperitoneal en el carcinoma epitelial de ovario: que perspectivas tras 10 años de experiencia?*
2. *Aproximación Multidisciplinar al Síndrome de Lynch Diagnóstico Molecular Cáncer de Endometrio*

Publications: In progress

1. *Quimioterapia intraperitoneal en el carcinoma epitelial de ovario: que perspectivas tras 10 años de experiencia?*

Problems encountered with a critical evaluation of the fellowship experience:

No problems encountered during the fellowship experience.

Future plan on returning to home:

I plan on concluding my last year of residency, as much as possible dedicating my time to clinical practice of Gynecological Oncology. Additionally, I plan on finishing my PhD project, which has been developed in the Gynecological Oncology field.

Finally, I intend to apply all the theoretical and practical knowledge acquired during this fellowship into my future steps: hopefully to be deeply engaged with a career in Gynecological Oncology and to actively participate in the improvement of this field in my country.

Overall evaluation and comment of the fellowship:

First of all, I would like to thank ESGO for the opportunity of participating in a fellowship in such an extremely qualified institution as Hospital Universitario La Paz, Madrid. It was an unforgettable experience from a professional and personal point of view.

Especially I would like to express my sincere gratitude to Professor Alicia Hernandez for the excellence of patient management, but mostly for the warm reception and gracious hospitality in her team. I am truly grateful for the constant motivation, encouragement and support.

In addition I am very grateful for my mentor, Professor Ignacio Zapardiel, for filling me with enthusiasm for gynecological Oncology. His surgical talent and research ideas are unique and absolutely inspiring. All the members of the Gynecological Oncology team perform with outstanding expertise and knowledge, traits that encouraged me to overcome the barriers on the road, to pursuit my career goals and ultimately to reinforce my skills towards improving management of patients with gynecological cancer.

In **Madrid, Spain** Date: **30th June 2018**

Applicant's name (in capital letters)

MARIANA CRUZ REI

Signature:



Enjoy learning with ESGO!