



## **ESGO Traveling Fellowship Fellows Report**

**Name of Fellow:** **NITU GEORGE**  
Position at Home Institution: Specialist in Obstetrics and Gynaecology  
Home Institution (full address): Jubilee Mission Medical College, Thrissur, India  
Head of the Department: Dr Sareena Gilvaz  
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**Name of Mentor at Host Institution:** **Prof.Dr.Med.Rainer Kimmig**  
Position at Host Institution: Director, Clinic for Obstetrics and Gynaecology  
Institution (full address): Essen University Hospital ,  
Hufelandstrabe 55,  
D-45147,  
Essen , Germany  
Email: Rainer.kimmig@uk-essen.de

**Dates of Fellowship:** **15<sup>th</sup> October 2018 to 15<sup>th</sup> December 2018**

### **Detailed description on teaching received:**

I am extremely delighted and honored to share my first experience in an advanced cancer care centre - Essen University Hospital. At the outset ,I would like to thank the board members of the European Society of Gynaecological Oncology for giving me this learning opportunity. My deepest gratitude to Mrs Helena Opolecka who made the entire procedure seamless, and Mrs Jutta Klein,(Secretary to Prof Kimmig) ,for being so cordial, prompt and helpful throughout the period of my fellowship.

On the first day ,I was greeted and given a warm welcome by Prof.Med.Rainer Kimmig ,and his entire team and was asked to express my expectations of the fellowship. In the subsequent days I was given the opportunity to witness and take part at the operation theatre, inpatient wards, chemotherapy clinic, dysplasia and colposcopy clinic, gynaecological oncology clinic,

weekly tumor board multidisciplinary team meetings and research work. The stratified working system was an experience in itself

Prof. Kimmig is an excellent minimal access surgeon and a doyen in robotic surgery. I witnessed the latest advancements in robotic gynaecological oncosurgery through the Da Vinci Xi system. Robotic procedures like Total Mesometrial Resection (TMMR) and Peritoneal Mesometrial Resection (PMMR) with the use of indocyanine green dye along with directed total compartmental lymphadenectomy for endometrial malignancy was precision surgery at its best. Meticulous surgical technique with delineation of anatomical planes and R0 resection were the learning points which directly resulted in improved surgical outcomes and minimal patient morbidity. Sharing the console with Prof Kimmig was very exciting as this was my first experience with Da Vinci Xi system and witnessing meticulous dissection through the eye piece was overwhelming. Dr.Med.Peter Rusch gave me the opportunity to practice the simulation exercises on the Da Vinci for which I am eternally grateful. This was the highlight of my fellowship which inspired me further to pursue a career in minimally invasive gynaecology. I observed many open radical procedures for early stage cancer cervix and ovarian malignancy. Vulval malignancy being managed with vulval mapping and reconstruction using flaps by Prof.Hockel was a novel experience. The striking observation was the involvement of experts from various surgical sub specialties, to give the patient the best, was heartening.

In the gynaecological oncology clinic run by Dr.Med.Peter Rusch, Dr.Med.Pawel Mach and Dr.Med.Paul Buderath, I observed patients being worked up and decisions taken by the Consultant, all so streamlined. I also got to see cases being recruited to the TMMR Trial; Cancer Cervix stages 1b2 to 2a into either surgery(TMMR) or primary chemoradiation.

Dr.Med.Cornelia Goldnau introduced me to cervical, vaginal and vulval dysplasia diagnosis and management, at the colposcopy clinic.

The weekly tumour board multidisciplinary meet was a great learning experience as evidence based conclusions were taken on recurrent gynaecological and breast cancer management. I was enlightened with the frequent use of immunotherapy.

The research and analysis of the department taught me organised research methodology and introduced me to the ongoing trials, like the study of disseminated tumour cells in the bone marrow and blood in gynaecological malignancy and the role of Denosumab in advanced malignancy.

**Goals accomplished :**

1. Importance of a Multidisciplinary and comprehensive approach towards cancer care.
2. Awareness of the latest advancements in minimal access oncological surgery.
3. First hand virtual experience of the Da Vinci Xi system.
4. Understood the role of immunotherapy in cancer care.
5. Better patient outcome is possible only with perserverent research and continuing medical education

**Achievement in clinical practice:**

1. Better understanding of pelvic anatomy , which has made me more confident
2. Improved knowledge and application of evidence based medicine
3. Basic Knowledge of the Da Vinci XI system .

**Presentations eg. at seminar or meetings:**

Nil

**Research performed and outcome:**

Since I was not registered in the German Medical Council , I was not eligible to take part in research.

**Publications:**

Nil

**Problems encountered with a critical evaluation of the fellowship experience as a whole:**

Since I was not very well versed with German I found it difficult to converse with patients, but this was circumvented by my colleagues at Essen as they were more than willing to help. They explained patient management plans and surgical procedures in English when required. Overall, the fellowship was an exciting and wholesome experience

**Future plan on returning to home:**

I wish to pursue a career in minimally invasive gynaecological oncology. I will be sharing the information I learnt with my colleagues in India especially comprehensive case management, newer advancements in cancer care, and operative techniques. I wish to get internationally certified in colposcopy which will privilege me to screen and treat pre-invasive lesions of the cervix, vagina and vulva.

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**Overall evaluation and comment of the fellowship:**

This travelling fellowship has introduced me to gynaecological oncology on a world platform. I was able to witness and learn the latest advancements in oncosurgery and chemotherapy. My sincere gratitude to ESGO and Prof. Kimmig and his team for accepting me into this prestigious program. I am completely satisfied with the wholesome experience of the fellowship and I would recommend this fellowship to anyone who wishes to pursue a career in gynaecological oncology.

Date : 22-01-2018



Applicant's name : NITU GEORGE

Signature

**Enjoy learning with ESGO!**