

## **Report on the Association of Surgeons of Great Britain and Ireland International Bursary Award 2010**

It has been a privilege and honour to be awarded the international bursary to attend the ASGBI Annual Surgical Congress in Liverpool.

I came to know about the bursary from a senior colleague and was immediately interested. The idea of being able to visit a different centre, meet people from different backgrounds, see a different system and learn seemed very attractive.

My objectives in applying for the bursary included gaining a firsthand experience of the practice of surgery in the UK, interaction with faculty and fellow trainees, learning more about surgical research and improvement of surgical knowledge and skills.

The bursary consisted of 2 days of hospital visits and 3 days of the surgical congress.

### Hospital Visits

On the first day, we visited the Warrington hospital, and were hosted by Mr. Taylor. We had a chance to go into theatres, and watched a laparoscopic right hemicolectomy. The theatre complex was extremely impressive with good use of available modern technology. Mr. Taylor and his team were very friendly and gave us a good insight into surgical training in the UK and the NHS. It was here that I saw the WHO surgical safety checklist being used on a routine basis. Also, I saw the various components of ERAS (Enhanced Recovery after Surgery) being practised, and had a good discussion on its impact with the anaesthetist and the surgeons. I also had the opportunity to attend one of the 'Grand Round' meetings in the afternoon, followed by a ward round, which were both very interesting.

The morning of the second day was spent at the Arrowe Park hospital in Wirral, and we were hosted by Mr. Greaney and Mr. Javed. I had the opportunity to see a laparoscopic CBD exploration, and was impressed by the quality of surgery. It was also amazing to see the co-ordination and understanding between theatre staff, with little or no delays in different parts of the procedure.

The afternoon was spent at the Royal Liverpool Hospital, where we had a series of interesting talks followed by interaction with the faculty and trainees. This session was very useful as it helped me get a better picture of the UK system of training and its salient points. I was also able to discuss about surgical research, which many faculty and fellow trainees were involved in.

### ASGBI Annual Congress

Attending the ASGBI conference at the BT convention centre was a unique experience. The congress was well organized, well attended and very informative. There were several sessions running simultaneously, and there were many occasions when I wanted to be in 2 sessions at once. Some sessions that I found useful and interesting included:

- Medical management of the surgical patient

- Patient safety
- How to avoid disasters in cancer surgery
- Prevention of colorectal cancer

What impressed me most was the high quality of research that was presented at the congress, both as oral presentations and posters.

Few other highlights of the bursary included a tour of Liverpool with Mr. Greaney, including a visit to the radio city tower, and the gala dinner at the Sefton palm house. Both were indeed a memorable experience. I was also able to make new friends, including many fellow bursary winners, from different parts of the world.

Few things that I intend to change in my practice following this visit include:

- Regular use of the surgical safety checklist
- Incorporate a few points from the ERAS programme into my practice, and develop an awareness of the same among my colleagues
- Initiate a few new research projects and increase the quantum of surgical research in our department.

I would once again like to thank the Association and many others who worked hard to make my stay in Liverpool comfortable. I would request the ASGBI to continue awarding bursaries, so that more people like me can benefit.

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