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### **MY VISIT TO UK AS 2011 INTERNATIONAL BURSARY WINNER**

#### **Visiting Southampton University hospital and Queen Alexandra hospital in Portsmouth:**

- During the visit I saw a well developed infrastructure, operating theatres of high standard with modern equipments, and standardized patient care. I observed various surgical operations such as laparoscopic total gastrectomy, laparoscopic oohidopexy in Southampton. I observed laparoscopic colorectal surgery, breast cancer surgery and participated in the surgical grand round in Portsmouth.
- This has given me a challenge as we don't perform laparoscopic surgery at our government hospitals (only in few private health facilities) and thus pose change in practice by initiating training in laparoscopic surgery. Moreover, we rarely perform breast conserving surgery as most patients have local regional breast cancer necessitating to do modified radical mastectomy. Improved awareness as being done will help in early cancer detection and thus move towards breast conserving surgery.
- Various papers and complicated cases managed at Queen Alexandra were presented during the surgical grand round. These papers gave feedback on patient outcome and expectation towards the care offered by the hospital. This encouraged me to practice the same at home as will continuously give feedback on what we offer to our patients.

### **Congress of Surgeons of Great Britain and Ireland in Bournemouth:**

- The papers presented were graded according to Oxford Centre for Evidence Based Medicine (EBM). This was highly motivating to me because patient care goes hand in hand with best practice and best research. Thus there is continuous need to improve our research standards in Tanzania to cope with the fast changing World.

### **Efforts done to improve surgical practice in Tanzania**

- I made presentation to the departmental meeting both at Muhimbili National Hospital and Muhimbili Orthopaedic Institute on my visit to UK with emphasis on improving standard of surgical practice through training and clinical research. From this, a group of surgical residents participated in basic laparoscopic and endoscopic workshop organized in Kikuyu hospital through COSECSA.
- One of the ASGBI papers on Perioperative fluid and electrolyte-getting the balance right by Dileep Lobo, was presented during the journal club. This has added knowledge on perioperative fluid and electrolyte for both elective and emergency surgical patients.
- It has remarkably improved my surgical practice taking into consideration the best evidence available.
- Surgical care goes hand in hand with anaesthesia, I have therefore connected Dr Oliver Ross (Southampton-AAGBI) and Dr Edwin Lugazia (Muhimbili-Tanzania) for continued collaboration to improve anesthetic practice in Tanzania.
- Surgical residents are highly motivated to acquire new skills and to be the next international bursary winners.