

I would like to begin by thanking the ASBGI for awarding me the opportunity to attend the 2011 congress and two day hospital visits.

This experience begun with visits to Queen Alexandra hospital, Portsmouth where I witnessed carotid Endarterectomy and laparoscopic hemicolectomy. I was impressed by the efficiency of the systems and the availability of equipment which contributed significantly to reduced operating time.

On my second day, I visited Basingstoke and North Hampshire hospital during which, I was privileged to be amidst specialists in the field of pseudomyxoma peritonei management. I was impressed by the literature review on the monocentre outcomes for this relatively rare disease. I then proceeded to theatre to witness peritonectomy (sugar baker procedure) for the same. I was impressed with the team work , a simple example was the way two theatres concurrently performed the same procedure and staff would take breaks in turns whilst the surgery went on, such that by the end of it, both surgeries were done in shorter time than would have been done by individual surgeons.

After this was a three day conference, during which a wide variety of papers were presented. I was moved by the intensity of research and the promotion thereof of evidence based medicine. I interacted with junior members of ASBGI who informed me that mentorship was the back bone of the continuing process.

The Closing ceremony was marked by a gala dinner where there was free interaction between the different cadres of colleagues. This was admirable; a culture that I would like to see emulated back home.

Through this experience my learning points were.

- Efficient systems reduce time wasted.
- Especially for major case, teamwork helps.
- Record keeping, documentation and eventual publication were the best way to critique outcomes.
- Free mentor-mentee interaction is best practice in medicine.

The challenge I took home with me was to emulate my learning points in the most simplistic and cheap way in order to save on the ever meager resources back home.

Besides this the people were friendly and approachable and the environment in Bournemouth I found to be simply breath taking. Once again, I would like to thank the ASBGI community, the organisers and the sponsors. Special thanks to Bhavnita who welcomed us and made our stay comfortable.

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KENYA