

Observership at Cleveland Clinic, Florida

I have been accepted as an International Clinical Observer at Cleveland Clinic, Florida. The stay was a part of my expert education (EXPU) in Urogynecology. I had the honor to join Dr. G.W. Davila in May 2017 at the Cleveland Clinic in Florida, USA.

The primary purpose of my clinical visit was to observe all the clinical activities of the Urogynecology Section, including office evaluation and surgical therapy.

I had the opportunity to observe outpatient consults, 3D- 4D ultrasounds in patients with stress urinary incontinence and prolapse before and after the surgery, urodynamic, cystoscopies with macroplastique (MPQ), tibial nerve stimulations for overactive bladder and urge urinary incontinence.

Two days a week, I had the opportunity to observe surgeries for treatment of pelvic organ prolapse and stress urinary incontinence. For treatment of prolapse, they used both conventional vaginal and laparoscopic surgery. It was interesting for me to see the laparoscopic surgery, such a sacrocolpopexy, because we do not perform such operations at my department.

For stress incontinence, they used conventional TVT slings. Some patients underwent an I-STOP low deformation procedure for Intrinsic Sphincter Deficiency. I had no experience in use of I-STOP before I came to Cleveland Clinic, but Dr. Davila had introduced I-STOP slings use to me both in treatment for stress urinary incontinence and pelvic organ prolapse. I am going to share all my experience with my colleges in Denmark.

During the stay at Cleveland Clinic Florida, I have been working with the project about the position statements on use of synthetic mesh for treatment of vaginal prolapse and female stress incontinence. The goal of our project was to compile and compare existing position statements from national/international professional associations and governmental agencies on the use of synthetic mesh for pelvic organ prolapse (POP) and stress urinary incontinence (SUI). Generate a FIGO summary statement to inform and provide advice to OBGYNs and pelvic surgeons worldwide. It was a very good possibility to improve my scientific skills too.

Despite long hours on daily basis to observe clinical activities, I had the opportunity to visit different places in Florida.

I am grateful to NFOG for supporting me and giving me the possibility to visit Cleveland Clinic in Florida.

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