

**Clinical observership (4 weeks) at King's College Hospital,  
Department of Urogynaecology, London, United Kingdom.  
June 2018 NF18015**



The NFOG Fund generously supported part of my expenses related to a four week clinical observership at Kings College Hospital, London at a tertiary unit in urogynecology. I had the honor to join Prof Linda Cardozo and Dr. Dudley Robinson and their team of highly competent doctors, nurses and physiotherapists.

The primary purpose of my clinical visit was to observe all the clinical activities, including videourodynamics, medical treatment as well as surgical therapy. I had the opportunity to observe outpatient consults, videourodynamics, flexible cystoscopies, patient education classes, pessary clinic and specialized physiotherapy and surgical theaters.

I was introduced to “One-stop assessment” where the patients at their first visit to the outpatient clinic have an investigation with videourodynamics performed at the same day and a treatment can be initiated directly at the first visit. The Department also has “UCARE” (Urodynamic Clinical for the Assessment and Review of the Elderly) with specialist care through their Urodynamic Clinic.

I had no experience in use of videourodynamics which is not a main investigation in Denmark. Videourodynamics is a diagnostic tool incorporating urodynamics with imaging of the lower urinary tract. Thus, both functional anatomy and physiology are assessed simultaneously.

I also had the opportunity to observe surgeries for different types of pelvic organ prolapse including sacrospinous fixation for vaginal vault prolapse. Although we perform similar surgeries at my department, it was still of great value to see and discuss surgical skills and technics.

Every Tuesday from 6 to 8 PM there were MDT conferences with attendance of the doctors, nurses and physiotherapists with discussion of complex cases and review of urodynamics and flex cystoscopies.

One of the highly inspiring inputs is that they are able to incorporate research into their daily clinical work. The majority of patients are included in different research projects. During my stay I had the possibility to join London Urodynamics Club which is held every 3 month. It is a meeting with presentation of recent research from urology and urogynecology departments in London. The meeting I was attending included presentation of research results on: Management of mesh complication / Botulinum Toxin / Risk of OASIS / Speculum examination at pessary changes. It was very interesting and the meeting was held in a constructive and humorous tone.

I am grateful to NFOG for supporting this visit and also grateful for all of people I met at the clinic, each one of them willing to teach me and spending time to explain to me although their hands were full of work all the time. I am looking forward to share all these experiences with my colleges in Denmark.

July 2018

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Video urodynamic equipment