

### Observership at Mercy Hospital for Women, Melbourne, Australia

I have been accepted as an International Clinical Observer at Mercy Hospital for Women, Melbourne, Australia. The stay was a part of my expert education (EXPU) in Urogynecology. I had the honor to join Prof. Peter Dwyer and his team in November 2018.

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 patients at public hospital (Mercy Hospital for Women) and at the same time, I have an opportunity to follow consultants performing surgeries at several private hospitals. It was interesting to compare Danish and Australian health systems.

I had the opportunity to observe many urological procedures as cystoscopies, cystodistentions, botox injections into the bladder and sacral nerve stimulation for overactive bladder and urge urinary incontinence, which were performed by urogynecologists. All these procedures are performed by urologists at my hospital. It was a very good possibility to improve my urological skills too.

I had the opportunity to observe surgeries for treatment of pelvic organ prolapse and stress urinary incontinence. I was especially focused on extraperitoneal uterosacral suspension technique for post hysterectomy apical prolapse. Their data shows that it is an effective, suture based procedure with few complications even on long term follow up. This technique avoids need to open the peritoneum vaginally and has a low risk of ureteric injury and gluteal pain. I am going to share my knowledge about this procedure with my colleges in Denmark.

Despite long hours on daily basis to observe clinical activities, I had the opportunity to visit different places in Australia and enjoy wonderful nature.

I am grateful to NFOG for supporting me and giving me the possibility to visit Mercy Hospital for Women, Melbourne.

Aiste Ugianskiene, MD

Department of Gynecology and Obstetrics

Aalborg University Hospital, Denmark