

# Carrying on and fulfilling ESRU's goals

## ESRU welcomes new officers



**Dr. Tamás Zóber**  
ESRU Chairman  
Budapest (HU)

Stephan and his colleagues have led the Austrian residents' association very successfully, and a report of their activities was published in the one of the previous issues of this newsletter. As is the custom at ESRU, he is now the new section editor of the EUT's Residents Corner for a year. Extend your warmest welcome to Stephan!

For me it is a pleasure and at the same time a big responsibility to be the new ESRU chairman. I am very open to all suggestions from residents and the impartial criticism needed to improve ESRU, and in behalf of ESRU, the new officers will exert our best efforts to serve and represent you all.

We have many new activities meant for all residents. Currently, we are working on another ESRU scientific meeting to be held this fall and with close collaboration with the EAU and pharmaceutical companies in order to offer not only a good educational program but a generous financial support as well.

**"We also continue our efforts to provide feedback and information regarding new urological centers, particularly EBU-certified departments."**

We also continue our efforts to provide feedback and information regarding new urological centers, particularly EBU-certified departments. The EUSP also offers many grants for various clinical fellowships and



*Dr. Andreas Petrolekas, Prof. Per-Anders Abrahamsson, Dr. Stina Erikson and Dr. Tamás Zóber at the ESRU Dinner.*

we believe that a database collecting the feedback and information would help you select the department that fits or complements your own goals. Thomas Bessède of France coordinates this huge project, but we need you to take some time and fill out the questionnaire with very honest answers.

Communication is another priority for ESRU. We have launched our new website, [www.esru.eu](http://www.esru.eu), and we are going to employ these web-based tools, particularly our e-mail list to speed up communication with our members. Over time our goal is to gradually improve and add new functions such as news groups, surveys, forums, etc., and run these web pages as a real interactive site.

Finally, there are still many countries which are not represented in the ESRU Board. Kindly contact us if

## European Society of Residents in Urology



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[www.esru.net](http://www.esru.net)

you are from the following countries: Estonia, Finland, Serbia, Slovakia and Switzerland. You can send us a message via the messaging system at [www.esru.eu](http://www.esru.eu). (click on the "Write to ESRU" link). In the next EUT issue, we will post the new list of national representatives (NCOs) to ESRU.

Stay informed with ESRU!

# 16<sup>th</sup> ESRU Meeting: a step forward

## High attendance and quality sessions mark ESRU Day



**Dr. Andreas Petrolekas**  
Past Chairman of ESRU  
Athens (GR)

in the ESRU meeting. View the webcast if you are interested to find out the details.

6. **Launch of the new website at [www.esru.eu](http://www.esru.eu)**
7. **Representing young European urologists in the first three years** following the end of their specialised training with the aim to further improve or hone their skills, and provide better professional and educational opportunities to ESRU members.

Following the remarks by Petrolekas, Prof. Mitropoulos (Greece) opened the education session with a comprehensive overview on the medical treatment of BPH including basic research achievements. On the other hand, Prof. Esen presented four clinical cases of lithiasis and actively engaged and discussed with the audience the possible approaches and surgical management.

The popular Campbell Quiz ended the morning session. The very difficult questions challenged the participating residents, highlighting which chapters should be revised and also recalling the words of Socrates "I know nothing except my ignorance," which sounded more true than ever. Dr. T. De Vocht (photo top right) gave the highest number of correct answers and won not only the new Campbell Textbook but also the admiration of everyone present.

**"The 1<sup>st</sup> ESRU Autumn Meeting is exclusively for residents and will take place in Lubiana in October"**

The afternoon session opened with Prof. Dohle having the rather difficult task in making the audience resist the tempting need for a siesta, a task which he successfully accomplished by engaging the audience with intriguing clinical cases of infertility. Prof. Dinis Oliveira lectured on mini-slings and led the discussion on clinical cases of urogynecology.

Dr. Palou Redorta (Barcelona, Spain) discussed an exciting transitional cell carcinoma case whilst challenging the reliability of current diagnostic techniques. EBU Chairman Dr. Brehmer presented an overview of current fellowship programs, and responded to the many questions from the audience who closely inquired about the EBU decision to limit

*Dr. T. De Vocht receiving his prize from Dr. A. Petrolekas*



the oral exams to some Eastern European countries.

In the 'Nightmare Session,' the case presentations were made by Dr. Bedretinova and A.K. Koryakin (Russia), Dr. Bargao (Portugal) and Dr. Hruby (Austria). The session chairmen, Professors Grenabo and Marberger, commented on the diagnostic and therapeutic approaches in the cases presented by the residents and led a very lively discussion.

The meeting concluded with the much-awaited award ceremony. Prof. Montorsi gave the prizes for the three best articles authored by residents and published in 2008 in the *European Urology*. Petrolekas gave the awards to the three best posters presented in Stockholm by residents. The poster prizes were all supported by an unrestricted educational grant from AstraZeneca.

At the end of the meeting, all participating residents stayed behind to renew contacts and discuss plans for next year's meeting in beautiful Barcelona. The same night a wonderful dinner party was held in Sweden's famous Opera Club right in the heart of downtown Stockholm. Around 150 European residents enjoyed the traditional Swedish cuisine in the cozy restaurant which offered an excellent view of the city centre. The after-dinner party was held at the club and lasted until the early morning hours...

Finally, the ESRU's executive committee had the honour to welcome in this special event EAU Secretary General Prof. Abrahamsson,

Prof. Grenabo, co-chairman of the congress and Prof. Esen, chairman of the Residents Office (photo below). And our thanks to all who participated and supported the ESRU events. Your support has given us the renewed inspiration and energy to continue!

Hasta la proxima  
ESRU



*Prof. Abrahamsson with European residents*

The 16th ESRU Meeting took place on March 18, 2009 during the 24th Annual EAU Congress in Stockholm. Chaired by Dr. Tarik Esen of the EAU's Residents Office and ESRU Chairman Dr. Andreas Petrolekas, the full-day meeting was attended by nearly 200 residents, quite a big number considering the simultaneous EAU sessions scheduled on the same day and the fact that a smaller number of residents attended the congress this year.

In his opening remarks, Petrolekas described the ESRU's objectives and the seven projects that were completed or are still running, which are:

1. **Updating the European residents' database.**  
According to ESRU database manager Dr. M. Pesl, a total of 3,100 residents are registered. The database also provide the ESRU with an updated email list enabling the society to improve communication with its members.
2. **Negotiating reduced prices for textbooks,** as demonstrated last year for the EMC Consult textbook, a textbok available in French, Spanish and Italian. Thirty residents took advantage of a 50% discount price.
3. **Negotiating reduced prices for participation fees and accomodation** expenses for ESRU members in international courses and congresses as shown in the XII Winds of Change course that took place last year in Zaragosa and the 4<sup>th</sup> International Consultation on Incontinence held in Paris.
4. **ESRU Autumn Meeting:** The 1<sup>st</sup> ESRU Autumn Meeting is exclusively for residents and will take place in Lubiana in October during the Central European Meeting. Monitor this page for updates.
5. **Evaluation of training centres** through an anonymous questionnaire. Our big pan-European project continues. The first results were presented

# ESRU prize winner benefits from laparoscopic course in Paris

Institut Mutualiste Montsouri in Paris helps residents to hone their surgical skills



**Dr. Nasser AlMuliki**  
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I was delighted to have the opportunity to visit the European School of Laparoscopy in Paris, an educational visit which I won as first-prize winner during the 14th international Meeting of ESRU held in Berlin, Germany last March 21 to 25, 2007.

I was granted a week-long master class course in laparoscopic upper urinary tract surgery at the Institut Mutualiste Montsouri, Paris, from November 23 to 28, 2008. The course was under the mentorship of Prof. Guy Vallancien, president of the European School of Laparoscopy. The prize was offered during the ESRU meeting in Berlin 2007. To win the prize participating residents took two tests: the first test was on the EAU Guidelines, while the second, presented by Prof. Theo Reijke (at that time the EBU president), was to find out if urology residents in Europe possessed sufficient knowledge to pass the EBU written Exam.

Both tests were MCQ questions. The ESRU selected the three winners, with the first prize winner getting the laparoscopy course, and the second and third prize winners winning two new editions of Campbell Urology. For the laparoscopy course, travel, accommodation and course fees were all included in the prize.

Due to technical problems I could not participate in the master class on laparoscopic upper urinary tract until November 24 and 28 last year. Despite the delay, I was so pleased to participate in the course as I eventually found out that it is one of the best courses I have ever attended.

I arrived in Paris on November 23, and the following day I went to the European School of laparoscopy to meet Dr. Xavier Cathelineau, course lecturer and head of the urology department at the Institut Montsouri. He gave me a briefing about the programme and oriented me on the hospital's set-up and facilities.

**"With a limited number of participants a trainee can really explore and test his skills...."**

On the first day, from around 2 pm to 4 pm, I had training on endocorporeal suturing on a pelvitrainer,



From left: Dr. X. Cathalineau, Dr. N. Al-Muliki, Prof. G. Vallancien at the Department of Urology, Institute of Mutualiste Montsoursis Paris, France



Laparoscopic surgical exercises in cadaver models

and from 4 pm to 6:30 pm we had presentations on patient's preparation, instrumentation, patient positioning, trocar insertion, indications, lectures on the anatomy of the upper urinary tract, video clips, tips and tricks and a summary discussion. The sessions ended at 7:30 pm.

The next day, at 9:30 am we started our training on fresh cadavers to perform laparoscopic left radical nephrectomy and partial nephrectomy. The session ended at 12:30. After an hour of lunch break, we continued our training, performing right side nephrectomy and partial nephrectomy until 5 pm. The hands-on training was followed by a wrap-up summary and group discussion.

On November 26, we proceeded to the Institut Mutualiste Montsoursis to watch two live operations of a partial nephrectomy and a nephroureterectomy. At the Department of Urology, we met Prof. Vallancien, who introduced us to his team. In the afternoon, many of the course participants have to go back to

their respective home towns or countries (Italy and Norway).

Fortunately, I had another day to observe more operations, and on the last day I observed two radical prostatectomy, one laparoscopic and the other robotic done by Dr. Cathelineau.

I really benefited and learned a lot during this wonderful and very instructive course. With a limited number of participants (only 11 participants for six fresh cadaver models), a trainee can really explore and test his skills and even engage the expert mentor on how to further develop his laparoscopic skills. Moreover, one can benefit from the exchange of ideas with other doctors coming from across Europe.

Undoubtedly, I would certainly advise residents to join the ESRU meeting during the annual EAU Congress, and participate in the competitive tests.

Finally, I want to thank Prof. Vallancien and Dr. Cathalineau for their expert advice and tips during the course, former ESRU chairman Dr. Stephan Larre for his efforts to organise the course, Mrs. Aurore Dionnet, executive manager of the European School of Laparoscopy, who coordinated for many months my travel and accommodation arrangements, and assisted me even up to the very last day of my stay in Paris.



M. AlMuliki receives first prize from Dr. S. Larré in Berlin

## Winds of Change International Urology Course

Zaragoza event offers programme designed for European residents



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The XII International Urology Course "Winds of Change" held from February 18 to 21 this year in Zaragoza, Spain, successfully presented a scientific and educational programme that specifically catered to European urology residents.

Organised by the University of Zaragoza, the University Hospital Miguel Servet and the University of Amsterdam (AMC University Hospital), the event was led by Professors L. Rioja and J. De La Rossette, chairmen of the course. The course also received vital support from many experts in Spain as it was held under the auspices of the Spanish Association of Urology ([www.aeu.es](http://www.aeu.es)).

Accredited with 18 CME credits points by the European Board of Urology (EBU), 56 Spanish residents participated in the EBU exams. In total the event attracted 520 participants, representatives from 75 Spanish medical schools, 22 international faculty



Part of the international faculty of the Winds of Change course

members, and held 28 live surgeries and many sessions that covered urological training, uro-oncology, urogynecology, BPH and andrology, amongst other specialities.

The international faculty included Profs. C.C. Abbou, P. Alken, G. Barbagli, O. Castillo, C. Chaussy, D. Hatzichristou, G. Janestchek, H. Van Poppel amongst other expert urologists. Residents from across Europe had the chance to participate in this exciting course as they were offered by the event's organising committee a discounted participation fee and accommodation price.

### Comprehensive sessions

On the first day, a session was dedicated to training in urology (photo 1) with many Spanish residents attending the session. The European Society of Residents in Urology (ESRU) has also been invited to participate. The session featured presentations about writing and evaluating a scientific article, how to obtain evidence and evaluate a diagnostic test, and also highlighted the importance of a urological curriculum.

In his lecture, Prof. Abbou discussed the latest changes in the European Scholarship Program, followed by Prof. Rassweiler gave an overview of the ESUT fellowship programmes. The audience also learned about the various training opportunities offered to residents and young urologists at the Minimally Invasive Surgery Center Jesus Uson in Cáceres, a training centre of excellence. Prof. Martínez-Piñero, former chairman of the EAU's Residents Office of EAU, presented the goals of the Residents Office.

ESRU chairman Dr. Andreas Petrolekas presented the objectives of the ESRU, the current activities and projects as well as the very interesting results from the pan-European project which is evaluating training centres for residents. The ESRU project has been ongoing in recent years. Unfortunately, the participation of Spanish residents in this project remains very modest, with only eight Spanish residents who gave their response out of the European total of more than 500 responses.

The survey is conducted anonymously through a questionnaire. By presenting the results of the survey and evaluation at the ESRU website, the ESRU hopes that it would not only help residents in choosing a training center, but also show the differences in the training of residents amongst European countries.

The end goal is to eventually contribute to the harmonisation of urological training across Europe. Obviously in order to help achieve this aim, we need the widest participation possible from Spanish residents. Thus, once again I take this opportunity to invite all Spanish residents to complete this questionnaire which can be found in the ESRU website ([www.esru.eu](http://www.esru.eu)).

### Clinical research

Another very interesting session for residents was clinical research in urology, chaired by Professors Carballido and T. De Reijke, who both underscored the importance of clinical research being made a fundamental part of the training of residents and young urologists. During this session, residents were informed of the clinical research work currently being done, particularly the excellent research work at the Minimally Invasive Surgery Centre in Cáceres, Spain.

The course concluded with a very interesting poster session for residents, an exceptional initiative which is being held for the first time in the congress. The session was chaired by Prof. J. Morote, president of Spanish National Speciality Urology Committee, and moderated by Professors Martínez-Piñero and J. Palou. A total of 39 posters (including four posters presented by European residents living outside Spain) were discussed during the three-hour session. I am strongly convinced that the participation of residents in similar sessions will improve their performance delivery before an audience, and these skills are certainly needed to excel in international urological congresses, events wherein active participation will greatly improve or enhance one's career.

As a member of the Spanish National Committee for Urologic Speciality and a former representative of



residents, and as an ESRU member, I would like to express my thanks to the chairmen of this course for inviting the ESRU to provide an overview on training opportunities, and for giving the chance to all European residents to participate. My sincere congratulations also go to Dr. Guillermo Urdeneta, Dr. Francisco Botelho and Dr. Suárez Broto for winning awards in the poster session.

As expressed by many other young urologists, I also look forward to future initiatives from the organising committee of the XII Winds of Change Course, and we certainly hope to see more excellent courses that are especially organised for residents. Hopefully, there would be many events such as the 'Winds of Change' in the future. To all Spanish residents, don't fail to support and miss these quality educational meetings.



Hospital Miguel Servet, Zaragoza

# Turkey's own 'ESRU'

## Turkey's Resident Coordination Platform sees initial success



Figure 2: Turkey ESRU logo



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Turkey on every international platform, but also serve urology residents and recently graduated junior specialists.

### ESRU Turkey goals

The ESRU Turkey board is composed of the founding executive committee (Figure 1) and clinic resident representatives. The executive committee consists of dedicated young urologists who have practiced in national and international centers. Clinic resident representatives, from 72 urology clinics nationwide, were enrolled in the ESRU Turkey board, which is still under development. ESRU Turkey Board is similar to ESRU in structure and planned facilities. Similar organisations in other European countries such as Italy (esruitalia), Germany (GesRU), Greece (ESRU Greece) and Belgium (ESRU be) operate under the same structure as that of ESRU. Our mission on the national and international levels can be summarized as follows:

- To conduct broad-based nationwide research activities.
- To support and set standards for urology training in Turkey.
- To maintain a close relationship with the Turkish Association of Urology and Turkish Board of Urologic Competency (including organising representative offices).
- To adhere to the Turkish Association of Urology and the Turkish Board of Urologic Competency.
- To support international resident and specialist exchange programmes.
- To provide scholarships and free journal subscriptions.
- To arrange meetings/symposiums regarding urology education issues.
- To construct questionnaires on urology training in Turkey, present the results in national board meetings, and compare the results of these questionnaires with European data.
- To support educational organisations of national urology associations.
- To form a national resident database and share this data with the Turkish Association of Urology and ESRU.
- To support academic and scientific facilities directed towards young urologists.

### Vision

ESRU Turkey is more of a 'union' than an association. Residents in urology and young specialists at the beginning of their carrier represent our target population. Urology residents are automatically accepted as ESRU Turkey members. The membership of the residents is automatically extended without the need for payment of dues. ESRU Turkey works under the supervision and structural organisation of the Turkish Association of Urology.

However, ESRU Turkey exercises and implement decisions independently within an institutional setting. Our network covers a wide range, from medical graduates who are about to make a decision about their residency to recently graduated young specialists at the beginning of their carrier. ESRU Turkey also aims to support young urologists who have represented Turkey internationally. We also hope that eventually a dynamic transfer of our missions and visions to the following generations will become a reality.

### Activities of ESRU Turkey

The first executive committee meeting was held in Ankara last 12 July 2008. Based on the plans and decisions made during this meeting, considerable progress has been achieved and is anticipated in both national and international platforms:

#### National platform

- The official web-site of ESRU Turkey ([www.turkiyesru.org](http://www.turkiyesru.org)) was constructed with an unrestricted support from the Turkish Association of Urology. Although still under development, we expect more young urologists to browse and visit our web-site.
- We constructed a logo for ESRU Turkey that convey the group's aim to synthesize both national and international missions (Figure 2).
- The questionnaire originally

developed by ESRU (Evaluation of urology residencies in Europe) was translated to Turkish. Two questionnaire surveys (Evaluation of residency programmes in Turkey and Evaluation of urology clinics in Turkey) based on the European counterpart were conducted nationwide. Results are currently under evaluation.

- The national resident database was updated and clinic resident representatives were appointed.
- ESRU Turkey has organised meetings and symposiums (topic: Animal Models in Urology) directed toward residents and young specialists. One of the residents who attended our meetings was rewarded a full sponsorship to attend the annual EAU congress held in Stockholm.
- We decided to expand the availability of the resident education meetings of the national association which are currently being held only in Ankara and Istanbul.
- We planned to announce and maximise the attendance to scholarship programmes.
- We decided to support national scientific and academic facilities.
- Posters and brochures with information about ESRU Turkey (Figure 3) were sent to urology clinics nationwide.
- To increase the attendance rate to the Turkish Board of Urologic Competency exam, we planned to reach and communicate with every young urology specialist.
- We initiated the concept of junior membership to the Turkish Association of Urology.
- A ESRU Turkey stand was built and hosted visitors during the National Urology Congress held in Antalya in November 2008.

### International Platform

- Two residents will be selected as NCO and will represent Turkey and ESRU Turkey in ESRU meetings. Hence, activities of ESRU Turkey will complement or coordinated with those of ESRU.
- We aimed to give information about the current status of urology training in Turkey to our European colleagues.
- By maintaining a close relationship with ESRU, we would like to share information about activities organised by the EAU and other European organisations.
- We will observe the activities of similar unions in other European countries.
- We planned to announce international scholarship programmes and provide information about "Centres of Excellence" to young urologists.
- We will be regularly updating the activities of ESRU Turkey.

### Activities for new urology graduates

Currently, young urologists in Turkey have to perform obligatory practice after completing a residency programme. ESRU Turkey aims to communicate with residents who have participated in scientific projects during their residency, who are experienced or willing to apply for an international short-term or long-term visit, who have passed or are preparing for the national and international board exams.

From our database, there are a total of 181 urologists who have finished their obligatory practice in Eastern and Southeastern Turkey. We are planning to share information (available equipment, monthly income, social activities) about the conditions of obligatory practice in these regions with the residents in training. These information will be presented in our web-site.

### Support for young urologists

Our main aim is to assist in enabling young urologists to effectively work and avail of opportunities in both scientific and academic fields. To do so, we will regularly carry out feasibility studies in order to standardise current urology practice. Moreover, we will optimise the profile of Turkish urology residents in international meetings. In the near future, we expect ESRU Turkey to grow with the support and supervision of the Turkish Association of Urology and, hopefully, clinics in Turkey will actively participate in our activities.

### References

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A social network for urology residents in Turkey was first initiated in 1996 under the auspices of the Union of Turkish Urology Residents. This union represented Turkey by sending two residents to the ESRU's NCO meetings. Aside from representing our country on international meetings, the union also presented reports to the Turkish Association of Urology on a regular basis.

In 2005, the European Association of Urology proposed that resident coordination boards be structured within the Turkish Urology Association. Through this the links between the resident coordination board and the ESRU would be much easier and more readily available. Following these moves, the national representatives played important roles in ESRU and initiated the development of a similar organisation in Turkey.

There are approximately 2,000 urology specialists and 500 urology residents in Turkey. With a relatively higher number of urology residents compared with other European countries (third in Europe), this necessitates a well-organised structure that represents residents and junior specialists.

In order to adapt the resident coordination platform which proved successful on the international level, we created a regulatory document (previously published) which covers the necessary accreditations. After presenting this regulatory document to the National Urology Association during an expanded executive committee meeting, the assembly of ESRU Turkey was approved in 16 April 2008.

It was accepted that ESRU Turkey was a structurally more detailed extension of the "Union of Turkish Urology Residents," and which could not work actively due to the lack of a regulatory document. After the approval, the regulatory issues, plans and missions of ESRU Turkey was presented to our European colleagues during the ESRU meetings.

With great pleasure and respect, we thank Dr. Tarik Esen, Dr. Bulent Cetinel, Dr. Ahmet Yaser Muslumanoglu (president, vice-president, head of resident coordination office of Turkish Association of Urology, respectively, 2006-2008), and all the members of the executive committee for their enthusiastic support and for making possible the creation of ESRU Turkey which will not only represent



Figure 1: Turkey ESRU Executive Committee- the first meeting in Ankara- Turkey ESRU Model (from left to right)- Cenk ACAR (Secretary), Ali Ersin Zümrütba (Database Manager), Sinharib Çitgez (Treasurer), Mustafa Sofikerim (Project Manager), Murat Binbay (Vice President), Emre HURI (President)



Figure 3: The poster showing the activity of Turkey ESRU for Turkish urology residents in the National Urology Congress



## Test your knowledge!

The EBU offers three MCQs to test your knowledge. Challenge your memory by answering the following questions:

1. A patient presents with a paranephritic abscess caused by an infection with *Staphylococcus aureus*. The treatment of choice consists of:
  - a. A percutaneous puncture of the abscess
  - b. An appropriate treatment with antibiotics
  - c. Treatment with antibiotics, incision, drainage
  - d. None of the above
2. Prenatally detected multicystic dysplastic kidneys:
  - a. Invariably enlarge in post natal life
  - b. Have been observed to involute in utero
  - c. Usually give rise to clinical symptoms in the neonatal period
  - d. Can only be detected ultrasonically in the third trimester of gestation
3. In a complete duplex system, the position of the ureteric orifice of the upper moiety in relation to the ureteric orifice of the lower moiety is:
  - a. Below and lateral
  - b. Above and lateral
  - c. Below and medial
  - d. Above and medial

To check out the correct answers, visit:  
[www.ebu.com/Examinations/Study Material](http://www.ebu.com/Examinations/Study Material)