

29 November 2016

Dear Colleague,

BAUS FY CT Newsletter: Number 2

This is the second newsletter from BAUS specifically aimed at those doctors interested in pursuing a career in Urology who are at pre-ST level. The intention of contacting you in this way is to improve communication between BAUS and yourselves such that we maintain your interest in the specialty, help you to fulfil your current roles to the best of your ability and give you every opportunity to progress your career.

We will write such a circular two or three times a year. If you know of colleagues who would benefit from receiving the newsletter, then please email Harry Heald - hheald@baus.org.uk. The newsletter will be available on the BAUS website (<http://www.baus.org.uk/>). Similarly, please let us know if there is other information that you'd like to be included in this newsletter.

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National ST3 Recruitment

Application for 2017 ST training opens 1 February 2017 (with interviews in Leeds 6-7 April) and many of you will spend the next few months preparing. The best advice often comes from those who most recently have gone through the process, and we trust that they describe the process as being fair and that efforts were made to minimise what inevitably can be a stressful process.

Click the [link](#) for further information.

Courses, Meetings and Presentations

BAUS Core Urology Course

This [course](#) aims to prepare you for selection and we look forward to meeting many of you in Birmingham from 23-26 January 2017. We were really pleased with the feedback we had this year and have made some tweaks to the programme accordingly. The main changes will be to make greater use of the space for more table-based discussions and, if possible, expand on the simulation training. There will also be a (mostly non-urological) quiz and drinks on the first night, not least so we can meet up socially with those not staying in the main accommodation. The portfolio review proved popular and we will repeat this. We have also changed the name because some were thrown by the word "Introduction"!

On Wednesday 25 January, there will be a course dinner at Jamie's Italian in Birmingham City Centre

We feel that the Core Urology Course is very good value and appreciate that many other courses are expensive. Remember that courses at conferences (EAU, BAUS, AUA) are often much cheaper so if you are attending such meetings you should try hard to submit for presentation (see below). If you show sufficient enthusiasm you should be able to find someone in your department only too happy for you to do the leg-work for a project, which might also be publishable. Additionally, publications such as Urology News are always on the look-out for conference/course reviews.

For further information and to register for the course, please [click here](#).

Simulation Boot Camp

In September this year the 2nd Urology Simulation Boot Camp was held in Leeds. There were 34 delegates comprising a mix of newly appointed ST3's and core trainees intending to apply for urology specialist training. It was an intense five-day course comprising 8 different simulation based modules, all staffed by expert faculty (approximately 60 consultants). Indeed, the high ratio of faculty to trainees is one of the key features of this course with over 30 hours of one to one training.

Mapped to the ST3 urology curriculum the course aims to prepare trainees for the transition to registrar using a variety of simulation techniques. Technical skills that were taught included:

- Testicular fixation
- TURP, TURBT, Bladder washout for bleeding
- Ureteroscopy (rigid and flexible), stenting
- Basic Laparoscopy
- Small bowel anastomosis, stoma formation
- Ureteric re-implantation and bladder repair
- Botox, urethral bulking and TVT

Scenario sessions included common outpatient problems, acute urology emergencies and also a simulated urology ward round. These were used to test non-technical skills such as communication, leadership and ability to cope with distractions and pressure.

The course is supported by BAUS and the SAC in Urology and is recommended for all new ST3 in urology. Next year's course will again be held in Leeds on 10– 14 October 2017. For further information, please follow on twitter @UrologyBootCamp.

Trainees at the 2nd Urology Simulation Boot Camp, Leeds, September 2016



BAUS 2017, 26-28 June 2017, SECC, Glasgow

We would like to make you feel part of the wider urological family even at this early stage of your career. The annual BAUS meeting is an essential part of reinforcing this sense of belonging and for the first time next year we will be having a portion of conference specifically for CT/ FY doctors. This will take place on Tuesday 27 June. Further details will be made available early in the new year including delegate fees which are reduced for BAUS Members & trainees.

We will have key figures in British Urology there to meet with you but will also encourage presentations/ posters from you based on submissions to the [BAUS CT & FY Audit/ QulP prize](#). Remember that the national winner gets free registration for the annual meeting and a grant towards the cost of travel to, and accommodation in, Glasgow.

BAUS Section of Academic Urology Meeting, 12-13 January 2017

The BAUS Section of Academic Urology would like to invite you to attend the Winter Meeting on 12-13 January 2017 at the Royal College of Surgeons of England, London. We are particularly keen to widen participation amongst trainees in the academic meeting and support your work in audit and research.

The BAUS Academic Research Prize will be awarded to the most outstanding research abstract and presentation at this year's academic section meeting. All interested applicants are invited to submit an abstract of their best research work to the section's meeting this year. The top abstracts will be selected for oral presentation and, from these, the best will be judged and selected. The award will include a certificate and prize money of £700. There are no restrictions on the nature of the research, and points will be gained for originality, scientific quality & rigour, impact on advancing urology research and potential for benefit to patients.

Please [click here](#) to view the meeting programme.

Registrations are £20 for a single day and £30 for both days. The meeting dinner will take place at Belgo, Holborn on Thursday 12 January and costs £35.

[Click here](#) to download and complete the registration form. Please send completed forms by email to the [BAUS Events Team](#).

Royal Society of Medicine (RSM) Section of Urology

The RSM Urology Section encourages presentations for those at your stage with very generous prizes. There is also a specific secretary's prize for pre-ST doctors: closing date 17 January 2017 (rsm.ac.uk).

SURG

Message from [Louise Olson](#) (BAUS Education Committee Trainee Representative):

SURG is the 'Specialist Urological Registrars' Group.' We are a national organisation and registered charity which provides a forum throughout the UK and Ireland for our members to discuss urological training and to express opinions on training issues at both Regional and National levels. SURG is not just limited to registrars but any doctor interested in pursuing a career in urology. Take a look at our [website](#) where there are contact details of our regional and organisational representatives and some educational resources.

SURG holds a national conference annually and this year was a great success in Manchester. There were fantastic prizes to be won at the abstract presentation section. The next SURG conference is likely to be October 2017, with further details to follow. Before then will be BAUS 2017 in Glasgow. There will be the annual SURG section on the Tuesday afternoon which you will all be welcome to attend followed by a social event in the evening. Looking forward to seeing you all at BAUS!

BAUS Website

There are pages on the BAUS website aimed at those at your stage which we attempt to keep current. There is also great effort made to keep the calendar section up to date so please use this resource to find courses and meetings that will be of interest to you and enhance your CVs.

Joining BAUS

The website includes information on [joining BAUS](#), including application forms.

Trainee Membership of BAUS is open to specialty trainees in the UK and Ireland in posts approved by the SAC in Urology (i.e. those with a National Training Number) as well as to specialty trainees who are within core surgical training but who have not yet been selected for run-through training.

The benefits of Membership include:

- Two Journals – BJU International (12x pa) and Journal of Clinical Urology (6x pa) – hard copy & on-line access.
- Discounts on registration fees for BAUS Meetings & Courses.
- Eligibility for grants & awards given by BAUS (these are only available to BAUS Members)
- Regular email updates from BAUS – including from the President, BAUS Specialist Section Chairmen, Urolink.
- Full, Trainee and AUS Members are voting members of BAUS who can stand for, and vote in, elections (both regional and national). This means Trainees can be members of BAUS committees and take an active role in the Association's activities. All the main BAUS Committees have trainee representation.
- Access to the Members Only Section of the BAUS website – this includes access to the Members Directory (only available to BAUS members)

For further details, please [email](#) us.

The Museum of Urology

Did you know that Urology is the oldest surgical specialty? In ancient Greece specialist surgeons (i.e. Urologists) were called upon to carry out the dangerous operation of removing bladder stones. This operation of lithotomy was practiced even earlier in India. Urologists were also the pioneers of minimally invasive surgery (a term invented by a urologist) and endoscopy. Take a look at the cystoscope below – lit by an oil lamp!



You can find out about this and much more in the Museum of Urology. This is a free online Museum hosted on the BAUS website www.baus.org.uk/museum. This virtual museum is constantly expanding and contains different areas covering famous urologists from the past, including all the BAUS presidents, old instruments and operations.

Museum of Urology

www.baus.org.uk/museum

The British Association of Urological Surgeons

The image shows a historical urological instrument, likely a cystoscope, with a red bulb and various metal components. In the background, there is a portrait of a man and some handwritten notes on a document.

There is a dedicated twitter feed, @urology_history and the curator writes a bi-monthly column about the history of urology in the journal Urology News (which by the way is free to trainees - https://www.surveymonkey.com/r/FREECOPY_UrologyNews).

There is a dedicated History of Urology stand at the BAUS annual meeting with a display of old urological instruments and lunchtime talks. There is also a moderated poster session just for the History of Urology. It's always popular with trainees and a great way to get your first presentation. So ask your boss to help you write a historical abstract for BAUS 2017 (abstract deadline is 11th January 2017 – loads of time!)

Future

We'd like to do more at BAUS to engage with those at the beginning of their careers such that we can maintain the high quality of care that we believe that we provide to our patients. Urology is a progressive and innovative specialty and we feel should be strongly considered by all those pursuing a career in surgery. BAUS is considering broadening the membership in future and may be able to provide a specific pre-ST membership which could allow access to the web-based learning currently available for STs/ consultants. We also feel we could do more to integrate you into the local Urology set-ups, and do remember that you have "local-champions", training programme directors and regional BAUS members (who sit on BAUS Council) who you can approach.

Keep enjoying your work and best of luck for your future careers.

Dominic Hodgson, Lead for FYs & CTs (on behalf of BAUS)

Click on [this link for my email address](#).