

15th November 2018

Dear Colleagues,

This is the sixth biannual 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.

If you know of colleagues who would benefit from receiving the newsletter or if there is other information that you'd like to be included, then please email Harry Heald - hheald@baus.org.uk

Core Urology Course, 7-10 January 2018

We are looking forward to welcoming many of you to the Core Urology Course in Leicester in the new year. Places are available **until 10am on 3rd December** via the BAUS website (https://www.baus.org.uk/professionals/events/2755/core_urology_course_2019). Innovations for this iteration include a session from BURST, enhanced hands-on simulation opportunities, and individual careers advice for you from STs.

We are most grateful to those of you who attended this year's course and for your very kind feedback, which, both reassures us that the meeting is of great benefit to you and gives us the opportunity to improve it further.

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. If you are attending such meetings you should try hard to submit for presentation. 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.

BAUS national conference Liverpool 25-27 June 2018

This included a special meeting entitled "bouncing back" for those of you who had been unsuccessful at national selection. This was Luke Forster's doing and I think it was a great idea, excellently executed, and I hope that we can do something similar next year.

The standalone session for CTs/ FYs built on the success of the inaugural meeting in 2017. We were most pleased with the attendance, quality of the presentations, and feedback that we received, and I'd like to thank the representatives from SURG who marked the talks, and Professor Tony Young for his inspirational talk on innovation. I'm grateful to all of you who contributed in any way, and congratulate our prize winners Tara Sibartie, Jade Singh, Danielle Whiting and Heather Barnett.

The session will be repeated next year (25th June 2019, Glasgow). The main focus of the meeting will again be presentations arising from submissions to audit/ QIP prize (see below) and note that the

best two submissions are awarded a complementary trip to the meeting. George Hill, one this year's winners, wrote the following conference report:

BAUS Annual Scientific Meeting 2018 Conference report

BAUS 2018 was a warm affair, heralding the beginning of a long hot British summer. The venue on Liverpool's waterfront provided an impressive backdrop to the three-day event.

There were some fantastic speakers throughout the conference; Monday's highlight was Professor van der Merwe's presentation of his work on penile transplantation in South Africa – which certainly sparked some interesting discussion afterwards.

BURST (British Urology Researchers in Surgical Training) were able to update the attendees regarding work in progress on their collaborative study on investigation of haematuria (IDENTIFY). This was followed by a "dragon's den" style session for ideas for future multi-centre collaborative projects – a very exciting prospect. This was won by Simon Morton, who proposed a project evaluating outcomes on emergency scrotal exploration.

Tuesday provided several opportunities for core trainees. This opened with a useful and well-received session offering support, mentorship and advice for those unsuccessful at ST3 applications last year.

The afternoon continued with the second formal BAUS meeting for core trainees. As last year, a representative for each sub speciality took to the soap box to advocate their chosen sub-specialty, each putting forward a strong argument.

Following this were the podium and poster presentations for the FY & CT Audit / QuIP competition. This competition provides a fantastic opportunity to gain experience presenting at a national conference. I would certainly urge all FY & core trainees to enter, if nothing else there are cash prizes on offer!

The session concluded with an inspirational talk from Professor Tony Young (National Clinical Lead for Innovation at NHS England), sharing his personal story as an entrepreneur in the medical world, and how he continues to foster further innovation amongst trainees. He challenged the audience to go on to achieve greatness, asking – why not you?

The final day opened with a lively debate on whether we should be consenting for death for circumcisions – a hotly contested issue! However, all preceding elements of the conference were put into stark perspective by the astonishing lecture by Mr David Sellu regarding his horrific experiences of a gross negligence manslaughter conviction and his fight for justice. This was understandably greeted with a standing ovation.

In short, if you would like to hear the latest research, inspirational speakers, advice on applications and an opportunity to present at a national conference as a core trainee – I would recommend BAUS Glasgow 2019.

*George Hill
Urology CT2 - Bristol*

Other Courses

BAUS Section of Oncology Annual Meeting **6-7 December 2018, University of York Exhibition Centre**

We welcome you to the beautiful and historic city of York for the Annual BAUS Oncology Meeting on 6-7 December 2018. This will be a meeting with something for every uro-oncologist and trainee interested in pelvic cancers; the focus of the meeting will be on Urological Pelvic Malignancies.

We have a fantastic array of national and international speakers including: Dr Brian Chapin from MD Anderson Cancer Centre, who will lecture on 'The Evidence for Surgery in High Risk Prostate Cancer' as well as 'Managing the Challenging Prostate: Advances in RARP techniques'. Dr Alexandra Masson-Lecomte from University Hospital of Henri-Mondor, will lecture on 'Managing and Avoiding Complications of TURBT'.

There are sessions on Non-muscle invasive bladder cancer, localised prostate cancer, radical cystectomy as well as other notable sessions including robotics in urology and medical imaging over the course of the 2 days. The programme includes a full of a range of debates and audience participation including debates on 'Surgery for Oligometastatic PCs': Kouparis vs. Sooriakumaran, 'Robotic Neobladder': Kelly vs. Greenwell and 'Management of MIBC': Patel vs Marriapam.

The Best Paper Session will be chaired by Duncan Summerton, BAUS President. Prizes for the winner of the Best Paper Session and Poster display will be awarded. Finally, there will be a session on trails and an update on the BAUS Oncology audits.

This year an "Interpreting MRI in early prostate cancer" 3-hour hands on teaching course – led by Professor Caroline Moore will take place after the main lectures in the afternoon on Friday 7 December – this course is especially valuable for all FRCS Urol candidates! *Please note: delegates will be required to bring their own laptops*. The course is available for BAUS Full Members (£30) and Trainees (Free, £20 refundable deposit required). Running concurrently to the "Interpreting MRI in early prostate cancer" is a TURBT workshop – led by Jo Cresswell.

To register and view the programme, please visit the BAUS website (https://www.baus.org.uk/professionals/events/2631/section_of_oncology_annual_meeting_2018).

National Selection

For those of you who were successful in May you may want to come off this mailing list! For those of you who were unsuccessful please remember that the odds of you being appointed in the future are very good so don't lose heart but use the feedback constructively to improve your application for next year. If you are yet to apply (or are reapplying and haven't yet attended) please see Ricky Ellis' comments below.

Applying to ST3

As you will have likely heard this year's applications for ST3 numbers was incredibly competitive with only 43 numbers up for grabs. So, whether you are applying in 2019 or the year after it is imperative that you start thinking about your application early on.

The clinical stations

Give yourself plenty of time to acquire the knowledge required for the interviews. Most of what you will need to know you will have learned whilst working on a Urology firm, going to clinic and performing on calls, however do make sure you brush up on the most recent guidelines and have a good read of the BAUS information leaflets for common procedures. Most candidates use the Oxford Handbook of Urology for their revision alongside the guidelines and BAUS website.

Find a revision buddy or two and start practicing early. Learn how to structure and articulate answers to commonly asked questions based on a variety of both acute and elective scenarios. Many candidates use an FRCS Viva book (Arya 2018) for practice as it contains many scenarios that can be asked at interview.

The communication station

Don't neglect the communication station. Make sure you practice this as regularly as you do the acute and elective stations as many candidates find this one to be the curveball, but if you are well practiced it can be easy marks.

The skills station

There are many ST3 Interview preparation courses available. They range dramatically in price and you will find the cheaper ones get booked up very far in advance so start keeping an eye out for them now. Some of these also offer a good opportunity to practice for the technical skills station, as performing a procedure on a model is often very different to performing it on a patient. It would be wise to ask whether your department or others locally have such models and simulation machines to practice on prior to the interview. These opportunities will also give you the chance to make sure you are familiar with the various types and brands of equipment available as they may be different from what you have been used to.

The portfolio station

The portfolio station is weighted heavily in the overall scoring for the interview, so it is imperative that you try and get as many points here as possible. There are sections in the portfolio station that you will be unlikely to score any more points for in the coming months, unless you are about to complete a PhD or higher degree for example. However, if you have a plan and work systematically you can make sure you score full points in other sections.

Courses: Last year you required 2 'Basic' courses (such as ATLS, BSS, CCriSP) and 3 Urology 'Craft' courses for full marks. There is certainly a financial impact to having to undertake so many courses, so keep an eye out for Craft courses which are subsidized by companies or locally run courses to keep the costs down.

Audit and Quality Improvement: This is a very easy section to score full points on. Plan your audits early enough in order to have time to complete the loop and if you're struggling for ideas speak to your departmental audit lead. Try and collaborate with other trainees to maximise the size and scope of your projects.

Publications: This is always the section that people dread. Start early enough and you will have a chance to get one or two publications accepted by the time of interview. Other things that you can do to score points here include publishing case reports and online articles.

Presentations: You can collect points here for both poster and podium presentations. Think outside the box when it comes to where you present, you may struggle to get 2 podium and 2 poster presentations at the likes of BAUS and EAU meetings before the interviews, so consider other good alternative meetings such as RSM meetings, sub-specialty meetings and quality improvement conferences for example.

Prizes: Here you can pick up points for prizes such as best presentation at a meeting and for grants awarded. So, if you are organized you may be able to score points in multiple categories e.g. for an audit that you were awarded a grant for, presented, won a prize for and then published. That's labour efficient point scoring!

Long term outstanding extra-curricular activities: Ok so you may not manage to reach the status of Olympic athlete in the next few months, but you can certainly pick up a good number of points in this station by undertaking some outstanding charity work. Organising charity events is also a fantastic way to demonstrate your leadership and management skills to the interview panel.

Medical management and Leadership: This can be a difficult station to score full points in, but by having some committee positions and organizing events you will be able to demonstrate your commitment to developing your leadership and management skills.

Teaching: Many of us teach medical students and our junior colleagues on a daily basis at work but fail to collect evidence of this. Start handing out feedback forms whenever you find yourself giving a teaching session. To score more points consider running teaching courses whether that is locally, regionally or even nationally. Many candidates try to obtain a teaching qualification prior to interviews such as a Training the Trainers certificate.

Operating numbers: My advice here would be to look at the required numbers for indicator procedures that were required to score maximum points last year and work towards those. Make sure your clinical supervisor knows what you are aiming for and if it looks as though you won't get the numbers speak to them, they may be able to change your work plan to expose you to more of the procedures you need.

Applying for an ST3 number can be incredibly daunting. You often know and work with very gifted candidates that are also applying and have a vague idea of the competition ratio from the previous year. But I hope to offer a little reassurance in telling you that it is a very fair interview process with a lot of work going into ensure its fairness every year. If you start thinking about the interviews early, it will give you enough time to work on your portfolio and to practice for the other stations. And lastly try to enjoy the interview on the day. In my experience it's a friendly environment and one that enables you to showcase your knowledge and all the hard work you have put into your portfolio over the years.

Good luck with your applications.

Ricky Ellis¹ and Dhaval Bodiwala²

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Arya, M. Shergill, I. Fernando, H. Kalsi, J. Muneer, A and Ahmed, H. 2018. *Viva Practice for the FRCS(Urol) and Postgraduate Urology Examinations, Second Edition*. CRC Press.

Audit and QIP prize/ other prizes

We had many excellent submissions to this year's competition and most were chosen either to present or have a poster at the core trainee session at the June BAUS meeting.

Please consider getting some work together for next year's prize: remember the two best entrants win a free trip to the BAUS conference. Details about the application process and submission date will appear on the website.

(https://www.baus.org.uk/professionals/sections/fyct_auditqip_competition.aspx). Be mindful that although suitable as submission for the competition, if the work is being presented elsewhere at BAUS it can't also appear at our session.

The closing date will be after the Core Urology Course in January (to allow many of you to get more insight into audit/ QIP) but still allow you to know if you have been allocated a prize/ invitation to present at BAUS in Glasgow by the time of national selection.

We will shortly produce a series of "essential Urology audit frameworks" and will be looking to convert some of your submissions into a format where they can be used as a template for others to carry out audit.

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) that normally has a January closing date (rsm.ac.uk).

Website

There is a specific area for you on the BAUS website

(https://www.baus.org.uk/professionals/sections/foundation_year_fy_core_trainees_ct.aspx). The website also contains details of the core urology course and audit/ QIP prize, as well as having an up to date calendar of Urology meetings and courses.

History of Urology

The Museum of Urology

The Museum of Urology is mainly a virtual museum based on the BAUS website, it can be entered here: www.baus.org.uk/museum. The museum also has a display cabinet in the BAUS offices in London and contributes to urological meetings.

As I write this the whole country is preparing to remember the end of the First World War 100 years ago on November 11th; on the 11th day of the 11th month at 11am, the guns fell silent in 1918.

The Museum of Urology has been remembering the British Urologists who played a part in that conflict. Exhibitions were given at the EAU (the European Association of Urology) meeting in Copenhagen and at the annual meeting of BAUS in Liverpool. All this week the Museum Twitter account (@urology_history) has been sharing the names and stories of some of these urologists.

Some were soldiers who fought and then became well known urologists. Eric Riches deferred his place at the Middlesex medical school to join the Lincolnshire Regiment [fig 1]. In 1917, at Hargicourt, near the Somme, he won the Military Cross for bravery. He subsequently helped to found BAUS in 1945 and was President in 1951 and was knighted in 1958.

Some were already qualified doctors and became surgeons in the Army (Walter Galbraith served in the Royal Army Medical Corps in France and Italy) [fig 2] or the Navy (Clifford Morson was a naval surgeon at Gallipoli). Both were subsequently famous urologists and presidents of BAUS.

Some established urologists were too old to go to France and served on the home front. Edwin Hurry Fenwick (who introduced the Cystoscope to the UK) was working at The London Hospital when he heard the first wounded soldiers had arrived from France in 1914 and were at Waterloo Station with no military hospitals prepared for them. He quickly mobilised the junior doctors and medical students, rushed over to Waterloo and brought the men back to The London in Lyons Tea vans, as no ambulances were available.

Peter Freyer (later Sir Peter) the urologist from St Peter's who made open prostatectomy famous, took on the running of the Brighton Hospital for wounded Indian troops. Over a million soldiers from India fought for the Empire in WW1. Freyer had previously served in the Indian Medical Service, spoke several Indian dialects and understood the soldiers special needs for diet and burial.

The Museum of Urology can be visited online for free at www.baus.org.uk/museum. Follow us on Twitter @urology_history. Look out for regular history article in Urology News and Trends in Men's Health (both great publications for trainees).



Fig 1 – Eric Riches, 1915



Fig 2 – Walter Galbraith with nurses and the wounded, WW1.

I hope to see many of you in Leicester in January and Glasgow next June. This will be my last newsletter as FY/ CT lead- a role that I've really enjoyed because of the enthusiasm that you have brought to our interactions. There will be a new lead appointed shortly. I'd like to thank BAUS and particularly Harry for making this such a pleasant duty, and Luke Forster for his dedication to your/ our cause.

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

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Lead for FYs & CTs

On behalf of BAUS

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