Urology centre in Warsaw-Miedzylesie
Pursuing excellence in urology training programme

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The Multidisciplinary Hospital Warsaw-Miedzylesie in Warsaw, Poland has a rich legacy that started when it was still known as the Central Railway Hospital. Today, the institute is a renowned medical centre not only in Warsaw but also nationally.

The Department of Urology was founded in 1960 with Dr. Aleksander Wigura as the first chairman from 1960 to 1976. In 1977 to 1979 marked the period when the department’s first batch of residents was certified as urologists.

In 2011 Dr. Artur Antoniewicz became the chairman since then continues to continuously grow in the field of urology and the coordination of the department with the support of a young and ambitious team, composed of nine doctors (five certified FEBUs and four residents in urology), with many years of experience. Dr. A. Antoniewicz is also a national delegate to the European Board of Urology and was nominated chairman of the EBU Examination Committee in the same year.

Regional coverage The Multidisciplinary Hospital Miedzylesie services regional urological service to residents of Warsaw and neighboring towns. One of six important urological centers in Warsaw, the department is part of a public, non – academic local hospital with over 3,500 urological admissions and more than 2,500 surgical procedures annually. As a high-volume center originally specialized in general urology, it is structured and managed for traditional training. The department is nationally accredited for residency in general urology, and a broad spectrum of open and laparoscopic surgical procedures, endourological techniques, ESWL, urodynamics and prostate biopsy are carried out daily. The department is recognized for artificial urinary sphincter implantation procedures, retrograde intravesical surgery, caudal thrombus removal, pelvic exenteration.

Training programme for residents All four urology departments in the faculty have their own training programs. Their progress in learning and procedures are recorded in personal logbooks and frequently assessed by a personal tutor, who is linked with the resident. Furthermore, residents have access to EBU certified courses and also to multiple audios and videos. Training is considered as a physician with FEBU diploma. Residents are guided and supervised during clinical working hours and are given the opportunity to observe, practice and refine their skills under the mentorship of the department staff.

A locally-made training device was recently installed to help the residents train and develop their basic laparoscopic skills. Due to the wide range of procedures performed in the centre, residents are familiar not only with prostate biopsy and urodynamical study but also with the artificial sphincter AMS 800 device, laparoscopic surgery and others such as intravesical procedures performed in the local interventional radiology unit.

Residents are also required to pass several tests during urological training. To improve the accuracy of the tests their formal aspects were specifically adopted in our department. Each day during clinical practice, residents are asked to answer several questions which cover not only the management but also the theoretical aspects of various urological diseases. The answers are sometimes given the next day during short presentations. Thus, the residents need to know the etiology, presentation and treatment of the disease.

In our opinion, the system that we have provides a comprehensive structure for the residents to improve their knowledge and encourages them to continuously boost their skills and prepare them to effectively manage and treat most urological problems. There are also regular clinical conferences either with pathologists or radiologists which complement the teaching. With available access to several international journals in the office, regular journal meetings with short presentations are common.

With four-on-going (and planned) clinical studies on prostate and bladder cancers, scientific meetings are necessary for the residents to be新世纪 the schedule of clinical practitioners’ admissiveness. Finally, residents are encouraged to take an active part in educational courses and meetings, besides several scientific congresses of the Polish Urological Association and annual congress of the European Association or Urology.

Thanks to the EBU certification, our residents can be assured of a comprehensive training in urology based on European standards.

EBU certifies Hospital del Mar’s Urology Department
Barcelona hospital earns another distinction

The European Board of Urology (EBU) has recently certified the Urology Department of the Hospital del Mar as a urological training center, a development that further demonstrated the fine achievements of this health institute in Barcelona.

Hospital del Mar is a university hospital located on the Mediterranean coast of Barcelona. The hospital traces its history from the 16th century with the “Hospital of the Holy House” that stood in the very same place where the hospital stands today. The Health House served as a quarantine centre for overseas migrants suspected of being “contaminated” with infectious diseases. Obviously, the institute has undergone a lot of changes since its early years, but the most crucial was during Barcelona Olympic Games in 1992 when Hospital del Mar was designated as the main healthcare centre for the Olympic community. It was the start of a big transformation which made the hospital one of the forefront referral centres in Spain, as shown by the Benchmark Award in the “Kidney and Urinary System Area” granted in 2012 by the Spanish Health Ministry.

Academically, Hospital del Mar is linked to Pompeu Fabra University and the Universitat Autonoma de Barcelona. Both universities offer degrees in medicine, nursing and biology, which make up the Hospital del Mar Campus.

Our department consists of the Department Head, one Section Clinical Chief, seven staff members and five residents. The Urology Department covers the entire spectrum of the specialty with an emphasis on uro-oncology and kidney transplantation. The Urological Cancer Functional Unit was created to offer the highest quality uro-oncological care through a multidisciplinary approach and dedicated units. Regarding kidney transplantation, our transplant program began in 1979. In recent years, we have increased the number of kidney transplantations and therefore we are able to perform more kidney transplant procedures.

Resident Training Programme in Urology (RTPU)
The Resident Training Programme in Urology (RTPU) in Hospital del Mar takes about five years, and the trainee spends six months in the Urology Department during the first year of residence. During this period they have their first actual orientation with the specialty and get to know the department’s structure and its staff members. They are also able to acquire knowledge of all the basic concepts in urology and perform the core surgical procedures. After the six-month period, the first-year trainee begins a one-year external rotation in General Surgery, Nephrology, Pathology and Radiology departments and the Intensive Care Unit. This training period ends on the second half of the second training year.

Once they are back in the department, the resident will progressively acquire all the necessary surgical skills. During this second year of residence, the trainee performs prenephrectomy surgical procedures and simple endourological procedures. The third year resident improves his endourological abilities, performs more floor surgeries and begins his training in the laparoscopic field as assistant. It is during the fourth year when the resident performs more complex surgeries such as laparoscopic procedures, percutaneous nephrolithotomy and oncological surgery. The surgical training programme has the main goal to ensure that the resident in his fifth and last year of residence should practically be capable of performing any surgical procedure.

Residents also work in the outpatient clinic, day care hospital and urological exploration clinic (cystoscopies and urodynamics) with the aim to progressively acquire more responsibilities based on the training years they earned. Resident trainees are always under the supervision of a lead or senior staff member, where the resident is required to be on-call at the hospital for an average of once a week, with the back-up support of a backup resident. The actual on-call duty is exempted from the requirement of the first-year resident who is always supervised by a staff member at all times.

All residents are obliged to keep a logbook of surgical and scientific activities. This logbook must be presented to the National Board of Specialties every year. Residents have their own office, where they are assigned their own computer for use in their work and study. They also have access to all urological journals as well as publications from other specialties and medical disciplines. There is a “peach trustee” in the resident’s office where they can practice and improve their laparoscopic skills.

A weekly multidisciplinary oncology meeting is held in our department, and attended by oncologists, radiation oncologists, uro-pathologists, radiologists and nurses. We also have two weekly surgical meetings when residents are given an overview of all the surgical cases planned for the coming weeks. The journal club, morbidity and mortality, uro-pathologic and nephrologic meetings, which are held in our department once a month, provide the chance for residents to discuss current urological issues. They must also make an effort to stay up-to-date and practice their presentation skills. Residents are also encouraged to write articles for peer-reviewed journals and to present during national and international meetings.

Additionally, the Hospital del Mar has the EUREP course in Prague and participate in the written and oral examination of the EBU. They are also encouraged to take the oral examination which is acquired to receive the title ‘Fellow of the European Board of Urology,’ and to participate in the online EBU In-Service-Assessment. The assessment is not only a very useful tool for the residents to evaluate their strengths and weaknesses but also helps us assess which training areas they may need further improvement. Certainly, these goals represent the best quality control initiative that a training programme can achieve.

Although the EBU exam is not mandatory to certify a urologist in Spain, we believe it is the best way to validate the residents’ knowledge and practical skills based on high European standards. Thus, we strongly recommend that our last year residents attend the EUREP course in Prague and participate in the written part of the EBU exam. They are also encouraged to take the oral exam which is required to acquire the title ‘Fellow of the European Board of Urology,’ and provide evidence of their performance to the National Board.

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