



# ERCP Training at Cairo University

Dr. John Rwegasha, Tanzania My personal experience and overview:

Prof Abdel Meguid Kassem organized well our 3 weeks training visit at Cairo University. We were received with a warm welcome right away from the Cairo Airport to the Hotels by staff Doctors from the University Hospital, initially at St George Hotel and afterwards at a more comfortable University Hotel. Prof Kassem gave us official orientation at the High Volume Endoscopy and Liver Unit on the 18<sup>th</sup> Oct. and we were introduced to the academic staff, nurses and doctors. We started training the same day under cordial supervision of senior Gastroenterologists and well experienced ERCP nurses and supportive staff. We met Prof Meggdy El Sarafy on the 22<sup>nd</sup> Oct. who had just arrived from UEG Meeting in Vienna, and collectively with Prof Kassem planned for my intensive ERCP training under their specific supervision.

I was able to be allowed and attempted one case per day by different experienced senior consultants, and the volumes for practice did surge during the intensive supervision days with Prof El Sarafy and Prof Meguid Kassem. I did attempt total of 28 cases overall, with marked progress in accessing the duodenal papilla, and variable successes in selective cannulation of common bile duct, biliary stenting and stone extraction; at least I feel confident to carry on with independent ERCP practice with minimal supervision



particularly for uncomplicated ERCP cases. I leave it to my immediate senior supervisors for their assessment and final opinion.



Equally Sr Asia Kibodya was able to gain a valuable experience in preparation of and assisting the specialized procedure under mentorship of experienced Nurse Sr Naiman after exposure to about 200 ERCP cases. Under my opinion she will be able to arrange for specific therapeutic accessories and assist in skilled procedures such as cannulation and cholangiogram balloon dilatation of biliary strictures, biliary stenting, stone extraction including supervision of patient recovery. Minimal supervision on site will enable her to consolidate more skills to be able to teach other nurses at the training Centre.

In addition to the valuable supervision and mentorship that Prof El Sarafy and Prof Kassem cordially extended to me and Sr. Asia, I would really like to recognize and appreciate over the significant contributions made by other senior consultants from the Unit; they mentored us with respect and honesty and did their best within a highly demanding teaching and service environment to make sure that we grasped essential skills/ techniques of ERCP and in particular Dr Hany Shehab, Dr Ahmed Sharif and Dr Taha, whom I am highly indebted for their valuable inputs and patience during the challenging stages of training.

Sr Asia and I were also invited by Prof. Kassem to attend the 2days iGETworkshop on GI therapeutic interventions and got refreshed with hands on to procedures such as polypectomy, control of haemostasis including use of Argon Plasma Coagulation, and use of a new Hemostatic clip system (OTSC -System) which manages in addition situation such as full thickness wall closure of a perforated gut.

The Cairo training Unit is robust in terms of its system organization, presence of skilled and highly experienced personnel, and high output GI patient volumes rich in mixed cases; of course as university teaching hospital unit it makes the learning environment to be highly competitive due to large number of trainees in demand of same subject on a given time, so amount of exposure for hands- on practice could considerably be limited especially in short course training program like ours. The overused and worn out endoscopic machines in the unit poses training challenge in future for quality output of images and subsequent provision of reliable conclusions.

Prof Kassem made me meet the President of Arab African Council a prominent businessman in Egypt who leads the NGO with development charter for sub-Saharan African countries and showed great interests to partner and support our efforts to development challenges including those in health sector; another appointment with the Vice President for Graduate Studies and Research of Cairo



University, Prof Gamal Esamt was very fruitful in the direction of Cairo University extending collaboration with her partner Universities in the Nile Basin Countries to promote development in research and specialized training including the field of Gastroenterology; My last appointment with Head of Hepatobiliary Surgery of Cairo University Hospital, Prof Moustapha El Shazli was fruitful over his prompt willingness to support and offer supervision to our young GI Surgeon at Muhimbili National Hospital to eventually develop capacity and expertise in this field.

In conclusion, I would like to give my special thanks to my senior leaders, The executive director of Muhimbili National Hospital, Dr Marina Njelekela, The President of Gastroenterology Foundation, Prof Meinhard Classen, and Coordinators from Cairo University, Prof Abdel Meguid Kassem and Prof El-Sarafy for facilitating my presence and that of Sr Asia in Cairo for ERCP training and I am confident that this opportunity and initiative will prospectively open doors for my colleagues at home namely **Dr Ewaldo Komba** (ERCP Training); **Dr Douglas Chamshama** and **Dr Ally Mwanga** (Hepatobilliary Surgery Training) to undergo similar exposure and support from Cairo as we endeavour in our short term strategy to build the nucleus workforce for sustainable internal capacity of the Gastroenterology Training Centre (GTC) In Dar es Salaam.





I would also recommend that after a major structured supervision from Cairo University, an intermittent minimal supervision on site-program at GTC, by the coordinators from Cairo University be made for a structured period of time till the independent handling of complex ERCP cases is documented. I believe this could be addressable cost effective means of training at the interim, which will also provide opportunity to strengthen our areas of interest of collaboration including research from all partner Institutions.

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