

Course Title:

USANZ Trainee Week 2025, Masonic Centre, Sydney, Australia, 16th November 2025 to 20th November 2025

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Association Member : USI G407, UAA 03050-2-07

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A) Background

I attended the Urology Training Week held in Sydney, Australia, which brought together trainees, fellows, and faculty from leading urological centres across New South Wales. The programme was organised as part of ongoing surgical education aimed at providing structured exposure to subspecialty topics, and updates on contemporary urological practice.

The training week featured a blend of lectures, case-based discussions, operative demonstrations, and interactive sessions led by experienced consultants across uro-oncology, endourology, reconstructive urology, female pelvic medicine, and andrology.

B) Programme Objectives

The primary objectives of the Urology Training Week were:

1. **To enhance clinical knowledge** in core and advanced urological conditions relevant to daily practice and examination preparation.
2. **To expose trainees to international perspectives** and current best practices in urological surgery.
3. **To facilitate multidisciplinary learning** by involving radiologists, pathologists, continence specialists, and nursing teams.
4. **To promote collaboration and networking** among trainees and academic urologists from Australia and abroad.

C) Lessons Learnt

The training week was academically rich and clinically insightful. Key learning points included:

1. Updated Clinical Guidelines and Evidence

- Contemporary management strategies in prostate, bladder, and kidney cancers.
- Advances in minimally invasive stone surgery, including mini-PCNL techniques.
- Current trends in male infertility, LUTS, and reconstructive procedures.

2. Practical Surgical Skill Development

- Improved understanding of endoscopic ergonomics, laser settings, and stone-management strategies.
- Exposure to laparoscopic suturing, bladder reconstruction principles, and urethral reconstruction approaches.
- Simulation experience in TURP, TURBT, ureteroscopy, and robotic techniques.

3. Case-Based Clinical Reasoning

- Enhanced appreciation for multidisciplinary decision-making.
- Better structured approach to complex cases such as recurrent stones, strictures, and high-risk uro-oncology patients.

4. Systems-Based Practice

- Insights into the Australian urology training and healthcare system.
- Emphasis on safety, quality improvement, and patient-centred care.

D) Networking

The programme offered excellent opportunities to connect with:

- **Consultants and faculty** from major Sydney hospitals who shared practical tips and perspectives on surgical training.
- **Fellow trainees** from across Australia and other countries, enabling academic discussions and exchange of clinical experience.

- **Industry professionals** showcasing the latest equipment, lasers, imaging technologies, and simulation tools.

These interactions helped develop professional relationships that may support collaborative research, future observerships, and training exchanges.

E) Benefits

The training week provided several tangible benefits:

Academic and Clinical Benefits

- Strengthened theoretical knowledge aligned with international examination standards.
- Improved confidence in managing complex urological problems.
- Exposure to advanced surgical setups and protocols.

Skill-Related Benefits

- Enhanced endourological and laparoscopic technical skills through structured simulation.
- Better understanding of instrumentation, troubleshooting, and operative nuances.

Professional Development

- Increased awareness of global trends and innovations in urology.
- Opportunities for mentorship and career guidance from senior faculty.

F) Recommendations

Based on my experience, the following recommendations may help improve future training weeks:

1. Include **more hands-on simulation time**, especially for ureteroscopy, laparoscopy, and reconstructive workshops.

2. Provide **pre-reading materials or online modules** to help participants prepare more effectively.
3. Extend **discussion time after complex case sessions**, allowing deeper exploration of management controversies.
4. Facilitate a structured **networking session or mentorship pairing** for international attendees.

G) Photographs with Captions



Opening day



Group Photo at dinner



Robotic Single port demonstration



Final ceremony

H) Any Other Comments

The Urology Training Week in Sydney was a comprehensive, well-structured educational experience that significantly contributed to my growth as a urology trainee. The balance of academic content, hands-on skills, and networking made the programme extremely valuable. I am grateful for the opportunity to attend and highly recommend it to other trainees seeking international exposure and skill enhancement.