

ESMO Clinical Unit Visit Report

Guy's and St Thomas Hospital, London

April-May 2015

Clinical Unit Visit at Guy's Hospital

Fellow: Maria Saigí Morguí, from Institut Català d'Oncologia, Barcelona (Spain)
Mentor(s): Dr. S Chowdhury and Dr. S Rudman
Genitourinary Department, Guy's and St Thomas Hospital, London.

During my training period as a medical oncologist trainee I have the opportunity to spend two months of free rotation elsewhere. I strongly believed that spending this period abroad in an important cancer centre in Europe would be a fulfilment experience in my career. That is why I chose Guy's and St Thomas Hospital.

My observership consisted in two months of being involved in daily clinical practise, working with other professionals, and participating in a research project about prostate cancer. I did my rotation in urology and lung cancer departments because I wanted to improve my knowledge and gain experience in these fields.

I had a very good welcome among consultants and fellows which contributed to enjoy my rotation from the beginning. I participated in taking care of outpatients in the clinic, attending to multidisciplinary clinical meetings, and taking part of academic activities.

I followed a weekly programme. On Mondays and Tuesdays there was a hand-over where we reviewed all the patients that would be seen in the clinic. Furthermore, on Wednesdays and Fridays, I attended the Lung and Urology MDMs (multidisciplinary meetings). In these sessions, different specialists discussed together the cases, especially the most challenging ones, in order to deliver high quality individualized patient care.

I also participated in academic activities with the rest of the fellows. The Journal Club was a weekly meeting chaired by a consultant, where a current scientific article was discussed. The comorbidity and mortality committee consisted in discuss patients who suffer a complication or unexpected death during the oncologic treatment. Moreover, I had the chance to attend conferences, scientific meetings and seminars hosted by the hospital.

There is a significant clinical research activity at Guy's Hospital, including a "Phase 1 Unit" assessed by a multidisciplinary research team, which I had the chance to visit. Once a month, a meeting is held in order to up date the current status of clinical trials and the new purposes available.

During this period, I attended partnership about Urology Cancer, where they presented some of the results of research projects developed at King's College. It was an interesting and useful experience to do some networking and exchange opinions.

It has been very enriching working hand to hand with other fellows. I wrote a review and case report about lung adenocarcinoma and lung tumour heterogeneity that we expect to send to a scientific journal, and

also a case report of prostate cancer with an uncommon form of presentation. I participated in a clinical project on Radium 223 in metastatic prostate cancer, of which the aim is to analyse the efficacy and toxicity of Radium 223 on patients treated in different centres in England, and present the data in a national or international congress.

This experience has allowed me to develop some skills and expertise in oncology and strength the knowledge in clinical trials. It has been an opportunity to meet other oncologists in order to maintain a link between both institutions for collaborating with further projects in the near future.

Concerning the place, London is a dynamic and huge city with many cultural activities and events to attend. I also have had spare time to think about my career and to open my mind regarding future professional aims.

In conclusion, this is a rewarding experience that I would definitely recommend to anyone who are in training. It helps to learn, share knowledge and better understand oncology from different points of view.

I am thankful to all of the professionals from Genitourinary and Lung departments especially Dr. Rudman, Dr. Chowdhury, Dr. Montes, Dr. Lal, and Dr. Spicer. Finally, I would like to thank the ESMO Fellowship and Award Committee for giving me the chance to take part in this experience.

Barcelona, 23rd July 2015

Maria Saigí Morguí

The ESMO Clinical Unit Visit Fellowships are supported by an Educational Grant from Roche

