

HOT Endourology Course Programme

ESU/ESUT Hands-on training EST S1

European Training in Endoscopic Stone Treatment Step1

Course Format:

Introduction by the course coordinator (15 minutes)

Hands-on-training at different EST models (55 minutes)

Questions and answers, tips and tricks (15 minutes)

Aims and Objectives:

In this course, basic endoscopic skills can be acquired and learned. Skills associated with cystoscopy, rigid and flexible ureteroscopy are trained by the validated exercises of the Endoscopic stone treatment (EST S1). Experienced Endourologists will guide you to master navigation skills needed with hand-eye-coordination for cystoscopy, rigid ureteroscopy in a model, placement of access sheath, and flexible ureteroscopy in the K-Box. The course can be used as additional training to prepare for the EST S1 examination. Finally, all remaining questions can be answered and discussed with all tutors including the demonstration of tips and tricks.

ESU/ESUT training research board has developed and validated a comprehensive program of education and assessment of the basic endoscopic surgical curriculum namely **Endoscopic Stone Treatment Step 1**. This basic endoscopic training program is including a theoretical online part besides the four steps of practical hands-on training. EST S1 is offered to urologists and surgical residents who want to master the basic skills in endoscopy required for operation theatre. The attendees can also make a theoretical and practical EST S1 exam, which will be certified by EAU, and get an EST S1 certificate besides the certificate of attendance.

European School of Urology (ESU) and the EAU Section of Uro-Technology (ESUT) aim to share knowledge and expertise and harmonize the European standards of endourological training.

Workshop:

With surgical training, the goal is to produce a surgeon who is highly competent and confident in performing endoscopic procedures; and thereby mitigate the risks of complications. Because of the specific risks, visuo-spatial relationships, and the steep learning curve that are unique to endourology, hands-on training on a box or visual simulator is the recommended way to start learning these skills.

The EST S1 program includes:

- Hands-on training (HOT) sessions of different levels carried out under the guidance of experienced tutors
- A set of training-box exercises developed and validated by EUREP training group to train endoscopic skills needed in endourology. These basic skills exercises can be tested in an exam (EST S1 exam)

- An online theoretical course through EAU web site.
- The HOT sessions are designed to cater to the specific needs of the participants and represent a unique opportunity to train with experienced national and international experts in endourology.

The set of exercises offered in this module for box-training addresses the skills needed for cystoscopy and ureteroscopy. The clinical application would be found in procedures needed for all endoscopic procedures including rigid and flexible ureteroscopy.

The set includes the following exercises:

4-exercises

1. Flexible cystoscopy

Enter the bladder and touch three of the marks, as indicated by the tutor. Guidewire has to be pre-loaded in the cystoscope.

Marks: fundus, anterior wall, left wall, right wall

2. Assembly of scope, Rigid cystoscopy and safety guidewire placement

Assemble the cystoscope (optics, short bridge, sheath)

Enter the bladder and touch two of the four marks, as indicated by the tutor.

Guidewire has to be pre-loaded in the cystoscope.

Cannulate the ureter with the safety guidewire

Marks: fundus, anterior wall, left wall, right wall

3. Semirigid URS, working guidewire placement, and access sheath placement

Perform a ureteroscopy next to the safety guidewire (already in place) and with the working guidewire on the tip.

Guidewire has to be pre-loaded in the ureteroscope.

Leave the working guidewire in place

Place the access sheath over the working guidewire.

4. Flexible URS navigation in K-box

Enter the access sheath with the flexible ureteroscope up to the most distal calices.

Visualize and enter calices from 1 to 6 (overcome the line) and move back the access sheath to the next proximal section

Visualize and enter calices from 7 to 10 and exit the box with scope and sheath under direct vision.

For each exercise, a time limit is defined, as well as criteria for successful completion of the exercise.

The trainees who want to take the practical exam have to accomplish first the theoretical EST S1 exam on the internet.