

ESDO TRAINEE FELLOWSHIP REPORT 2016



Name of Fellow: **Cristina Teixeira**
Country of Origin: **Portugal**
Fellowship Institute: **University Hospital Ulm, Germany**
Fellowship Host: **Professor Thomas Seufferlein**
Date of Fellowship: **July 11 - 23, 2016**

Report:

I am a Gastroenterology resident and I had the opportunity of participating in an ESDO fellowship in Digestive Oncology at the Internal Medicine Department of the Ulm University Hospital, in Ulm, Germany. The Internal Medicine Department of Ulm University Hospital provides inpatient and outpatient care for patients with benign and malignant diseases of the gastrointestinal tract, liver and pancreas. I was received by Professor Thomas Seufferlein who had the kindness to introduce me to the medical teams of the several units of the Department and scheduled my two weeks fellowship according to my objectives and interests.

In the first week I attended the Medicine-Oncology-Therapy (MOT) Department, where I was given the opportunity to follow outpatient care of patients with digestive cancers with Dr. Thomas Ettrich and Dr. Andreas Berger. There I had contact with patients during chemotherapy sessions and routine consultations, where response to therapeutics, complications and prognosis is discussed with the patients. The patients get detailed information about their clinical condition and follow-up decisions. All the staff is very empathic towards the patients thus humanizing the experience as much as possible.

During the afternoons I went to the Ultrasound Unit and contacted with Dr. Mark Hänle, Dr. Wolfgang Kratzer, and Dr. Tilmann Gräter I watched routine ultrasound exams and some interventional radiology procedures, such as drainage of intraabdominal abscess and contrast-induced ultrasound imaging. All the residents there were also helpful and friendly and they always tried that I got the best experience possible.

In the second week, during mornings, I attended the Endoscopy Unit of Department of Gastroenterology, under the direction of Prof. Dr. Alexander Meining, where I could observe advanced endoscopic procedures including ESD/EMR, Endoscopic Ultrasound and ERCP.

Weekly I participated in the tumor boarding meeting, where the cases of digestive cancers were discussed between a multidisciplinary team of gastroenterologists, surgeons, radiologists, radiotherapists, and pathologists. During the meeting the experts would decide among them the best treatment to each patient according to evidence-based recommendations for cancer management.

I was invited to the annual department retreat where the department of Internal Medicine discuss the ongoing investigation projects. It was held in a nice castle belonging to the University and was a great opportunity to understand how projects of basic and clinical research are conducted. It also provided the possibility for the investigators to share ideas on how to improve the projects.



I also had the opportunity to attend an update in Gastroenterology, Endocrinology and Nephrology Symposium developed by the department. In this Symposium was presented the newest evidence-based recommendations in several topics of gastrointestinal pathology, including digestive cancers.

In my home country, Gastroenterologists generally do not participate in the decision on the type of chemotherapy to apply to each patient, that being done by the Oncologists. They also don't follow patients during treatment, except for endoscopic treatment and managements of complications or palliative care. Therefore, these 2 weeks were very productive and I got to acquire a lot of knowledge regarding digestive oncology, either by having contact with different types of treatments as chemotherapy, radiotherapy and endoscopy therapeutic or by contacting directly with digestive cancer patients during treatment and learning to manage their doubts, fears and feelings regarding the disease.

I take the opportunity to show my appreciation to all the staff of the Digestive Oncology Department of the Ulm University Hospital for all the kindness, sympathy and availability shown during my time in Ulm. I would like to thank in particular to Professor Thomas Seufferlein for his hospitality and availability making all the experience better.

I also want to thank to ESDO Board for this opportunity to increase my knowledge and practice in digestive cancers.

Yours sincerely,

Cristina Teixeira

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