

**ESGO Traveling Fellowship
Fellows Report**



Name of Fellow: Aleksandra Strojna

Position at Home Institution: **Resident**

Home Institution: Department of Gynecological Surgery and Gynecological Oncology of Adults and Adolescents Pomeranian Medical University, Szczecin, Poland

Head of the Department: **Anita Chudecka-Glaz**, MD PhD

Email: ola.strojna@yahoo.com

Name of Mentor at Host Institution: Professor Andreas du Bois

Position at Host Institution: **Direktor der Klinik**

Institution: Gynäkologie & Gynäkologische Onkologie, Kliniken Essen-Mitte, Henricistr. 92, 45136 Essen, Germany

Email: prof.dubois@googlemail.com

Dates of Fellowship: 30-10-2018 until 25-01-2019

Detailed description on Teaching received:

HOW TO DO IT IN THIS WORLD OF MEN?

I have written this piece from my own perspective, as a fellow in gynaecological oncology, early-career researcher and mother. Starting the first day of fellowship in Kliniken Essen Mitte, I had a plan but life in Essen as a fellow-mom was messier and louder than planned.

I had the honor and pleasure to be a part of KEM Dream-Team for three months.

I remember my first day in Kliniken Essen Mitte. I was awe-absorbing incredible atmosphere and spirit of this Clinic. The first thing that caught my attention that day was the colored art. The corridor leading to the Professor's du Bois office is full of portraits. Art created by Nasrin Mir. A women supporting other woman in need. During my first day at the clinic on 30th October the vernissage of the artist took place.

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And here I had a chance to meet my authority. In my career I had the chance to meet many wonderful, inspiring people but one of the special authority for me is Professor Andreas du Bois, who is world recognized expert in the treatment of ovarian cancer working at the Department of Gynaecology & Gynecological Oncology, Kliniken Essen-Mitte. I need to express my thanks and appreciation to both Professor Andreas du Bois and Dr Philipp Harter who guided me through my fellowship.

The Department is full of incredible women: dr Ataseven, dr Prader, dr Schneider, dr Beart, dr Schnura, who I met personally. I was wrong with my first sentence: "HOW TO DO IT IN THIS WORLD OF MEN?".... This Clinic is full of both: men and women, both with passion for oncology which create harmony and this is a recipe.

I can not express gratitude to everyone but I would like to express special thanks to the all from the operating theatre: Azo, Cindy, Christina, Irina and Nina who guided me there.

The Unit deals with all the health issues of women, from the diagnosis to active oncology, surgery and treatment of gynecological cancers. The Department is one of the largest cancer centers in Germany focusing on the treatment of gynecologic malignancies, especially radical surgery of advanced ovarian cancer.

The multidisciplinary care system is something that distinguishes KEM. When I was in Essen I was thinking.. the patients are really understood here. This is a place of both: strong empathy for the patient and the highest level of treatment.

Every week I joined the Tumour Conference and multidisciplinary discussion. Almost every day I had the chance to assist in radical surgeries of advanced ovarian cancer, e.g. multivisceral resections. I must truly admit that I did an extended professional training in Gynaecological Oncology.

My fellowship preparations began much earlier than my stay in Essen itself. I decided to ESGO Traveling Fellowship, Fellows Report 2018

complete this fellowship in the company of my four-year-old daughter Zosia. It required an impeccable organization but we were successful.

I was lucky to meet people who helped me reconcile fellowship and childcare. I managed to organize day care for Sophie, and thanks to the forbearance of colleagues from the gynecology department I was always on time picking her up.

With every new challenge, project we get more opportunities in our carrier, more invitations to international meetings, more projects that require more meetings and more responsibilities at work. Thank you for every moment in KEM.

Goals accomplished :

- 1. Importance of a multidisciplinary and comprehensive approach towards cancer center**
- 2. Mutidisciplinary patients care**
- 3. First experience in Da Vinci technique**

Achievement in clinical practice:

- 1. Introduction to the gynecological oncology on a world platform, introduction to the debulking surgieries**
- 2. Steps of debulking surgery in advanced stages of ovarian cancer**
- 3. Self confidence in decision making**
- 4. Fresh vision on department work**
- 5. Dealing with difficult situation, forwarding bad news**
- 6. Patient-Phisician relationship**
- 7. Meeting a great colleagues and authorities, I can always ask for the advice**

Presentations eg. at seminar or meetings:

I am in the process of implementing the project about small cell ovarian cancer.

Research performed and outcome:

I am in the process of implementing the project about small cell ovarian cancer.

Publications:

Manuscripts under preparation on the small cell ovarian cancer projects

Problems encountered with a critical evaluation of the fellowship experience as a whole:

Everyone in Essen were more than willing to help.

Future plan on returning to home:

I wish to pursue a career in debulking ovarian cancer surgeries and to to developed in my working place multidisciplinary patient-care.

Overall evaluation and comment of the fellowship:

I was enjoying every minute.

Date 05.07..2019

Applicant's name ALEKSANDRA STROJNA

Signature:

Enjoy learning with ESGO!