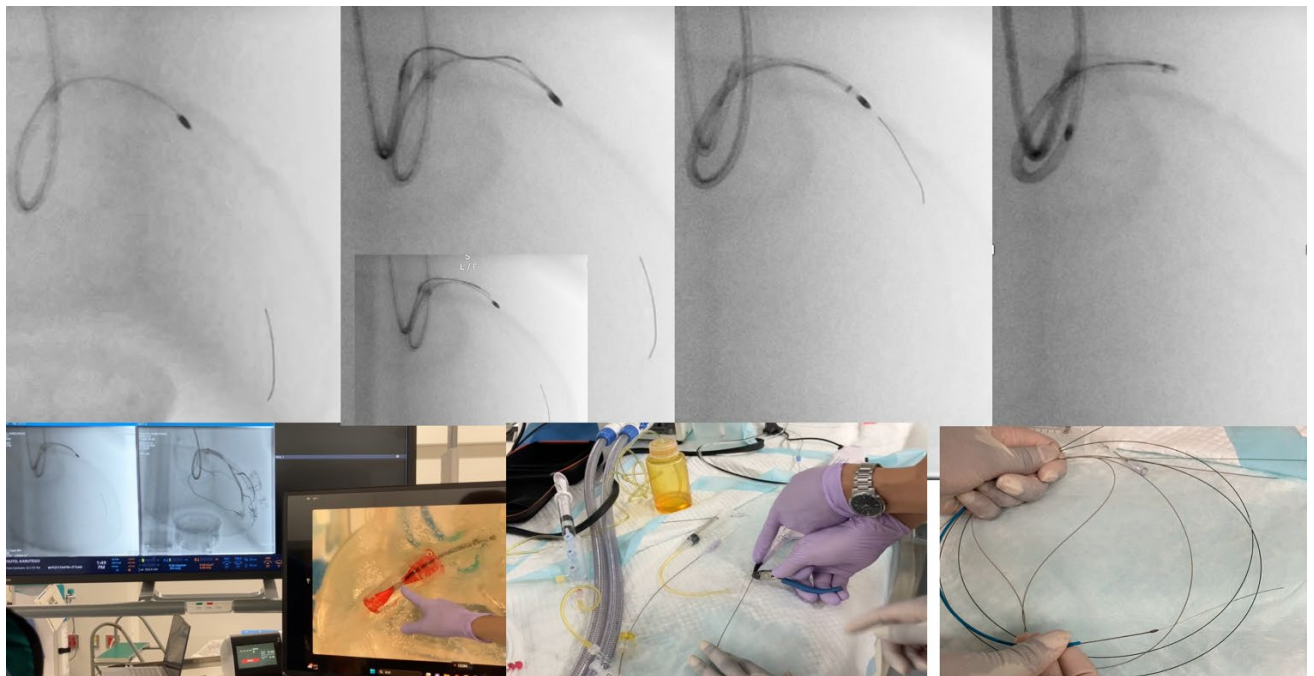


BCS – Hruk Clinical Fellowship –An Adventure in Complex Coronary Interventions

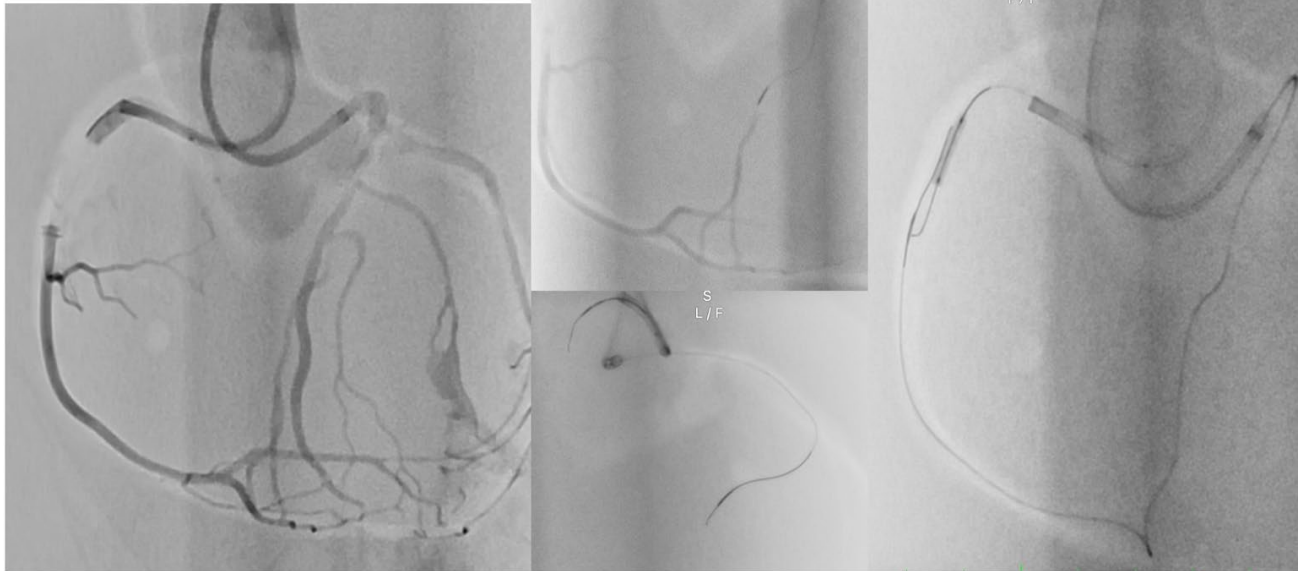
This was a 2 – part experience to quench a curiosity for exposure to and understanding of international practises of complex and chronic occlusion [CTO] PCI. The first part of my experience took me to Japan, known for its world leading beating heart procedural simulators, and a pioneering country for CTO PCI. I spent time at Terumo's Pranex Cath Lab Simulation Centre proctored by Prof. Satoru Sumitsuji and at Osaka University Hospital in collaboration with the HEARTROID beating heart team led by Prof. Keita Okayama. Through these experiences I was able to develop and simulate coronary complications bailout techniques including stuck complex PCI equipment, test out retrograde CTO [RWE + RCART] simulation and innovate alongside Japanese Operators, a potential novel approach to 3D wiring, currently being trialled and refined through workshops. I also visited Labs across central Japan observing CTO cases and gaining exposure to novel ideas, technologies, and techniques. This included learning the basic concepts of tip detection ADR, an intravascular imaging guided technique from its' founder, Professor Atsunori Okamura and observing the technique in action through cases.

Coronary Complications Bailout: Beating Heart Stuck Rotabur Retrieval



Evenings were spent in explorative running, consolidating the philosophy of continued improvement 'kaizen' in PCI surrounded by like-minded operators, experiencing traditional cuisine, experimenting with sake and gaining a deeper understanding of an incredibly humble, respectful, kind and peaceful culture – one I came to love and miss since being back. I was also privy to a somewhat 'surreal' first time earthquake experience as I awoke to my bed swaying from side to side on my second night. The epicenter, in Aomori, was far, but with a quake of 7.6 on the Richter, the waves could be well felt in Tokyo. For the Japanese, this was part of daily life and business went on calmly, as usual, as we ventured up to Iwaki City, for a CTO conference laden with live cases the following day!

RCART Beating Heart Simulation:



The second leg of my journey was spent training with proctors in London [UK] and Lahr [Germany]. The first part [UK] was spent helping to test and put into practise innovative CTO teaching concepts including differential resistance wiring [DrAW] for antegrade wiring with Dr Elliot Smith. This broadened cognitive processes for the approach too and choice of wires and manoeuvres to negotiate specific aspects of a CTO PCI. The second part was spent gaining exposure to a multitude of complex retrograde CTO interventions including tips for collateral crossing and participating in workshops alongside training CTO operators across Germany, under the mentorship of Prof Kambis Mashayeki. In London, I had the opportunity to reminisce my med-student days, and in Lahr, to experience among other things, a newfound traditional favourite food – ‘Spargel.’

Exploring and Experiencing the Sights and Cultures in Japan and Germany:



These experiences helped to regain and consolidate techniques learned during PCI fellowship and have vastly broadened my cognitive and procedural processes increasing my knowledge base, strategic thinking, skillsets and confidence. Further, undertaking PCI both in other Labs, within the UK and abroad, was eye opening to the differences and challenges between healthcare environments, particularly the impact of funding and reimbursement on procedural delivery, as well as to the capabilities, growth mindset and clinical standards of highly functioning Cath lab teams – standards all Lab teams should aspire too for the delivery of optimal patient care.

This adventurous journey of growth that, in addition to professional improvement, has facilitated new collaborations, mentorship and friendships would not have been possible without the kindness and help of so many. I hope to be able to utilise these experiences and networks to give back to the UK interventional community, through building and developing on PCI training and education and helping other like – minded IC's in the UK to gain similar opportunities.

With huge thanks to BCS and HRUK, to Professors Satoru Sumitsuji, Atsunori Okamura and Keita Okayama, Dr Ayaka Endo, Dr Elliot Smith, Professor Kambis Mashayekhi and Dr Myron Zackiewicz, to the Terumo Pranex team Japan, to the Cath Lab teams in Osaka, Iwaki, Daiguchi and Mimihara Hospitals [Japan], Barts Heart Centre [UK] and Mediclin Herzzentrum Lahr [Germany], and to Boston Scientific [Europe + Japan], Heartroid [Japan], Terumo Interventional Systems [Europe and Japan] and Vascular Perspectives [UK]. I feel privileged and blessed for this opportunity and am incredibly grateful to you all!

Proctors and Collaborating teams in Japan, UK and Germany:



‘Because life is all about embracing and enjoying the journey wherever it may decide to take us, whilst continually improving who we are and what we aspire to become, along the way.’