

SAGES AT IHPBA 2024

PRE-CONFERENCE ENDOSCOPY WORKSHOP



The need for endoscopy training/workshops

Endoscopy is a vital diagnostic and therapeutic tool to ensure optimal patient care, accurate diagnoses, and effective treatment. Its effectiveness, however, is dependent on the quality of the procedure as defined by key performance indicators. Providing quality care is dependent on training and the standardisation of techniques based on evidence-based best practices. Unfortunately, access to training in therapeutic endoscopy is limited in South Africa with no standardisation. SAGES has recognised the need to improve quality in everyday endoscopy. As such, an endoscopy workshop was held prior to the start of the IHPBA/SAGES 2024 conference.

Workshop faculty

The focus of the workshop was on common everyday endoscopic challenges including establishing core competencies in principles of basic polypectomy as well as basic ERCP cannulation. The workshop featured an international guest speaker, Dr David Tate, a Belgium-based interventional endoscopist who trained under the tutorage of Professor Michael Bourke in Sydney, Australia. Dr. Tate is a cofounder of the Ghent International Endoscopy Quality Symposium (GIEQS). He has published widely in the field of endoscopy and is one of the leads for the ESGE (European Society of Gastrointestinal Endoscopy) academy. Additional faculty members included Professor Sandie Thomson, Dr Ernst Fredericks, Dr Vikash Lala, Dr Imraan Sardiwalla and Dr Didintle Mokgoko. Furthermore, the workshop included a number of industry representatives whose contributions and support were greatly appreciated.

Workshop overview

The workshop opened with a welcome by the current SAGES president Dr Ernst Fredericks. This was followed by the opening keynote lecture by Dr Tate who provided a comprehensive and practical overview of the ESGE curriculum for training in endoscopic mucosal resection (EMR) in the colon. Dr Tate was the lead author for this curriculum and was therefore well-suited to deliver the keynote address. His lecture highlighted critical steps in EMR which are often overlooked or not considered at all. This was an eye opener and emphasised the need for training to achieve quality and safety for enhanced patient outcomes. This was followed by the following small group breakaway stations which afforded participant interaction and hands on training:

- Lesion assessment (colonic polyps) – Dr David Tate
- Hot and cold snare technique – Dr Vikash Lala
- Know your accessories – snares, loops, clips, electro-surgical units – Dr Didintle Mokgoko and Prof Sandie Thomson
- ERCP cannulation basics – Dr Imraan Sardiwalla

The ability to recognise and assess colonic polyps is a vital tool for any endoscopist performing colonoscopy. It is a fundamental starting point prior to any sort of endoscopic resection. Correctly assessing lesions ensures that the right treatment modalities are offered to the right patients, thus optimising outcomes. While a number of classification systems exist to assist in assessing colonic polyps, these systems are often complex and difficult to remember in everyday practice. Dr. Tate provided a simplified validated means to assess polyps using basic terminology (regular, regularly irregular and irregularly irregular) eliminating the need to remember more complex systems. He subsequently reinforced the utility of this classification system through real life video-based cases. His deconstructed approach ensured participant interest and participation.

The hot and cold snare technique station hosted by Dr. Lala aimed to provide practical advice on selecting appropriate snares. The mechanics, advantages and disadvantages of varying snares were discussed. The station focused on seldomly thought principles by providing a deconstructed approach on how to actually manipulate a snare in order to achieve optimal placement and improve tissue capture. In addition, the correct technique to open a snare, mark a snare, close a snare and safety checks prior to resection were discussed and practically demonstrated. These techniques are seldom the focus of workshops however are an essential part of everyday colonoscopy. Video based cases and demonstrations with actual snares were used to demonstrate these core concepts.

Any task is made easier and safer with the correct equipment, and this is especially true in the field of interventional endoscopy. One of the most common tasks for any endoscopist is the basic polypectomy. Once an endoscopist accurately and confidently assesses a mucosal lesion and decides to proceed with polypectomy, the next crucial step is selecting the appropriate resection method and the right polypectomy tools and accessories. Dr. Didintle Mokgoko and Prof. Sandie Thomson led the "Know your accessories" station during the workshop. They began by demonstrating the difference between dedicated

cold and hot polypectomy snares, with an emphasis on the types of cold snares available locally. A dedicated cold snare is far superior to the “hot snare, used cold” approach. It is a critical tool in an endoscopy unit for resecting small (<10mm) non-pedunculated polyps, offering lower complication rates, such as post-polypectomy bleeding and perforation.

Proper application and deployment of an endoloop (or polyloop) during the resection of a pedunculated polyp can prevent both immediate and delayed post-polypectomy bleeding. This procedure requires skill and seamless communication between the endoscopist and the assistant, both of whom should be familiar with the endoloop technique. To ensure successful placement of the loop on the polyp stalk, the following steps should be followed: positioning the loop over the polyp and onto the stalk, tightening the loop, monitoring the polyp for colour changes while avoiding excessive pressure that might prematurely transect the stalk, and finally, the correct deployment of the loop. Participants were given the opportunity to practice these steps by deploying the endoloop on model pedunculated polyps repeatedly.

Prof. Sandie Thomson also presented on the correct use of an electrocautery unit during polypectomy, highlighting the recommended settings for basic procedures. Several endoscopic haemostatic devices were demonstrated at this station including various through the scope clips. The highlight of this station was the demonstration of the correct use and application of the “over-the-scope clip,” an invaluable tool for treating GI bleeding that extends beyond the scope of polypectomy.

The ERCP station allowed participants to use the latest endoscopes and accessories to cannulate chicken hearts placed in a simulator. This provided an opportunity to simulate the changes required in scope handling to reach the ampulla. It also allowed the participants to experience real time what different changes to the wheels of the endoscope do to the tip of scope in relation to ampulla. The chicken hearts provided similar tactile feedback to real ampullary cannulation and also allowed participants to simulate performing a sphincterotomy. Overall, the feedback post the session was very positive and I do feel that this training will greatly assist any participants who subsequently go on to performing ERCP in a structured training programme.

In closing, SAGES wishes to express its gratitude to all the participants who made the workshop a success. The overwhelming interest shown, evident by a booked-out event, is testament to the need to develop quality endoscopy in South Africa. This can only be attained through training and upskilling an endeavor to which SAGES is committed. Furthermore, the generous and eager support offered by industry deserves acknowledgement. The sponsored equipment (Marcus Medical, Olympus/Surgical innovations, First Medical, electrosurgical units supplied by Obsidian) allowed for an interactive, practical workshop while travel assistance by Boston Scientific made for a memorable

experience by allowing interaction with Dr Tate, a world leader in endoscopy.

We look forward to hosting similar events in the future.

Vikash Lala

Didintle Mokgoko

Imraan Sardiwalla

Participant testimonial

As a gastroenterology fellow, I found the recent endoscopy workshop at the SAGES annual conference to be an invaluable and inspiring experience. The highlight was undoubtedly meeting Dr. David Tate, the founder of GIEQS, who has been a tremendous source of inspiration for me in the field of endoscopy. Dr. Tate kicked off the session with an illuminating lecture on piecemeal EMR for large non-pedunculated colorectal polyps (LNPCP), setting a high standard for the hands-on training that followed.

The workshop was thoughtfully divided into four stations, each offering unique insights and practical skills. We began by honing our ERCP cannulation techniques through a practical demonstration and hands-on practice on a chicken heart. Dr. Tate then delivered an engaging lecture on the accurate assessment of colonic polyps. This was followed by a practical and insightful short presentation by Dr. Vikash Lala on the correct usage of snares, emphasising the critical importance of selecting the appropriate size for effective polyp removal. The final station was a host of practical demonstrations on important skills required in the endoscopy room. I was particularly impressed by Dr. Mokgoko's excellent presentation on the correct placement of endoloops for pedunculated polyp removal. I really enjoyed the opportunity to practice deploying an over-the-scope clip, outside the context of an acute GIT bleed.

Overall, this workshop provided a well-rounded and immersive learning experience, combining expert lectures with practical application. The opportunity to learn directly from pioneers like Dr. Tate and other esteemed colleagues has not only enhanced my clinical skills but also reinvigorated my passion for endoscopy. This experience will undoubtedly have a lasting impact on my clinical practice and professional development.

Dr Nasief van der Schyff, Gastroenterology Fellow at UCT/Groote Schuur Hospital



David Tate's keynote lecture



Hot and cold snare technique station - Vikash Lala



Know your accessories - Didintle Mokgoko



ERCP station - Imraan Sardiwalla



Know your accessories - Sandie Thomson



David Tate and Vikash Lala

Sponsors: Boston Scientific, Marcus Medical, Olympus/Surgical innovations, First Medical
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