



SCHOLARSHIP REPORT

This report should be completed by recipients of awards and scholarships from the Royal College of Physicians and Surgeons of Glasgow on completion of the activity for which they received their award or scholarship. Please complete all sections of the report form.

Please return your completed report via email to: scholarships@rcpsg.ac.uk

Or via mail to: **Scholarships Committee Administrator, Royal College of Physicians and Surgeons of Glasgow,
232-242 St Vincent Street, Glasgow G2 5RJ, UK**

Please use typeface when completing this form.

SECTION 1 PERSONAL AND AWARD DETAILS			
Title	Mr	PID	37733
Surname	Stewart	Forename(s)	Brian
Scholarship/award awarded	College Travelling Fellowship	Amount awarded	£964.50

SECTION 2 PROJECT/VISIT DETAILS	
Name/Title	The Functional Gut Clinic
Location	22 Upper Wimpole Street London W1G 6NB
Aims and objectives	<p>My overall aim for this clinical visit was to gain a deeper understanding of the interpretation of Upper GI Physiology Tests within their clinical context and to gain a broad overall view of how a successful Upper GI Physiology Unit works. My specific objectives for this week-long placement were:</p> <ol style="list-style-type: none">1. To deepen my understanding of the interpretation of the key Upper GI Physiology Tests of oesophageal manometry and 24h pH/impedance studies.2. To gain a greater appreciation of the meaning of these results within the correct clinical context i.e. correlating them with features within the patient history.3. To better understand the medical and surgical management options available to patients with these disorders in relation to the diagnosis obtained from clinical and physiological information.4. To experience working within a multidisciplinary team of clinicians, scientists, nurses and professions allied to medicine for the benefit of patients with benign oesophageal and hiatal pathology. <p>These skills will be critical in my new role as a Consultant Surgeon where I will be expected to lead the multidisciplinary management of these patients and where the interpretation of these physiological tests within their clinical context is critical in safe and effective surgical provision.</p>

<p>Summary</p> <p><i>Include methodology, results and conclusions if applicable</i></p>	<p>Key to the surgical management of oesophageal dysmotility syndromes and gastro-oesophageal reflux disease is the interpretation of GI physiology tests in their clinical context. My visit to The Functional Gut Clinic under the supervision of Dr Anthony Hobson, recognised as the UK's leading GI Physiologist, allowed me to gain experience in the interpretation of Upper GI Physiology testing including Oesophageal Manometry and 24h Ambulatory pH/Impedence monitoring. Patients were reviewed in the context of the interpretation of these physiological tests with a view to proposing a diagnosis and management plan. As such, daily sessions involved clinical sessions followed by test interpretations and case based discussions with Dr Hobson.</p> <p>I observed the patient consultations allowing me to gain a deeper understanding of what the patient was actually experiencing and clarify their symptoms. I then observed the set-up and performance of their GI physiology tests. This experience proved particularly invaluable to me as I can now accurately describe these tests to the patients I refer in the clinic including answering questions regarding side-effects and experience of the procedure. Furthermore, this allowed me to gain an understanding of what is practically required (from both a personnel and equipment perspective) to run a high-quality, efficient Upper GI laboratory. Following this I then had one-one teaching from either Dr Hobson or one of the senior GI physiologists regarding the practical interpretation of the tests (oesophageal manometry and pH studies), report writing and subsequent clinical correlation.</p>
<p>Learning outcomes</p> <p><i>Detail here how the aims and objectives were met</i></p>	<p>I feel that I fully met my aims and objectives during this week long placement.</p> <ol style="list-style-type: none"> 1. Having had one-one tuition on the interpretation of over 20 oesophageal manometry and 24h pH studies I now have a structure for the data interpretation of these tests that I can apply to my own patients. 2. Having sat in on over 20 patient consultations I have been able to revise my own high-yield clinical history taking within the context of benign upper GI disease and also the correlation of these clinical factors with the findings on subsequent physiology tests, in particular, the clinical and physiological findings that would suggest surgical intervention may be appropriate. 3. I now have a greater understanding of the medical and surgical management options for patients with benign oesophageal disorders as suggested by experienced Consultant Clinical Scientists and also through targeted reading of the literature as suggested from case-based discussions from consultations. 4. Through immersion within the multidisciplinary team I have gained a full understanding of how a successful GI physiology laboratory works in the management of patients with benign oesophageal and hiatal pathology. This went beyond the interpretation of tests to the structure and function of the laboratory and how as a Consultant Surgeon I can support the delivery of this service.

<p>Evaluation</p> <p><i>How has this scholarship/award impacted on your clinical/NHS practice or equivalent?</i></p>	<p>As a new Consultant Surgeon with a clinical interest in the management of benign oesophageal and hiatal pathology this scholarship has provided me with the required knowledge and skills to carry out a full clinical and physiological assessment of patients presenting with these often complex disorders. This will benefit my patients directly by allowing me to discuss appropriate management strategies with them influenced by both the clinical context and physiological findings. Furthermore, as a Consultant I will be expected to support and lead the multidisciplinary team involved in the care of these patients and this fellowship has allowed me to experience and gain insight into the practical workings of a successful GI physiology unit, helping me to develop leadership skills within this role. Finally, I have gained significant networking contacts within the community of Upper GI physiologists who will provide ongoing mentoring and support as well as establishing potential multidisciplinary research collaborations.</p>
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SECTION 3 | IMAGES

If available, please provide some images to support your report

SECTION 4 | EXPENDITURE

<p>Breakdown of expenditures</p> <p><i>Please demonstrate how the scholarship/award funding was used to support your project/visit</i></p>	<p>Travel (Taxis/Flights/Underground): (£50 + £112.50 + £20) £182.50</p> <p>Accommodation: £588</p> <p>Subsistence: £149.33</p> <p>Total: £919.83</p>
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SECTION 5 | PUBLICATION

<p>Scholarship/award reports may be published in College News. Please tick here if you agree to your report being published.</p>	<p>I give permission for my report to be published in College News</p> <p><i>If your report is selected for publishing, the editor of College News will be in touch to discuss this with you.</i></p>
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