

SIU Scholarship: Dr. Sachit Sharma

Having been trained in the premier medical institute of India, the All-India Institute of Medical Sciences (AIIMS) in New Delhi, I always wondered how to further polish my surgical skills and clinical acumen at some center of excellence and also obtain exposure in renal transplantation, which was in the domain of the general surgery department at my alma mater.

In 2009, I was fortunate enough to receive a reference letter from Dr. Mahesh Desai expressing his willingness to be my Société Internationale d'Urologie (SIU) scholarship course director. I joined the famed Muljibhai Patel Urological Hospital (MPUH) at Nadiad, Gujarat on January 1, 2010. An extremely dynamic and energetic personality, Dr. Desai took personal interest in my training—clinical, operative, and academic—and encouraged me to contribute toward research activities.

Working on a 6-day weekly schedule, our day started at 8:00 AM with a detailed floor round headed by the Chairman of the department—Dr. Desai. His team included 4 consultants, 2 endourology fellows, myself, 4 international/national observers, and 12 residents. The centrally air-conditioned hospital has a computerized “Excellicare” system to provide all details of any patient. From 9:00 AM to 6:00 PM, we were in either the operating rooms or the out-patient department. In the evening, we had a detailed postoperative round, followed by academic case presentations and discussions in the Jayaramadas Patel Academic Centre (JPAC).

The JPAC has 2 state-of-the-art classrooms and a 104-seat auditorium. It has a dry laboratory, with the most advanced urology simulators for transurethral resection of the prostate, percutaneous nephrolithotomy, and ureteroscopy, endotrainers for laparoendoscopic single site surgery and conventional laparoscopy, and a wet laboratory for hands-on training using animal models. The library has a fabulous collection of videos, journals, and textbooks, in addition to unlimited access to the Internet.

The JPAC hosted 3 international and 2 national conferences during my 6-month stay, with such distinguished international faculty as Dr. Inderbir Gill, Dr. Mihir Desai, Professor Mark Soloway, Dr. Christian Chaussy, Professor Michael Marberger, Dr. John Fitzpatrick, Professor Glenn Preminger, Dr. Jean de la Rosette, Professor Chris Cheng, Dr. Aseem Shukla, Dr. Abhay Rane, Professor Chris Heyns (the SIU Vice-President), and Dr. Paul Van Cangh (the World Endourology Society President).



Mahesh Desai (L) with Sachit Sharma, SIU Scholar (R)

Every week, a renowned expert was invited to deliver lectures and demonstrate surgical procedures. Tuesdays were reserved for uroradiology, Wednesdays for renal transplantation, Fridays for uropathology, and Saturdays for female urology, pediatric urology, and urodynamics. Special andrology clinics were held every third Wednesday under the supervision of the world-renowned andrologist, Dr. Rupin Shah.

Attending the urology clinics benefited me immensely in terms of gaining expertise in office procedures such as transrectal ultrasound-guided prostate biopsy, Deflux/Botox injection, urodynamic studies (in adults and children), andrologic procedures such as the papaverine injection (PIPE) test and electroejaculation, and high-intensity focused ultrasound and extracorporeal shock wave lithotripsy procedures. With a dedicated nephrology department headed by Dr. M. M. Rajapurkar, I benefited immensely by observing peritoneal dialysis, hemodialysis, and continuous ambulatory peritoneal dialysis procedures for patients with end-stage renal disease, in addition to interventional radiology such as renal angiography and renal embolization.

With a total of 6 operating rooms in use 6 days each week from 9 AM to 6 PM, I had excellent exposure to advanced endourology, multiport and single port (laparoendoscopic single site surgery) laparoscopy, and renal transplantation. I was actively involved in laparoscopic procedures such as living donor nephrectomy, radical prostatectomy, pyeloplasty, nephroureterectomy, nephrectomy (radical and simple), adrenalectomy, ureteral reimplantation, Boari flap, vesicovaginal fistula repair,

and other ablative and reconstructive procedures in all age groups. I mastered techniques in advanced endourology, making use of both ultrasound and fluoroscopy guidance, including percutaneous nephrolithotripsy (prone, supine, Valdivia, “push-pull,” “push-bang,” “passing-the-ball,” and “mini-perc”), percutaneous nephrostomy, ureterorenoscopy, and retrograde intrarenal surgery, with extensive use of the holmium laser, flexible ureteroscopes and nephroscopes, and stone-holding baskets. I also gained experience in the use of bipolar and monopolar cautery for transurethral resection procedures such as transurethral resection of the prostate, transurethral vaporization of the prostate, transurethral resection of bladder tumor, and bladder neck incision.

I also participated in conventional open procedures such as cadaver donor nephrectomy, kidney recipient transplantation, augmentation cystoplasty, radical cystoprostatectomy (with Studer neobladder or ileal diversion), ileal replacement of the ureter, hypospadias, and urethral surgery (eg, buccal mucosa grafting, preputial skin grafting, end-to-end anastomosis). I had excellent exposure to andrologic procedures such as penile prosthesis implantation and microsurgical procedures such as vaso-epididymal anastomosis, vasovasal anastomosis, varicocelectomy, and arteriovenous fistula.

Socially, I had the opportunity to meet urologists from all parts of the world and to interact with renowned international and national faculty, fellows, observers, and even patients from far and wide. I came to know the “Who’s Who of Urology” during my stay at MPUH. I had a wonderful opportunity to exchange ideas and to become friends with urologists from all over the world. I hope we shall continue to supplement each other during the rest of our professional careers.

The training and hands-on experience at MPUH was excellent, and the center is indeed “an oasis called MPUH, in a desert called Nadiad”—all due to the relentless, selfless efforts and vision of a single man, Dr. Mahesh Desai. It was my good fortune to have him as my mentor and SIU scholarship course director. Despite his busy schedule in India and abroad, he always found the time to offer me advice and guidance. Humble and down-to-earth, he truly deserves to be the next President of the SIU.

I am deeply indebted to the generosity of the SIU, which bestowed on me the honor of this scholarship at

such a wonderful and fascinating center of excellence within my own geographic region. This is definitely the best thing that has happened to me during my career in urology—it was like a dream come true.

Abbreviated CV. Dr. Sachit Sharma was born on July 12, 1968 in Chandigarh, the “City Beautiful” of India. After attending school at St. John’s High School and then DAV College at Chandigarh, he graduated with an M.B.B.S. degree from Indira Gandhi Medical College, Shimla in 1993 before obtaining his master’s degree in general surgery from Medical College, Patiala in 1997. Thereafter, he joined the state Haryana civil medical services, before becoming registrar in the department of general surgery at PGIMS, Rohtak—a government medical center of excellence in North India. There, he became a consultant, before embarking on urology training at the AIIMS, New Delhi, in 2005. With excellent training in robotics at AIIMS under Professor A. K. Hemal, Professor N. P. Gupta, and Professor P. N. Dogra, he returned to Rohtak as a consultant senior medical officer in the urology department.

An active member of 21 national and international bodies in urology and surgery, he was elected member of the National Academy of Medical Sciences, India (MAMS) in 2007. With more than 18 publications and 31 presentations to his credit, he has also been conferred fellowship of various institutes, such as the International College of Surgeons, American College of Surgeons, International Medical Sciences Academy, Indian Academy of Medical Specialities, and Association of Surgeons of India.

With his initial specialization at AIIMS and additional training in advanced endourology, laparoscopy, and renal transplantation at Muljibhai Patel Urological Hospital, Nadiad, his vision is to start a renal transplantation program at his own government institute, strengthening the existing laparoscopic facility with his experience in laparoendoscopic single site surgery and persuading the government to provide state-of-the-art robotic and high-intensity focused ultrasound facilities to the patients of his region.

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