

# GYNAECOLOGY & OBSTETRICS UPDATE

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Author

**T.M.Malak**

MB, BCh., M.Sc.,  
Ph.D., DFFP,  
MRCOG, FRCOG

Consultant  
Obstetrician  
Gynaecologist &  
Urogynaecologist

Address

Esperance Private  
Hospital  
Eastbourne  
Tel: 01323 414816/  
410717/ 410929  
Fax: 01323 730313

Web address

For Professionals  
MarkMalak.com

For Patients  
MrMalak.com

Finalist

**HOSPITAL  
DOCTOR**

**AWARD  
2005**

*Happy 2009*

## Highlights of 2008

Year 2008 had witnessed many important achievements. One of the most important achievements was the *decision of the "Independent Review Panel" not to support the closure of the consultant-led Maternity unit in Eastbourne.*

During 2008 there had also been many clinical achievements of my team especially in the field of Urogynaecology and colposcopy. I have been recently invited to apply for the *NHS Clinical Excellence Award* for achievements during 2008 that indicate that we are delivering, developing and managing high quality service and contributing to research, education and teaching. I wanted to share with you some of these excellent achievements of which we are very proud.

### Further National and International recognition for the Urogynaecology unit

Further to the national recognition of our Urogynaecology Unit with the prestigious *Hospital Doctor Award* (2<sup>nd</sup> position) in 2005 for the best

Female Urinary Incontinence Team in the United Kingdom, the unit has received the following:

#### International Recognition

The Author has been elected in 2008 to present Britain in the IUGA (*International Urogynaecology Association*) publication committee by BSUG; the British society of Urogynaecology. IUGA was founded more than 33 years ago as Urogynaecology was established to deal with pelvic floor dysfunction clinically presenting as urinary incontinence and/or genital prolapse. The majority of females presenting with urinary incontinence have prolapse as well. Also the majority of females presenting with large prolapse do have problems with evident or occult incontinence. Therefore both conditions should be managed together.

#### National Recognition

- \* *18-weeks pathway of the NHS* recognized in 2008 the importance of diagnosis and management of *occult (masked) incontinence* that is commonly associated with large genital prolapse. This service has been established in Eastbourne by us since **1996!**
- \* *NICE* has recently acknowledged the importance of physiotherapy as essential initial management of female urinary incontinence & prolapse. We established in **1996** unique one stop multidisciplinary Urogynaecology clinic where all the patients are seen by a specialist physiotherapist in women's health during their first visit to Urogynaecology clinic after they are seen by the Urogynaecologist..

A recent audit of our outcome of surgical treatment of female urinary incontinence (TVT<sub>o</sub>) showed **97% success rate** (see the publications at end of this issue) with 0% complications (injuries, bleeding, etc.). This one of the best published success rate in the world. A high success rate is maintained (as shown in previous audits) since the Author has introduced the minimal invasive mid-urethral tension free vaginal tape surgeries in late 1997 and have been considered the "Gold Standard" surgical treatment of female urinary incontinence.

### Achievement of Clinical Excellence in female urinary incontinence management

### Introduction of a New Urethral Bulking incontinence treatment

We have introduced a new urethral injection technique for female urethral incontinence as a minor, minimally



invasive & day procedure. Although the Tension free vaginal Tape are minimally invasive and day surgeries and are the "Gold standard"; they are best avoided if the patients haven't completed their family (Pregnancy and birth may fail the surgery) and in cases with severe urgency. The urethral injectable procedure is treatment of choice in these cases.

P.T.O.

## **The National Cervical Screening Quality Assurance (QA) Report praises our Colposcopy Service**

QA visit reported "good leadership", "Well-run service", "failsafe protocol is secure", "Eastbourne protocols (produced by the author) are good basis for unified protocols across the Trust" & "Eastbourne practice to reduce number of non-attendants (<7% vs. national standard of .< 15%) to be shared across the Trust". The Author has been the Lead Colposcopist since 2006.

Detailed anonymous "Satisfaction Surveys" were distributed to patients over 3 months in 2008:

- \* Urogynaecology service: 100% of the patients were quite/very satisfied with the service
- \* Colposcopy service: 93% of the patients were quite/very satisfied with the service.

## **Excellent patients' satisfaction with Urogynaecology and Colposcopy Services**

## **Excellent GPs' satisfaction with Urogynaecology, Education and Colposcopy Services**

Anonymous "Satisfaction Surveys" were distributed among GPs who attended the annual Gynaecology Update lecture in June 2008. Thirty seven completed responses were received:

- \* Urogynaecology service: 100% of GPs reported that the service is very good/excellent
- \* Colposcopy service: 98% of GPs reported that the service is very good or excellent
- \* Educational services (Lectures, Update newsletters, Internet site): 100% of GPs reported that the service is very good or excellent

During 2008 the following monthly Update issues were produced

- 62: 10th Anniversary of the "Update"
- 63: Cervical Screening and Colposcopy in Pregnancy
- 64: NICE guidelines on the use of LARC: Long Acting Reversible Contraceptives
- 65: Management of the Menopause
- 66: The role of Endometrial Ablation in management of Heavy Menstrual Bleeding (I): Introduction
- 67: The role of Endometrial Ablation in Heavy Menstrual Bleeding's management (II): Types
- 68: Progestogen-only Implants (I)
- 69: Progestogen-only Implants (II)
- 70: Progestogen-only Implants (III)
- 71: Management of Pruritus Vulvae (I)
- 72: Management of Pruritus Vulvae (II)
- 73: Management of Postmenopausal Bleeding

## **New "Update Issues" and New look for the Internet Sites ([markmalak.com](http://markmalak.com) - [mrmalak.com](http://mrmalak.com))**

Both Internet sites were updated and Unique Search Engines were introduced for professional use to obtain clinical information and patients' information. They restrict the search to the most popular sites e.g. GPnotebook, Patients.uk, etc.

## **Lectures**

**Postgraduate Lectures:** Foundation years programme: Management of abnormal uterine bleeding / Grand Round: The role of Mirena in management of uterine bleeding

**Gynaecology Trainees:** Management of Fibroids/ Management of Vulval Diseases

**GP trainees Lectures:** Management of Menopause and HRT (02/08)

**GP Lectures:** NICE guidelines for the management of female urinary incontinence (03/08)

Gynaecology Update, Annual Update Lecture (06/08)

Management of Menopause (07/08)

Gynaecology update (10/08)

Women's Health Issues (11/08)

## **Publications**

1- The effectiveness of the obturator Tension free Vaginal Tape (TVTto) in treatment of stress urinary incontinence: Dabash T, **Malak M.** Kent and Sussex Journal of Obstetrics and Gynaecology V. 7, P. 11-15, January 2009

2- The role of cystoscopy after failed surgery for female urinary incontinence: Eastbourne Urogynaecology Team: Dabash T, Andrews J, Lawton N, Grimston A, **Malak M.** Kent and Sussex Journal of Obstetrics and Gynaecology V. 7, P. 7-10, January 2009

3- Uterine abscess after insertion of levonorgestrel intrauterine system. Riad M, Ghani R, **Malak M.** Kent and Sussex Journal of Obstetrics and Gynaecology V. 7, P. 33-35, January 2009

4- Book review: "Advances in Reconstructive Vaginal Surgery, edited by Kovac & Zimmerman, 418 pages by **M Malak** (accepted for publication by IUGA in 2008)

*Happy 2009*