



RCSI

ROYAL COLLEGE OF SURGEONS IN IRELAND
COLÁISTE RÍOGA NA MÁINLEÁ IN ÉIRINN

Grant/Fellowship Report Form

Fellowship/Grant Holder Name	Mr John P. Burke, PhD FRCSI
Brief biography, including qualification and year of graduation (no more than 100 words)	POSITIONS: 1) Consultant General and Colorectal Surgeon, Beaumont Hospital. 2) Associate Editor, <i>Colorectal Disease</i> . 3) Honorary Senior Lecturer, RCSI. EDUCATION: -MB BCh BAO (Hons), University College Dublin, 2004. -MRCSI, 2007. -Ph.D. (Surgery), University College Dublin, 2010. -FRCSI (General Surgery), 2014. -CCST awarded, 2015. -Fellow in Colorectal Surgery, Cleveland Clinic, Ohio, 2015. -Fellow in minimally invasive rectal cancer surgery, Florida Hospital, Orlando, 2016.
Title of Project/Fellowship	Fellowship in minimally invasive rectal cancer surgery at Florida Hospital, Orlando.
Year of Award, commencement & conclusion:	2015-2016

Summary (no more than 250 words)

The department of Colon and Rectal Surgery at the Florida Hospital Medical Centre, Orlando is a tertiary referral centre, globally recognized as a leader in minimally invasive rectal cancer management. Florida Hospital is an acute care medical facility with 2,247 beds, serving as a community hospital for the Greater Orlando area and a major tertiary referral hospital for Florida and the Southeast United States. The emphasis of the colorectal department at Florida Hospital is on minimally invasive techniques. The department is world renowned for having pioneered the procedure, transanal minimally invasive surgery (TAMIS) for the excision of rectal adenomas and early stage rectal cancer. The department has to date performed the highest volume of these procedures globally. When compared to conventional transanal excision, TAMIS provides a superior quality resection, with higher rates of negative microscopic margins, reduced rates of specimen fragmentation and lesion recurrence but with equivalent post-operative complications. Furthermore, radical proctectomy or total mesorectal excision (TME) for rectal cancer at Florida Hospital is also performed in the most contemporary, minimally invasive fashion. Mobilization of the specimen is performed laparoscopically, robotically or in a transanal manner ensuring over 90% of cases are performed via a minimally invasive approach. The Florida Hospital group was one of the first centres in the world performing transanal TME in an effort to improve margin positivity rates and reduce the difficulty of laparoscopic proctectomy in patients with distal rectal cancer and obesity.

Grant Report (in the region of but no more than 500 words)

Objectives of Fellowship:

- 1) Obtain experience in selecting & evaluating patients for & performing transanal minimally invasive surgery (TAMIS).
- 2) Obtain experience in selecting & evaluating patients for & performing transanal TME.
- 3) Perform high volume, advanced, minimally invasive (laparoscopic & robotic) colorectal surgery.

Did you achieve these objectives?

Yes.

In your opinion, what is the value of your award to:

(a) Yourself:

My working week in Orlando was busy, but always enjoyable. Typically, I started the day with rounds at 6am. Mondays were composed of a colonoscopy list in the morning & clinics in the afternoon. Tuesday started with our cancer MDT followed by our major OR day, often doing up to 6 major colorectal resections in the day. Wednesday started with didactic teaching followed by clinic all day. Thursday was composed of operating in the morning & research in the afternoon. Finally, Friday was all day operating, reserved for proctology cases. We were on call 1 in 3. At the weekends, my family & I enjoyed all Florida had to offer.

It was a remarkable experience. While I went there to learn TAMIS & transanal TME, I also learned so much more. I advanced my laparoscopic & robotic skills & learned a huge amount of proctology which has been extremely helpful to my practice.

(b) The institution in which you work/the future for Irish patients:

While the discipline of colorectal surgery in Ireland is of an extremely high standard, the management of rectal cancer continues to evolve rapidly. Following the advent of colorectal cancer screening in Ireland, the incidence of large rectal polyps and early stage cancer has increased. Working in Beaumont, the cancer center for the RCSI network, I have been able to rapidly establish a high volume TAMIS program in my institution working within a multidisciplinary framework. Furthermore, the skills in transanal TME I attained have enabled me to offer more patients requiring proctectomy a minimally invasive approach, not only for cancer but also for benign conditions, such as those patients requiring an ileal pouch anal anastomosis. Thus, the skills I obtained have enabled me to offer my patients the most contemporary care, increasing sphincter preservation and reducing the morbidity associated with surgery. Finally, in Orlando, we held monthly hands on courses for TAMIS and transanal TME & I have been privileged to host a number of visiting surgeons in Beaumont who were interested in learning these techniques.

In conclusion, I am extremely grateful to RCSI for awarding me the Colles Travelling Fellowship to train in Orlando & consider myself fortunate to be able to offer my patients the procedures I learned there.