

Report for Cochrane Shanks/Jalil Travelling Professorship

Bristol Haematology and Oncology team visit to Mumbai, India, 3rd - 5th May 2013

Team members:

Dr Amit Bahl, Consultant Clinical Oncologist

Chris French, Clinical Scientist

Pauline Humphrey, Consultant Radiographer

HDR Prostate Brachytherapy Workshop, Tata Memorial Hospital Mumbai, Friday 3rd May 2013

09.30 - 12.00

Session 1: Clinical considerations and Logistics of an HDR Prostate Brachytherapy Service

1. Setting up an HDR brachytherapy service
2. Evidence-based decision making and patient selection
3. Treatment considerations and workflow
 - a. Patient preparation
 - b. Operating theatre procedure
 - c. Planning and optimisation
 - d. Treatment
4. Patient after-care and follow-up
5. Questions & Discussion
- 6.

13.00 - 16.00

Session 2: Practical HDR Prostate Brachytherapy Contouring and Planning workshop

1. Example patient planning – extended demonstration
 - a. Contouring
 - b. Catheter/applicator delineation
 - c. Planning and optimisation
2. Troubleshooting – When things aren't quite perfect!
3. Extended discussion and questions
4. Session close

The Bristol team were welcomed by Dr Umesh Mahansetty and his colleagues at Tata Memorial Hospital. The morning presentations were delivered by the 3 members of the Bristol team to Consultant clinical oncologists, urologists and residents. Also in attendance was Dr Simon Pavamani from CMC Vellore.

At lunchtime the Bristol team were shown around the Tata Memorial Radiotherapy department and were able to see the modern equipment and techniques being

employed, with comparable use of new technology compared to UK centres. The department currently treat 800 radiotherapy patients per day, compared with 200 per day in Bristol. There were opportunities for the team to interact with doctors, physicists and radiographers and to see how their roles compared with those in the UK.

In the afternoon a practical demonstration was given, planning a real prostate brachytherapy case. Planning software was provided by Varian.



HDR Prostate Brachytherapy Presentations, 3rd Annual Indian Brachytherapy Society Conference, Jupiter Hospital, Thane, 4th and 5th May 2013

At this annual meeting of the Indian Brachytherapy Society, we conducted a full session on HDR prostate brachytherapy with video demonstration of the procedure and planning techniques to over 100 brachytherapists from all across India.



Outcomes

The Tata Memorial presentations and workshop were very well received and promoted in depth discussions about brachytherapy techniques and clinical outcomes. Numbers of prostate cancer patients referred for radiotherapy in India are relatively low, due partly to shorter life expectancy and patients not being offered radiotherapy, surgical intervention with prostatectomy being standard practice even for locally advanced disease. However, the increasing life expectancy, especially in the cities is likely to see a significant rise in the prostate cancer incidence over the next 10 years. High dose rate prostate brachytherapy, especially with the development of this as a monotherapy, is expected to bring many more patients to choose brachytherapy rather than prostatectomy. So the workshop proved to be a timely opportunity for Tata Memorial team to prepare for this.

At the Indian Brachytherapy Society Conference there were doctors and physicists from many different radiotherapy centres across India. Representatives attended from Delhi, Lucknow, Chandigarh, Kolkata, Chennai, Vellore, Thane (Jupiter Hospital) and Mumbai (Tata Memorial and Hinduja Hospitals). During the discussion session, led by Dr Amit Bahl, there was significant interaction with these teams. Further advice and support has been offered by the Bristol team, invitations to observe procedures in Bristol or attend their centres when appropriate.