

A collaboration between the RCR and MRS to enhance CT and MRI competencies for radiologists based in Myanmar & to enable their capability for self-directed teaching, Dr Andrew Lowe

Overview

We would like to build on the previous MRI course which explained the principles of MRI, safety considerations and patient selection, as well as what information can be derived from the various sequences. We also covered basic topics in musculoskeletal, brain and body imaging. With the funding from the international travelling fellowship, the next steps would be to develop a more advanced MRI course to build on what has been learned so far. This might include topics such as gynaecology/paediatrics & small bowel imaging.

What we did

A team of 4 experienced consultant Radiologists comprising; 1 x GI, 1 x general / GI / Paediatric, 1 x MSK, 1 x GU/ Gynae & the RCR Travelling Fellow in training (Dr O'Brien) was assembled and flew out to deliver the second MRI course in January 2020.

In addition to the course, we were able to visit Yangon general hospital and Yangon Specialty hospital (transplant and IR). Here we were able to talk to radiologists, radiographers and nursing staff about the difficulties they face in their day to day practice, and share experiences.

08:50	Intro
09:00-09:40	PRINCIPLES & BASIC SEQUENCES
09:30-10:00	GYNAE MR
10:00-10:30	PERIANAL DISEASE
COFFEE	
11:00-11:30	SOFT TISSUE TUMOURS
11:30-12:00	WORKSHOPS AL/RL/HB
11:30-12:30	WORKSHOPS AL/RL/HB
LUNCH	
13:30-14:00	BRAIN/CNS
14:00-14:30	PANCREAS
14:30-15:00	LIVER MALIGNANT
COFFEE	
15:15-16:00	WORKSHOPS JH/AL/HoB
16:00-16:45	WORKSHOPS JH/AL/HoB

09:00-09:30	MRI SAFETY
09:30-10:00	INFECTIOUS DISEASES
10:00-10:30	SMALL BOWEL
COFFEE	
11:00-11:30	BILE DUCTS
11:30-12:00	WORKSHOPS HB/HoB/JH
11:30-12:30	WORKSHOP HB/HoB/JH
LUNCH	
13:30-14:00	PROSTATE/ PELVIS/BLADDER
14:00-14:30	BENIGN LIVER/ SPLEEN
14:30-15:00	SPINAL DEGENER'N
COFFEE	
15:15-16:00	WORKSHOP HB/AL/RL
16:00-16:45	WORKSHOP HB/AL/RL

09:00-10:00	INTERESTING CASES: CT / MRI Local radiologists ?5mins x 10 *
10:00-10:30	MRI KNEE
COFFEE	
11:00-11:30	SPINAL TRAUMA
11:30-12:00	RENAL/ ADRENAL
11:30-12:30	WORKSHOP RL/HB
LUNCH	
13:30-14:00	PAEDS
14:00-14:30	RECTUM
14:30-15:00	WORKSHOP JH/AL
COFFEE	
15:15-16:00	QUIZ
16:00-16:45	ANSWERS Q + A

GREEN = ASL RED = HB BLUE = RL PURPLE = HO'B ORANGE = JH

*Interesting case where MRI helped with diagnosis/ problem solving after US or CT

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What we achieved

The course was attended by about 100 delegates from all over Myanmar. These included the five professors representing the five university hospitals, many senior and junior consultants and a few Trainees. As described before, most radiologists in Myanmar are women, as male doctors often chose more lucrative specialities, such as surgery.

The programme consisted of both formal lectures and each was supported by an accompanying workshop in which cases could be discussed and questions answered in a more informal format.

One of our aims was to try and involve the local radiologists in delivery of the teaching programme. Unfortunately, the local radiologists were not at all confident to deliver lectures on MRI as their experience with the technology is so limited. However, we did come to the compromise of developing an interesting cases session, where 10 of their radiologists gave short PowerPoint presentations of interesting or challenging cases where they had used MRI to help resolve a clinical problem. We felt that this session was a great success. There was excellent engagement in this part of the programme and the standard of presentation was generally excellent.

We encouraged the MRS to video the lectures for their own society's use as an on-going educational resource, which they did.



The delegates at the second RCR-MRS MRI course, Yangon Jan 2020



The team from UK with the five professors heading the five Teaching hospitals in Myanmar

- (1) University of Medicine, Yangon
- (2) University of Medicine, Yangon
- (3) University of Medicine, Mandalay
- (4) University of Medicine, Magway
- (5) Defence Service Medical Academy, Yangon



The five professors, receiving some of the Radiology textbooks we took with us to Myanmar for the University libraries.

Lessons learned

Although taking a team of 5 radiologists may seem excessive, three members of the team experienced debilitating gastroenteritis at some time during the visit. Although it did not result in any significant disruption to the programme, it was good to have the flexibility to re-arrange the programme as necessary to provide cover depending on the fitness of the team to deliver teaching.

Future plans

We plan to take a similar sized team out sometime between Nov 2020 and Feb 2021 to deliver a course on CTC and acute abdominal CT.

We discussed a different venue for the next trip, perhaps Mandalay, but on balance, Yangon was considered to be the best venue by the hosts, as most radiologists had relatives in the capital which meant they could travel to the city and stay cheaply during the conference. This would not be the cases if a different venue were chosen.

Feedback received

We had very good feedback from our hosts during and at the end of our trip.

In addition, we were very well looked after by the local conference sponsor 'Sealion' which is a distributor for GE and who took care of local transfers, hotel accommodation in Yangon, and 'hospitality' in the evenings of the conference days.