

One step at a time is all it takes to get you there

‘One step at a time is all it takes to get you there.’ said Emily Dickson. ‘Make dots in life as much as you can and try to join them.’ Steve Job said. All these sayings and words come for motivation and the way to achieve a great success.

It has been over 6 years that Hepato-biliary and Pancreatic Surgery Department (HBPS), Yangon Specialty Hospital (YSH) was founded. Amongst routine HBP surgeries and management for prevention and cure, currently there are two specific areas that we have been trying to establish and become international. These are Liver Transplantation (both DDLT and LDLT) and Laparoscopic HBP surgery.



Figure 1. HBP family



Figure 2. HBP family

We have been making dots like Korea-Myanmar transplant collaboration, multidisciplinary group training or fellow training to high volume centers. Moreover, doing practices in silent mentor or animal workshops are steps to get to our destination.

Luckily, Medical Skill, Simulation and Research Center-University of Medicine 1 Yangon had been open on December 2, 2019. State Counsellor Aung San Suu Kyi attended and addressed the opening ceremony.

**Medical Skill, Simulation and Research Center
opened in Yangon**

HEALTH NEWS



***State Counsellor Daw Aung San Suu Kyi
attends Medical Skill, Simulation and
Research Center in Yangon***

Figure 3. Opening ceremony
Of Medical Skill, Simulation and
Research Center in Yangon

The aim of establishing the center is to provide expertise and training for better treatment, ensure security for patients, provide international-standard training and improve other medical areas such as medical ethics, social communications and medical research. Who knows that COVID would set in and stop every international collaboration in persons and travelling in 2020? Therefore, we are still taking steps by making good use of that center.

Among total eight storeys, there are microvascular lab and laparoscopic training room on fourth floor. Andrew Sanchez said ‘Opportunity is one of those things that depend greatly on the eye of the beholder.’ With the Rector’s permission, the head of our department has arranged two days per week practice during this COVID era. We, small groups of 3-4 persons, practised microvascular and laparoscopic skills two days in every week. All these aim to be support and practice for liver transplantation and laparoscopic surgery as well as daily routine practice.



Figure 4 and 5. Practices in Medicak Skill, Simulation and Research Center



Figure 6,7 and 8. Practices in Medical Skill, Simulation and Research Center

As cumulative outcomes of these practices, previous fellow trainings and live demonstrations, we can extend our operative criteria in cholangio-carcinoma and perform laparoscopic HBP surgeries more confidently.

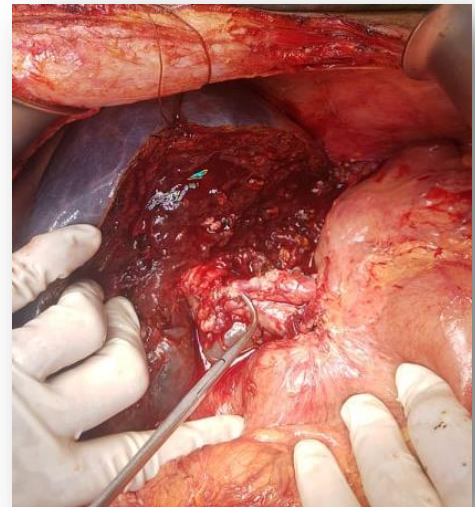
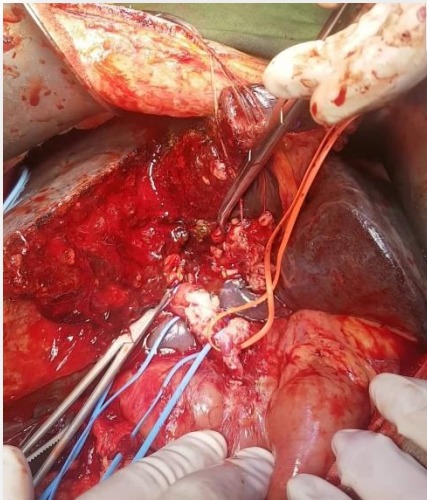


Figure 9 and 10. Applying vascular reconstruction in daily practice



Figure 11 and 12. Applying in laparoscopic surgery

In conclusion, the door of opportunity is wide open if you are prepared (Unknown) and success occurs when opportunity meets preparation (Unknown). By mean of these efforts, we hope that we could establish the liver transplantation and laparoscopic liver surgery routinely in near future.