



ACG INTERNATIONAL TRAINING GRANT

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GASTROINTESTINAL DISEASES IMPOSE A SUBSTANTIAL BURDEN

on global health, thereby constituting considerable health care utilization and spending. In Africa, there is an upward trend in the burden of GI cancers with early onset being the predominant mode of presentation and outcome worsened by advanced stages of disease at diagnosis, attributed to poor availability and utilization of endoscopic services for early diagnosis and management of these cancers. In Nigeria, the poor annual health budgetary allocation has significantly affected adoption of best practices in the health care system, thereby negatively impacting the quality of health care delivered to patients. There is currently no state-of-the-art national digestive disease center serving as a referral center for gastrointestinal tract diseases, and WGO's Lagos Training Centre, which is a training hub for gastroenterologists in Nigeria, cannot accommodate the number of aspiring trainees. ERCP is at its early stage of development, while facilities are still lacking for most of the advanced endoscopic procedures and motility testing. It was an actualized aspiration when I was selected for a 6-month split-site ACG International Training Grant at Harvard Medical School-affiliated hospital Beth Israel Deaconess Medical Center (BIDMC) and Massachusetts General Hospital (MGH)

in the United States. The objective of this training was to acquire the knowledge and skills required for the diagnosis and management of gastrointestinal cancers in Nigeria.

My training at MGH was for four months, mainly at the GI Oncology Unit, where I shadowed clinic visits three times weekly to understand the multidisciplinary approach in the management, care, and support of GI cancer patients. I participated in the GI Tumor Board, which involves discussion of clinical cases and review of radiological images in a multidisciplinary meeting to ascertain the appropriate treatment for the patients. In the course of the training, I was a panelist on a webinar focused on creating awareness on colorectal cancer in Africa. I also had some research experience on protocols for systematic reviews with the area of interest as the impact of *Helicobacter pylori* on the epidemiology of gastric cancer in Africa. At the neuro-intestinal health unit of MGH, I attended clinics once weekly to learn the current concepts in the management of various gastrointestinal motility disorders and interpretation of high-resolution manometry. I also participated in

Clockwise from left: Dr. Brenna Casey, Dr. Egbob & Dr. Kumar Krishnan at the MGH GI Advanced Endoscopy Unit; BIDMC Advanced Endoscopy Fellows Dr. Sultan Mahmood, Dr. Samuel Igbinedion & Dr. Eric Holzswanger with Dr. Egbob; Dr. Akwi Asombang & Dr. Egbob

the weekly neurogastroenterology meetings aimed at discussing novel and evidenced based treatment of various gut brain disorders. Additionally, I observed advanced endoscopic procedures once every week and appreciated the inflow, procedural and post-procedural care of patients.

I spent two months at BIDMC, observing endoscopic procedures daily and attended the weekly virtual conferences including pancreatobiliary multidisciplinary meetings, a liver pathology conference, combined conferences, and a GI journal club. I had the opportunity to observe computer-assisted detection of colon polyps, which ignited my interest in artificial intelligence in the health care system in Africa, which I am collaboratively reviewing with some of my mentors.



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The knowledge obtained during the period of this training will enable me to optimize the utilization of endoscopic services in screening, diagnosis, and surveillance of gastrointestinal cancers in order to reduce the burden of gastrointestinal cancers in Africa. I also appreciated the role of a multi-disciplinary team in the management of diverse GI disorders.

My appreciation to ACG for this wonderful opportunity and to Dr. Akwi Asombang for her supervision, guidance, and mentorship. To Dr. Brenna Casey, Dr. Brian Jacobson, Dr. Jonah Cohen, Dr. Kumar Krishnan, and Dr. Brad Kuo for being so impactful. I am very grateful to my wonderful teachers and mentors at BIDMC, Dr. Douglas Pleskow, Dr. Tyler

Berzin, Dr. Moahmen Gabr, and Dr. Mandeep Shawney along with other advanced fellows, including Dr. Sultan Mahmood, Dr. Igbiniedion Samuel, and Dr. Eric Holzwanger for contributing significantly to the success of the training.

I acknowledge my amazing trainers at the GI oncology unit of MGH, Dr. Samuel Klempner, Dr. Matthew Strickland, Dr. Aparna Parikh, Dr. Kelsey Lau-Min, Dr. Elizabeth Walsh, Dr. David Ryan, and Dr. Colin Weekes for their tutelage and continual guidance. My gratitude also goes to the nurses and the staff of the various hospitals for being supportive and creating an enabling environment for the training.

Photos below (clockwise): Dr. Douglas Pleskow & Dr. Egboh at BIDMC Advanced Endoscopy. GI Oncology Center Team at MGH; (L-R) Dr. Matthew Strickland, Dr. Samuel Klempner, Dr. Egboh, Dr. Aparna Parikh & Dr. Priya Pathak. Dr. Akwi Asombang & Dr. Egboh at MGH. Dr. Egboh, Dr. Tyler Berzin & Dr. Angelo Kum at Beth Israel Deaconess Medical Center. Berenson Scholar Dr. Dave Nkengeh, Dr. Moahmen Gabr & Dr. Egboh at BIDMC. Dr. Micaela Atkins, Dr. Brad Kuo & Dr. Egboh at the MGH GI Motility Unit

