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In May 2019, I was fortunate to be selected as one of the WGO international trainees at the Institute of Liver and Biliary Sciences (ILBS), a WGO Training Center in New Delhi, India. In August 2019, I started my six-month specialized training in general hepatology and endoscopy (upper and lower GI) in one of the best and largest hepatology and endoscopy institutes. Upon arrival, I was welcomed by the entire faculty and later assigned to mentors/supervisors for specific rotations. I was provided with free accommodations with all the privileges to basic utilities (water, electricity), internet, library, etc. At the end of each month I collected the WGO grant which I use for my local expenses (meals, transportation, mobile bills, etc.) and as well as for some academic activities (books, photocopying, and stationary).

Training activities: The training program included daily morning lectures, journal club, seminars, case presentations, ICU and general ward rounds, hepatology clinics, transplant meetings, and endoscopic procedures. Gastroenterology/hepatology related radiology and histopathology meetings were also included.

Rounds included case presentations and bedside teachings by faculty members. I participated in case presentations as well as in-patient care. In the clinics I was also given selected cases to take history examine and discuss management plans with the consultant. I also did case presentation in a medico-surgical meeting.

I was also given research work which included writing a research proposal, defending the proposal in front of the ethics committee and data collection and analysis.

My research topic is on *Helicobacter Pylori Infection And Peptic Ulcer Diseases In Patients With Liver Cirrhosis*.

Endoscopy procedures (hands on) I started my endoscopy training with basic scope handling, cleaning, and reprocessing. Then I started scope withdrawal and later scope insertion. The next phases were upper GI endoscopy under supervision and finally complete upper GI examination. Then I started doing gastric mucosa biopsies. I was also able to do esophageal variceal band ligations and injection of glue in gastric varices.

The stepwise sequence of training was also similar for lower GI endoscopy.

I was also able to observed advanced endoscopic procedures like balloon dilation of duodenal strictures, gluing of gastric & isolated duodenal varices, Intra-gastric balloon IGB insertion & removal, colonic stenting, polypectomy, Endoscopic Ultrasound Scanning EUS, Endoscopic Retrograde Cholangiopancreatography ERCP.

In summary the six months training was quite relevant and I hope to translate the knowledge and skills acquired at ILBS into practice that will benefit patient care in my country Sierra Leone.

I wish to thank WGO & ILBS. A special thanks Dr. SK Sarin (Director of ILBS), Dr. Manoj (Head of Department hepatology), and the entire faculty for their tremendous support and supervision.

Future plans: To establish a general gastroenterology, hepatology, and endoscopy unit in my hospital and to collaborate with other institutions for research into these fields. After one to two years of practice I intend to apply for advanced endoscopy training or fellowship through WGO and/or any other organization.

Pictures while training at ILBS



Photos above of Joseph Edwin Kanu, MD performing Upper GI Endoscopy Examinations UGIE.

Photos below of Joseph Edwin Kanu, MD taking antral and duodenal biopsies (Antral+ D₂ biopsies).



Photos below of Dr. Kanu performing Esophageal Variceal band Ligation (EVL).



Doing colonoscopy and segmental biopsies



Pictures below of Dr. Kanu reporting endoscopic finding after procedures (L) and blood sample collections during his research work (R).



Pictures below of Dr. Kanu presenting a case study



Meeting with patients during Hepatology Out – Patient (OPD) Clinics



During morning lectures



Faculty members and staff at endoscopy department in ILBS

