

Dr. Cristina Naranjo-Ortiz

I'm a Spanish physiotherapist specializing in urogynaecology, andrology and coloproctology, PhD from the Faculty of Medicine (UAX University, Madrid, Spain) and Master in Research in Health Sciences. I developed my work as a physiotherapist in "URO S.XXI Urology Unit" and I am Professor of the "Health Science Center San Rafael – Nebrija" (Nebrija University) in Urogynaecology and Research in Health Sciences. I was most fortunate to receive a Pfizer International Fellowship in 2014 and the excellent experience I had is described below.

In August 2013, during the Barcelona ICS Annual Meeting, I went to Prof. Dietz's workshop "Pelvic Floor Ultrasound", to further explore the technique I had known through his publications, and that I was using in my clinical work. I met him there and I kept in touch through email with him, which ended in my six-week stay in Sydney Medical School Nepean (University of Sydney). My research was on the ultrasound anatomy of the bladder and the possible associations between changes that can be observed by Pelvic Floor Ultrasound and Urinary Incontinence. The aim of this study was to determine limits of normality for pelvic floor ultrasound parameters of bladder neck and urethra mobility thought to be associated with stress urinary incontinence and urodynamic stress incontinence. A positive association with retro-vesical angle, bladder neck descent and urethral rotation was found.

The experience I had in Sydney Medical School Nepean has been completed. I have grown both personally and professionally, not only improving my technique and opportunities for participating in some very interesting research, but also meeting great people and professionals with whom I can keep working and collaborating. Prof. Hans Peter Dietz and Dr Clara Shek are great professionals interested in sharing their knowledge and helping to advance the field of urogynaecology. I will always be grateful for the opportunity they gave me to share with them these weeks, and I'm looking forward to repeating the experience.

I feel very grateful to have been awarded the "Pfizer International Scholarship" because initiatives like this allow our field research moving forward and that is something very necessary for our clinic and teaching work.

