

FUNDAMENTALS IN UROLOGY

Remembering Our Roots

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In the late 1980s, Professors Jay Y. Gillenwater and Stuart Howards of the University of Virginia conceived the idea of a basic science tutorial for urology residents.



Their concept was loosely based on a four-week Ophthalmology course held in New England. The rationale for both educational seminars was that medical education across the country was disparate and had moved away from pathophysiology, leading to an exposure to disease entities without a formal understanding of how the disease deviated from "normal." Hence, the target audience was residents early in their training as opposed to a board review structure.

The inaugural "Basic Science of Urology" course was held in June 1990 in Charlottesville, VA. Faculty at the University of Virginia formed the underpinnings of the educators as it was of paramount importance to Dr. Gillenwater to keep the cost low to be accessible to all residency programs. This included housing the attendees in UVa dormitories! The setting was appropriate because UVa has a storied place in urologic history. Not only did Hugh Hampton Young matriculate to "The University"



in 1890 but UVa Professor Robley Dunglison had been the personal urologist to Thomas Jefferson. Here is an excerpt from the Thomas Jefferson Encyclopedia maintained at Monticello:

In late July 1825, Jefferson complained to James Monroe that he was experiencing "a difficulty of making water."⁵ Robley Dunglison was called in and discovered Jefferson had "prostatic hypertrophy of enough degree to obstruct the flow of urine and cause great pain from urinary retention."⁶ To treat his patient, Dunglison prescribed "bougies," flexible cylinders.



The Basic Science Course also has a special place in the hearts of the early female pioneers in urology. Dr. Marguerite Lippert, the 16th woman to attain Board Certification, opened her home to female attendees in 1992. There were four attendees at the first dinner, and they discussed pertinent issues surrounding work life balance including how to draft a maternity policy for their respective Departments as none currently existed. For most women in urologic residencies, there were few same-gender mentors available and this event provided young physicians with an external advisor to whom they could turn for counseling and support. These dinners continued until 2005 when the female ranks finally surpassed the space available!

In the late 2000s, the American Urological Association (AUA) Office of Education began managing the course but it remained located in Charlottesville. In 2015, the name was changed to Fundamentals in Urology to better reflect changing theories in medical education. Twenty-seven years after the inaugural course, 2017 marked the last course in Charlottesville. Those of us who attended and possibly lectured in Charlottesville have fond memories of summers in the Blue Ridge Mountains.

The memories continue for the next generation as the Fundamentals course is on the move to larger cities, hopefully making the educational experience more accessible to residents from around the country.

Warmly,

A handwritten signature in blue ink, appearing to read "T L Krupski".
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American
Urological
Association

Education & Research, Inc.

* <https://www.monticello.org/site/research-and-collections/jeffersons-cause-death>