

Raising pancreatic superstars: from mice to knives

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Podcast Episode

Pancreas

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A Finnish pancreatic surgeon and an Italian general surgery resident discuss mentorship, training pathways, and the importance of balance in developing expertise in hepato-pancreato-biliary surgery.

KEY POINTS

- In Finland, mentoring is mandatory during surgical residency with multiple assigned mentors, and HPB surgery training begins only after GI surgery specialisation; in Italy, mentorship is less formally structured and varies by region.
- Both speakers emphasise that residents benefit from rotating through different centres and learning from multiple mentors to build a comprehensive skill set, including open and minimally invasive techniques.
- The guest surgeons agree that performing a Whipple procedure independently requires additional training beyond residency in dedicated high-volume centres, with continuity essential to maintain skills.
- The speakers recommend that all doctors engage in at least some scientific research to develop critical thinking and evidence-based practice, though not everyone needs to become a high-level scientist.
- Johanna advises maintaining work-life balance, especially during early career and family years, while Alberto stresses avoiding comparisons, taking time, and gaining perspective by 'zooming out' from immediate pressures.

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