



SCHOOL

Course report

IMRT/VMAT and other highly conformal techniques in practice

29 May to 2 June 2022, Ljubljana, Slovenia

Course director:

- Mischa Hoogeman, medical physicist, Erasmus Medical Center Rotterdam, The Netherlands

Co-chair:

- Carmen Rubio, radiation oncologist, Hospital Universitario HM Sanchinarro, Madrid, Spain

A medical physicist's perspective:

Could you please briefly introduce yourself?

My name is Beka Bochorishvili. I am a medical physicist at the Department of Radiation Oncology in Todua Clinic, Tbilisi, Georgia. I started work as a medical physicist in 2010, and I have been working at Todua Clinic since 2014. I create treatment plans for external beam radiotherapy and brachytherapy, and I perform quality assurance (QA) and quality control (QC) in the department with my colleagues.

Why did you choose to attend this course?

To improve the quality, safety and effectiveness of the radiotherapy that we offer, I need to stay up-to-date. The course was a good opportunity for me to gain knowledge and share my experiences. Medical physicists play a crucial role in radiotherapy and it is important that they increase their professionalism. In order to catch up with modern developments in the sphere, medical physicists should take part in different events such as this European Society for Radiotherapy and Oncology (ESTRO) course.

What aspects of the course were most interesting to you and why?

The medical physics aspects, namely treatment planning and QA topics, were most interesting for me as they have practical applications in my work and the knowledge I gained will increase the quality of the radiotherapy treatment I offer. I found talking with the course teachers beneficial.

Did the course activities improve your knowledge and skills in the relevant subject?

The course had very good activities and the delegates had many chances to interact with the teachers, each other and the staff of the host clinic. Discussions about the homework, which we had completed before the course started, were very fruitful.

Did your course meet your expectations? If so, how?

The course was very well organised. The teachers were open and it was easy and pleasant to communicate with them. We had plenty of time to ask questions and for discussions. I liked the daily quiz, which gave me an extra stimulus and the possibility to evaluate myself. So the course absolutely met my expectations.

List three important takeaways from the course.

1. It is very important to double-check all aspects of a medical physicist's work, especially in QA/QC.
2. Intensity-modulated radiotherapy or volumetric arc therapy (IMRT/VMAT) should be used often even if three-dimensional conformal radiotherapy performs satisfactorily.
3. The use of the deep-inspiration breath-hold is the gold standard for the treatment of mediastinal lymphomas.

How will what you have learned be implemented in your daily clinical practice?

I will share what I learned on the ESTRO course with my colleagues in my department and we will decide which parts should be put into our practice. I plan to stay in touch with the course participants so that I can discuss problematic topics and cases in the future.

How would you encourage someone who has never been to an ESTRO course to join this course?

This was my third ESTRO course and I can say that ESTRO courses are of very high quality and practical. ESTRO courses are especially good because they involve highly professional teachers and are organised very well.



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