

Start	End	Topic	Speakers
16:00	16:10	Set up for prostate enucleation	Ahmed Elshal
16:10	16:20	Prostate enucleation, anatomical perspectives	Ahmed Elshal
16:20	16:30	Technical guide; Step-by-Step	Amr Elsayy
16:30	16:40	Different energy sources for enucleation	Mohamed Kamal
16:40	16:50	Before take-off: Beginner's advice	Mohannad Alharbi
16:50	17:30	Hands-on training	Yasser Farahat Amr Elsayy Ahmed Elshal Mohamed Kamal Mohannad Alharbi

Description

Anatomical Endoscopic Enucleation of the Prostate (AEEP) is rapidly becoming a cornerstone treatment for benign prostatic obstruction (BPO), particularly in moderate to large prostates. Compared to traditional surgical techniques such as TURP or open prostatectomy, AEEP offers distinct advantages—more complete adenoma removal, reduced bleeding, shorter catheterization time, and improved long-term functional outcomes. Despite these benefits, adoption remains relatively low due to the steep technical learning curve and the perception that the procedure is challenging to learn without mentorship and structured training.

This workshop is specifically designed to address these challenges by offering a comprehensive, stepwise introduction to AEEP, aimed at urologists who are either considering incorporating the technique into their practice or are early in their enucleation journey. The program combines interactive didactic lectures with faculty-led, hands-on training, providing a strong foundation in both the theory and technical execution of the procedure.

We begin by focusing on the setup for AEEP, including patient positioning, endoscopic equipment, morcellators, and energy sources. We then explore the endoscopic anatomy of the prostate from the perspective of enucleation—an essential orientation to navigate anatomical planes effectively and safely during the procedure. Faculty will provide a step-by-step technical guide, breaking down the enucleation process into digestible stages with real-time tips and video guidance. Different energy sources (laser, bipolar, etc.) and their role in dissection, coagulation, and efficiency will also be reviewed to help participants make informed choices based on their institutional resources.

A critical component of the course is the session titled “Before Take-off: Beginner’s Advice.” This lecture provides practical guidance on patient selection, dealing with complications, and strategies to build early confidence. It is tailored to answer the most common questions and challenges faced by those new to AEEP, such as how to start with simpler cases and avoid common pitfalls.

The highlight of the workshop is the proctored hands-on training session, where participants will practice enucleation and morcellation techniques on simulation models or tissue platforms. These sessions will be conducted in small groups with real-time guidance and feedback from expert faculty, ensuring a supportive and immersive learning environment. This practical component is essential in building muscle memory, familiarizing participants with the instrumentation, and developing safe dissection habits.

Key Learning Points

Understand the complete operative setup for AEEP, including instruments, energy sources, and morcellation systems.

Identify key endoscopic anatomical landmarks to safely navigate the enucleation plane.

Follow a reproducible, step-by-step approach to AEEP.

Learn to select suitable early cases and optimize patient outcomes.

Gain hands-on experience under expert supervision to develop fundamental technical skills.

Take-Home Messages

AEEP is a highly effective, durable solution for BPO and can be safely adopted with structured training.

Success depends on a strong understanding of anatomy, energy use, and plane dissection.

Simulation-based practice with expert mentorship significantly reduces the learning curve.

Starting with the right cases and techniques improves safety and builds confidence.

This workshop is an ideal launchpad for those looking to integrate AEEP into their clinical practice.

This workshop is a unique opportunity for delegates to develop a strong foundation in AEEP, combining theoretical clarity with practical skill acquisition, ultimately helping them deliver improved outcomes for patients with BPO.

Aims of Workshop

This workshop aims to equip participants with foundational knowledge and practical skills in Anatomical Endoscopic Enucleation of the Prostate (AEEP). Objectives include understanding the procedural setup, recognizing endoscopic prostate anatomy, and mastering core techniques such as hand movements, energy use, and enucleation plane identification. Participants will also learn to select appropriate early cases, optimize surgical outcomes, and engage in proctored hands-on training in enucleation and morcellation to build competence and confidence in performing AEEP.

Educational Objectives

This workshop offers high educational value by combining didactic lectures with hands-on training to provide a comprehensive introduction to Anatomical Endoscopic Enucleation of the Prostate (AEEP). The content is specifically designed for urologists seeking to initiate or improve their skills in enucleation techniques. The structured curriculum includes essential topics such as setup, anatomical orientation, energy modalities, and a step-by-step technical guide, ensuring participants receive both theoretical grounding and practical guidance. A dedicated session on beginner-specific advice addresses common pitfalls and strategies to build confidence in early cases.

Participants will actively engage with expert faculty through interactive lectures, case discussions, live or video-demonstrated procedures, and small-group hands-on training stations. The hands-on component focuses on enucleation and morcellation techniques using simulation models or equipment, under close faculty supervision, promoting direct skill acquisition and immediate feedback.

This education directly translates into clinical practice by helping attendees identify optimal patient selection, understand the nuances of anatomy during endoscopy, and apply energy safely and effectively. By the end of the workshop, participants will be better prepared to perform AEEP with improved safety, efficiency, and outcomes, ultimately enhancing patient care. The workshop's design ensures that even those new to AEEP gain the foundational competencies needed to begin incorporating it into their surgical practice.

Learning Objectives

1. Recognize the set up for anatomical endoscopic enucleation of the prostate (AEEP). Be oriented with the endoscopic anatomy of the prostate from enucleation perspectives.
2. Identify the basics of active hand movements, energy application and plane recognition in AEEP.
3. Be able to select optimal cases for early AEEP practice and how to optimize the procedure outcomes. Proctored hands-on training on enucleation and morcellation

Target Audience

Urology

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

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