

## Student Elective Report

<b>Name</b>	Azedah Yunus
<b>Medical School</b>	University of Bristol
<b>Email (optional)</b>	

<b>Country visited</b>	Nepal
<b>City or town</b>	Kathmandu
<b>Hospital/unit/clinic</b>	Tribhuvan University Teaching Hospital
<b>Dates visited</b>	April 1 <sup>st</sup> -30 <sup>th</sup> 2019
<b>Supervising doctor</b>	Professor Ishwar Lohani
<b>Contact details of your host:</b>	Work the World

<b>Please give an overview of what you saw / did (200 words max)</b>	<p>I spent three weeks with the plastic surgery team in a teaching hospital in Kathmandu. This team served the entire country, and people travelled far and wide to be seen by the surgeons.</p> <p>The experiences I had were eye opening, with many patients been seen in late stages of their disease. One such example was of a young lady with neurofibromatosis type one who had a 65-kilogram tumour growing on her right leg – the heaviest tumour seen by the surgeons there. Another patient, a two-year-old, had a complete scalp degloving as her hair caught in a generator engine. Cases such as these would not be seen in the UK as patients would have presented earlier, or better safety measures would have been in place.</p> <p>I enjoyed observing ward rounds and clinics, however the best part of the placement was time in theatre observing and occasionally assisting in plastic surgery. The wide variety of cases meant that people of all ages were operated on, with cases ranging from emergency to cosmetic surgery – truly encompassing the wide breadth of plastic surgery as a speciality.</p>
<b>What were the best things about the visit? (120 words max)</b>	<p>The best part of the experience was seeing such a wide variety of patients, and being able to observe/be involved in their healthcare. The team were incredibly welcoming, and gave me some high quality teaching in plastic surgery, as well as hands-on experience. They truly made the experience memorable, and encouraged me to pursue a career in plastic surgery.</p>

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	<p>Nepal is a beautiful country to visit, and after we were done in the hospital we enjoyed exploring temples, shops and restaurants nearby. Over the weekends we got the opportunity to travel to Pokhara where I went paragliding for the first time, as well as attempted day treks in the mountains of Nagarkot.</p>
<p><b>What problems did you encounter? (120 words max)</b></p>	<p>It was such a different experience being in a completely different country with a different healthcare system. One of the struggles I had was communicating with patients, who only spoke Nepali. Thankfully the doctors spoke English, but the language barrier restricted the amount of patient communication I had.</p> <p>The hospital itself was poorly resourced, and oftentimes lacked necessities to cater for all patients.</p>
<p><b>What accommodation was provided?</b></p>	<p>I went with Work the World – an international company based in the UK who specialise in offering medical electives. They provided a house in the city for all their elective students.</p>
<p><b>Would you recommend this to someone else? (explain if necessary)</b></p>	<p>I would highly recommend this experience. The plastic surgery opportunities were amazing, and I learned plenty in my weeks in Nepal. Additionally travelling with Work the World took a lot of stress and hassle out of planning my elective in a foreign country.</p>
<p><b>Are you more likely to choose a career in plastic surgery as a result of this experience?</b></p>	<p>Absolutely! My time there solidified my resolve to be a plastic surgeon. Having seen the variety of patients, and what the average day of a plastic surgeon looks like I'm very keen to pursue this as a career.</p>