

## Student Elective Report

<b>Name</b>	Jvalant Parekh
<b>Medical School</b>	Leicester Medical School
<b>Email (optional)</b>	

<b>Country visited</b>	India
<b>City or town</b>	Kochi
<b>Hospital/unit/clinic</b>	Amrita Institute of Medical Sciences
<b>Dates visited</b>	04/02/19 – 01/03/19
<b>Supervising doctor</b>	Dr Subramania Iyer
<b>Contact details of your host:</b>	elective coordinator Dr. Iyer

<b>Please give an overview of what you saw / did (200 words max)</b>	<p>I got stuck in from day one attending clinics covering a range of head and neck cancers as well as facial reconstruction cases. I was in theatre on a daily basis and got to see numerous procedures including hair transplants, neck dissections, abdominoplasties and facial soft tissue and bone reconstruction from tumours. I scrubbed into many and got to assist in cases involving lymphoedema and large fibula flaps. This provided a great opportunity to see the range of plastic surgery procedures. The registrars and consultants were always keen to teach which proved invaluable in the complex procedures conducted.</p> <p>I was also able to attend the national breast reconstruction meeting (BRASCON) with faculty from all over the world presenting and providing valuable insight into breast surgery and reconstruction. Through this, I recognised the lack of understanding Indian women had regarding the reconstructive options. Subsequently I created a survey for patients in AIMS who were undergoing breast surgery (mastectomy or lumpectomy) and with the results, created a dedicated information leaflet for breast oncologists to provide to their patients to increase uptake. I plan to continue liaising with the plastic surgery team to gather feedback and further improve the information provided for the patients.</p>
<b>What were the best things about the visit? (120 words max)</b>	<p>The friendly staff and range of procedures I was able to see and assist in were both two of the biggest positives. Dr. Iyer was a great mentor and allowing me to attend BRASCON provided me with a host of new information as well as inspiration to create a small but hopefully significant project.</p> <p>Kochi and Kerala as a state were spectacular to see and weekends could easily be spent away seeing new sites and evenings were ideal to go and explore the city.</p>

## Student Elective Report

<p><b>What problems did you encounter? (120 words max)</b></p>	<p>The language barrier was quite significant in the clinics as patients did not know English but often preferred to speak the local language which meant that I was not able to pick up on much. The doctors would translate summaries for me when they could.</p> <p>They were a teaching hospital so they also had a large number of junior trainees which meant that theatres would be a bit overcrowded and I would have to take a step back sometimes.</p>
<p><b>What accommodation was provided?</b></p>	<p>Whilst accommodation was an option onsite, we chose to book an Airbnb which was available as we also wanted to be close to the city and have the option of doing other things more easily in the evenings. It meant that our daily commute would require an uber which was as cheap as a local autorickshaw. It was a nice journey in the mornings and definitely meant we could also make the most of the city.</p>
<p><b>Would you recommend this to someone else? (explain if necessary)</b></p>	<p>100% yes. AIMS provided a perfect platform to explore a huge range of plastic surgery procedures ranging from facial reconstruction following cancer to purely cosmetic procedures such as hair transplants and abdominoplasties. This covered the bread and butter of plastic surgery and the teaching environment is fantastic with great registrars and supportive consultants. You will definitely get a lot out of the experience.</p>
<p><b>Are you more likely to choose a career in plastic surgery as a result of this experience?</b></p>	<p>Yes. I've been strongly interested and this elective has only served to reinforce that belief. I loved every minute of it and it also opened my eyes to the training opportunities that may be available to me abroad and in the UK in the future.</p>