

Student Elective Report

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| Name | Gwyneth Jansen |
| Medical School | Barts and the London School of Medicine and Dentistry (Queen Mary University of London) |
| Email (optional) | |

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| Country visited | Nepal |
| City or town | Lalgadh |
| Hospital/unit/clinic | Lalgadh Leposy Hospital |
| Dates visited | 16/4/2018 – 04/05/2018 |
| Supervising doctor | Dr Graeme Clugston |
| Contact details of your host: | |

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| Please give an overview of what you saw / did (200 words max) | <p>This was a hospital specialised in all facets of leprosy care, however it also provided dermatology services and limited general medical services to the local district.</p> <p>Usually, there is a lot of reconstructive surgery, however sadly the responsible surgeon was away during my time there. Instead, I got very involved with complex wound care, debridement and digit amputations which proved very educational and underlined the surgical principals surrounding complex wound care.</p> <p>Aside from surgery, I spent time in dermatology and leprosy clinics, managing patients on the wards and observing physiotherapy sessions. I gained an understanding about how footwear and prosthetics were made and individualised to the patients themselves. I saw how the self-care community programs provided practical lessons to minimise the chance of patients needing to be readmitted to hospital as well as providing a crucial support network.</p> <p>In the community, I was privileged to observe the governmental skin clinics and to take part in the hospital's program working with very poor rural schools which had no access to healthcare. On one of these visits, donated school uniforms, school bags and writing materials were distributed. At the same time, public health advice was given about simple things like how to use the donated toothbrush and toothpaste to clean their teeth. We also ran a clinic there to monitor growth of the students and to treat any health conditions.</p> <p>Overall, this placement gave me a great understanding of complex wound surgery and how surgery fits into the holistic care of a patient.</p> |
| What were the best things about the | I thoroughly enjoyed the hands-on nature of this placement which allowed me to get involved with so many aspects of a patient's overall |

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| <p>visit? (120 words max)</p> | <p>care.</p> <p>It was amazing to be able to get so much exposure to the volume and variety of complex wound cases which were treated at this hospital. Each case was slightly different and was managed in a slightly different way. This has been invaluable in helping me to understand management decisions for different wounds and will hopefully stand me in good stead for the future.</p> <p>Another eye-opening experience would have to be the rural outreach clinics which highlighted just how important basic healthcare is and what the overall role of surgery is for patients.</p> |
| <p>What problems did you encounter? (120 words max)</p> | <p>During my time on this placement, I had the misfortune of getting a needlestick injury. This was dealt with in a very professional manner by the hospital (and my medical school at home) with the doctors requesting urgent patient bloods straight away and notifying me of the outcome as soon as the results came back. Thankfully nothing was found in the blood results, but I was very happy to have taken HIV PEP with me which I had started prophylactically. It would have been quite difficult to get HIV PEP otherwise.</p> <p>The other problem was that the reconstructive surgeon was away during my placement. Although it would have been preferable to have seen reconstructive surgery too, I think that learning about complex wound care, debridement and amputations was valuable too and made the placement very worthwhile.</p> |
| <p>What accommodation was provided?</p> | <p>Accommodation was provided on the hospital campus in the form of a little apartment which could be shared with others.</p> |
| <p>Would you recommend this to someone else? (explain if necessary)</p> | <p>Yes I would recommend it. This placement gave me so much exposure to diseases and illnesses that I had never encountered before. Despite the relative lack of reconstructive surgery, this was an amazing opportunity to really understand the principles of wound closure and debridement of complex wounds. This really gave me an appreciation for the clinical reasoning behind timing of surgery and also when not to operate.</p> <p>The rural setting of the hospital provided a unique opportunity to see medicine in a place which you would not otherwise visit as a tourist. You get a very authentic Nepalese experience which allows you to begin to understand how Nepalese culture and healthcare interact.</p> |
| <p>Are you more likely to choose a career in plastic surgery as a result of this experience?</p> | <p>Yes. Everything that I have seen of plastic surgery so far has only reaffirmed my desire to do plastic surgery. This placement showed how much difference you can make to a patient's life by managing them well and plastic surgery was a very integral part of this.</p> |